

[Observation of the clinical effects on perimenopausal syndrome treated with the transcutaneous electrostimulation at Shuitu (ST 10) and the seed-pressure therapy at the auricular points].

[Article in Chinese]

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Abstract

OBJECTIVE:

To compare the differences in the clinical therapeutic effects on perimenopausal syndrome (PMS) between the combined treatment with the transcutaneous electrostimulation at Shuitu (ST 10) and the seed-pressure therapy at the auricular points and the hormone replacement therapy.

METHODS:

A total of 64 PMS patients were divided into an observation group (30 cases) and a control group (34 cases) according to patient's willingness. In the observation group, the transcutaneous electrostimulation at Shuitu (ST 10) was combined with the seed-pressure therapy at the auricular points. The stimulation intensity at Shuitu (ST 10) was ranged from 15 to 20 mA, for 20 min in each treatment, twice a week. The 8 treatments made one course and 3 courses were required. Additionally, the seed-pressure therapy was used at neifenmi (CO₁₈), Shenmen (TF₄), luanchao, zigong, gan (CO₁₂), shen (CO₁₀), once a week, retained for 5 days. The 4-week treatment was as one course and a total of 3 courses were required. In the control group, the hormone replacement therapy was applied. On Day 5 of menstruation, progynova was prescribed for oral administration, 1 mg, once a day, continuously for 21 days. On Day 12 in the oral administration of progynova, dydrogesterone was used, 20 mg, once every day, continuously for 10 days. Totally, 3 courses were required. Separately, before treatment and in 1 and 3 months after treatment, Kuppermann score, the sexual hormone levels [follicle-stimulating hormone (FSH), luteinizing hormone (LH) and estradiol (E₂)] and the adverse reactions were observed in the patients of the two groups.

RESULTS:

In 1 and 3 months after treatment, Kuppermann scores were reduced significantly as compared with those before treatment in the two groups (all $P < 0.05$). The levels of serum FSH and LH were reduced remarkably as compared with those before treatment in the two groups (all $P < 0.05$) and the level of serum E₂ was increased remarkably as compared with that before treatment in the two groups (all $P < 0.05$). After treatment, the differences in the above indexes were not significant between the two groups (all $P > 0.05$). In the control group, the incidences of the adverse reactions such as vaginal bleeding, bread distending pain and endometrial thickening were higher than those in the observation group [17.6% (6/34) vs 0% (0/30), 20.6% (7/34) vs 3.3% (1/30), 8.8% (3/34) vs 0% (0/30), all $P < 0.05$].

CONCLUSION:

The combined treatment with the transcutaneous electrostimulation at Shuitu (ST 10) and the seed-pressure therapy at the auricular points achieves the similar therapeutic effects on PMS as compared with the hormone replacement therapy. This combined therapy effectively relieves the clinical symptoms and improves the sexual hormone levels. The adverse reactions and the complications are less obviously as compared with the hormone replacement therapy.

KEYWORDS:

Point ST 10 (Shuitu); adverse reaction; menopausal symptom score; perimenopausal syndrome; seed-pressure therapy at the auricular points; sexual hormone; transcutaneous electrostimulation