

Clinical Study of the Effect of Warm Needling Treatment on Overweight due to Cold, Dampness, Phlegm and Deficiency Syndrome

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ABSTRACT

The objective of the study is to study the clinical effect of warm needling on decreasing waist circumference compared to that of clinical effect of TDP treatment on overweight or obese subjects. The method used in this study is warm needling method on acupuncture points on the abdomen area (ZhongWan, TianShu, QiHai) and only apply acupuncture on ZuSanLi, without treatment according to syndrome differentiation on any of the subjects. The result obtain shows total efficacy of the treatment method of 97.56% on waist circumference of the subjects, and effective in decreasing 58.54% of weight and BMI of subjects with cold, dampness evil, phlegm and deficiency syndrome.