

PRINT: ISSN 0973-5070 ONLINE: ISSN 2456-6772

STUDIES ON **ETHNO-MEDICINE**

© SEM 2022

Ethno Med, 16(3-4): 95-98 (2022)

PRINT: ISSN 0973-5070 ONLINE: ISSN 2456-6772

DOI: 10.31901/24566772.2022/16.3-4.650

The Acupuncture Using Needling Method of Harmonizing Spleen-Stomach for Body Weight Management: A Study in Malaysia

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KEYWORDS Chinese Medicine. Circulation of Qi and Blood. *Huang Di Nei Jing*. Body Weight Reduction

ABSTRACT This paper reports the outcomes of the study on the effectiveness of harmonizing spleen-stomach needling method on body weight management in Malaysia. The study on 30 subjects was conducted with eight treatment sessions given over a period of one month, using the needling method with the focus on 10 acupoints that promote the normal function of the digestion and the circulation of qi and blood. The results showed 67 percent of the subjects successfully reduced their body weight, with the average reduction of 0.48 kg per subject. The study found the needling method was more effective for the subjects with their age under 25 years old, compared to the subjects with the age group of 25 – 50 years old. The needling method was proven effective in reducing body weight of the subjects in average. While proven effective on 30 subjects, study on more subjects might be required to reveal the real potential of the needling method on body weight management.