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EVIDENCIA CIENTÍFICA

Acupuntura y dolor crónico

Estudios publicados en los últimos 5 años



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Evidencia científica en el dolor crónico no oncológico de origen musculoesquelético

La última actualización del metaanálisis de Vickers et al. publicado en la revista “The Journal of Pain” de la Sociedad Americana del Dolor, concluye que la acupuntura es efectiva en el tratamiento del dolor crónico musculoesquelético, y en el dolor por artrosis, con un efecto que persiste en el tiempo y que no puede ser explicado por el efecto placebo. Además, según un análisis de la base de datos del mismo estudio, también publicado en la revista PAIN en 2017, los efectos de la acupuntura en casos de dolor crónico no disminuyen de manera importante durante los 12 meses posteriores al tratamiento.

También referente al dolor crónico, según la RS de la “Agency of Healthcare Research and Quality” de EE. UU. sobre las distintas estrategias no farmacológicas, la acupuntura es un tratamiento útil en casos de dolor lumbar crónico, el dolor de cuello y la fibromialgia.

Sobre el tratamiento del dolor lumbar crónico, la última RS del “American College of Physicians” incluye la acupuntura dentro de las estrategias no farmacológicas para su tratamiento.

En el caso del dolor por artrosis de rodilla, la revisión de Woods et al. concluye que la acupuntura es uno de los tratamientos no farmacológicos más eficaces en esta condición.

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Estudios con Control Aleatorizado (ECAS) publicados en los últimos 5 años

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