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A randomized clinical trial of the efficacy of applying a simple acupressure protocol to the Taichong point in relieving dysmenorrhea.

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Abstract

OBJECTIVE: To examine whether applying a simple acupressure protocol to the Taichong point is effective in relieving dysmenorrhea.

METHODS: In this single-blind trial 194 students with dysmenorrhea were randomized to receive acupressure 5 days before menstruation for 3 months on either the Taichong or a placebo point. The severity of dysmenorrhea was assessed in the first and last of the 4 study cycles using the Andersch and Milsom scale. The χ^2 test, t test, Mann-Whitney U test, and Wilcoxon signed rank test were used for data analysis.

RESULTS: The difference in dysmenorrhea severity between the 2 groups was not significant in the first cycle but it was significant in the fourth cycle ($U = 2377.00$, $P < 0.001$), and the decrease in dysmenorrhea severity was also significant in the study group ($P < 0.05$).

CONCLUSION: Applying a simple pressure protocol to the Taichong acupoint was an effective and inexpensive way of decreasing the severity of dysmenorrhea.

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