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chronic atrophic gastritis:

Gastrite : évaluation de l'acupuncture

Articles connexes: - conduites thérapeutiques- pathologie - acupuncture expérimentale - qigong -

1. Systematic Reviews and Meta-Analysis

1.1. Generic Acupuncture

1.1.1. Xue 2020

Xue Rongdan. [Therapeutic Effect of Acupuncture and Moxibustion on Chronic Atrophic Gastritis: A Meta-analysis]. Medical Recapitulate. 2020. [212908].

Objective	To evaluate the clinical effect of acupuncture and moxibustion on chronic atrophic gastritis (CAG).
Methods	The Chinese and English databases including Pub Med, the Cochrane Library, Embase, Web of science, CNKI, Wanfang, VIP, CBMdisc were searched to find randomized controlled trials of acupuncture and moxibustion treatment of CAG, and the documents that met the criteria were included according to the exclusion and inclusion criteria, to extract the data, assess the quality and perform the statistical analysis.
Results	A total of **13 articles involving 1 009 patients** were included. Meta-analysis showed that the total effective rate of acupuncture combined with medicine, acupoint catgut embedding and acupoint catgut embedding combined with medicine was higher than that of the control group (RR = 5. 20, 95% CI 2. 89-9. 33, P < 0. 000 01; RR = 6. 00, 95% CI 1. 41-25. 43, P = 0. 02; RR = 4. 69, 95% CI 1. 76-12. 47, P = 0. 002); there was no significant difference in total effective rate between acupuncture and moxibustion alone and control group (RR =2. 74, 95% CI 0. 75-10. 06, P = 0. 13; RR = 3. 60, 95% CI 0. 67-19. 43, P = 0. 14). The traditional Chinese medicine syndrome scores of simple acupuncture, moxibustion and acupoint catgut embedding combined with drugs in CAG group were lower than those of the control group (MD =-2. 30, 95% CI-3. 72–0. 88, P = 0. 002; MD =-2. 08, 95% CI-2. 72–1. 44, P < 0. 000 01; MD =-2. 23, 95% CI–4. 37–0. 09, P = 0. 04). The pathological scores of CAG treated by acupuncture and acupoint catgut embedding were lower than those of the control group (MD =-3. 20, 95% CI-5. 33–1. 07, P = 0. 003; MD =-3. 64, 95% CI-5. 81–1. 47, P = 0. 001). The score of acupoint catgut embedding in CAG gastroscopy was lower than that in the control group (MD =-0. 44, 95% CI-0. 55–0. 32, P < 0. 000 01). There was no significant difference in the negative conversion rate of Helicobacter pylori (Hp) between acupuncture combined with drug and warm acupuncture and moxibustion trial and the control group (RR = 1. 46, 95% CI 0. 80-2. 67, P = 0. 22; RR = 1. 71, 95% CI1. 44-2. 63, P = 0. 05; RR = 1. 20, 95% CI 1. 00-1. 44, P = 0. 05).

Conclusion	Acupuncture and moxibustion treatment for CAG than the drug treatment in terms of clinical efficacy, traditional Chinese medicine syndromes, gastric mucosal integral, pathological histological integral and Hp conversion rate. However, due to the high risk of selectivity, implementation and measurement bias of the included literatures, the methodology quality evaluation of the included literatures is not high, the future clinical research still needs to carry out more rigorous and high-quality randomized double-blind controlled trials in order to provide more reliable evidence for the future acupuncture clinical practice.

1.1.2. Jiang 2016 ☆

Jiang Wenjie, Cao Lianzuo, Li , Chen , Zhang Wei, Yu Liqing, Leng Fengqiang, Wu Qinghong, Jin Zuo, Yuan Yanjie. [Meta-analysis of the Therapeutic Effect of Acupuncture on Chronic Atrophic Gastritis]. Shanghai Journal of Acupuncture and Moxibustion. 2016;35(7):886-92. [191436].

Objective	To evaluate the clinical efficacy of acupuncture in treating chronic atrophic gastritis.
Methods	Databases were searched to find clinical randomized controlled trials (RCT) and quasi-randomized controlled trials (qRCT) of acupuncture treatment for chronic atrophic gastritis. The included studies were qualitatively assessed. The data were collected and statistically analyzed.
Results	A total of **19 pieces of literature** were included with a total of **1502 patients**. A meta-analysis showed that the total efficacy rates of combined acupuncture and medicine, and acupuncture point injection for chronic atrophic gastritis were higher than that of routine medication [OR=5.80, 95%CI (2.33,14.40)] and [OR=2.70,95%CI (1.34,5.45)]; the gastroscopic efficacy rates of acupuncture point injection, warm needling moxibustion and combined acupuncture and medicine for chronic atrophic gastritis were statistically different from that of medication as a control [OR=2.71, 95%CI (1.59,4.63)], [OR=3.40, 95%CI (1.82,6.36)] and [OR=4.31, 95%CI (1.01,18.46)]; there was a statistically significant difference in the pathological efficacy rate between the warm needling moxibustion and the control groups [OR=1.94, 95%CI (1.13,3.33)]; there was no statistically significant difference in eliminating helicobacter pylori between acupuncture and medication. Warm needling moxibustion could also improve general health perceptions, the vitality of life, mental health and the quality of life in patients.
Conclusions	**Acupuncture increases the overall, gastroscopic and pathological efficacy rates compared with medication. The results of this systematic review needs to be cautiously considered because the number of the studies included for this systematic review is limited, the included studies have a high risk of selection bias, performance bias and detection bias, and the quality of included studies is not high**.

1.1.3. Xiang 2016

Xiang Juan, Xue Zhi-Hui, Chen Guo, Peng Liang, Li Tie-Lang. [Meta-analysis on acupuncture in treatment of chronic atrophic gastritis]. Guiding Journal of Traditional Chinese Medicine and Pharmacy. 2016;15:75-78; 8. [186976].

Objectives	To evaluate the effect of acupuncture treatment on chronic atrophic gastritis.
Methods	Through comprehensive search of VIP, Wangfang and CNKI Chinese database in recent 10 years, and Cochorane system evaluation method, the Rev Man5. 2 software was applied for quality evaluation and Meta-analysis.

Results	A total of **7 literatures, including 783 patients**, were selected. Meta-analysis results showed that the comprehensive curative effect comparison with no heterogeneity (P =0. 34, I2=12%), and the fixed effect model was selected; RR combined inspection: Z=5. 96, P<0. 00001, suggesting that **acupuncture treatment showed better curative effect, compared with other treatments**. Symptom scores showed MD=2. 19, 95% CI (1. 22, 3. 16); the RR Z combined inspection: Z =4. 43, P <0. 00001, suggesting that acupuncture has statistical significance to improve the symptoms.
Conclusions	**Acupuncture treatment showed good effect on chronic atrophic gastritis, with improvement of the symptoms**. But there should be more rigorously designed, high quality, large-scale, multi center, standardized controlled trials in future clinical work, for further verification support, in order to provide reliable evidence for clinical.

1.1.4. Liao 2014

Wei-Lin Liao;Guo-Zhong Chen;Hui Hu;Li-Ming Xia;Guangxi. [Acupuncture and moxibustion for treatment of chronic atrophic gastritis: A metaanalysis]. World Chinese Journal of Digestology. 2014;2. [187061].

Objectives	To evaluate the efficacy of acupuncture and moxibustion in the treatment of chronic atrophic gastritis (CAG)
Methods	Electronic searches of relevant randomized controlled trials (RCTs) on acupuncture and moxibustion for chronic atrophic gastritis in PubMed, WanFang Data, WeiPu Data and CNKI were performed. Studies were selected based on strict inclusive and exclusive criteria. All reviewed articels were assessed using Cochrane quality scale. Statistical analyses were performed with RevMan5. 0 software.
Results	A total of **11 trials involving 772 patients** were included. Meta-analysis showed that compared with the medicine group, the acupuncture and moxibustion group had superiority in many aspects such as the total effective rate as well as improvements in gastroscopic findings, pathological changes, symptoms, hemoglobin and serum gastrin.
Conclusions	**Acupuncture and moxibustion have advantages over conventional drug treatment in the management of CAG**. More high-quality studies are needed to prove our finding.

1.1.5. Dong 2013

Dong Lili, Liu Anguo, Wang Junyan, Yan Xingke. [Meta-analysis on randomized control clinical trials of acupuncture for acute gastritis]. Journal of Gansu College of Traditional Chinese Medicine. 2013;1:30-34. [186998].

Objectives	To assess the efficacy of acupuncture and moxibustion therapy for acute gastritis.
Methods	Literature search in CNKI, Wanfang and MEDLINE databases was performed to retrieve clinic trials do-cuments about acupuncture for acute gastritis. The meta-analysis was conducted on RCT and CCT documents that read after meeting the enrolling requirements.
Results	**Nine trials including 1161 case**s of acute gastritis patients were included in this study. The findings indicates that the total effective rate in acupuncture group was significantly superior to control group, P<000001;the markedly effective rate in acupuncture group was significantly superior to control group, P<0. 00001;there was profound significant difference in the clinical cure rate measurements between two groups, P<0. 00001;there was no significant difference in the repeat rate measurements between two groups, P=0. 06.

Conclusions	**Acupuncture and moxibustion therapy for acute gastritis is effective, especially in the total effective rate, the markedly effective rate and every time of the total effective rate improvement, but in the repeat rate it is no significant superior.**

1.1.6. Chen 2013

Chen Lu, Li Su-He. [Systematic Evaluation of Therapeutic Effect of Acupuncture Treatment on Chronic Gastritis]. Journal of Clinical Acupuncture and Moxibustion. 2013;29(6):17. [175321].

Objectives	To assess the therapeutic effect and safety of acupuncture on chronic gastritis.
Methods	Electronic searches of PubMed, the Cochrane Library, EMBASE, of Medline, CNKI and VIP database, manual searches of Guangzhou University of Traditional Chinese Medicine Library journal database, based on the inclusion and exclusion criteria, screening the inclusion criteria of randomized controlled trials of acupuncture treatment for chronic gastritis, handbook using the Cochrane reviews 5. 0 of the literature to evaluate the quality, efficacy was evaluated by using the Review Manage 5. 1 software Meta - analysis.
Results	Ultimately included **13 studies, and 946 patients** were included. The evaluation found that after the risk of bias assessment and documentation quality, the inclusion in the literature there was a high risk of bias and included in the literature, low quality. Meta - analysis results showed that: iiFor the treatment of chronic gastritis from the total effective rate in terms of OR =3.89,95% CI[2. 64,5. 74] , Z = 6. 86, P <0. 0001, the difference was statistically significant, suggesting that acupuncture therapy could improve the total efficiency of chronic gastritis, and the acupuncture group was better than the WM group; ② For the treatment of chronic atrophic gastritis, the total efficiency in terms of OR =4.24,95% CI was[2. 54,7.09] ,Z = 5.51 ,P <0.0001, the difference was statistically significant, suggesting that acupuncture could improve chronic atrophic gastritis, and the total effective rate in the acupuncture group was better than that in the western medicine group; ③ For chronic gastritis from the Hp clearance rate point of view, OR = 1.03,95% CI[0. 42,2.511 ,Z =0.06 ,P =0.95 >0.05, the difference was not statistically significant, suggesting that there was an insufficient evidence to prove that the acupuncture group had a better Hp clearance rate than that in the western medicine group.
Conclusions	**Acupuncture, as a safe and effective treatment, is suitable for the treatment of chronic gastritis.**

1.1.7. Li 2011

Li Ying, Du Yuan-Hao, Shi Lei. [Acupuncture and moxibustion therapy for chronic superficial gastritis : a meta - analysis]. Journal of Clinical Acupuncture and Moxibustion. 2011;27(2):1. [174388].

Objective	To assess the efficacy of acupuncture and moxibustion therapy for chronic superficial gastritis.
Methods	According to the requirement of evidence - based medicine (EBM) , all relevant randomized controlled trials (RCT) about acupuncture and moxibustion treatment of chronic superficial gastritis was carried out. The trials were statistically analyzed with a special analysis software RevMan 5. 0. 23.

Results	A total of **10 trials involving 878 patients** were included. Meta - analyses showed that the acupuncture and moxibustion therapy is better than medicine in improvement of total effective rate, symptoms (e. g. epigastralgia, epigastric distention, pantothenic acid and anorexia) , gastric mucosal blood flow, midrange in gastroscopes, but no significant differences in Hp clearance.
Conclusion	**Acupuncture and moxibustion therapy for chronic superficial gastritis is effective, especially in total effective and symptom improvement**, but still need mote high - quality studies to prove this viewpoint.

1.2. Special Acupuncture Techniques

1.2.1. Comparison of Acupuncture techniques

1.2.1.1. Li 2025

Li J, Qin Y, He L, Gao F, Li Z, Liu T, Fan Z, Guo Y, Zhao T, Zhao X. Acupuncture therapy for atrophic gastritis with upper gastrointestinal symptoms: A systematic review and network meta-analysis. Eur J Integr Med. 2025;80:102572. https://doi.org/10.1016/j.eujim.2025.102572

Background	Patients with atrophic gastritis (AG) exhibit typical upper gastrointestinal symptoms. Although acupuncture therapy can alleviate some gastrointestinal symptoms, it remains challenging to determine the optimal intervention for various symptoms. This study aimed to use network meta-analysis (NMA) to compare the efficacy of acupuncture therapies for AG with upper gastrointestinal symptoms.
Methods	Twelve databases were systematically searched from inception to 25 November 2024 to identify randomized clinical trials or retrospective cohort studies that evaluated the efficacy of acupuncture therapies for AG with upper gastrointestinal symptoms. The primary outcomes were stomachache, flatulence, heartburn, hiccups, and appetite disorder (assessed using the traditional Chinese medicine syndrome score, numeric rating scale or visual analogue score), and acid reflux (assessed using the symptom score). The Cochrane Risk of Bias 2 tool was used to construct a risk-of-bias map. R 4.3.2 and JAGS 4.3.1 were used to conduct the NMA. The Confidence in NMA web application was used to assess the quality of evidence.
Results	The NMA analyzed **26 studies involving 3,076 participants**. For flatulence, acupoint sticking therapy was ranked first (i.e., most effective), with a surface under the cumulative ranking curve (SUCRA) of 83.2 %, and low to very low certainty. Manual acupuncture was ranked first for acid reflux (SUCRA 87.19 %, low to very low certainty) and appetite disorder (SUCRA 67.5 %, moderate to very low certainty). Warm acupuncture plus traditional Chinese medicine was ranked first for stomachache (SUCRA 75.0 %, low to very low certainty), while western medicine was ranked first for hiccups (SUCRA 91.93 %, very low certainty). There were no significant differences in efficacy between many acupuncture therapies.
Conclusion	Patients with AG with flatulence may benefit from acupoint sticking therapy, while the symptoms of acid reflux or appetite disorder may be relieved through manual acupuncture. However, clinical decision-making should be combined with practical factors due to the limited number of significant differences in the efficacy of various acupuncture therapies.

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