

Comparing the effects of SP6 moxibustion and acupressure on the severity of primary dysmenorrhea

Sedigheh Amir Ali Akbari^{1*}, Azam yaghobinejad²

¹PhD, Midwifery and Reproductive Health Research Center, Department of Midwifery and Reproductive Health, School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Abstract

Objective: Dysmenorrhea is the most common cyclic pain that has negative effects on the quality of life. Although many alternative therapists support the use of acupressure for dysmenorrhea, there is currently insufficient clinical evidence to support moxibustion use in this condition. The present study was conducted to compare the effects of SP6 moxibustion and acupressure on the severity of primary dysmenorrhea.

Materials & Methods: This experimental study was conducted on 92 students randomly assigned into two groups. The SP6 moxibustion group was asked to hold a burning moxa stick to the SP6 point and acupressure group was asked to press their thumb perpendicularly on the SP6 point (10 minutes of for each leg). The severity of pain was assessed before the intervention and during two consecutive menstrual cycles and the results obtained was then compared with each other.

Results: The results revealed no significant differences between the two groups in the severity of pain before the intervention and in the first menstrual cycle after the intervention but a statistically significant difference was observed between the groups in terms of the severity of pain in their second menstrual cycle ($p=0.001$). According to Friedman's test, in both groups, the mean difference in the severity of pain was significant between the three cycles ($p<0.001$), moxibustion is more effective than acupressure.

Conclusion: According to the results, both moxibustion and acupressure appear to be able to reduce the severity of dysmenorrhea; however, moxibustion is more effective than acupressure.