

Observation on ear point taping and pressing therapy for treatment of primary dysmenorrhea

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Abstract

Objective: To observe therapeutic effect and prognosis of ear point taping and pressing therapy for primary dysmenorrhea.

Methods: One hundred and fourteen cases were randomly divided into an ear taping and pressing group of 60 cases and a western medication group of 54 cases. The ear taping and pressing group were treated by ear point taping and pressing at Shenmen, Zigong (uterus), Neifenmi (endorine), Pizhixia (subcortex), Jiaogan (sympathesis) and Shen (kidney), which were taped and pressed by a adhesive plaster with Vaccaria seeds. The western medication group were treated with oral administration of Indomeixin enteric tablets. The therapeutic effects were assessed after treatment of 3 menstrual cycles.

Results: The total effective rate was 91.7% in the ear taping and pressing group and 77.8% in the western medication group with a significant difference between the two group ($P < 0.05$); and the long-term therapeutic effect in the ear taping and pressing group was better than that in the western medication group.

Conclusion: Ear point taping and pressing therapy has significant therapeutic effect on primary dysmenorrhea.