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1. Systematic Reviews and Meta-Analysis

1.1. Tang 2010

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Subhealth State

Etat de sub-santé : évaluation de l'acupuncture

Article connexe : - [zheng et sub-santé](#) -

1. Systematic Reviews and Meta-Analysis

1.1. Tang 2010

Tang HL, Pang J, Gao LF, Yang Y, Lei LM, Gan W. [Systematic evaluation on treatment of sub-health with acupuncture-moxibustion and tuina in clinical researches]. Chinese Acupuncture and Moxibustion. 2010;30(8):699-704. [155089].

Objective	To evaluate the therapeutic effect of acupuncture-moxibustion and Tuina massage for treatment of sub-health.
Methods	A systematic evaluation on randomized controlled trial, quasi-randomized control trial or controlled clinical trial of treatment of sub-health with acupuncture-moxibustion and Tuina was carried out according to the assessment methods recommended by the Cochrane Collaboration.
Results	There are totally 9 articles and 937 subjects met the inclusion criteria and are included into the assessment system. The average quality of methodologies adopted is not so high, and with many limitations. Meta-analysis or descriptive analysis on the data collected: (1) General effect: Tuina massage therapy is better than auricular-point-pressing therapy; acupuncture is better than self health care; acupoint injection is better than intramuscular injection, Tuina is similar to Chinese herb. (2) Quality of life and pain score: Tuina is better than blank control. (3) Individual effect: the effect of Tuina massage on lassitude is better than acupuncture. (4) Effect on sleep quality index: Tuina massage is better than acupuncture.
Conclusion	There are not enough evidences to approve that the effect of acupuncture-moxibustion and Tuina massage on sub-health is better than that of other therapies. Therefore, more high quality randomized controlled trials with strict and scientific designation are necessary for obtaining more and better evidences.

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