Observation on Therapeutic Effect of Acupuncture and Medication for 30 Cases of Post-Stroke Depression

ZHANG Yin-kai(张银开), JIANG Ying-xing(蒋应星)
Department of Neurology, People's Hospital of Zhejiang Sanmen County, Zhejiang 317100, P. R. China

Abstract
Objective: To investigate the therapeutic effects and adverse reaction of acupuncture plus medication and single medication for post-stroke depression (PSD).

Methods: In an open control study, 93 cases of the patients with depression were randomly allocated to three groups: 30 cases in the acupuncture-medicament group (AM), 30 cases in Prozac Group A (A), and 33 cases in Prozac Group B (B). The acupuncture-medicament group was treated by oral administration of Prozac 20 mg/d plus acupuncture. Prozac Group A was treated by oral administration of Prozac 20 mg/d. Prozac Group B was treated by oral administration of Prozac 20-40 mg/d. All three groups were treated for 6 weeks. The therapeutic effects and adverse reaction were evaluated by Hamilton Depression Scale (HAMD) and Treatment Emergent Symptom Scale (TESS) respectively in the three groups.

Results: The effective rate was 86.7% in the acupuncture-medicament group, 63.3% in Prozac Group A and 87.9% in Prozac Group B. The therapeutic effect was better in the acupuncture-medicament group than in Prozac Group A, and there was no significant difference in comparison with Prozac Group B (P>0.05). But the occurrence rate of drug adverse reaction was higher in Prozac Group B than in the acupuncture-medicament group.

Conclusion: Simultaneous application of acupuncture and medication is a therapeutic method with affirmative effect and less side effect for post-stroke depression.

Key Words: Depression; Acupuncture Medication Combined; Poststroke Syndrome

CLC Number: R246.6

Document Code: R

Post-stroke depression is one of the commonly encountered complications of cerebrovascular diseases, and because of its higher incidence and delayed clinical rehabilitation of the nervous functions, it seriously influences the life quality of the patients and even increases the mortality of the cerebrovascular diseases, and is a worldwide issue in the mental health and a common disease endangering the health of the mankind. In the recent years, its incidence increases gradually. Currently, new antidepressants are continuously renewed, but their clinical administration has been strictly limited, because of frequent side effects and contraindications, and high price. Acupuncture therapy is economic and quick in effects and has displayed its superiority in the treatment of many diseases. We have treated 93 PSD cases by acupuncture plus antidepressant, Prozac. Now, the report is given in the following.
Clinical Materials

The recruited cases were hospitalized patients with cerebral stroke in our hospital. All cases were confirmed by craniocerebral CT scan for stroke and were in conformity to the diagnostic criteria stipulated at the fourth national conference on cerebrovascular diseases. Hamilton Depression Scale (HAMD) was used for assessment. The patients with HAMD total scores $\geq 17$ points$^{[1]}$ were selected and simultaneously the patients were also in conformity to the diagnostic criteria of depression seizure, stipulated in *Classification Draft and Diagnostic Criteria of Mental Disorders in China* (3rd Edition), after exclusion of the patients with conscious disturbance, severe aphasia, dementia, and with past organic diseases of the brain, severe pulmonary and cardiac diseases, and with original neurological disease and depression. After recruited into the groups, due to poor obedience or allergy to medications, if the score-reducing rate in HAMD was $\geq 25$ after the cleaning period, those with severe adverse reaction were excluded during the treatment. Based upon the above-mentioned conditions, 99 cases were recruited, and 6 cases were dropped out. In fact, this study was accomplished in 93 cases. There were 30 cases in acupuncture-medication group, including 16 males and 14 females, with the ages ranging from 47 to 88 years old, at the average age of 69.2±12.1. In allocation into the group, HAMD total scores were 27.3±5.2 points. There were 30 cases in Prozac Group A, including 15 males and 15 females, with the ages ranging from 49 to 86 years old, at the average age of 61.1±11.5. In allocation into the group, HAMD total scores were 28.2±4.8 points. There were 33 cases in Prozac Group B, including 17 males and 16 females, with the ages ranging from 45 to 89 years old, at the average age of 65.1±13.7. In allocation into the group, HAMD total scores were 27.6±5.1 points. There was no statistic significan in comparison of various items in the above three groups ($P>0.05$).

Therapeutic Methods

1. Acupuncture-medication group

Acupoints: Baihui (GV 20), Sishencong (Ex-HN 1), Neiguan (PC 6), Shenmen (HT 7), Taichong (LR 3), Zusanli (ST 36) and Fenglong (ST 40)

Operation: After the patient took a lying position, Baihui (GV 20) was punctured obliquely for 0.5 cun. Sishencong (Ex-HN 1) was punctured outward and obliquely for 0.5 cun. Neiguan (PC 6) was punctured perpendicularly for 1.0 cun. Taichong (LR 3) was punctured perpendicularly for 0.5-1.0 cun. Zusanli (ST 36) was punctured perpendicularly for 3.0 cun. Fenglong (ST 40) was punctured perpendicularly for 2.0 cun. All the above acupoints were manipulated by moderate needling technique. The treatment was given once every day, for five sessions a week. During acupuncture treatment, Prozac was combined for oral administration, 20 mg/d.

2. Prozac Group A

Oral administration of Prozac 20 mg/d was given.

3. Prozac Group B

In the first 14 days, oral administration of Prozac 20 mg/d was given. In the latter 28 days, the dose was increased to 40mg/d. Prozac was taken once every morning.

After the treatment for 42 days in the three groups, other antidepressants, antipsychotic and treatment for convulsion were prohibited in the study.

Observation of Therapeutic Effects

1. Assessment methods

By HAMD, the assessment of the therapeutic effects was conducted before the treatment and at 7th, 14th, 28th, and 42nd day after the treatment. The therapeutic effects were assessed based upon HAMD score-reducing rate.

- Cure: HAMD score-reducing rate $\geq 75\%$.
- Remarkable effect: HAMD score-reducing rate $\geq 50\%, <75\%$.
- Improvement: HAMD score-reducing rate $\geq 25\%, <50\%$.
- Failure: HAMD score-reducing rate $<25\%$.

In reference to the criteria of the therapeutic effect stipulated by China Society of Neuropsychiatry, the assessment of total therapeutic effects was jointly accomplished by the physicians in charge and patients$^{[2]}$. The assessment of all scales was accomplished by attending physicians after training of scale assessment.