

# DİŞ HEKİMLİĞİNDE AKUPUNKTUR UYGULAMALARI

## 1. BÖLÜM

Ayşe Hanım KARADEMİR<sup>1</sup>

### GİRİŞ

En iyi bilinen tamamlayıcı ve alternatif terapilerden birisi 2500 yıldan fazla tarihe sahip geleneksel Çin akupunkturudur <sup>[1]</sup>. Akupunkturla, vucuttaki meridyenler üzerindeki belli noktalara iğne batırmak suretiyle, bozulan enerji akısının düzeltilmesi amaçlanır. Akupunkturda istenilen sonucu elde etmek için temel unsur, deriyi nereden uyaracağını bilerek uygun bir şekilde uyarmaktır <sup>[2]</sup>.

Gunümüzde yan etkilerinin neredeyse olmaması ve maliyetinin düşükluğu **nedeniyle** birçok ağrı kliniğinde akupunktur tedavi yöntemi olarak kullanılmaktadır. Bugün basta Fransa, Almanya, İngiltere ve Avusturya olmak üzere birçok batı ülkesinde tıp fakulteleri bünyesinde akupunktur eğitimi verilmektedir <sup>[3]</sup>.

Dünya Sağlık Örgütü, akupunktur tedavilerini 1979 yılında 43, 1996 yılında 64 farklı hastalığın tedavisinde onaylamıştır <sup>[4]</sup>. Yapılan klinik çalışmaların incelenmesi sonucunda 2003 yılında akupunktur tedavisinin endikasyonlarının belirtildiği bir kitap yayınlanmıştır. Gunumuzde Dünya Sağlık Örgütünün belirlediği tedavi edilebilir hastalıklar listesine göre bazı durumlarda primer

<sup>1</sup> Uzman Diş Hekimi, Serbest Diş Hekimi, dt.aysekarademir@gmail.com

## KAYNAKLAR

1. Wong, L. B. Acupuncture in dentistry: its possible role and application. *Proceedings of Singapore Healthcare*, 2012;21:48-56.
2. Kavaklı, A. Akupunktur. *Fırat Tıp Dergisi*, 2010;15:1-4.
3. Cabioglu, M. T. ve Ergene, N. Akupunkturun etki mekanizmaları ve klinik uygulamaları. *Genel Tıp Dergisi*, 2003;13:35-40.
4. Naik, P. N., Kiran, R. A., Yalamanchal, S. et al. Acupuncture: an alternative therapy in dentistry and its possible applications. *Medical Acupuncture*. 2014;26:308-314.
5. Nourmohammadi, R. and Farsadeghi, M. Acupuncture and dentistry. *Shahid Beheshti University Dental Journal*, 2018;36:32-37.
6. Cabioglu, M. T. Akupunkturun Etki Mekanizmalarına Norofizyolojik Bakış. *Journal of Physical Medicine & Rehabilitation Sciences*, 2016;19:174-178.
7. Cabioglu, M. T. and Surucu, H. S. Acupuncture and neurophysiology. *Medical acupuncture*, 2009;21:13-20.
8. Rosted, P. The use of acupuncture in dentistry: a review of the scientific validity of published papers. *Oral Diseases*, 1998;4:100-104.
9. Gupta, D., Somasundaram, K. N., Batra, N. et al. Acupuncture and dentistry. *Journal of Oral Health and Dental Management*, 2014;13:902-910.
10. Thayer, M. L. T. The use of acupuncture in dentistry. *Dental Update*, 2007;34:244-250.
11. Vaidya, S., Kapoor, C., Nagpal, A. et al. Acupuncture: An alternative therapy in medicine and dentistry. *European Journal of General Dentistry*, 2013;2:219.
12. Rohmetra, A., Tandon, R., Singh, K. et al. Acupressure therapy in orthodontics: A review. *International Journal of Orthodontic Rehabilitation*, 2017;8:26.
13. Ernst, E. and Pittler, M. H. The effectiveness of acupuncture in treating acute dental pain: a systematic review. *British Dental Journal*, 1998;184:443.
14. Goddard, G. and Albers, D. Effects of acupuncture at Large Intestine 4 (LI 4) on electrical tooth pulp stimulation: A randomized controlled pilot study. *Medical Acupuncture*, 2009;21:167-171.
15. Chapman, C. R., Chen, A. C. and Bonica, J. J. Effects of intrasegmental electrical acupuncture on dental pain: evaluation by threshold estimation and sensory decision theory. *Pain*, 1977;3:213-227.
16. Grillo, C. M., Wada, R. S. and de Sousa, M. D. L. R. Acupuncture in the management of acute dental pain. *Journal of Acupuncture and Meridian Studies*, 2014;7:65-70.
17. Rosted, P. and Bundgaard, M. Can acupuncture reduce the induction time of a local anaesthetic? - A pilot study. *Acupuncture in Medicine*, 2003;21:92-99.
18. Usichenko, T. I., Wolters, P., Anders, E. F. et al. Acupuncture Reduces Pain and Autonomic Distress During Injection of Local Anesthetic in Children. *The Clinical Journal of Pain*, 2016;32:82-86.
19. Jalali, S., Majd, N. M., Torabi, S. et al. The effect of acupuncture on the success of inferior alveolar nerve block for teeth with symptomatic irreversib-

- le pulpitis: a triple-blind randomized clinical trial. *Journal of Endodontics*, 2015;41:1397-1402.
20. Kitade, T. and Ohyahu, H. Analgesic effects of acupuncture on pain after mandibular wisdom tooth extraction. *Acupuncture & Electro-therapeutics Research*, 2000;25:109-115.
  21. Tavares, M. G., Machado, A. P., Motta, B. G. et al. Electro-acupuncture efficacy on pain control after mandibular third molar surgery. *Brazilian Dental Journal*, 2007;18:158-162.
  22. Murugesan, H., Venkatappan, S., Renganathan, S. K. et al. Comparison of Acupuncture with Ibuprofen for Pain Management in Patients with Symptomatic Irreversible Pulpitis: A Randomized Double-Blind Clinical Trial. *Journal of Acupuncture and Meridian Studies*, 2017;10:396-401.
  23. Karst, M., Winterhalter, M., Munte, S. et al. Auricular acupuncture for dental anxiety: a randomized controlled trial. *Anesthesia & Analgesia*, 2007;104:295-300.
  24. Michalek-Sauberer, A., Gusenleitner, E., Gleiss, A. et al. Auricular acupuncture effectively reduces state anxiety before dental treatment—a randomized controlled trial. *Clinical Oral Investigations*, 2012;16:1517-1522.
  25. Avisa, P., Kamatham, R., Vanjari, K. et al. Effectiveness of Acupressure on Dental Anxiety in Children. *Pediatric Dentistry*, 2018;40:177-183.
  26. Dickinson, C. M. and Fiske, J. A review of gagging problems in dentistry: 2. Clinical assessment and management. *Dental Update*, 2005;32:74-80.
  27. Elbay, M., Tak, O., Elbay, U. et al. The use of low-level laser therapy for controlling the gag reflex in children during intraoral radiography. *Lasers in Medical Science*, 2016;31:355-361.
  28. Schlager, A., Offer, T. and Baldissera, I. Laser stimulation of acupuncture point P6 reduces postoperative vomiting in children undergoing strabismus surgery. *British Journal of Anaesthesia*, 1998;81:529-532.
  29. Sari, E. and Sari, T. The role of acupuncture in the treatment of orthodontic patients with a gagging reflex: a pilot study. *British Dental Journal*, 2010;208:E19.
  30. Zotelli, V. L. R., Grillo, C. M. and de Sousa, M. D. L. R. Nausea control by needling at acupuncture point neiguan (PC6) during an intraoral impression-taking procedure. *Journal of Acupuncture and Meridian Studies*, 2014;7:318-323.
  31. Goel, H., Mathur, S., Sandhu, M. et al. Effect of Low-level LASER Therapy on P6 Acupoint to Control Gag Reflex in Children: A Clinical Trial. *Journal of Acupuncture and Meridian Studies*, 2017;10:317-323.
  32. Eftekharsadat, B., Porjafar, E., Eslamian, F. et al. Combination of Exercise and Acupuncture Versus Acupuncture Alone for Treatment of Myofascial Pain Syndrome: A Randomized Clinical Trial. *Journal of Acupuncture and Meridian Studies*, 2018;11:315-322.
  33. Butts, R., Dunning, J., Pavkovich, R. et al. Conservative management of temporomandibular dysfunction: A literature review with implications for clinical practice guidelines. *Journal of Bodywork and Movement Therapies*, 2017;21:541-548.

34. Itoh, K., Asai, S., Ohyabu, H. et al. Effects of trigger point acupuncture treatment on temporomandibular disorders: a preliminary randomized clinical trial. *Journal of Acupuncture and Meridian Studies*, 2012;5:57-62.
35. Cifter, E. D., Yengin, E., Yıldız, S. O. et al. Miyofasiyal Ağrıda Okluzal Splint, Akupunktur ve Farmakolojik Tedavinin Etkinliklerinin Araştırılması. *Journal of Traditional Medical Complementary Therapies*, 2018;1:115-126.
36. Meng, Z., Garcia, M. K., Hu, C. et al. Randomized controlled trial of acupuncture for prevention of radiation-induced xerostomia among patients with nasopharyngeal carcinoma. *Cancer*, 2012;118:3337-3344.
37. Braga, F. D. P. F., Lemos Junior, C. A., Alves, F. A. et al. Acupuncture for the prevention of radiation-induced xerostomia in patients with head and neck cancer. *Brazilian Oral Research*, 2011;25:180-185.
38. Shen, Y. F., Younger, J., Goddard, G. et al. Randomized clinical trial of acupuncture for myofascial pain of the jaw muscles. *Journal of Orofacial Pain*, 2009;23:353.
39. Chien, T. J., Liu, C. Y. and Hsu, C. H. Integrating acupuncture into cancer care. *Journal of Traditional and Complementary Medicine*, 2013;3:234-239.
40. Sant'Anna, C. B. M., Zuim, P. R. J., Brandini, D. A. et al. Effect of Acupuncture on Post-implant Paresthesia. *Journal of Acupuncture and Meridian Studies*, 2017;10:131-134.
41. Li, K., Zhang, Y., Ning, Y. et al. The effects of acupuncture treatment on the right frontoparietal network in migraine without aura patients. *The Journal of Headache and Pain*, 2015;16:33.
42. Da Silva, A. N. Acupuncture for migraine prevention. *Headache: The Journal of Head and Face Pain*, 2015;55:470-473.
43. Sun, D., Reziwan, K., Wang, J. et al. Auricular Acupressure Improves Habit Reversal Treatment for Nail Biting. *The Journal of Alternative and Complementary Medicine*, 2018;25:79-85.
44. Romoli, M., Ridi, R. and Giommi, A. Electromyographic changes in bruxism after auricular stimulation. A randomized controlled clinical trial. *Minerva Medica*, 2003;94:9-15.
45. Amorim, C. S., Santo, A. S. E., Sommer, M. et al. Effect of Physical Therapy in Bruxism Treatment: A Systematic Review. *Journal of Manipulative and Physiological Therapeutics*, 2018;41:389-404.
46. Dallanora, L. J., Faltin, P. P., Inoue, R. T. et al. Acupuncture use in the treatment of patients with bruxism. *The Journal of Prosthetic Dentistry*, 2004;52:333-339.
47. Vera, R. D. L. T., Grillo, C. M., Sousa, M. L. R. et al. La acupuntura puede alterar los patrones musculares del bruxismo. *Revista Internacional de Acupuntura*, 2012;6:144-150.
48. Salgueiro, M. D. C. C., Bortoletto, C. C., Horliana, A. C. R. et al. Evaluation of muscle activity, bite force and salivary cortisol in children with bruxism before and after low level laser applied to acupoints: study protocol for a randomised controlled trial. *BMC Complementary and Alternative Medicine*, 2017;17:391.