



Relief for Tinnitus 28.10.2005

Acupuncture could offer relief for tinnitus, a ringing in the ears which affects millions in the UK. New research at York University shows that 5 out of the 6 patients in a study improved after two weeks of treatment. The six patients were aged 32 to 79 and had suffered for between one and 20 years with the complaint, for which there is no cure. The group was given 10 acupuncture treatments over a 2 week period. The needle sites and number of points used varied between patients. After 2 weeks nearly all patients reported a drop in loudness and pitch and fewer hours affected by tinnitus. Only one patient, the eldest, felt worse. The quality of sleep also improved in the majority of patients.

'More work is needed, but our results support the idea that acupuncture might be beneficial for people with tinnitus,' says Dr Hugh MacPherson, a senior research fellow at York University.

(Jackson A, MacPherson H, Hahn S. "Acupuncture for tinnitus: a series of six n=1 trials." (In Press Complementary Therapies in Medicine, 2005.))

<http://www.acupuncture.org.uk/content/news/news.asp?id=45>



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