

LITERATURE REVIEW:
THE EFFICACY OF ACUPUNCTURE IN ACNE,
MELASMA AND RHYTIDES

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ABSTRACT

Despite the number of reviews on General Acupuncture, there are few on Aesthetics Acupuncture; there is *not* a single entry on the topic in the Cochrane Review. This literature review has two objectives - to assess the effectiveness of Aesthetics Acupuncture and to discuss the issues in Acupuncture researches. The reviewed articles were from Google Scholar, PubMed and translated Chinese journals. The inclusion criteria were all studies pertaining to Aesthetics Acupuncture published between 1990 and 2012. The result showed that under ACSM's rating, it earns a Rating of IIb – 'Efficacy is less well established by Evidence'. But in the few well-conducted researches, there is some evidence of the efficacy of Acupuncture in the treatment of Acne, Melasma and Rhytides. Almost all the papers were dogged by Research Methodological issues. In a treatment where the therapist is part of the therapeutic process, it is almost impossible to have a double-blindness situation. The preservation of patient blindness may be overcome by special needles. An adherence to the criteria of STRICTA could resolve the methodological situation.