



Is Acupuncture Effective on Post-Lumbar Puncture Headache?

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ABSTRACT

According to the findings of the articles that were picked up until December 27, 2022, using our search strategy in the mentioned databases, the effectiveness of acupuncture on reducing headache post-dural puncture headaches after lumbar puncture is very ambiguous because these articles do not have the necessary quality to achieve this purpose. According to the explanations provided, we point out some of the limitations we encountered in the current research: 1) Most of the articles in this field were case reports. 2) The quality of the articles based on the existing checklists is not optimal. 3) The results of the limited studies available were also inconsistent. 4) The number of English-language articles in this field was limited. 5) The duration of intervention and points used for acupuncture had not been explained in some studies.

Keywords: *Acupuncture, post-lumbar, puncture, headache.*

Dear Editor

We appreciate the opportunity presented to discuss the effect of acupuncture on post-lumbar puncture headaches.

Acupuncture is one of the known complementary medicine approaches for pain management, utilized in many countries of the world because of its high effectiveness and few harm. However, some existing evidence has reported dangerous complications after using acupuncture as a treatment method (1, 2). Headache after lumbar puncture is a side effect that occurs in almost a third

of procedures, although demographic characteristics and the type of technique can influence the variability of incidence and severity. Various approaches, including pharmaceutical and non-pharmacological interventions, are used to manage this problem, which have different costs and effectiveness (3).

To the best of our knowledge, there are not enough English studies of suitable quality in international databases such as Pubmed, Web of Science, and Scopus to identify

whether acupuncture could be an effective and safe method to control post-dural puncture headaches.

According to the findings of the articles that were picked up until December 27, 2022, using our search strategy in the mentioned databases (1-9), the effectiveness of acupuncture on reducing headache post-dural puncture headaches after lumbar puncture is very ambiguous because these articles do not have the necessary quality to achieve this purpose. According to the explanations provided, we point out some of the limitations we encountered in the current research:

- 1) Most of the articles in this field were case reports.
- 2) The quality of the articles based on the existing checklists is not optimal.
- 3) The results of the limited studies available were also inconsistent.
- 4) The number of English-language articles in this field was limited.
- 5) The duration of intervention and points used for acupuncture had not been explained in some studies.

Considering the limitations of existing studies and the importance of acupuncture as a complementary and palliative approach to controlling chronic pain, we mentioned the existing limitations and shared these issues with the journal editor and its audience. To have an effective role in designing future research. To design future research, we suggest conducting more generalizable studies, such as randomized clinical trials for assessing the effect of acupuncture on headache after lumbar puncture.

Using the results of such research, specialists, and doctors can use this method of palliative medicine scientifically and widely. Although China is a pioneer of complementary medicine, writing Chinese studies in English, and publishing in international journals will increase the evidence accessibility for other countries.

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Authors' Contributions

M. M.: Conceptualization of the study, Literature review, Contribution to study design, Manuscript drafting, and critical revision. M. S. A.: Literature review, Data collection and management, Contribution to data analysis, Manuscript drafting, and critical revision. M. E.: Literature review, Data collection and management, Manuscript drafting, and critical revision. A. M.: Literature review, Data collection and management, Manuscript drafting, and critical revision. A. B.: Literature review, Data collection and management, Manuscript drafting, and critical revision. R. A.: Contribution to study design, Manuscript drafting, and critical revision. S. S.: Conceptualization of the study, Literature review, Contribution to study design, Manuscript drafting, and critical revision.

Transparency Statement

Not Applicable.

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Declaration of Interest

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Ethics Considerations

Not Applicable.

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