

locations or etiology of the illness. When you have the patient who has one of those conditions listed above, the first thing you have to do is examining epigastric tenderness and hepatic dullness, to identify the patient's constitution before the practice of acupuncture. Correct classification of the constitution is the most important part of the treatment process. Dr. Lee Jema suggested the classification of the four constitutions based on the personality and external appearance. In addition to Dr. Lee Jema's theory, Dr. Lee Byung-haeng checked the response of the patient after treating one point among Heart meridian five shu points which restrains the dominant characteristic of assumed constitution. However, because sometimes the patient's personality, appearances, and response to acupoint needling are not typically fit into one specific constitution, it is not easy to identify one's constitution with those methods. As a solution, we can check epigastric tenderness and hepatic dullness sound before and after performing probable types of acupuncture on the patient. If you performed the correct type of acupuncture (your classification of the constitution was correct), epigastric tenderness and hepatic dullness get better after the treatment. Thus, epigastric tenderness and hepatic dullness can be diagnostic indices before the treatment as well as effect estimation indices during the course of treatment.

**Keywords:** Korean medicine, Tae-Geuk acupuncture, Sa-sang typology, Epigastric tenderness, Hepatic dullness

40

#### ACUPUNCTURE TREATMENTS BASED ON CONSTITUTION CLASSIFICATION

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**Objectives:** After the development of Sasang constitutional theory by Dr. Lee Jema, there were several kinds of Acupuncture theory in Korea. In this topic we'd like to look over methods of each treatments to find out better solutions. **Methods:** 1) Outline of each treatments 2) Try to find out the problems in their theory **Results:** 1) There are some problems in their visceral concept application between meridian theory and Sasang constitutional theory. 2) In the case of constitutional acupuncture treatments of Dr. Kwon's and Dr. Yom's, they had to provide reasons of choosing different pulse positions as oppose to traditional pulse positions. 3) Differentiating standard for constitution classification based on pulse diagnosis is too subjective. **Conclusion:** We have to try to find out better solutions to cover such problems.

**Keywords:** Taeguk Acupuncture, Constitutional acupuncture, Sasang constitutional medicine

41

#### A STUDY ON ESTABLISHING THE SASANG CONSTITUTION ACUPUNCTURE METHOD THROUGH REVIEWING RESEARCH

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**Objectives:** Sasang Constitutional Medicine is uniquely established in the field of Korean Medicine and Eight Constitution Acupuncture which is created upon Sasang constitutional medicine is widely applied in clinics. However, there exist no established theory but hypotheses with regard to the composition of acupoints of constitution acupuncture. The purpose of this study was to compare the acupuncture method between Sasang Constitutional Medicine and Eight Constitution Medicine. **Methods:** We reviewed a total of 11 studies found on various domestic Oriental medicine journals and 7 literature ect. with the key words of Sasang Acupuncture, Eight Constitution Acupuncture and acupoint. **Results:** Among studies and literature chosen, the application of Saam's acupuncture method was many. Eight Constitution Medicine method is applied in the various disease and clinical studies were increased after the year 2000. **Conclusion:** Although there were vulnerable approached to its theoretical and clinical evidence, further study should be followed to establish proper method of constitutional acupuncture.

**Keywords:** Sasang Acupuncture, Eight Constitution Acupuncture, acupoint

42

#### ARE CLINICAL PRACTICE GUIDELINES INCLUDING ACUPUNCTURE IN YOUR COUNTRY APPROPRIATE AND VALID?

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**Objectives:** To evaluate the quality and validity of clinical practice guidelines (CPGs) which include the strength of recommendation on acupuncture in Japan. **Methods:** The relevant CPGs were searched and selected according to predefined criteria, and reviewed by three independent researchers in terms of methodology and correctness. **Results:** As of July 2019 in Japan, there were 13 CPGs including statements on the strength of recommendation on acupuncture. Among them, 2 CPGs were in accordance with the GRADE system, and 9 were rated as 4 or less (7-point scale) in the overall ratings with AGREE II. Regarding consistency with predefined methods of formulating recommendations, acupuncture is underestimated in 3 CPGs (facial palsy, chronic headache and irritable bowel syndrome). Also, 2 CPGs (lateral humeral epicondylitis and interstitial cystitis) published in 2006 and 2007 were out-of-date. Recently published "Japanese Orthopaedic Association (JOA) Clinical Practice Guidelines on the Management of Low Back Pain 2019" included multiple issues of serious misinformation on acupuncture: the opposite and incorrect conclusions that acupuncture is not superior to the control group, due to errors in literature selection, data extraction and data input. **Conclusion:** Overall, the quality of CPGs assessing acupuncture as a treatment option are not necessarily high in Japan, and some of the CPGs need to be revised. Validation of CPGs including information on acupuncture should be conducted periodically. Exchanging information among countries in this issue would be useful and encourage this continuous work.

**Keywords:** clinical practice guidelines, acupuncture, quality, appropriateness, validity

43

#### DEVELOPMENT OF KOREAN MEDICINE CLINICAL GUIDELINE FOR NON-SPECIFIC CHRONIC LOW BACK PAIN

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**Purpose:** As science and medicine evolves, the average life span of mankind is rapidly being extended. The growing population of the elderly and interest towards well-being is stimulating growth of the complementary medicine market. Acupuncture is one of the most popular treatments to the patients seeking complementary medicine. As patient population receiving acupuncture increases worldwide, needs for a standardized clinical guideline is growing. Among the many diseases treated by acupuncture, musculoskeletal disorders rank the top. The objective of this study is to establish Korean Medicine clinical guideline for non-specific chronic low back pain. **Methods:** A task force team to establish the guideline was composed. Literature review was done in order to search for evidence of safety and efficacy of acupuncture and other Korean Medicine treatments. A survey was done in order to find out how Korean medical doctors derive pattern identification for acupuncture and herbal prescriptions in treating non-specific chronic low back pain. Then, based on the results of literature review and survey, a conference meeting of experts was held. Through the Delphi method, a draft of the acupuncture clinical guideline for non-specific chronic low back pain was established. Now the review board, composed of experts of musculoskeletal disorders, public health, statistics, and representatives of patients are modifying the draft. **Results:** Evidence of safety and efficacy of acupuncture treatment for musculoskeletal disorders was established. A standard or pattern identification was derived. A draft of Korean Medicine clinical guideline for non-specific chronic low back pain was established. **Conclusions:** More rigorous,