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A systematic review on auricular acupressure for breastfeeding

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Background: There have been some studies about the efficacy of auricular acupressure in relieving many clinical issues during pregnancy and during period of lactation. This study aimed to summarize and critically evaluate the evidence on auricular acupressure for breastfeeding.

Methods: We searched 10 databases published up to May 15, 2017. Randomized controlled trials evaluating the efficacy of auricular acupressure for breastfeeding were included. Risk of bias was assessed using the Cochrane risk of bias tool. Data analysis was conducted using RevMan software (version 5.3).

Results: Thirty-one randomized controlled trials were included in this review. The methodological quality of the included studies was generally low. Because of the high risk of bias observed in the included studies and the diversity of the auricular acupressure methods, meta-analysis was not performed. Auricular acupressure as an complementary therapy to routine postpartum care had no consistent effect in increasing the volume of milk production and serum prolactin

level, and in facilitating the initiation of milk secretion. Auricular acupressure as an alternative therapy may be effective in increasing serum prolactin level and facilitating the onset of milk secretion, however, the evidence is lacking. There were no serious adverse events with the use of auricular acupressure.

Conclusions: Although some studies showed positive results, we could not determine the general efficacy and safety of auricular acupressure. Owing to low methodological quality of the included studies and heterogeneity among them, further research using large-scale, rigorous study designs should be conducted on this topic in future.



Biography

Boram Lee is Korean medicine doctor. She has completed master's degree at the age of 27 years from Department of Pediatrics, College of Korean Medicine, Kyung Hee University. She is now working in Department of Pediatrics of Korean Medicine, Kyung Hee University Hospital at Gangdong. She has published several papers related to Korean medicine.

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