Die Bedeutung des Vegetativen Systems für die Wirkung des NADA-Protokolls

Univ.-Prof. Dr. med. Dipl.-Psych. Michael Huss

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In der evidenzbasierten Medizin ist es nicht unüblich, dass klinisches Erfahrungswissen bezüglich der Wirksamkeit bestimmter Behandlungsmethoden ohne exakte Kenntnis des Wirkmechanismus über Jahrzehnte hinweg mit Erfolg angewendet wird und erst durch verfeinerte Messmethoden und die fortschreitende Erforschung molekularer Prozesse Erklärungen über einen möglichen Wirkmechanismus quasi ‚post hoc' geliefert werden. Bei der Ohr-Akupunktur nach dem NADA-Protokoll scheint sich diese Abfolge von Erfahrungswissen und molekularer Grundlage erneut zu bestätigen. Während Patienten und Kliniker schon sehr lange deutliche Effekte beschreiben, die schwerlich nur auf einen Placebo-Effekt zurückgeführt werden können, erweist sich die bisherige Evidenzlage – teils auch mangels valider Vergleichsmethoden z.B. mittels sham-Condition – weiterhin als heterogen. Aufgrund der neuroanatomischen Gegebenheiten am Ohr kommen wurden bislang als mögliche Wirkmechanismen vegetative Effekte in Betracht gezogen. Mittlerweile gibt es aber auch ein Tiermodell (Kailasam et al. 2016), das eine Modulation des opiodergen Schmerzsystems nahe legt. Beide Erklärungsansätze sollen Gegenstand des Vortrags sein. Da der Schuster aber bekanntlich bei seinem Leisten bleiben sollte und dies nach meinem Dafürhalten auch in der modernen evidenzbasierten Medizin Bestand hat, werde ich mich weder als erfahrener NADA-Akkupunkteur, noch als Neuroanatom oder Grundlagenforscher, sondern als Kliniker und an spät-translationalen Methoden ausgerichteter Forscher dem Thema nähern und freue mich auf einen intensiven Austausch.

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Landes krankenhaus

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Cave: sham-condition

Cave: Emergenz

medicines

MDPI

Editorial

Ear Acupuncture according to the NADA (National Acupuncture Detoxification Association)

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Abstract: This editorial is a brief report on the National Acupuncture Detoxification Association (NADA) ear acupuncture and is intended to briefly summarize the main scientific work. The complementary addiction-detoxification auricular acupuncture method has not been sufficiently experimentally explored in many areas. There have been clinical studies, some of which contradict the success. A total of 27 referenced publications were found that refer to the method that has existed for many decades and should be briefly listed here.

Keywords: ear acupuncture; National Acupuncture Detoxification Association (NADA)

Medicines **2019**, *6*, 44; doi:10.3390/medicines6020044

BioScience Trends. 2022; 16(1):73-90. 73

Review

DOI: 10.5582/bst.2022.01039

Revealing the magic of acupuncture based on biological mechanisms: A literature review

Bo Zhang[1,2], Haojun Shi[3], Shengnan Cao[1,2], Liangyu Xie[2], Pengcheng Ren[2], Jianmin Wang[1], Bin Shi[2,*]

[1] School of Acupuncture and Tuina, Shandong University of Traditional Chinese Medicine, Jinan, China;
[2] Department of Traditional Chinese Medicine Orthopedics, Neck-Shoulder and Lumbocrural Pain Hospital Affiliated to Shandong First Medical University, Jinan, China;
[3] Second Clinical Medical College, Henan University of Traditional Chinese Medicine, Zhengzhou, China.

SUMMARY Acupuncture has been used to treat various disease for more than 3,000 years in China and other Asian countries. As a complementary and alternative therapy, it has gained increasing popularity and acceptance among public and healthcare professionals in the West. Over the past few decades, basic and clinical research on acupuncture has made considerable progress. Internationally recognized evidence from clinical studies has been published, a preliminary system to clinically evaluate acupuncture has been created, and some clinical guidelines have been formulated. Moreover, scientists have strived to explore the physiological and biological mechanisms of acupuncture. Some basic studies have indicated that acupuncture has various actions, such as analgesic, muscle relaxing, anti-inflammatory, mild anxiolytic, and antidepressant actions, with possible biological mechanisms such as central sensitization, neurotransmitters, the intestinal flora, immune regulation, oxidative stress, and neuroinflammation. The current review describes the common indications for acupuncture

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Effects:
analgesic
muscle relaxing
antiinflammatory
mild anxiolytic
antidepressant actions

Possible biological mechanisms:
central sensitization
neurotransmitters
intestinal flora
immune regulation
oxidative stress
neuroinflammation

Neuroscience Letters 624 (2016) 29–33

Contents lists available at ScienceDirect

Neuroscience Letters

journal homepage: www.elsevier.com/locate/neulet

Research paper

Establishing an animal model for National Acupuncture Detoxification Association (NADA) auricular acupuncture protocol

Vasanth Kattalai Kailasam[a,b], Preeti Anand[a], Zara Melyan[a,*,1]

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[b] Department of Psychiatry, Harlem Hospital Center, Columbia University Medical Center, New York, NY, USA

HIGHLIGHTS

- NADA acupuncture reduces morphine-induced locomotor sensitization.
- NADA acupuncture prevents development of tolerance following chronic morphine treatment.
- NADA auricular acupuncture can improve adverse effect profile of morphine in a rat model.

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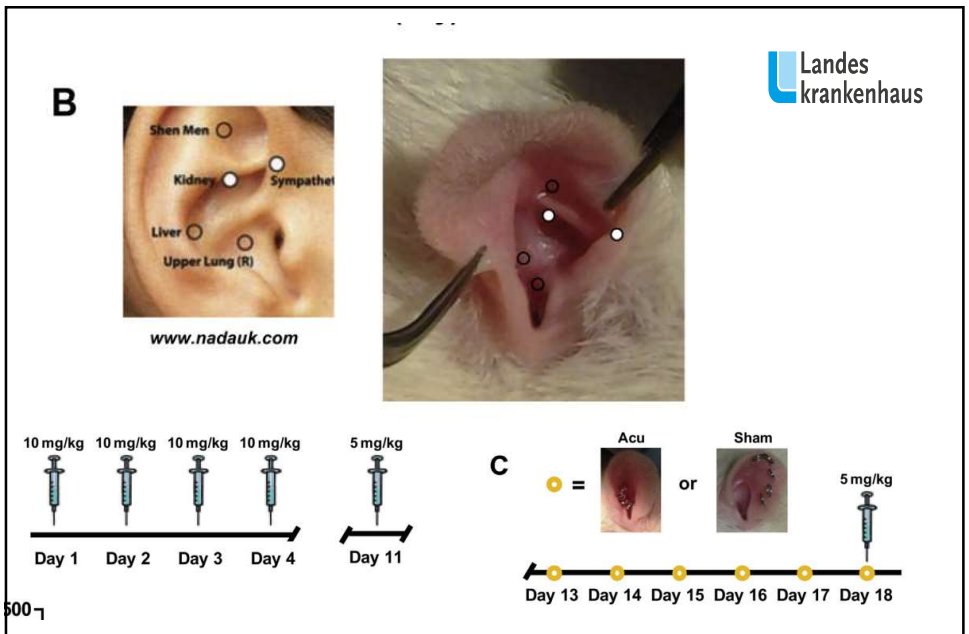
ABSTRACT

The use of opioids in the treatment of chronic pain has increased dramatically in the past few decades making them one of the most commonly prescribed medications in the US. However, long-term use of opioids is limited by development of tolerance (decreased antinociceptive efficacy) and opioid-induced hyperalgesia – paradoxical sensitization to noxious (hyperalgesia) and non-noxious (allodynia) stimuli. Novel adjunctive therapies are needed to increase the efficacy and prolong the duration of action of



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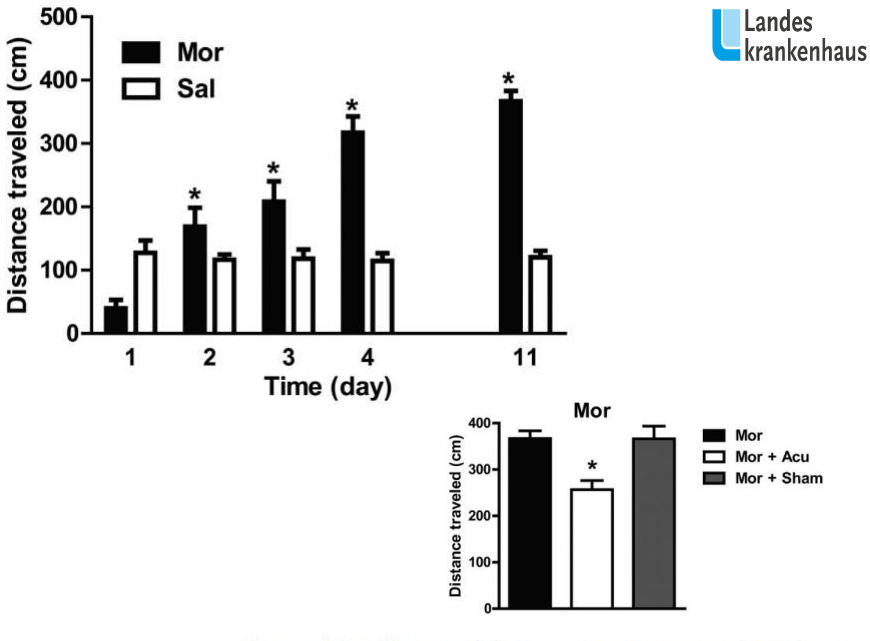

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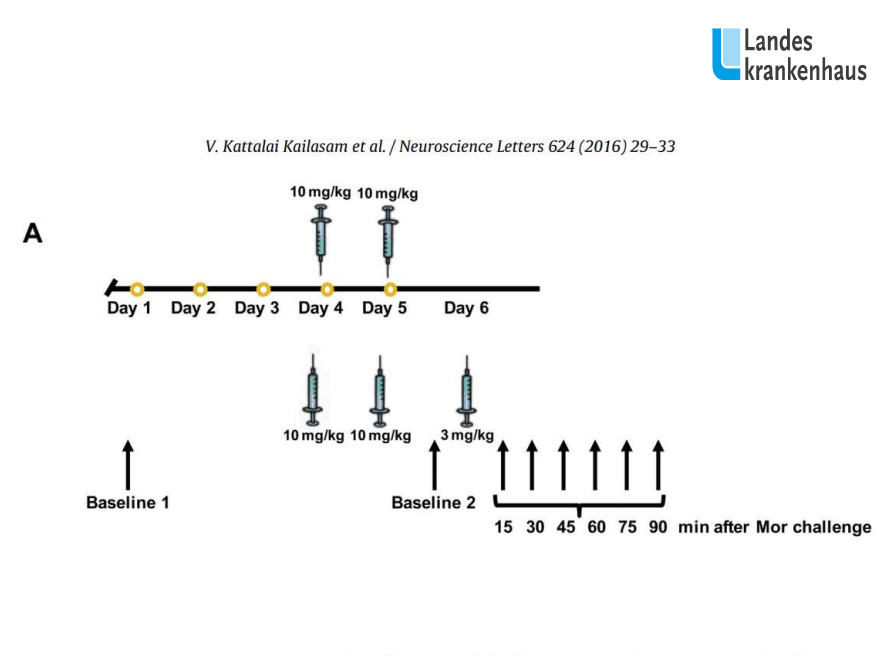

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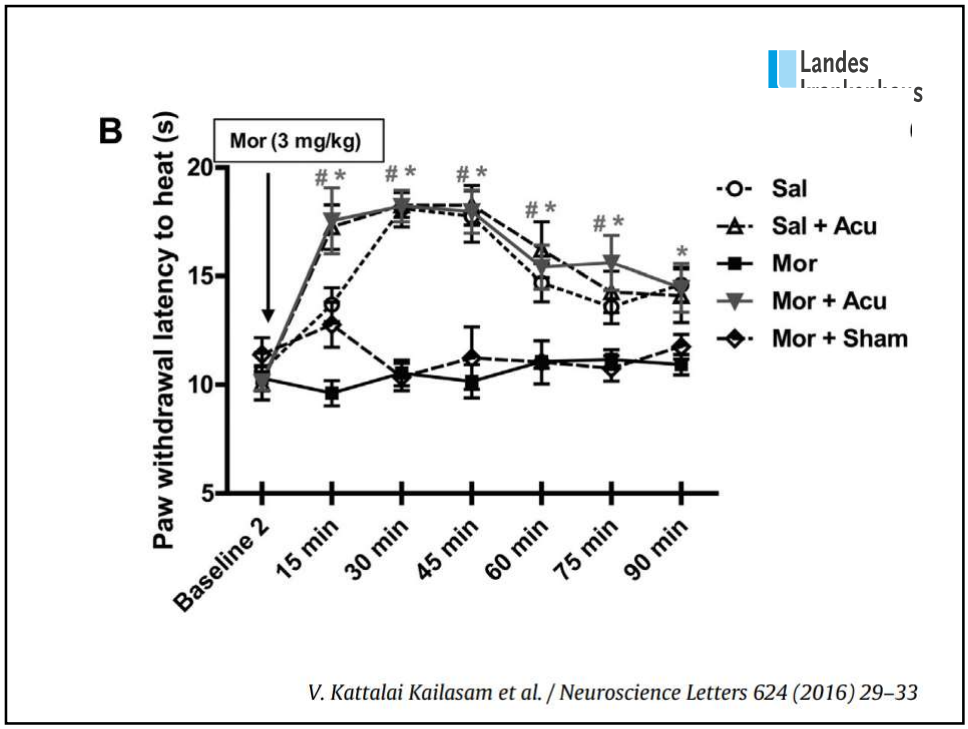
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Mor (3 mg/kg)
Paw withdrawal latency to heat (s)
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15
10
5
Baseline 2
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30 min
45 min
60 min
75 min
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Sal
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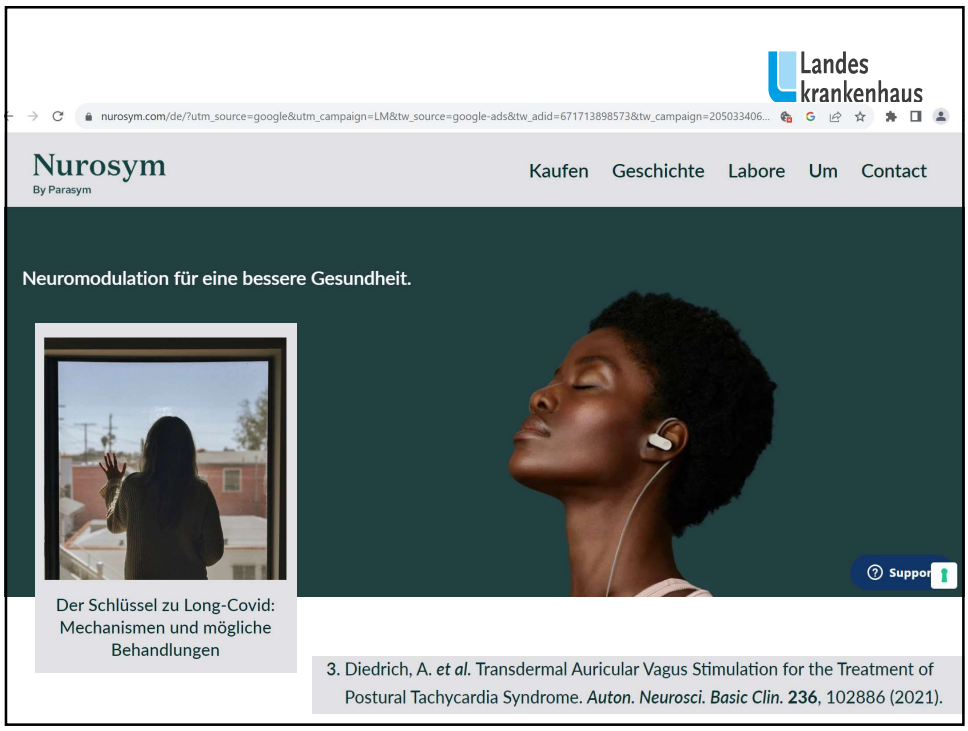
Mor + Sham
V. Kattalai Kailasam et al. / Neuroscience Letters 624 (2016) 29–33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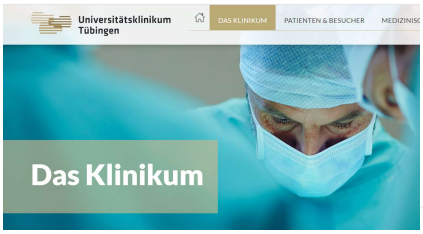
Nurosym
By Parasym
Kaufen
Geschichte
Labore
Um
Contact
Neuromodulation für eine bessere Gesundheit.
Der Schlüssel zu Long-Covid: Mechanismen und mögliche Behandlungen
3. Diedrich, A. et al. Transdermal Auricular Vagus Stimulation for the Treatment of Postural Tachycardia Syndrome. Auton. Neurosci. Basic Clin. 236, 102886 (2021).



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https://www.medizin.uni-tuebingen.de/de/das-klinikum/pressemeldungen/517

Teilen

Stimulation des Vagusnervs verstärkt die Kommunikation zwischen Magen und Gehirn

Gemeinsame Pressemitteilung der Uniklinika Tübingen und Bonn

Das Nervensystem nimmt Sinnesreize auf, verarbeitet sie und löst Reaktionen wie Muskelbewegungen oder Schmerzempfindungen aus. Vor einigen Jahren wurde ein Netzwerk im Gehirn identifiziert, das mit den Signalen des Magens gekoppelt ist und vermutlich das menschliche Hunger- und Sättigungsgefühl beeinflusst. Nun konnte ein Forschungsteam um Prof. Dr. Nils Kroemer der Universitätsklinika Tübingen und Bonn erstmals zeigen, dass eine nicht-invasive Stimulation des Vagusnervs am Ohr die Kommunikation zwischen Magen und Gehirn innerhalb von Minuten verstärken kann. Die Studienergebnisse wurden aktuell in der Fachzeitschrift Brain Stimulation publiziert.

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Vagus nerve stimulation increases stomach-brain coupling via a vagal afferent pathway

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ABSTRACT

Background: Maintaining energy homeostasis is vital and supported by vagal signaling between digestive organs and the brain. Previous research has established a gastric network in the brain that is phase synchronized with the rhythm of the stomach, but tools to perturb its function were lacking.
Objective: To evaluate whether stomach-brain coupling can be acutely increased by non-invasively stimulating vagal afferent projections to the brain.
Methods: Using a single-blind randomized crossover design, we investigated the effect of acute right-sided transcutaneous auricular vagus nerve stimulation (taVNS) versus sham stimulation on stomach-

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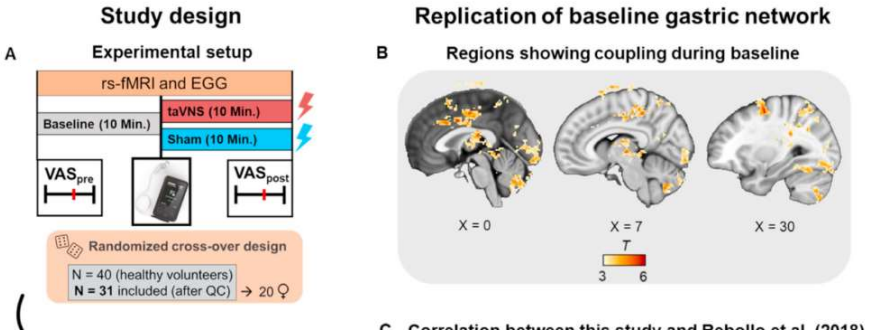

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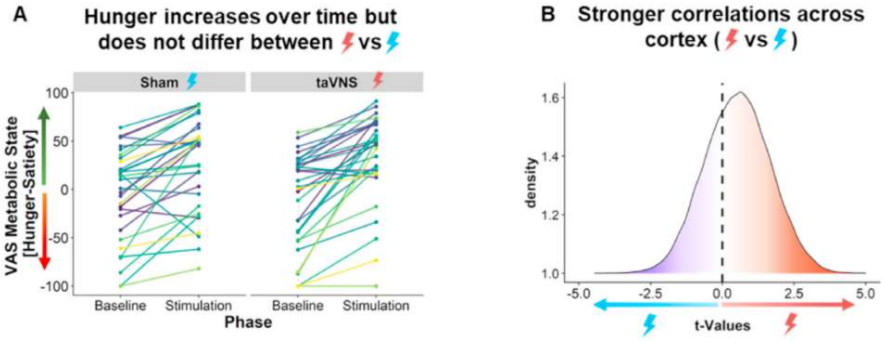
taVNS increases correlation between changes in coupling and rated hunger across the cortex



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Zusammenfassung/Fazit

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- Klassischer Ansatz klinischer Prüfung mittels RCT hat bislang nicht zum erwünschten Erfolg geführt (sham-condition; Zielparameter, adjunctive therapy?)
- ‚Umweg' über bisherige Forschung zu Wirkmechanismen der Akupunktur muss kritisch hinterfragt werden
- Tiermodelle zeigen erstaunlich robuste Ergebnisse
- Auriculäre Vagus-Stimulation -> Gut-Brain-Axis wird moduliert