

Preliminary Study: The Benefit of BaPiA Insomnia (Anti-Insomnia Massage Kerchief) Tool

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Abstract

Objective: The purpose of this present study was to systematically review the existing literature and the effectiveness of Anti-Insomnia Massage Kerchief in treating insomnia. **Materials and methods:** Databases of scientific studies were screened through the pubmed, the Cochrane library, Hindawi, and British Medical Journal with keywords: insomnia, acupuncture, acupressure; insomnia, acupressure, Baihui; and Insomnia, Baihui, Si Shencong. In addition, published studies were excluded if they were not using English and not written in the last 10 years. **Results:** 75 studies showed effects of acupressure on Baihui and Si Shencong to treat insomnia. **Conclusion:** Some literature showed positive result about stimulation in Baihui and Si Shencong for treating insomnia.

Keywords: Insomnia, Acupuncture, Acupressure, Baihui, Si Shencong.

1.Introduction

Insomnia can be qualified as a sleeping disorder which includes the disability to start sleeping, disruption of sleep duration, and/or the reduction of sleep quality which eventually results to a substandard quality of the person's daily life 1. Around 20% to 40% of adults have been reported to be suffering from insomnia which causes to even more harmful problems 2. Insomnia is a very simple problem which literally leaves quite significant difficulties for the society 3. The consequences that will be caused by insomnia include the increasing numbers of accidents, reduction of life quality, as well as the reduction of self-efficacy. And it does not even stop there, insomnia can also affect health condition, like hypertension and obesity 4. Insomnia can be treated by pharmacotherapy, herbal therapy, physical therapy, as well as psychological therapy 5. Pharmacotherapy in case of insomnia is in the form of giving benzodiazepin-receptor agonist, benzodiazepin, and sedative antidepressants 6. There are some unwanted side effects of pharmacotherapy such as memory disruption, drug resistance, dependence, even addiction 5. Acupressure is a non-invasive technique which triggers certain point in human's body through compression in the fingertips 7. Acupoint that is used in this study are Baihui (GV-20) and Si Shencong (EX-HN1). This point is ordinarily used in every acupuncture treatment because of its general psychological effects; it may also be effective for treating insomnia, anxiety, headaches, apoplexy, and weakness of memory 8.

2.Purpose of The Study

To systematically review the existing literature and the effectiveness of safe, comfortable, and simple device in treating insomnia, BaPiA Insomnia.

3.Methods

This preliminary study uses literature reviews which have the validity and reliability that are accountable by combining notions from literature studies. The data have also been analyzed with descriptive argumentative analytical method in order to be transformed into a new notion. We searched PubMed, the Cochrane Library, Hindawi, and British Medical Journal, with keywords: Insomnia, acupuncture, acupressure; Insomnia, acupressure, Baihui; and Insomnia, Baihui, Si Shencong. We found 75 articles. The article that meets the inclusion criteria is the article that discusses about insomnia, acupuncture, and acupressure. We got rid of 5 articles with the exclusion criteria which consists of articles with foreign language other than English and articles that were not written in the past 10 years. Then, we get rid of a number of 65 articles, by reason of the article did not discuss the point and Si Shencong Baihui. In this study we studied as much as 9 articles.

Furthermore, we assembly the BaPiA insomnia (anti-insomnia kerchief) device as a modification of acupressure. BaPiA insomnia (anti-insomnia kerchief) is a device which is worn in the head like a hat. This device has 5

essential points around it; 1 Baihui point, 4 Si Shencong points. This device is adapted from every principles of acupressure which includes timer series, voltage regulator and a set of vibrators with the frequencies between 5 to 7 Hz. This device may be used 10 to 15 minutes before bed time.

4.Result

No	Penelitian	Judul	Hasil Penelitian
1	Takeishi et al. (2012)	Acupuncture Improves Sleep Conditions of Minipigs Representing Diurnal Animals through an Anatomically Similar Point to the Acupoint (GV20) Effective for Humans	MMPigs with deep acupuncture at Dafengmen (an anatomically similar point to human-Baihui (GV20)) showed significantly efficient values on actigraph and catecholamine analysis as compared with untreated MMPigs. The effective acupoint for sleep conditions in the porcine model is at an anatomically similar point to humans, rather than the point determined by traditional Chinese medicine.
2	Guo, J. et al. (2013)	Efficacy of Acupuncture for Primary Insomnia: A Randomized Controlled Clinical Trial	Verum acupuncture (real acupuncture) dengan titik akupuntur Baihui (Du-20), Shenting (DU-24), and Si Shencong (EX-HN1) appeared to be more effective in increasing sleep quality and daytime functioning than sham acupuncture and estazolam.
3	Shen, Y. E. et al (2010)	Locating the Acupoint Baihui (GV20) Beneath the Cerebral Cortex with MRI Reconstructed 3D Neuroimages	This study demonstrates that the GV20 is located in the area of the frontal lobe anterior precentral sulcus
4	Chen, Y. et al (2013)	Effects of acupuncture treatment on depression insomnia: a study protocol of a multicenter randomized controlled trial	The optimized acupuncture formula has potential benefits in increasing the efficacy of treating depression insomnia
5	Ling-feng & Jian-Hua (2010)	Clinical Observation on Acupuncture Treatment of Intractable Insomnia	The total effective rate was 98.0% in the treatment group and 77.5% in the control group. The therapeutic effect in the treatment group was much better than that in the control group (P<0.01).
6	Gao, X. et.al. (2013)	Curative effect of acupuncture and moxibustion on insomnia: a randomized clinical trial	Acupuncture and moxibustion at Baihui (GV 20), Si Shencong (EX-HN 1), Shenmai (BL 62), and Zhaohai (KI 6) significantly improved insomnia symptoms in the experiment group compared with the control group.
7	Yeung, w.f. et.al. (2012)	Prescription of Chinese Herbal Medicine and Selection of Acupoints in Pattern-Based Traditional Chinese Medicine Treatment for Insomnia: A Systematic Review	Suanzaoren (Semen Z. spinosae), Fuling (Poria), Yejiaoteng (Caulis P. multiflori), Gancao (Radix Glycyrrhizae), Baishao (Radix P. alba), Shenmen (HT7), Yintang (EX-HN3), Sanyinjiao (SP6), Baihui (GV20), Anmian (EX-HN22), and Si Shencong (EX-HN1) were commonly used for insomnia
8	Carotenuto, M. et. al. ()	Acupressure therapy for insomnia in adolescents: a polysomnographic study	At the end of 6 months of treatment, there was a significant increase in all macro-structural parameters of sleep duration, and a reduction in sleep onset latency, wake after sleep onset, and stage 2 sleep. Moreover, the study group showed a significant increase in percent sleep efficiency (P,0.001) and in slow wave sleep representation
9	Yeung, W-F. et. al. (2009)	Electroacupuncture for primary insomnia: a randomized controlled trial.	Electroacupuncture at Yintang (EX-HN3), Baihui (GV20), bilateral ear Shenmen, Si Shencong (EX-HN1), and Anmian (EX) 3 timeperweeks and there is found a slight advantage of electroacupuncture over placebo acupuncture in the short-term treatment of primary insomnia.

5.Conclusion

Some literature showed positive result about stimulation in Baihui and Si Shencong for treating insomnia.

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