

Congresso Nazionale della Società Italiana di Alcolologia
“**Alcolologia oggi: dalla scienza alla clinica, dalla persona alla società**”,

Medicine Complementari in Alcolologia

Roma, Angelicum Congress Center,
Pontificia Università San Tommaso D'Aquino,
18 settembre 2013.

Gabriele Bardazzi
Gruppo di lavoro su Alcol e Medicine Complementari SIA

Quesiti

La Medicina complementare viene impiegata nei servizi alcolologici ?

Medicina complementare come aspetto integrativo o alternativo ?

Possibili sviluppi della medicina Complementare in Alcologia



Complementary medicine for alcohol dependence in Italian services: A mail questionnaire

Gabriele Bardazzi*, Jo-Anne Merluzzi, Fabio Voller, Aldo Fontana, Ludovico Abenavoli, Lorenzo Leggio, Giovanni Addolorato, The Alcohol and Complementary Medicine Research Group of the Italian Society for Alcohol Studies

Centro Diurno Alcológico, UFM C, Azienda Sanitaria Fiorentina, Villa Basilewsky, Via Lorenzo il Magnifico, 104, 50127 Firenze, Italy

KEYWORDS

Complementary medicine;
Alcohol dependence;
Alcohol treatment

Summary It is well known that Complementary Medicine (CM) is extensively used in western countries for the treatment of many afflictions. CM has been recently promoted in addiction treatment. To evaluate CM use in alcohol dependence we planned a mail questionnaire for Italian alcohol services. We sent out 612 questionnaires. Health services that were unable to respond to the questionnaire within a 20-day limit period were contacted by phone and if we obtained agreement to participate in the study the questionnaire was sent by fax. We obtained 312 (51.82%) completed questionnaires. Only 16.50% of Italian services use CM for alcohol dependence treatment and acupuncture is utilized more frequently than other methods (phytotherapy, homeopathy, etc.). In Italian alcohol services CM is identified as an instrument incorporated into traditional alcohol treatments (self-help groups, drug treatment, etc.) and not an alternative method. In fact, health services that use it as a principal method of treatment were a rare event in our study (1%). CM plays an integrated role with traditional forms of alcohol treatment in Italian alcohol services and this utilization could be useful to reduce drop-outs and improve alcohol treatment compliance.
© 2006 Elsevier Ltd. All rights reserved.

Introduction

A definition of Complementary Medicine (CM) depends on the context in which we consider this medical branch. In fact, from a social point of view CM is whatever is rejected by the "establishment",¹ Others believe that CM is unproven

*Corresponding author. Tel.: +39 55 6264436;
fax: +39 55 6264466.

E-mail address: gabriele.bardazzi@asf.toscana.it
(G. Bardazzi).

Impiego delle tecniche di MC nei servizi alcologici italiani

	Servizi che utilizzano MC	Servizi che non utilizzano MC	Totale
Servizi	50	253	303
Percentuale	16,48%	83,52%	100%

Numero di trattamenti attuati nei 50 servizi che utilizzano le MC nel percorso socio-riabilitativo dell'alcoldipendenza*

Tecniche MC	Numero trattamenti	Percentuali
Agopuntura	1041	71,45
Fitoterapia	147	10,08
Omeopatia	142	9,74
Fiori di Bach	82	5,62
Medicina Ayurvedica	10	0,68
Altro	35	2,40
Totale	1457	100

***Alcuni pazienti effettuavano contemporaneamente due o piu' tecniche delle MC**

Focus

- Uso della medicina complementare in **pazienti selezionati** (16,48%)
- Maggiormente impiegata al **Nord Italia**
- L'**agopuntura** è la tecnica maggiormente utilizzata 71,45%
- Terapia complementare utilizzata prevalentemente come **trattamento integrato** alle metodiche tradizionali (gruppo-auto aiuto ecc.)

ACQUA E NIENTE ALTRO

Agopuntura
Fitoterapia
Omeopatia
Ipnosi
Training autogeno
Arteterapia
Teatroterapia
Musicoterapia
Pregghiera intercessoria
Meditazione trascendentale
Terapia biografica
Spiritismo
Autochinesi
Aromatoterapia
Marijuana
LSD

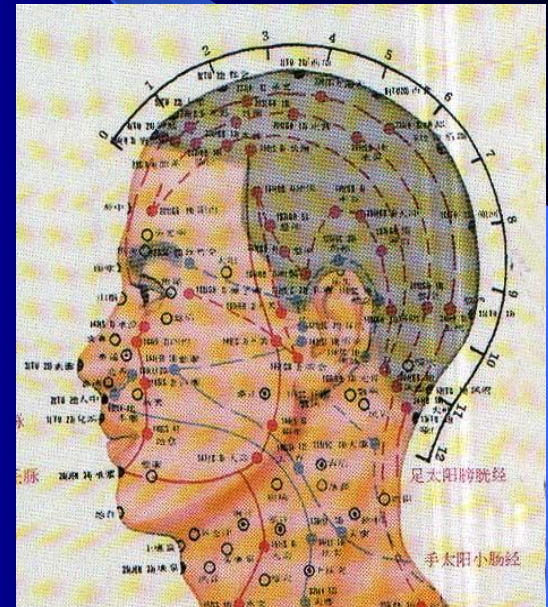
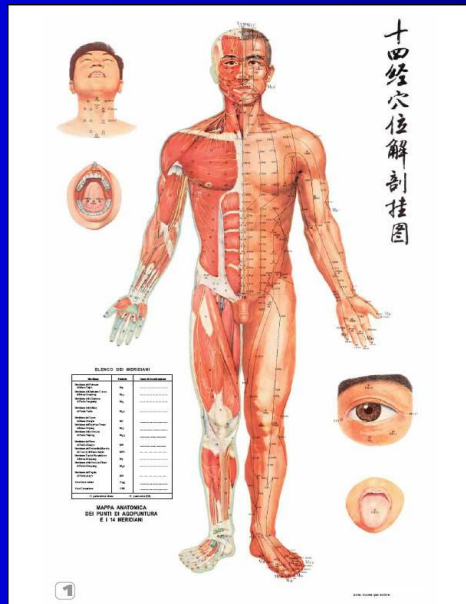


Agopuntura nell'alcoldipendenza

Acudetox



Somatopuntura



AGOPUNTURA

Difficoltà nel confronto dei risultati delle diverse esperienze:

Auricoloterapia e Somatopuntura

Spesso non ben esplicitato il ruolo dei gruppi di auto-aiuto

Estrema eterogeneità dei protocolli di studio (modalità di esecuzione, durata del trattamento, popolazione di studio, etc.)

Nonostante le limitazioni, particolarmente interessanti sono i risultati di una recente review in cui si confrontavano studi in cui il trattamento con agopuntura era associato o meno al trattamento tradizionale (Cho SH et al 2009)

In 3 su 4 di questi studi l'associazione agopuntura trattamento convenzionale dava risultati significativi.



Acupuncture: a new resource for unremitting alcoholics

G. BARDAZZI, F. CRACOLICI*, A. BAREINI*, M. L. MARCIAS, A. QUARTINI, F. AQUILINI
Centro Alcológico Integrato, Dipartimento Dipendenze, Azienda Sanitaria Fiorentina
*Scuola di Agopuntura Tradizionale "Città di Firenze"

SUMMARY - Forty-four unremitting alcoholics were included in a two arm study. The study group was treated with acupuncture and self-help groups while the control group performed only psychosocial treatment (self-help groups). Results after three months treatment showed that the acupuncture group had a better compliance (drop-outs were 22.7% and 40.9% for study and control groups respectively) and a higher abstinence rate (50% versus 13%, $P=0.033$). Our study showed that acupuncture could improve unremitting alcoholics treatment results easing self-help groups acceptance and compliance. Acupuncture could implement self-help groups action because it reinforced their motivational action in patients with active attendance but with poor efficacy. Further and larger studies are needed to confirm this datum but we believe that acupuncture could represent a new resource in treating patients with active alcohol dependence in spite of self-help group attendance.

INTRODUCTION

For centuries, acupuncture has been used in China and other Far Eastern countries to treat a variety of human afflictions including drug addiction. Despite reports emphasizing the efficacy of acupuncture in alcohol treatment¹⁻³, it has not achieved widespread acceptance as a useful modality in the treatment of addictive disorders. Efforts to encourage its use as an effective, yet inexpensive form of treatment have been hampered by skepticism engendered by the exotic nature of the procedure, the lack of understanding of its mechanism of action, and by the few controlled studies of treatment of alcohol and drug addiction⁴. In addition, acupuncture is known to affect the endogenous opioid system⁵ that is also involved in alcohol craving. Alcohol treatment involves many strategies (self-help groups, pharmacological treatment, hospital admission, etc.) but for some patients recidivism is common and the achievement of abstinence very difficult. For this reason, we performed a study in which the traditional

approach to alcohol treatment was associated with acupuncture in patients with unremitting alcoholism.

PATIENTS AND METHODS

We randomly assigned the forty-four patients to a two arm treatment. Twenty-two patients (15 males and 7 females) with at least three months of active alcohol dependence in spite of psychosocial alcohol treatment (self help groups) were enrolled in acupuncture treatment. During the treatment period patients continued self-help group attendance. We also included a control group (22 patients) with similar characteristics (three months active alcohol dependence before inclusion in spite of self help group treatment). The control group performed only self-help group treatment during the study period. Therefore the treatment difference between two groups was only acupuncture. Every patient was followed for alcohol-related problems at the Centro Alcológico Integrato of the Florentine Health

ALCOLE MEDICINE COMPLEMENTARI

FITOTERAPIA

Pueraria Lobata
Salvia Miltiorrhiza
Tabernanthe Iboga
Panax Ginseng
Hypericum Perforatum
Hovenia dulcis Thunb.
Oenothera biennis L.
Opuntia ficus indica
Passiflora incarnata L.
Thymus vulgaris
Trigonella foenum-graecum L.
Zingiber officinale Roscoe

Azione farmacologica della *Pueraria Lobata* (daidzina, daidzeina, puerarina)



riduzione svuotamento gastrico con potenziamento first-pass metabolism

Azione farmacologica della Salvia Miltiorrhiza (miltirone)



Effetto ansiolitico del miltirone che sostituisce quello indotto dall'alcol

Azione farmacologica della *Tabernanthe iboga* (ibogaina)



Azione anticraving per azione sui recettori NMDA, dopaminergici, serotoninergici ed oppioidi

Potenzialità allucinogene

Conclusioni

Le medicine complementari in ambito alcologico hanno un loro spazio come momento integrativo alle terapie convenzionali (gruppi di auto-aiuto, psicoterapia etc.)

Necessità di protocolli multicentrici

Difficoltà nel reperimento di fondi per la ricerca

Integralismo nel mondo sanitario