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Summary

ELECTROACUPUNCTURE IMPROVES CLINICAL SYMPTOMS IN PATIENTS WITH CONSTIPATION IRRITABLE BOWEL SYNDROME (IBS-C) THROUGH BALANCING PROFILES OF GUT MICROBIOTA

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A study of 32 participants found that IBS-C patients have distinct gut microbiota profiles compared to healthy controls, and electroacupuncture treatment for one month improved both IBS symptoms and shifted gut microbiota composition toward healthy patterns at one-month follow-up.

KEY POINTS

- IBS-C patients (n=16) showed significantly different gut microbiota beta diversity compared to healthy controls (n=16), with higher cyanobacteria and lower Eubacterium prevalence, as well as elevated serum cortisol levels.
- Electroacupuncture administered nine times over one month significantly improved IBS symptom severity and quality of life scores, with benefits maintained at one-month follow-up.
- Gut microbiota beta diversity showed no immediate change after electroacupuncture treatment, but at one-month follow-up the microbiota profile had shifted to resemble the healthy control group.
- No significant changes in serum cortisol levels or anxiety and depression scores were observed following electroacupuncture therapy.
- This research may interest clinicians and researchers exploring non-pharmacological interventions for IBS-C and the role of the gut-brain-microbiota axis in symptom pathogenesis.

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