

Neural therapy in the treatment of multiple sclerosis.

Gibson RG, Gibson SL.

Glasgow Homoeopathic Hospital, Scotland.

OBJECTIVE: To assess the therapeutic potential of neural therapy, a modified form of acupuncture, in multiple sclerosis. **DESIGN:** A pilot study followed by a double-blind, placebo-controlled randomized study. **SETTING:** The Glasgow Homoeopathic Hospital, Glasgow, Scotland. **PATIENTS:** An unselected group of 61 new patients referred to the Glasgow Homoeopathic Hospital, suffering from any type of multiple sclerosis, who fulfilled the criteria of Schumacher and had a Disability Status Score (DSS) or Expanded Disability Status Score (EDSS) grade of 1-7. **INTERVENTION:** Neural therapy, which is the injection of small amounts of local anesthetic without adrenaline, into specific trigger points in the ankles and around the greatest circumference of the skull. **MAIN OUTCOME MEASURES:** Improvements in the Kurtzke scales and the DSS or EDSS assessments. **RESULTS:** Sixty-five percent (65%) of the patients in the pilot study (n = 40) and seventy-six percent (76%) of the patients in the double-blind trial (n = 21) benefitted from this treatment as assessed by Kurtzke scale improvements. On long-term follow-up of 2.0 to 3.5 years, more than 50% of the patients continued to show improved Kurtzke scale ratings. Improvements could be rapid. No toxic side effects were noted when injections were administered at a frequency of once or twice weekly or less. **CONCLUSIONS:** Neural therapy is an effective, nontoxic and inexpensive treatment for multiple sclerosis that can confer both immediate and long-term benefits.

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