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## Effect of magnetic acupuncture attachment on Neigun (acupoint P6) on autonomic nervous system

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**Background:** Neigun (acupoint P6) is known to be good acupoint for treating nausea and vomiting occurs after surgery and chemotherapy. In addition, it has been reported to stabilize the sympathetic nervous system. The purpose of this study was to investigate the effect of non-invasive magnetic acupuncture attachment on the autonomic nervous system by measuring HRV (Heart Rate Variability).

**Method:** 20 healthy volunteers were recruited through advertisement. Magnetic acupuncture was attached to either Neigun (acupoint P6) or Zu San Li (acupoint ST36) by the randomization table, and HRV was measured before its attachment and 20 minutes after its attachment. One week later, we repeated the procedure at the same time on different acupoint. We measured HRV using SA-2000(Medicare, Korea).

**Result:** Of the 20 subject who completed the trial, 5 were male and 15 were female, and the mean age of each was 26 and 27. There was no significant difference in HRV indices before attaching the magnetic acupuncture. However, the Neigun (acupoint P6) stimulation showed significant increase in the percent change of SDNN (The standard deviation of normal to normal intervals) when stimulated by magnetic acupuncture (P=0.018) compared to Zu San Li (acupoint ST36) stimulation, but, the percent change of RMSSD (square root of the mean of the sum of the square of differences between adjacent NN intervals), which mainly reflects parasympathetic activity, was not significant (P=0.069).

**Conclusion:** The results of this study suggest that attaching the magnetic acupuncture on Neigun (acupoint P6) has a positive effect on autonomous function.

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