



## TINJAUAN PUSTAKA — LITERATURE REVIEW

# Penamaan Titik Akupunktur yang Tidak Sesuai dengan Kaidah Nomenklatur WHO pada Penelitian 5 Tahun Terakhir

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### Abstrak

**Latar belakang :** Akupunktur merupakan terapi pengobatan yang telah digunakan sejak 2500 tahun lalu dan kini telah digunakan luas di berbagai belahan dunia termasuk Eropa dan Amerika. Perbedaan bahasa dan dialek yang digunakan dalam penamaan titik akupunktur seringkali menyebabkan kesulitan bahkan kesalahpahaman dalam pertukaran informasi mengenai akupunktur. Oleh karena itu pada tahun 1984 WHO menertbitkan “standar acupuncture nomenclature” sebagai sistem penamaan dan penulisan titik akupunktur standar di seluruh dunia. Namun pada prakteknya masih cukup sering ditemui publikasi ilmiah akupunktur yang menuliskan titik akupunktur tidak sesuai sistem nomenklatur WHO.

**Tujuan :** mengetahui jumlah publikasi ilmiah yang menuliskan titik akupunktur tidak sesuai sistem nomenklatur WHO, dan bentuk-bentuk/variasi ketidaksesuaian yang umum terjadi.

**Metode :** pencarian literatur menggunakan 1 database yaitu Pubmed, dengan menggunakan kata kunci “acupuncture”, “acupoint”, dan “randomized controlled trial”. Publikasi ilmiah yang sesuai dengan kriteria inklusi ditelaah penulisan titik akupunktunya bila sudah menggunakan kaidah yang sesuai dengan WHO, yang tidak sesuai dicatat dalam tabel dibagian hasil.

**Hasil :** dari 1868 publikasi ilmiah yang ditemukan, terdapat 983 artikel yang ditelaah, dan ditemukan 663 (67.44%) publikasi ilmiah yang penulisan titik akupunktur telah sesuai dengan standar nomenklatur WHO, dan terdapat 320 (32.55%) publikasi yang tidak sesuai dengan standar nomenklatur WHO. Dari 320 publikasi yang tidak sesuai tersebut, terdapat beberapa bentuk ketidaksesuaian yang paling sering ditemukan, antara lain: kode numerik tidak sesuai kode WHO, diantara kode alfabet dan kode numerik terdapat tanda spasi, atau diberi tanda strip (-), dan kombinasi lebih dari satu bentuk penulisan yang tidak sesuai.

**Kesimpulan :** masih cukup banyak peneliti/praktisi akupunktur di dunia yang belum memahami dan/atau menerapkan penulisan titik akupunktur menurut sistem nomenklatur WHO.

**Kata kunci :** akupunktur, acupoint, randomized controlled trial

## PENDAHULUAN

Akupunktur merupakan suatu sistem unik yang digunakan untuk terapi pengobatan nyeri yang telah digunakan selama lebih dari 2500 tahun dalam kebudayaan China. Akupunktur pertama kali

dimulai pada periode Chou (1000 tahun pertama sebelum masehi), dikembangkan pada periode Han (abad kedua sebelum masehi), sehingga teori dan praktek akupunktur sudah tersusun secara sistematis. Praktek akupunktur pertama kali didokumentasikan dalam The Yellow Emperor's



Classic of Internal Medicine (Huang Ti Nei Ching) pada abad kedua sebelum masehi. Akupunktur terus berkembang dan menjadi salah satu terapi standar yang digunakan di China. Penelitian mengenai akupunktur berawal pada tahun 1950 di China, secara bertahap tersedia dan menyebar di departemen akupunktur pada rumah sakit dengan metode pengobatan barat.<sup>2</sup>

Penyebaran akupunktur ke berbagai negara lain terjadi pada waktu berbeda dengan berbagai rute. Pada abad keenam, Korea dan Jepang mengasimilasikan akupunktur China dalam sistem pengobatan mereka. Kedua negara tersebut masih mempertahankan terapi ini secara paralel dengan pengobatan barat. Di Eropa, negara Perancis merupakan yang paling awal mengadopsi pengobatan akupunktur. Terapi ini dibawa oleh misionaris Jesuit pada abad ke-16. Pada tahun 1971, seorang wartawan Amerika mendapatkan terapi akupunktur selama masa penyembuhan dari operasi usus buntu di China. Ia kemudian membawa berita ini ke Amerika, namun akupunktur mulai diterima di Amerika saat adanya konferensi konsensus NIH yang mengatakan adanya bukti positif dari terapi akupunktur pada kondisi tertentu.<sup>2</sup>

Semakin dikenalnya terapi akupunktur di dunia membutuhkan bahasa yang umum untuk memfasilitasi pendidikan, penelitian, praktis klinis dan pertukaran informasi mengenai akupunktur pada level global. Luasnya kebudayaan China dan pesatnya perkembangan akupunktur di negara lain menyebabkan munculnya kesulitan dalam pertukaran informasi mengenai akupunktur. Kesalahan yang sering terjadi karena pengucapan dengan dialek China yang berbeda, sehingga terjadi kesalahpahaman. Pada tahun 1965, Japanese Meridian and Points Committee membentuk dan merekomendasikan nama Jepang dan penomoran internasional untuk tiap titik akupunktur. Sedangkan di China, All China Acupuncture and Moxibustion Society juga menentukan sistem nasional yang digunakan. Sejak itu masing-masing negara membuat nomenklatur sesuai dengan negaranya. Hingga pada Oktober 1980, WHO mengirimkan perwakilan ke China untuk mengulas

nomenklatur yang sudah ada dan menemukan kebutuhan adanya keseragaman.<sup>1</sup> Hingga pada tahun 1984 diterbitkan buku dengan judul “Standard Acupuncture Nomenclature” oleh kantor regional pasifik barat WHO. Adanya sistem penamaan internasional ini memudahkan pertukaran informasi dan komunikasi untuk memfasilitasi penelitian dasar dan klinis.<sup>1</sup>

Hingga saat ini nomenklatur WHO masih digunakan sebagai acuan penulisan titik akupunktur yang digunakan. Namun pada prakteknya penelitian akupunktur masih menggunakan penyebutan yang tidak lazim dan sesuai dengan nomenklatur WHO. Dalam tulisan ini, penulis bermaksud menemukan penelitian yang menggunakan penyebutan titik akupunktur yang tidak sesuai dengan kaidah WHO.

## METODE

Pencarian literatur dilakukan oleh penulis dengan menggunakan 1 database yaitu Pubmed. Kata kunci yang dipilih dalam melakukan pencarian adalah “akupunktur”, “acupoint”, dan “randomized controlled trial”. Kemudian hasil pencarian literatur dimasukkan dalam kriteria eligibilitas inklusi dan eksklusi berikut:

### Kriteria inklusi:

- 1) Penelitian akupunktur dengan berbagai modalitas yang menyebutkan titik akupunktur dengan jelas baik menggunakan kriteria WHO maupun tidak.
- 2) Penelitian dalam bahasa Inggris.
- 3) Penelitian pada manusia dan hewan.
- 4) Jenis penelitian diutamakan uji klinis acak tersamar, tinjauan sistematis, dan meta analisis.

### Kriteria eksklusi:

- 1) Penelitian yang tidak dapat diakses secara teks lengkap.

Jurnal yang ditemukan ditelaah penulisan titik akupuncturnya apakah sudah menggunakan kaidah yang sesuai dengan WHO. Apabila tidak sesuai maka dicatat sesuai dengan tabel yang terlampir di bagian hasil.



## HASIL

Berdasarkan pencarian yang dilakukan di database Pubmed, ditemukan 1868 artikel yang sesuai dengan kriteria inklusi penulis. Dari artikel yang ditemukan ini 663 artikel menggunakan penulisan titik akupunktur yang sesuai dengan nomenklatur WHO. Sedangkan 859 artikel tidak menuliskan titik akupunktur yang digunakan. Pada hasil pencarian ini juga ditemukan 15 artikel yang tidak terdapat teks lengkap (full text). Ditemukan juga 10 artikel yang menggunakan bahasa selain bahasa Inggris, 3 artikel yang merupakan duplikasi, serta 8 artikel yang tidak menggunakan modalitas akupunktur. Hasil pencarian dilihat pada tabel 1.

**Tabel 1.** Hasil Pencarian

Database	Strategi Pencarian	Hasil Pencarian	St Ter
PubMed	("acupunctural"[All Fields] OR "acupuncture"[MeSH Terms] OR "acupuncture"[All Fields] OR "acupuncture therapy"[MeSH Terms] OR ("acupuncture"[All Fields] AND "therapy"[All Fields]) OR "acupuncture therapy"[All Fields] OR "acupuncture s"[All Fields] OR "acupunctured"[All Fields] OR "acupunctures"[All Fields] OR "acupuncturing"[All Fields] OR ("acupoint s"[All Fields] OR "acupuncture points"[MeSH Terms] OR ("acupuncture"[All Fields] AND "points"[All Fields]) OR "acupuncture points"[All Fields] OR "acupoint"[All Fields] OR "acupoints"[All Fields]) AND ("randomized controlled trial"[Publication Type] OR "randomized controlled trials as topic"[MeSH Terms] OR "randomized controlled trial"[All Fields] OR "randomised controlled trial"[All Fields] OR "RCT"[All Fields]) AND (y_5[Filter]) AND (ff[Filter]))	1868	3

Proses pencarian dan skrining artikel dilakukan oleh 6 penulis secara bersamaan pada tanggal 11 Mei 2021. Hasil pencarian disesuaikan dengan kriteria inklusi dan eksklusi yang telah ditetapkan.

Berdasarkan hasil skrining ditemukan 320 artikel yang tidak sesuai dengan nomenklatur WHO. Ketidaksesuaian yang ditemukan bervariasi, diantaranya kesalahan penulisan dengan menggunakan spasi diantara kode huruf dengan angka, penggunaan garis (-) yang memisahkan kode huruf dan angka, serta penggunaan kode huruf dan sebutan bahasa mandarin yang tidak sesuai dengan nomenklatur WHO. Pada tabel 2 (supplementary) dituliskan seluruh penelitian dengan penulisan titik akupunktur yang tidak sesuai dengan nomenklatur WHO. <sup>1</sup>

## DISKUSI

Dari 983 publikasi ilmiah akupunktur yang diperiksa, terdapat 663 (67.44%) publikasi ilmiah yang cara penulisan titik akupunktur telah sesuai dengan sistem nomenklatur WHO, dan terdapat 320 (32.55%) publikasi yang tidak sesuai dengan nomenklatur WHO, khususnya dalam penulisan kode alfanumerik. Beberapa bentuk ketidaksesuaian yang ada ditampilkan dalam tabel 3.

**Tabel 3.** Bentuk penulisan titik akupunktur yang tidak sesuai dengan sistem nomenklatur WHO

No	Bentuk ketidaksesuaian	Jumlah	Persen
1	Alfanumerik disertai strip, contoh: GV-26	39	12.18%
2	Diantara alfanumerik terdapat spasi, contoh: GV 26	94	29.37%
3	Hanya pinyin, tanpa alfanumerik, contoh: tiantu	39	12.18%
4	Penulisan alfanumerik tidak dengan huruf kapital, contoh: Gv4	3	0.93%
5	Kode huruf diluar ketentuan, contoh: LV7, REN17, Liv7, dll	97	30.31%
6	Menggunakan tanda kurung, contoh: (HT)20, (GB)-25	3	0.93%
7	Tidak menggunakan kode huruf, contoh: Heart 7	6	1.87%
8	Nama Pinyin tidak sesuai dengan alfanumerik, contoh: Yintang GV29	1	0.31%
9	Kombinasi beberapa jenis ketidaksesuaian: Liv7, GB 20, HT-7, Li4	38	11.87%
<b>Total</b>		<b>320</b>	<b>100%</b>

Dari tabel diatas dapat diketahui bahwa terdapat 5 besar bentuk penulisan titik akupunktur yang tidak sesuai sistem nomenklatur WHO. Peringkat pertama (30.31%) adalah penulisan kode huruf meridian diluar ketentuan, contoh VB-34 (Yanglingquan), E-36 (Zusanli), ID-19 (Tinggong). Demikian pula untuk meridian hati menurut WHO ditulis dalam kode LR, namun ditulis Lv atau Liv; meridian Conception Vessel yang menurut nomenklatur WHO disingkat sebagai CV, sering ditulis sebagai RN atau REN. Bentuk penulisan titik akupunktur yang tidak sesuai nomenklatur WHO terbanyak berikutnya (29.37%) yaitu terdapat spasi diantara kode alfabet dan kode numerik (contoh: GV 25), seharusnya tanpa spasi (contoh: GV25). Peringkat ketiga dan keempat terbesar (12.18%) berupa penulisan kode alfanumerik dengan disertai tanda strip (-), contoh: GV-25; atau hanya dituliskan penamaan pinyin saja tanpa ada kode alfanumerik. Peringkat kelima (11.87%) merupakan kombinasi lebih dari satu bentuk ketidaksesuaian penulisan titik akupunktur dengan sistem nomenklatur WHO.<sup>3-324</sup>

Dengan demikian dapat diketahui bahwa walaupun penulisan titik akupunktur berdasar sistem nomenklatur WHO telah diperkenalkan sejak tahun 1984, hingga saat ini masih terdapat cukup banyak publikasi ilmiah yang tidak menuliskan titik



akupunktur sesuai sistem nomenklatur WHO. Masih terdapat keragaman cara penulisan titik akupunktur dan kode meridian diantara peneliti/praktisi akupunktur di dunia. Hal ini dapat disebabkan oleh kurangnya sosialisasi sistem nomenklatur WHO, kebijakan negara tertentu yang masih menggunakan nomenklatur sesuai sistem negaranya, ataupun sebab lain. Diperlukan studi lebih lanjut untuk megnetahui penyebab pasti fenomena ini.

## KESIMPULAN

Dari seluruh publikasi ilmiah yang mencantumkan titik akupunktur, terdapat 32.55% yang tidak menuliskan titik akupunktur sesuai sistem nomenklatur WHO. Hal ini menunjukkan bahwa masih cukup banyak peneliti/praktisi akupunktur di dunia yang belum memahami dan/atau menerapkan penulisan titik akupunktur menurut sistem nomenklatur WHO.

## SARAN

Diperlukan pengkajian lebih lanjut dan berkelanjutan tentang pentingnya penggunaan sistem nomenklatur WHO dalam penulisan titik akupunktur.

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