

## **Efficacy of Waon therapy for fibromyalgia.**

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Matsushita K; Masuda A; Tei C

The First Department of Internal Medicine, Kagoshima University Hospital.

Fibromyalgia syndrome (FMS) is a chronic syndrome characterized by widespread pain with tenderness in specific areas. We examined the applicability of Waon therapy (soothing warmth of far infrared therapy) as a new method of pain treatment in patients with FMS. Thirteen female FMS patients received Waon therapy once per day for 2 or 5 days/week. The patients were placed in the supine or sitting position in a far infrared-ray dry sauna for 15 minutes, and then transferred to a room where they were covered with a blanket from the neck down to keep them warm for 30 minutes.

**RESULTS:** All patients experienced a significant reduction in pain by about half after the first session of Waon therapy (11-70%), and the effect of Waon therapy became stable (20-78%) after 10 treatments. Pain VAS and FIQ symptom scores were significantly ( $p < 0.01$ ) decreased after Waon therapy and remained low throughout the observation period.

**CONCLUSION:** Waon therapy is effective for the treatment of fibromyalgia syndrome.

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