

According to the The World Health Organization, acupuncture has been proven through controlled trials to be an effective treatment for the following diseases, symptoms/conditions:

- Adverse reactions to radiotherapy and/or chemotherapy
- Allergic rhinitis (including hay fever)
- Biliary colic
- Depression (including depressive neurosis and depression following stroke)
- Dysentery, acute bacillary
- Dysmenorrhoea, primary
- Epigastralgia, acute (in peptic ulcer, acute and chronic gastritis, and gastrospasm)
- Facial pain (including craniomandibular disorders)
- Headache
- Hypertension, essential
- Hypotension, primary
- Induction of labour
- Knee pain
- Leukopenia
- Low back pain
- Malposition of fetus, correction of
- Morning sickness
- Nausea and vomiting
- Neck pain
- Pain in dentistry (including dental pain and temporomandibular dysfunction)
- Periarthritis of shoulder
- Postoperative pain
- Renal colic
- Rheumatoid arthritis
- Sciatica
- Sprain
- Stroke
- Tennis elbow

In addition, a therapeutic effect has been shown for the following conditions, although further proof is needed:

- Abdominal pain (in acute gastroenteritis or due to gastrointestinal spasm)
- Acne vulgaris
- Alcohol dependence and detoxification
- Bell's palsy
- Bronchial asthma
- Cancer pain
- Cardiac neurosis

- Cholecystitis, chronic, with acute exacerbation
- Cholelithiasis
- Competition stress syndrome
- Craniocerebral injury, closed
- Diabetes mellitus, non-insulin-dependent
- Earache
- Epidemic haemorrhagic fever
- Epistaxis, simple (without generalised or local disease)
- Eye pain due to subconjunctival injection
- Female infertility
- Facial spasm
- Female urethral syndrome
- Fibromyalgia and fasciitis
- Gastrokinetic disturbance
- Gouty arthritis
- Hepatitis B virus carrier status
- Herpes zoster (human (alpha) herpes virus 3)
- Hyperlipaemia
- Hypo-ovarianism
- Insomnia
- Labour pain
- Lactation, deficiency
- Male sexual dysfunction, non-organic
- Ménière disease
- Neuralgia, post-herpetic
- Neurodermatitis
- Obesity
- Opium, cocaine and heroin dependence
- Osteoarthritis
- Pain due to endoscopic examination
- Pain in thromboangiitis obliterans
- Polycystic ovary syndrome (Stein–Leventhal syndrome)
- Postextubation in children
- Postoperative convalescence
- Premenstrual syndrome
- Prostatitis, chronic
- Pruritus
- Radicular and pseudoradicular pain syndrome
- Raynaud syndrome, primary
- Recurrent lower urinary-tract infection
- Reflex sympathetic dystrophy
- Retention of urine, traumatic
- Schizophrenia
- Sialism, drug-induced
- Sjögren syndrome

- Sore throat (including tonsillitis)
- Spine pain, acute
- Stiff neck
- Temporomandibular joint dysfunction
- Tietze syndrome
- Tobacco dependence
- Tourette syndrome
- Ulcerative colitis, chronic
- Urolithiasis
- Vascular dementia
- Whooping cough (pertussis)

Individual controlled trials report some therapeutic effects for the following diseases, symptoms or conditions - the World Health Organisation recommends acupuncture for these when treatment by conventional and other therapies is difficult:

- Chloasma
- Choroidopathy, central serous
- Colour blindness
- Deafness
- Hypophrenia
- Irritable colon syndrome
- Neuropathic bladder due to spinal cord injury
- Pulmonary heart disease, chronic
- Small airway obstruction