

How Acupuncture Can Relieve Pain and Improve Sleep, Digestion and Emotional Well-being



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In association with
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Institute

Acupuncture is a 3,000-year-old healing technique of Traditional Chinese Medicine. In 1997, the U.S. National Institutes of Health (NIH) documented and publicized acupuncture's safety and efficacy for treating a wide range of conditions.

Acupuncture is now officially recognized as the most effective, cost effective therapy used to relieve pain and for healing the body, mind, and soul.

How does acupuncture work?

Acupuncture improves the body's functions and promotes the natural self-healing process by stimulating specific anatomic sites--commonly referred to as acupuncture points, or acupoints. The most common method used to stimulate acupoints is the insertion of fine, sterile needles into the skin. Pressure, heat, or electrical stimulation may further enhance the effects. Other acupoint stimulation techniques include: manual massage, moxibustion or heat therapy, cupping, and the application of topical herbal medicines and liniments.

Traditional Chinese Medicine is based on an ancient philosophy that describes the universe, and the body, in terms of two opposing forces: yin and yang. When these

forces are in balance, the body is healthy. Energy, called "qi" (pronounced "chee") flows along specific pathways, called meridians, throughout the body. This constant flow of energy keeps the yin and yang forces balanced. However, if the flow of energy gets blocked, like water getting stuck in a dam, the disruption can lead to pain, lack of function, or illness. Acupuncture therapy can release blocked qi in the body and stimulate function, evoking the body's natural healing response through various physiological systems. Modern research has demonstrated acupuncture's effect on the nervous system, endocrine and immune systems, cardiovascular system, and digestive system. By stimulating the body's various systems, acupuncture can help resolve pain, improve sleep, digestive function, and sense of well-being.

What happens during an acupuncture treatment?

First, your acupuncturist will ask about your health

history. Then, he or she will examine your tongue's shape, color, and coating, feel your pulse, and perform some additional physical examinations depending on your individual health needs. Using these unique assessment tools, the acupuncturist will be able to recommend a proper treatment plan to address your particular condition. To begin the acupuncture treatment, you lay comfortably on a treatment table while precise acupoints are stimulated on various areas of your body. Most people feel no or minimal discomfort as the fine needles are gently placed. The needles are usually kept in from five to 30 minutes. During and after treatment, people report that they feel very relaxed.

How many treatments will I need?

The frequency and number of treatments differ from person to person. Some people experience dramatic relief in the first treatment. For complex or long-standing chronic conditions, one to two treatments per week for several months may be recommended. For acute problems, usually fewer visits are required, usually eight to ten visits in total. An individualized treatment plan that includes the expected number of treatments will be discussed during your initial visit.

What conditions are commonly treated by acupuncture?

Hundreds of clinical studies on the benefits of acupuncture show that it successfully treats conditions ranging from musculoskeletal problems (back pain, neck pain, and others) to nausea, migraine headache, anxiety, depression, insomnia, and infertility.

Case-controlled clinical studies have shown that acupuncture has been an effective treatment for the following diseases, symptoms or conditions: 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 labor, Knee pain, Leukopenia, Low back pain, Ma/position of fetus, Correction, 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

Cupping therapy:

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. There are many benefits, including to help with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage.

Moxibustion is a traditional Chinese medicine therapy which consists of burning dried mugwort (moxa) on particular points on the body. It plays an important role in the traditional medical systems of China (including Tibet), Japan, Korea, Vietnam, and Mongolia. Suppliers usually age the mugwort and grind it up to a fluff; practitioners burn the fluff or process it further into a cigar-shaped stick. They can use it indirectly, with acupuncture needles, or burn it on the patient's skin.


Example in clinical practice:

Patient Mrs. Jayshree age 55 years.

Came for alternative therapy to avoid knee surgery. She had a severe pain on her left knee and moderate pain on right knee. After examining her, I came to the conclusion that lower back pain was coming down to both knees. There was lower back pain also. The acupuncture treatment has been given on lower back and on both knees. The pain and heavy ness on both the knees was reducing. After ten session of acupuncture she was totally pain free and able to go out for a morning walk.

Male patient Mr. Ajay 45 years.

He came to clinic with pain in his neck and he could not move his neck for last six months. He took physiotherapy but there was no improvement in neck. Medical report indicate spondylitis of neck. He has all other reports were normal. While examining him, found that due to heavy acidity pressure comes on neck and pain start there after movement of neck restricted. After giving alternative fortreatments fifteen sessions his neck pain went and he can now drive the car again. There after he started yoga without any pain.



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