

# Uses and benefits of acupuncture essay

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Abstraction Acupuncture is among the best known of complementary and alternate therapies. It is a intervention that originates 2, 500 old ages ago in China and dispersed rapidly to other states and is practiced in most of the universe. The pattern of stylostixis consists of infixing all right, solid acerate leafs into selected organic structure locations, and it is used to relief hurting, emphasis and many other diseases. It is really effectual therapy but it has some side effects like any other intervention and it is used alternatively of many other interventions and surgeries that take long clip to assist and bring around people. Uses and Benefits of Acupuncture What is stylostixis?

Acupuncture is a Chinese therapy started 2, 500 old ages ago so it is really old. It is based on the flow of energy ( Qi ) through the organic structure that is of import for wellness.

Acupuncture therapy is used to handle many diseases and it requires the interpolation of specialised thin acerate leafs at specific points on the organic structure, “ This therapy is seldom used in America until the visit of president Richard M Nixon to china in 1972” . It so spread rapidly and became really frequent in United States, Europe, and Middle East where people studied Western and Chinese medical specialties and used so to handle and cut down symptoms of diseases and many other unwellnesss.

Edmond Ibrahim, a Lebanese who studied western medical specialty at Lebanese university, but subsequently switches to Chinese medical specialty because it offers healthier methods to handle patients, after analyzing it in Beijing University. He returned to Lebanon and get down utilizing it in handling patients. Therefore acupuncture therapy can assist cut down hurting and the symptoms of some diseases and it costs less than many

other medical specialties ( Nordqvist, 2009 ) . Beginning and Development: Acupuncture plays an of import function in Chinese medical specialty. It was discovered 2, 500 old ages ago and at this clip 365 acupoints are obtained but after that as the therapy developed the figure of acupoints increased to go 2000. Acupuncture is maintained by utilizing specialised acerate leafs that are made of castanetss, rocks or metal including gold or Ag.

Subsequently they develop new acerate leafs that are made of really thin unfertile chromium steel steel. “ In 1966 the US nutrient and drug disposal ( FDA ) approved the usage of stylostixis acerate leafs by accredited practitioners” . Many people are afraid from therapies that depends on acerate leafs since they believe that acerate leafs are used for several times in different patients, but the jurisprudence saves human life and prevent transmittal of infections by adverting that acerate leafs are labeled to be used one clip that make the therapy a safer one, since people come to bring around from diseases non to get new infections. Subsequently as this therapy develops it spread rapidly and go popular in Europe and United States and it is used to alleviate hurting and common symptoms of diseases but non to handle the disease itself ( American Cancer Society, 2010 ) . The first adult male who wrote an article about stylostixis is James Reston who works in the New York Times and travel to china in order to have stylostixis to handle some wellness jobs happened to him after a surgery and he was surprised from the consequences. “ In 2010 there are 18000 accredited acupuncturists in US and statistics shows that more than 40 provinces have set up preparation criterions for licensing to pattern stylostixis, besides 8000 medical physicians in the US have been trained to pattern acupuncture”

( Nordqvist C. 2009 ) . Method of Applying Acupuncture There are different types of stylostixis, and all these types do the same thing that is to handle symptoms of diseases and alleviate emphasis and hurting.

The first type is the TCM based stylostixis this one uses eight rules of complementary antonyms to do harmoniousness in the organic structure and it includes internal/external, hot/cold, excess/deficiency. Second type is the Korean manus stylostixis and in this type they use custodies and pess alternatively of acerate leafs since they believe that they have concentration of qi similar to the acerate leafs. Other type inserts acerate leafs on specific points on the ear to handle dependence upsets and this is called otic stylostixis. In Nipponese manner they put more importance on the acerate leafs and experience acmes in diagnosing.

On other manus there is type that uses extremist sound device alternatively of acerate leafs and it is called sonopuncture, it depends on transmittal of sound moving ridges to specific points in patient's organic structure. The last type is acupressure and this depends merely on custodies to cut down emphasis and hurting. Patients receive more than one intervention and the figure differs from one patient to another depending on the patient status and disease. It is preferred non to utilize stylostixis during gestation, but if the adult females started it she must go on until bringing of the baby ( Answers and inquiries about stylostixis, 2013 ) . Types of stylostixis acerate leafs There are different types of stylostixis acerate leafs, today the most common type used is filamentous that is made of unstained steel.

Acupuncture needles come in different diameters and length in order to be

inserted on different points in the organic structure, today they prefer to utilize really thin, and 0.

12mm to 0.35mm in diameter. In add-on to the filiform there is other specialised type, the three-edged acerate leafs it is a thick acerate leaf with a really crisp tip and used chiefly on specific points in the organic structure to take few beads of blood. The other type is plum flower acerate leaf, this type is called seven star needle and it unite seven filiform acerate leafs in the signifier of a flower and grouped like a hammer caput to a long grip and needling procedure is maintained by tapping the acerate leafs on the tegument lightly and fleetly.

Intra cuticular acerate leafs they differ from other acerate leafs that they are really short, thin and inserted to a shallow deepness in the tegument so kept in topographic point for certain clip and covered with H<sub>2</sub>O cogent evidence tape, they are largely used to assist in chronic hurting and dependences.

Imperativeness needles they are little ( 1-3mm long ) and used in interventions that need to infix the acerate leafs for a long clip ( 1-3 yearss ) , and it is called imperativeness acerate leafs since they are “ pressed” on to specific points and left in topographic point with a little unfertile adhesive spot, and in order non to perforate to a long deepness in the organic structure the box of the acerate leaf is made of metal signifiers a coiling cringle, and it used a specific points including the external surface of ears ( Maryin, 2012 ) . What are the benefits of stylostixis? Acupuncture and malignant neoplastic disease There are many progresss in malignant neoplastic disease intervention, but they are aggressive and cause hurting

and many side effects. Acupuncture is really effectual intervention it is used to relief hurting and to handle the symptoms and the side effects of malignant neoplastic disease interventions like chemotherapy, surgery and radiation ( Acupuncture Shows Promise in Cancer Treatment, 2014 ) . The acerate leafs inserted stimulate responses in pituitary secretory organs, encephalon and nervus cells, these responses cause organic structure to let go of chemical proteins, endocrines and other chemicals that affect blood force per unit area, organic structure temperature and increase immune system activity ( National Cancer Institute, 2014 ) .

Acupuncture to alleviate emphasis Stress is an emotion that appears at certain state of affairs and every individual experience “ stressed” because of mundane jobs, work, and relationships. Peoples doesn't know the badness of uninterrupted emphasis that cause high blood force per unit area, weariness, and many jobs so people must have a intervention to alleviate emphasis and the best 1 is acupuncture. In stylostixis therapy the acerate leafs are inserted on certain points in which there is hurting like cervix and shoulders, the individual remainder for 30min, the visible radiations are low, and authoritative music is on which allow the individual to loosen up and at the same clip the acerate leafs work to equilibrate and loosen up the whole organic structure, if the emphasis causes cervix and shoulder acerate leafs work to loosen up musculus tenseness, and if the emphasis is emotional, stylostixis works to let go of bad feelings and alter the temper so acupuncture work is the best manner to alleviate emphasis and the clip of interventions needed depends on the person and the badness of symptoms ( Acupuncture for the Treatment of Stress, June 4 2014 ) . A survey made on

animate beings show that animate being who received stylostixis has no rise in stress-associated endocrines but those who didn't receive any intervention show addition in corticotropin-releasing endocrine ( CRH ) with other endocrines, this addition in hormones causes emphasis, depression and anxiousness. So acupuncture is effectual intervention to relief emphasis and depression, and the stylostixis point used in this survey was a point in the tummy that work by tapping to the gut-brain connexion ( Mercola, 2013 ) .

Sterility and gestation Nowadays sterility is a major job that people suffer from, and it is described as the inability of the twosomes to hold kids. “ There are many causes of sterility like low sperm count, in 19 % of twosomes, 27 % of twosomes has ovulatory upsets, and 14 % has tubal harm and 30 % of instances of sterility remains unexplained” ( NCCWCH, 2004 ) . The job of sterility leads to emphasize in most twosomes and besides consequence in the diminution of construct ( Eugster & A ; Vingerhoets, 1999 ) . Many surveies made by Smith in 2010 shows a good consequence of stylostixis in the intervention of sterility in which it works to work out the effects of polycystic ovarian syndrome ( PCOS ) that most misss suffer from, and it is considered the common cause of sterility.

The stylostixis works to handle the sterility by equilibrating the endocrine degrees, decrease the figure of ovaries and nervus activity, and it stimulate ovulation and heighten the catamenial rhythm in adult females with PCOS job and this shows many good consequences in 2008 and 2009. Besides acupuncture dainty sterility by increasing the blood flow to reproductive variety meats by suppressing the sympathetic activity that causes the

bottleneck of ovarian arterias and by making this it increases the blood flow to the ovaries ( Stener-Victorin 2006, Lim 2010 ) therefore bettering the environment in which ovaries follicles mature. Acupuncture increases the blood flow to uterus ( Stener-Victorin 1996, Huang 2008 ) , which increases the thickness of endometrial liner and heighten the opportunity of embryo nidation. Besides acupuncture plants on modulating the birthrate hormones many factors in our lives causes lessening in the map of hypothalamic pituitary-ovarian axis which cause sterility, and in the encephalon, that causes the release of many endocrines, like estrogen and Lipo-Lutin from the ovary ( Huang 2008, Lim 2010, Stener-Victorin 2010 ) , follicle exciting endocrine from the pituitary secretory organ, and gonadotropin endocrine from the hypothalamus, and all these endocrines are of import in reproduction and avoiding sterility. Acupuncture and weight loss Nowadays many people suffer from corpulence and many interventions and medical specialties fail to work out this job.

Holocene shows that Ear stylostixis can assist cut down weight and to corroborate this they make different surveies and observe that patients who receive stylostixis on 5 points on the ear, the shen work forces point, tummy point, hungriness point, hormone and spleen point, and this happen utilizing a sterilised acerate leafs and the acerate leafs are covered with tape to left in topographic point for few yearss to put the consequence, and the consequences observed show 6. 1 % bead in their organic structure mass index ( BMI ) . The rule that stylostixis is effectual in weight loss is that “ it helps in bettering digestion, modulating fleshiness related endocrines and pull offing the manner food, are used and besides it strengthen the map of



line that produces many chemicals needed in digestion, besides it increase tone in smooth musculuss of the tummy to assist people know that they are full” and by this they don’t eat more than their demand and 4 hebdomads after stylostixis they observe a important weight loss ( Russell, 2013 ) .

ConcernMany surveies showed that stylostixis helps cut down chronic caput hurting ( megrims ) . Study obtained in 500 grownups who receive traditional stylostixis or assumed stylostixis in which the acerate leafs are inserted in nonspecific points after finishing the survey, they observe a lessening in the norm of megrim from 6 yearss in a month to 3 yearss in the month, and besides they detected uninterrupted lessening in migraine yearss, frequence and strength in people having traditional stylostixis but who treated with fake did non. The survey shows the benefit of traditional stylostixis over the assumed stylostixis ( Collins, 2012 ) , Researcher Claudia Witt, MD of university Medical centre charity in Berlin says “ previous research suggest that people who respond best to stylostixis are those who have non been helped by other interventions and those who had past positive experience with acupuncture” . Besides Albrecht Molsberger, MD, a medical stylostixis specializer who wrote an column on the survey, says that “ even in assumed stylostixis, the simple interpolation of acerate leafs into the tegument, irrespective of the exact points of interpolation, can take to fewer megrims and decreased pain” . Acupuncture in assisting kidsMany surveies in Pacific college of oriental medical specialty reflect the positive consequence of stylostixis in kids enduring from back hurting, concern, depression, stomach aches.

A survey made by Yuan-Chilin an anesthetist specialising in paediatric hurting direction at Boston-based Harvard-affiliated children's infirmary. The survey made on 243 kids of age ranging from 6 months to 18 old ages old, they suffer from many conditions ( hurting, concern, stomach ache ) which make them absent from school and after having stylostixis they show a lessening in hurting and they show increase engagement in school and improved slumber. A new survey shows that stylostixis can assist kids with disease called amblyopia, known as lazy oculus. Study made on 88 kids of age 7 and 13 old ages they divided into two groups and capable to different intervention, consequences shows that 42 per centum of kids receive stylostixis show an betterment in their lazy oculus after 3 months of acquiring the therapy, and merely 17 per centum of whom were merely patch show betterment in their oculus, so stylostixis is more efficient and show a great consequences ( Chilin, 2014 ) .

Acupuncture and Kidney failureA survey made in 2013 in Shijiazhuang kidney disease infirmary show that stylostixis therapy is used to handle assorted chronic kidney diseases. Kidney is an indispensable organ in our organic structure it balance organic structure fluids, extract waste from blood and from urine. In kidney failure the kidney lose its ability to work decently and this is caused by low blood flow to the kidneys, blood curdling upsets, urinary piece of land infection and mortification, so we use stylostixis in order to cut down many symptoms of kidney disease like kidney hurting, emesis, weariness, concern and sickness besides acupuncture addition blood flow to the kidneys and cut down redness and increase the map of kidneys. In other manus stylostixis besides use to handle kidney rock that is frequent

in our years because of dirty H<sub>2</sub>O. In this instance the acerate leaves are inserted at specific topographic points near the kidney and thin the ureter to let the flow of the rocks into the vesica so the rocks will be removed from kidneys, and this therapy is easier than surgeries and other interventions ( Curative effects of stylostixis for kidney disease, 2013 ) . What are the side effects of stylostixis? Worse symptoms Although stylostixis is described as a charming medical intervention. There are 7 major side effects of stylostixis, the individual feels worse symptoms, when people receive stylostixis therapy they may experience worse better before they start experiencing better and this is referred to as mending crisis, in which the organic structure starts respond to the intervention and more toward wellness, so all things get stirred up, get down experiencing worth this is good and marker that the intervention is effectual and the organic structure get down reacting ( Calabro, 2013 ) . Fatigue After stylostixis most people feel fatigue, the common consequence is increasing energy, this is positive response from the organic structure is to state the individual that he necessitate some remainder after the intervention.

Peoples should non acquire afraid it is normal to experience fatigue, merely the individual should rest, take bath at dark to loosen up their organic structure kip early and the following twenty-four hours they start experience better. And if patients appear exhausted suggest that they call their household to drive them ( Calabro 2013 ) . Tenderness After completing the stylostixis therapy, the organic structure parts in which the acerate leaves are inserted start experience sore for few yearss after taking the needle, but unexpected tenderness can really assist place trigger points or medical

issues. This largely occur with points in the pectus and manus, besides they can see musculus tenderness if a trigger was released during acupuncture therapy.

Tenderness from stylostixis remains for 24 hours and acupuncturists will state the patients about this before having the intervention ( Calabro, 2013 ) . BruisingBruising may besides happen at acerate leafs site but it is less common than tenderness it result from aggregation of blood at the site in which acerate leafs are inserted and this is called haematoma and it last longer than tenderness, still acupuncturist does n't cognize the cause of bruising, although there are many patients who bruise every clip even the acupuncturist uses a high quality of needle trade name, technique and size, and the bulk ne'er experience bruising anyplace ( Calabro, 2013 ) . Muscle jerkingPeoples besides may see musculus vellication after or during stylostixis, they may experience it in the whole organic structure no affair where acerate leafs are placed, or merely in the points in which acerate leafs are inserted. And this is non unsafe it's merely musculus cramp, and when people feel this they should state the acupuncturist in order to assist let go of it before go forthing ( Calabro, 2013 ) . DizzinessThis is seldom to go on after stylostixis, it consequences when patient acquire up rapidly from the stylostixis tabular array and their tummy is empty which is non good, eating is indispensable thing to make before stylostixis assignment. When the stylostixis session finished, take your clip to acquire up and films gently while taking your things to go forth. If you feel lightheaded after the intervention sit for a few proceedings and take deep breath, this is normal since stylostixis is an emotionally and physically intense intervention and

your organic structure may necessitate some excess clip to retrieve ( Calabro, 2013 ) .

Emotional release Peoples besides feel emotional experience non merely physical during stylostixis patients can shout and experience a assortment of emotional releases, and if this continues for a long clip patients will experience down. So, after discoursing all possible side effects that may go on after or during stylostixis, so now we know that something incorrect can go on during this intervention so it is of import for Acupuncturist to transport insurance since everything can go on, no affair how professional the acupuncturist is he/she can non protect patient from their ain body's reaction to the stylostixis therapy ( Calabro, 2013 ) . In decision, stylostixis is an indispensable medical intervention started from China and spread to Europe, US, and Middle East. Many physicians studied it in universities and utilize it to handle unwellness in healthier manner alternatively of surgeries and medical specialties that has harmful side effects. In my sentiment stylostixis should be more used, dispersed and applied in Middle East.

Arab people believe that medical specialties and surgeries is the lone remedy for diseases which is non true ; there are many other interventions like stylostixis and herbal medical specialties. Peoples should analyze and cognize more about Western and Chinese medical specialties to acquire more professional and experts in this field in the Middle East. Can acupuncture replace medical specialties and surgeries in the following old ages?