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INTRODUCTION

At this supporting paper today I will introduce You to the word of Western Medicine. To be more specific my research will based on Complementary therapy called **Acupuncture**.

While Western medical acupuncture has evolved from Chinese. Acupuncture is a therapy in which needles are use to relive pain; it is a knowledge based on anatomy, physiology and pathology, and it is medicine based on evidence.

Some practitioners no longer adhere acupuncture to be part of conventional medicine. *Yin/Yang* and circulation of *qi*, belive that the acupuncture are complete “alternative medical system”. It is a system of stimulating the nervous system, and its known from local that in the ac-tion are included antidromic axon, and some other herbs as well.

As I mention Western medical acupuncture is used as conventional healthcare. Mainly use in primary care. The therapy it focused to treat musculoskeletal pain, including trigger point pain, headache, and many more.

However, some clinical studies is constrained by lack of knowledge of the dosage of this therapy, and also needles that are used for this therapy stile. That is why acupuncture have usual control procedures. Based on this control this complementary therapy is with us even till present day. (White, 2018)

HISTORY

The history of this ancient complementary therapy starting from long ago our born. Here is some evidence from when exactly **Acupuncture** start the journey of healing.

The time line of acupuncture is not well established. Even the archaeological history of this medicine is not 100% sure when exactly started , but they suspect that it started around the mid-2nd century BC at the earliest.

The earliest archaeological discoveries are from 1970s, when a silver needles where found, and discovered that is from the Han Dynasty Liu Sheng (? - 113 BC) in province called Hebei. (Ramey, Buell, 2010)

Hebei is located in the north of China with capital Shijiazhuang. Historically Hebei exists since 5,000 years ago. Including royal resort of the Great Wall. Which make this place very popular for tourists. (Travel China Guide, 2021)

However, during my research I found that the acupuncture been used during the past not only for healing. It was used for rituals and magic.

USES OF ACUPUNCTURE

The uses that **NHS** have of Acupuncture are covering big aspect of treatments for different body pain.

Some practitioners use acupuncture to treat long range of Health Conditions. However, not always the result are positive. As we know from the begging I mention several times that for this complementary therapy are using needles, and how we all know many people are scared from needles . Also this therapy can bring some bleeding and infections, but in present days NICE are offering only treatments for:

- * Chronic (long-term) pain
- * Chronic tension type headaches
- * Migraines
- * Joint pain
- * Dental pain
- * Postoperative pain (NHS, 2021)

Based on what I read at NHS website I decide to have a look little bit more about how Acupuncture can help with joint pain.

The most seen arthritis is the osteoarthritis. Is effect adults over 50s can be found at the knees, lower back, neck, hands and others. It is not easy to be prove that the acupuncture is helping this patient to fell free of pain, but a group of Americans arthritis specialist approved that the acupuncture can be used on people with this type of illness. As the evidence show positive results. (Ratini, 2020)

This is knowledge based on my life experience. One of my friends mother where suffering from lower back pain. The pain was from this type that you can not walk from the bed. Non of the conventional medicine where helping at this time , so she contacted the nearest acupuncture therapist. The result did not show after the first day , but for the period of 6 months the pain where gone. I still communicate with this friend and I asked few days ago how is her mom . The answer was since this therapy the pain never comeback.

EFFICACY

From what the history saying is that the acupuncture can help many different chronic pain. As I never tried acupuncture I would like to do research how efficacy can be in more than one case study with different illness.

Looking at different data for sometimes my eyes stoped at article which include information how efficacy is the acupuncture at osteoarthritis of mix gender and age. The research include 570 patients with osteoarthritis of knee, between age of 65 +. To complete the therapy every each person had to have 23 sessions over the period of 26 weeks. The researches found that the improvement with woman is greater to the man. (Berman, Lao, Langernberg, Lee, 2004)

Here is what the research looks in numbers , of the effectiveness after treatment of acupuncture for people why have osteoarthritis on the knee area.

“At 26 weeks, the true acupuncture group experienced significantly greater improvement than the sham group in the WOMAC function score (mean difference, -2.5 [CI, -4.7 to -0.4]; $P = 0.01$), WOMAC pain score (mean difference, -0.87 [CI, -1.58 to -0.16]; $P = 0.003$), and patient global assessment (mean difference, 0.26 [CI, 0.07 to 0.45]; $P = 0.02$)”. (Berman, Lao Langernberg, Lee, 2004)

Tinnitus is a common condition. For which still dose not have conventional medicine to prove this condition . That is why acupuncture can be seek for tinnitus.

“Six randomised controlled trials were included in the review, 4 of which used crossover design. Four studies used manual acupuncture and 2 used electroacupuncture. “

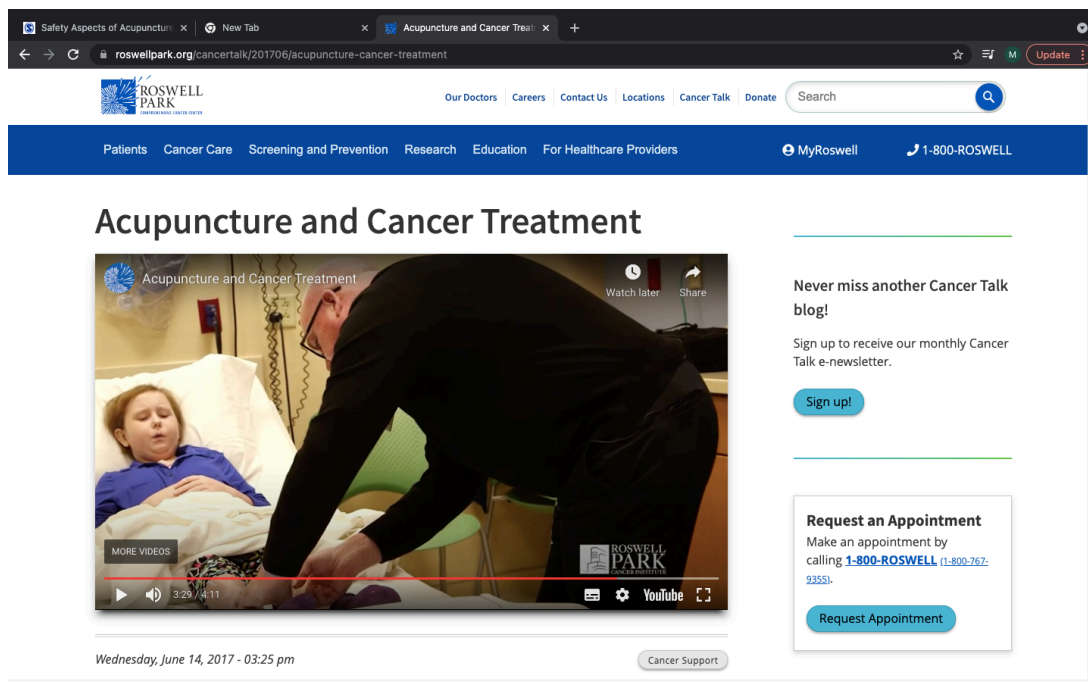
The results of the research show that the acupuncture is helping to some individuals and on another hand show no significant results to others. (Park, White, Ernst, 2000)

CONTRAINDICATIONS

Acupuncture can camouflage some of the symptoms of cancer growing. If the situation of the patient is like this better do not offer any treatments specially with needles.

“Contraindications to acupuncture needling include an unstable spine, severe clotting disorder, neutropenia and lymph-oedema. Whilst semi-permanent needles are used increasingly in symptom control and pain management they should not be used in patients with valvular heart disease or in vulnerable neutropenic patients.” (Filshie, 2021)

However, acupuncture shown a lot of positive results over the years, but all the patient are advised that they should not stop their conventional therapy for any alternative and complementary therapy. (Filshie, 2021)

The screenshot shows a web browser displaying the Roswell Park Cancer Institute website. The URL in the address bar is [roswellpark.org/cancertalk/201706/acupuncture-cancer-treatment](https://www.roswellpark.org/cancertalk/201706/acupuncture-cancer-treatment). The website has a blue header with the Roswell Park logo and navigation links: Our Doctors, Careers, Contact Us, Locations, Cancer Talk, and Donate. Below the header is a dark blue bar with links: Patients, Cancer Care, Screening and Prevention, Research, Education, For Healthcare Providers, MyRoswell, and 1-800-ROS WELL. The main content area features a video player titled "Acupuncture and Cancer Treatment" showing a healthcare professional performing acupuncture on a child in a hospital bed. To the right of the video is a sign-up section titled "Never miss another Cancer Talk blog!" with a "Sign up!" button. Below that is a "Request an Appointment" section with a "Request Appointment" button. The video player has a timestamp of 3:29 / 4:11 and a "Cancer Support" button at the bottom right.

With this video I would like to show you how the acupuncture help children with cancer. The Positive and The Negative sites.

<https://www.roswellpark.org/cancertalk/201706/acupuncture-cancer-treatment>

CONCLUSION

Today my conclusion will be based on my research and what I think about the acupuncture. Based on all evidence that I have had looked to write this support paper and personal experience is that . That I believe that the acupuncture is helping. It wont be from the first time for sure, but with felt and patient acupuncture will shall you how effective and use-full can be.

Thank you for reading my summarising of the most important parts that we should know about the Acupuncture.

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