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INTRODUCTION

The concept of complementary therapies is usually used for a broad range of healthcare practices which can be used alongside the standard medical treatments. It includes body and the mind practices such as the message therapy, acupuncture and many more. In this report, there is a discussion about the complementary therapies which are quite essential for the well-being of an individual and also play a role in the healthcare as well as social sectors. This report will cover the various positive aspects of the acupuncture which can make positive impact over the health as well as how it can affect the inner parts such as tissues, cells and the hormones inside the body (Furtado and et. al., 2020).

MAIN BODY

The concept of complementary therapies is a group of diagnostic as well as therapeutic disciplines which are generally used together with the conventional medicines. Its concept is pretty different from the alternative therapies. On the other hand, the complementary therapies are usually used together with the conventional treatments and the alternative medicine is being used in the place of conventional treatments. The complementary therapies had been founded through the history and it became formalised from the very primitive practices. Although, many of therapies had been developed in the early nineteenth century and as an alternative to the harmful practices of the time. In this, it involves the letting of blood and the purification as well. Apart from other therapies, there is no professional statutory regulation of the both alternative as well as complementary therapies present in United Kingdom. It simply means that such therapies are legal to practice the treatments even if the care providers do not have enough experience or qualification (Bressler and Popp, 2018).

It involves many components of the therapies such as homeopathy, practice of chiropractic, the herbal medicines, osteopathy and acupuncture as well. It also involves the traditional factors which are deeply embedded in the personal experiences of an individual as well as the range from Ayurveda medications through the role of faith. In context with **Acupuncture**, it is generally a form of therapy or treatment which includes the procedure of insertion of very thin needle through an individual's skin at a particular point of area on the body. It can basically help to decrease the pain. In addition to this, it is used for a broad area of the various other complaints. It is often used by the people to increase the well-being as it is quite effective in maintaining the health. It includes

various positive outcomes which can affect the well-being of an individual which are as mentioned below:

Improved digestion: In context with acupuncture, it generally helps the absorption as well as regulates the digestion. In most of the treatment, the protocols are usually examined in the digestion with having the lifestyle advices. In this, the repetitive injuries can be caused due to the irregular diet or the digestion problems which in results causing weakness (Dickens, 2017).

Sleep enhancement: In context with acupuncture, it is one of the best side effect which results in better sleep. As the decreasing in pathological habits can significantly results in difficulty in sleeping habits, light sleeping and many more. In this context, a good sleep is usually an establishment to the healing process in an individual's body.

Boost the immunity: In context with acupuncture, it usually enhances the energy of the body as well as can positively impact the body's T cells. In this, it can make the body less susceptible to flu and the cold as well as it can help the unpleasant signs and symptoms of the winter season. It can also increase the immunity which are related to the immune related disorders by supporting the cells to reproduce as well as boost the human body's defences.

Decrease the stress: In this, it can usually work to ease the anxiety by releasing hormones such as endorphins. These are the natural pain killer chemicals that are generally produced in brain. The acupuncture helps by enhancing the blood circulation across body as it can oxygenate the cells as well as tissues and can cycles out the unwanted chemicals.

Regulation of emotions: In this, the stress relieving components can generally aid to improve the regulation of emotions, the whole mood and can boost the feelings of the wellness.

Decrease in depression and anxiety: In context with acupuncture, it usually enhances the natural hormone of the body which involves in feel good. It can help to decrease the stress hormone level such as cortisol. It can be believed to aid the removal of blockages as well as restore the flow of energy, organ balancing and many more (Fattore, 2019).

Regulation of the menstruation: In context with acupuncture, it can be quite effective for decreasing the strength of menstrual cramps as well as the duration in which the pain is being experienced. It can usually help to increase the flow of blood into the ovaries and uterus as well.

These complementary therapies can be used with the treatment of conventional medical which are prescribed by the healthcare professionals. As this can specifically aid the people with specific disorders so that people can feel better. It can also help to enhance the quality of life of an

individual and can also aid to manage better with the following signs and symptoms that are caused by specific illness. An acupuncture as a complementary therapy can help people to enhance the sensory nerves that are present beneath the skin and the muscles as well. Its *efficacy* involves in acupuncture is that it may aid the affluence types of pain which are habitually the long-lasting like neck-ache, the back-ache, pain in knees. The acupuncture can also aid to decrease the regularity of the stress as well as it can help to prevent the migraine head pains (Huang and Hood, 2019).

Complementary therapies are the alternative therapy that are generally used instead of conventional treatment and medications. These are not evidence-based therapy but due to having effectiveness in providing relief they are being in practices. Complementary therapies are the one which are used alongside conventional medication along with treatment. These complementary therapies may include yoga, meditation, acupuncture, massage, nutrition, physical activity and others. When treatment is given by using the medication, surgery where doctor treats symptoms, radiation, surgery and diseases using drug which allow to provide treatment in common way then this treatment is known as orthodox treatment. There is various role of complementary therapies which are associated with providing better health benefits to people. Complementary therapy is effective and allow to get better health along with improve the quality of life. When patient is suffering from any disease, in such case, patient is able to cope better with the symptoms and its side effect of diseases to the patient. Acupuncture plays an important role in treatment for illness within patient with various disorder and diseases. They play a major role in pain management and to get relieve from fatigue, vomiting, xerostomia, anxiety, sleeping problems, depression and others (Turolla and et. al., 2020).

Acupuncture is also effective and cause physical responses within nerve cells, part of brain. This also help in managing blood pressure of patient with different diseases. They are having the role that are highly effective to manage vomiting and nausea along with other disorder. They provide better management to control over the symptoms. They are also having the role to increase the immune system of individual which can be observed during the chemotherapy. They are also effective in managing the blood pressure and allows to perform various control over the diseases. These are some of the roles of complementary therapy which allows to manage and control some disorder and diseases effectively for better health improvement of patient. They are more effective than the orthodox treatment because there are use of medication and surgery and other radiation treatment which allows for therapeutic effect on the disease or disorder. Acupuncture is the

complementary therapy which allow individual to manage diseases and symptoms in better way without using of drugs. Acupuncture includes application of needles, pressure, heat along with other treatment to certain places on skin that is known by acupuncture points. This enable to change the physical function of body. This is a traditional Chinese medication which is effective and are being used from thousands years to prevent, treat and diagnose diseases (Veiga and et. al., 2019).

CONCLUSION

The therapies such as complementary can generally offers a unique approach to the mainstream or the conventional treatment. It usually involves the therapies which are not generally part of the conventional medical aid like meditation, homeotherapy, yoga, an acupuncture. These such therapies can help to increase the well-being by increasing the quality of life. It is concluded from the above report that the therapies including an acupuncture can usually help to enhance the mental health. it can also help to elevate the well-being by maintaining the lifestyle among the people. In this report various positive aspects of the complementary therapy such as acupuncture is being discussed above.

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