

Acupuncture Therapy

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Introduction

As a complementary therapy, acupuncture treatment involves the insertion of needles at specific points of the body of the person that needs help. The points where the needles are inserted are considered the lines of energy that can be exploited to treat physical and mental illnesses.

There are various forms of acupuncture such as the auricular, which focuses on the ear that enables practitioners to treat patients instantly. Here, the practitioners set the mood by creating an ambiance to allow the treatment to effect. For instance, he or she may use a recliner chair in a dimly lit room with soft music playing in the background. Once the treatment commences, the patient can undergo the process then be left to rest for about 30 to 40 minutes to allow the treatment to work, while the needles are still in place. From the responses of the patients that took part in the treatment, results indicate that many have benefited from the treatment.

Symptoms measuring tools have successfully shown that the frequency and intensity of the symptoms of the illnesses patients suffered reduced significantly. Besides treating mental illness, this treatment can also be used in the treatment of the effects of cancer after it had been treated to prevent it from recurring.

Acupuncture uses

It can also be used during ongoing treatments to keep away the symptoms of the disease.

Acupuncture is an effective complementary treatment that utilizes needles to treat physical and mental problems and can also be used to ease symptoms of cancer and other diseases.

Practitioners can identify specific points within the body to treat the physical and emotional conditions of a person suffering from mental problems. While these points can be identified all over the body, patients may experience little sensitivity when the acupuncture needles are inserted (Wakefield 2020, p. 8). The needles are usually very thin such that several of the needles can go into a hypodermic needle. At first, the patient feels some discomfort when the needle penetrates the skin, but the body relaxes once it is in place. Some people even fall asleep once they become accustomed to the needle while it is in the identified points. The frequency of treatment that a patient may need varies as treatments may last up to 30 minutes where the patient may access treatment once or twice a week (McPherson 2020, p. 24). In most

cases, symptoms are usually eliminated with the first session of treatment whereas more severe ailments may require several sessions to realize some positive outcomes.

Treatment theories

Most people who have suffered mental health problems have tried different treatment methods that have not been successful. Some people that have been successfully diagnosed with anxiety have tried treatments such as meditation and psychological treatment (Wakefield 2020, p. 8). Complementary medicine plays a critical role as it helps patients regain recovery through the application of the least medication. Patients that have chronic pain conditions such as chronic neck aches and arthritis are among the higher users of the complementary treatment method. The prevalence rate of mental health disorders including anxiety is 10 percent for adults and about 25% among children for the entire population (Weber et al. p. 5). These statistics also presents projections of people who are likely to suffer from mental health problems. Anxiety disorders have symptoms such as fear and behavior associated with disturbances. Notably, fear refers to a condition where an individual reacts emotionally to a threat and if one anticipates fear in the future, then that translates to anxiety (Wakefield 2020, p. 8). These two phenomena are closely related and overlap, but there is a clear difference between anxiety and fear. Thoughts of immediate danger are an instance of fear, while anxiety relates to one's muscle tension given that one tries to prepare to physically respond to the impending danger.

Depression and anxiety

According to Citkovitz (2020), it is essential to note that anxiety disorders are the most common forms of mental illnesses that people suffer. Statistics reveal that women are the most affected by the condition. Various instances of anxiety are in existence and they include panic attacks, social phobia, and generalized anxiety conditions. There are various forms of anxiety disorders as one may suffer from a specific type of disorder (Weber et al. p. 5). There is a need for a patient suspected of suffering from a specific condition to undergo a thorough examination to ascertain that he or she suffers from such a condition and the specific type of anxiety. The classifications are critical as they can help individuals avoid situations that can lead to such problems.

Anxiety should be considered a condition that can continuously affect one without knowing. Awareness creation is necessary to ensure people are aware of the condition and can make decisions in advance to address it amicably. If left untreated, anxiety can affect an individual's

body, behavior, and cognitive functioning (Weber et al. p. 6). Besides, anxiety can also affect the social and emotional state of the person suffering the condition.

On the contrary, anxiety can be a useful condition despite its dangers. The condition can lead to various behaviors that may be generated as a response to a particular threat especially when it's a genuine threat. As a mental function, its response attribute can lead to actions that help people overcome mental health problems through psychological responses (British Medical Acupuncture Society 1982, p. 3). These reflexes are considered helpful because of the role they play in influencing an individual positively.

Anxiety disorder is a complicated mental problem and requires various treatment approaches to address it conclusively. Selecting an appropriate treatment approach has been a difficult undertaking and has been an issue under constant reform (Hiam 2020, p.11). People suffering from anxiety disorder can benefit from varying treatments that target mental health disorders. Mediation and psychological treatments are some of the approaches that can be applied successfully with the right diagnosis.

Complementary and alternative medicine plays an important role in addressing most medical problems in the healthcare system. This treatment approach is increasingly gaining the attention of many doctors who are gaining confidence in such therapies. Members of the public who are aware of the therapy are increasingly taking up the treatment to address their medical problems. Patients who suffer from chronic illnesses such as neck pains, arthritis, headaches, and backaches also rely on CAMs to treat their ailments (Hiam 2020, p.11).

Gong, Liu, and SpringerLink (2019) argue that these illnesses are not easily treated with conventional methods of treatment, which makes it necessary to employ conventional approaches. Among cases of anxiety that are reported, about 40% of patients have tried to use alternative treatment methods. The use of alternative approaches has been found useful especially in addressing mental and anxiety disorders (Hiam 2020, p. 17). Doctors and patients also find it necessary to employ the treatment methodology as it promotes mental health.

Various alternative therapies are applicable and they include the use of pets, meditation, and yoga, which helps in psychological and physical healing. Acupuncture is one of the CAMs that are effective and can be used in the treatment of various illnesses including mental and physical ailments.

Several studies have been conducted that show the effectiveness of acupuncture as a viable treatment for depression and anxiety disorders. Many years of research indicate that the use of acupuncture leads to holistic and positive outcomes for patients that are depressed (Hiam 2020, p. 17). This has been determined especially if such a patient is already undergoing

psychotherapy or even herbal treatment. In a pilot study conducted by an acupuncture practitioner named Rosa Schnyer and the University of Tucson where patients diagnosed with depression were put on a randomized investigation, over 50% of those that were put on specific acupuncture treatment had been healed and no longer met the criteria for their diagnosis. This outcome showed that the use of acupuncture alone in the treatment of depression and anxiety was effective just as other proven treatments (Hamwee 2020, p. 31). The implication is that the treatment could be used just as the established medicines used in treating psychiatry and depression symptoms in the Western world.

Conclusion

In summary, Acupuncture is a reliable field of medicine that requires formal training where the learner gets certification to practice. It is a key component in the practice of medicine in China given its role in easing pain and other symptoms of many illnesses. The therapy is increasingly being adopted for holistic treatment to achieve general wellness of the body. In many countries, the treatment is legally recognized by the law to ensure that patients receive quality treatment. The practice requires years of training and experience to master given the level of attention and intensity required from the practitioner. It is essential for anyone intending to undertake the treatment to look for an acupuncturist with sufficient training. If one is interested in the treatment of depression and anxiety, he or she must look for one that is knowledgeable in the field.

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