

1 TITLE; COMPLEMENTARY THERAPY

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According to (Boland. d.2012) acupuncture is a traditional Chinese medicine that involves inserting of tiny needles to the skin for the healing purpose which is now used worldwide. It is also been used to relieve various diseases with variety of disease.

The aim of this report is to identify the importance of using this service and questions to be asked about its sufficiency. Although this service is being used worldwide some researches have different options about its benefit. In this paper we want to learn more about its pros, cons, and side effects. Miller, B (2020) has highlighted that acupuncture have 12 pros and cons of acupuncture. It is therefore important to mention the pros in so much that people can learn to benefit from it.

White A. (2017) is concerned about people who uses acupuncture with stress depression, chronic pain, anxiety morning sickness if acupuncture can work for as it is said to be. According to S. Green & R. Butchbinder (2005) there is not enough evidence that back up the fact that there is a limited time to benefit from acupuncture compared to placebo.

In this report it is important to identify the contra additive of this service in so much that people can be aware before they commit themselves in its usage. Although acupuncture has been recommended as a healing method Borland S. (2012) has indicated that there a number of hospital patients who have encountered side effects using this service. It is also wise to introduce self-awareness as it is been warned of unsafe of it to the pregnant woman. According to the study this has also been clinical practice and is recommended on promoting well-being because of its benefits it has also been practiced in hospital private clinics and hospice in hospitals is being useful in surgery and emergency where it

Promotes energetic effects and reduces painful procedures and it whereby in emergency helps to avoid dryness.

Benefits acupuncture.

The research have idea that people with musculoskeletal problems such as back pain. Neck, nausea, anxiety and depression can benefit on its usage. It has been noted that (NIH) in United States of America has been published and recommended on its safety which is covered by many policies. The (NCCH) identify that acupuncture has been proven in the usage of relieving pains in the back, neck osteoarthritis, knee pain and migraine.

Researchers have identified acupuncture as a boost benefit on reducing physical and emotional impact. According to Yvette Brazier (2017) acupuncture can be used in pain relief and whereas who added by suggesting that the infection urinary tracts infections and epidemic hemorrhagic fever can also be treated by this therapy. Some researchers agreed that indeed some really benefit on this usage research from Germany approved it on the treatment of migraine and headache.

Cons

Research have warned patients with bleeding disorders and with bruises against the usage of occupature. It has also been warned for health and safety regulations that needles must be sterilized to avoid causing unnecessary infections in case of braking of needles.

Side effects

Some researchers identified that occupature have risks like other therapies. The United States (U.S) food and drug administration regulates (regard occupature as medical advises).

Effectiveness of occupature

Efficiency of occupature in 2003, World Health Organization (WHO) confirms the number of conditions in which occupature has been effective to, among which chemotherapy cause nausea and vomiting, high blood pressure and also reduce stroke risk. (NIH) has identified effectiveness of occupature on its own or at some point combined with conventional therapy to treat cancer patients with chemotherapy as well as dental pain after therapy. Although occupature is been recommended all over the world on its effective remains uncertain. The evidence is inconclusive if occupature is more effective than placets and sham occupature. Evidence of effectiveness of occupature, researchers have confirmed its effectiveness when is performed by experience and skilled occupanturist which is treatment for many disease. Again it is difficult to identify if the therapy is working or not.

Types of occupature

There are different types of occupature. E.G

1. Cupping.

Cupping is described as a technique that uses cups, flames, glass and oils for occupature therapy. This has been inherited by Chinese practice. It stimulates skin and muscles. By doing so therapeutic benefits also increase for treating certain conditions. Although the cup can feel like pinching when placed on the skin, bruising, may occur in that area where cup was used and the treatment is not painful.

It is identified as treatment of many diseases which its function combine different herbs for best effects. It is advised to be cautious of mixing Chinese herbs and with Western medicine. It's benefit on treating many conditions. Several studies its safety and effectiveness. Chinese herb benefits are usage of patients with syndromes which includes allergies, cancer treatment effects, infertility and so on.

Magnetic Therapy after Cupping Therapy

Magnetic therapy

According to M. S Cepeda et, al (2007).magnetic therapy does not increase pain. It is highlighted as one of the most popular therapist for treatment of variety of conditions in human applications of magnetic field. There are cons on using this therapy which patients can experience dizziness, low energy and decrease of blood pressure. The studies.

Conclusion

From the above report of the usage of acupuncture, there are remaining unresolved problems. Yes acupuncture is originated from China and being performed by inserting of tiny needles to the body for healing and protecting well-being.

Because of some of effectiveness it has spread to worldwide when it is believed that they benefit from its usage. It has been highlighted that patients with anxiety, depression and back pain benefit from acupuncture usage. As it has been practiced in hospitals, private clinics and hospice, there is a great recommendation of its effectiveness. Those who are at the end of life believing acupuncture give them comfort and relaxation. Although it is highly recommended, we become aware of its effectiveness is not clinical proven. As the studies also highlighted the pros, cons and side effects of this therapy it is wise that before usage to seek doctors' advice.

Reading comments and references. The studies also indicate that there are different types of acupuncture which individual can choose their preferences from.

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