
BMHP5001 COMPLEMENTARY THERAPIES
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Introduction

Acupuncture is a method of medical science in which very thin needles are inserted into the body. These needles are inserted at some specific points to reduce the pain a person is suffering from. This is a traditional method that focuses on the non-anatomical structures of the body, and the needles are inserted according to the meridians of the body. These needles are inserted into the body such that it enhances the energy of the body. According to Vickers, et. al. (2018), the body's energy is known as the chi or qi, and it leads to a physiological effect on the body of a person suffering from chronic pain. Acupuncture can be used for various types of pain such as osteoarthritis, headache, musculoskeletal pain, and shoulder pain. The effects generated by the use of acupuncture in reducing the effects of pain in the body cannot be explained by the placebo effects.

History

Acupuncture treatment involves the stimulation of some specific points in the body to reduce the pain and improve the energy of the body and reduce the pain. The technique of acupuncture is about 5000 years old method that was originated in China as an effective medical science method in reducing pain. According to POLAT (2020), the traces of the first usage of acupuncture can be seen in the book Baile's Veterinary Acupuncture Principles written by Bai-Le-Zhen Jing around 659 and 621 BC in Chinas. In olden times the method of acupuncture was performed with stone needles, and various archaeological studies have also discovered the use of the needles made from chicken bones. The acupuncture treatment was confined to China, and its spread was limited. But in 1971 when American President Nixon visited China and he learned about the effectiveness of acupuncture then this method spread across the world. World Health Organization accepted acupuncture treatment as a scientific method in the year 1979.

Uses of the Acupuncture

The method of acupuncture is an invasive method in which the needles are penetrated through the skin at specific points to balance the energy flow in the body of a person. According to Leow, et. al. (2017), acupuncture needles are inserted into the body at a correct depth and the penetration of the needles has shown a great clinical significance in producing therapeutic effects in the case of the digestive, urinary, and reproductive systems. Acupuncture can also help in reducing the pain in the pelvis region of pregnant women. According to Pereira, et. al. (2021), acupuncture can cause an analgesic effect during the treatment of fibromyalgia, in which there is chronic pain in the muscles and a lot of fatigue in the affected individual. The

use of acupuncture in the treatment of pain can lead to a decrease in fatigue, and it can improve the quality of life of an affected person. According to WANG, et. al. (2017), the acupuncture method has led to the improvement in the body's various functions, such as skin problems, the treatment of the problem in the muscles and the tendons, and reducing the pain. The acupuncture treatment also helps in the carbuncles. The treatment of the edema in which there is an accumulation of the fluids in body tissue can be treated with the methods of acupuncture. Acupuncture points also help in promoting better blood flow in the body. Acupuncture helps in improving the condition of the frozen joints in which there is a decreased motion in the particular joints such as the shoulders.

Efficacy of acupuncture

The treatment of acupuncture has been proved quite beneficial in the treatment of various problems such as pain. According to Gong, et. al. (2020) the acupuncture treatment causes a therapeutic effect in the body due to the modulation of the internal function of the body with the insertion of the needles. The acupoints are stimulated, which causes a micro change in the anatomical structure of the body and modulates the functioning of the body for a short period. According to Fan, et. al. (2017), acupuncture is a cost-effective method and safe method that helps in the reduction of acute and chronic pain. This has been found that the method of acupuncture can help in reducing the various types of pain such as neck pain, back pain, shoulder pain, osteoarthritis, and severe headaches. Acupuncture has been considered an effective treatment method in the reduction of pain.

The method acupuncture has also been proven to be an effective method in reducing psychological disorders. According to Kwon, et. al. (2020), acupuncture can help in relieving psychological disorders. The acupuncture in the ear has been proved beneficial in improving trauma-related disorders such as substance misuse, depression, anxiety, and insomnia that have affected the mental health of people. Acupuncture has helped in improving sleep quality and has increased the relaxation of the body.

Contraindications of acupuncture

Acupuncture is an effective method of treatment that has been considered a safe technique in reducing pain, and it has been used extensively in medical treatments. But just like any other method of treatment, acupuncture also has various contraindications that suggest avoiding the use of acupuncture. According to Wang, et. al. (2018) various contraindications to the treatment of acupuncture include pregnancy, anticoagulant therapy, and allergies to alcohol or steel

needles. In the case of pregnancy, the use of acupuncture needs to be avoided as there is a chance that the needling can stimulate premature delivery, and sometimes it can also lead to abortion. The usage of acupuncture is contraindicated in case diabetes is out of control.

According to Van Hal, et. al. (2018), the use of needles in acupuncture can lead to various complications related to the needles. There is a risk of bleeding, irritation in the region of acupuncture, and sometimes there is a risk of infection. The use of the same needle on various patients can lead to the transmission of various diseases. In case the needle penetrates the nerves, then this can cause severe complications in the condition of a patient. Based on the acupuncture position, there is a risk of the puncture of the organ, such as the pneumothorax, in which air may enter the pleural cavity, which can lead to difficulty in breathing and pain in the chest.

Enhancement of the orthodox treatment with acupuncture treatment

One of the most common treatment methods includes the current orthodox treatment that includes the usage of the medications to reduce the effects on the body. But these orthodox methods can also lead to the development of various other complications. The effects of the medications may last for a specific period, and the same problem may arise again in a person.

According to Ho, et. al. (2021), the method of acupuncture leads to the stimulation of the energy in the body of a person undergoing acupuncture treatment. The effects that are generated by the use of acupuncture depend on various factors such as psychological, environmental, and social factors. The use of acupuncture combines multi-domains that include the skill and techniques of the acupuncturist and the characteristics of the patients. In some patients, the effects of acupuncture can arise fast, and in some cases, the effects of the acupuncture arise late.

According to Taylor III, et. al. (2020), the use of conventional medicine use in the treatment of a problem causes a temporary effect on the body. The use of medicine for small problems such as pain has led to a decrease in the functioning of the immune system. The acupuncture treatment can help in the reduction of various chronic pains, and it also causes a sense of relaxation and reduces depression. The method of acupuncture is quite cost-friendly when compared with the conventional treatment methods. The approach used in acupuncture is holistic, and it avoids adverse effects on a person. The use of acupuncture includes the consent of the patient-acupuncturist that leads to the promotion of health. The use of acupuncture over conventional methods provides fast and long-lasting effects on the body of a person.

The overall effectiveness of acupuncture

The use of the age-old Chinese acupuncture technique improves the conditions of chronic pain, and the method has led to a betterment of the quality of life with the improvement in musculoskeletal disorders. Acupuncture treatment helps in the improvement of the physical, mental, and emotional benefits to an individual. The use of acupuncture promotes the relaxation of the body by reducing the pain in the body, which improves sleep quality. According to Li, et. al. (2019), the use of acupuncture has been proved as an effective treatment alternative for major depressive disorders. The use of acupuncture also helps in relieving various disorders such as (Leow, et. al., 2017) digestive, urinary, and reproductive system disorders.

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