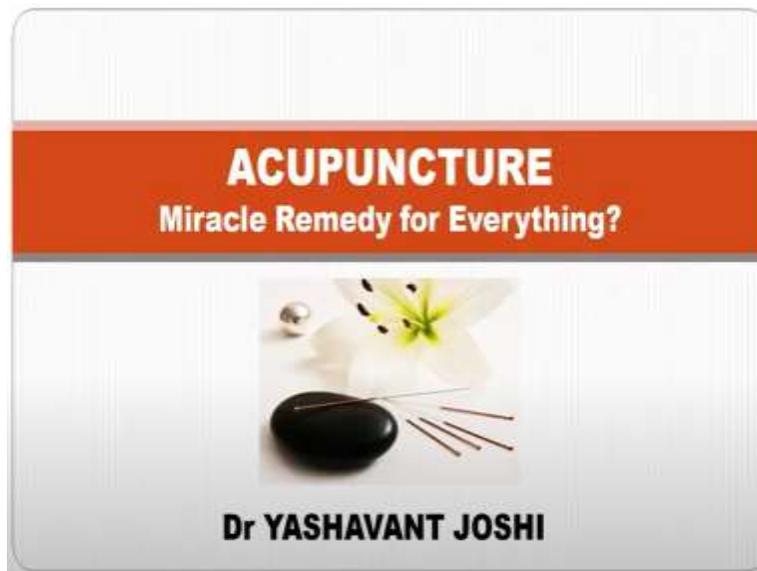


Certificate in Integrative Palliative Care – 3
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Week-06

Lecture 51: Acupuncture Miracle Remedy for Everything?

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Hello friends, Namaste. So in this particular week, we learnt about meridians and then thereafter acupressure. So let's go for acupuncture now. Some people say that acupuncture is a miracle remedy for everything. I do not know exactly. But let's you find out from this particular lesson.

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PRELUDE

- If you're new to holistic healing as a type of treatment, acupuncture can seem a bit terrifying. *How could pressing needles into your skin possibly make you feel better? Doesn't that hurt?*
- **Well, no**, it's definitely not the overtly painful procedure you may be imagining, and considering that it's been studied and practiced for over 2,500 years, it seems acupuncture enthusiasts could seriously be onto something.
- **Some people swear by acupuncture, citing it as a "miracle" to improving their quality of life.**

whether it is a miracle remedy or not. If you are new to holistic healing as a type of treatment, acupuncture can seem a bit of terrifying. How could pressing needles into your skin possibly make you feel better? Doesn't that hurt? I got needles here, a packet of needles. We'll see how does it feel later on when we come to the part types of needle.

Well know, well know it is definitely not the overtly painful procedure you may be imagining or considering that it has been studied and practiced for two thousand five years, it seems acupuncture enthusiast could seriously be onto something. Some people swear by acupuncture, citing it as a miracle to improving their quality of life.

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ACUPUNCTURE

- Acupuncture, the practice of treating conditions through triggering certain points on the skin with needles, may help with allergies, migraines, or insomnia. Acupuncture is an evidence based medicine that has been proven by literally thousands of studies.
- Acupuncture is a form of medical treatment that's been used for hundreds - even thousands - of years. Acupuncture originated in traditional Chinese medicine.

It's a practice of treating conditions through triggering certain points on the skin with needles that may help with allergies, migraines or insomnia. Acupuncture is an evidence-based medicine. That has been proven by literally thousands of studies.

Acupuncture is a form of medical treatment that has been used for hundreds, even thousands of years. And it originated in China and it's a part of TCM, that is traditional Chinese medicine.

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ACUPUNCTURE

PART: II

HEALTH BENEFITS

PART: III

TYPES OF ACUPUNCTURE NEEDLES

We'll see in part one acupuncture, what is acupuncture. In part two, we'll talk about health benefits of acupuncture and in part 3 we will see the types of acupuncture needles.

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What Is Acupuncture?

- Acupuncture is an ancient Chinese medicine-based approach to treating a variety of conditions by triggering specific points on the skin with needles.
- Paul Kempisty, licensed acupuncturist with a MS in Traditional Oriental Medicine, explains, "Acupuncture is a minimally invasive method to stimulate nerve-rich areas of the skin surface in order to influence tissues, gland, organs, and various functions of the body."
- "Each acupuncture needle produces a tiny injury at the insertion site, and although it's slight enough to cause little to no discomfort, it's enough of a signal to let the body know it needs to respond," Kempisty says.
- "This response involves stimulation of the immune system, promoting circulation to the area, wound healing, and pain modulation." Contemporary research on acupuncture relies mainly on this theory.

Acupuncture is an ancient Chinese medicine based approach to treating a variety of conditions by triggering specific points on the skin with needles.

Paul Kempisty, licensed acupuncturist with a MS in traditional oriental medicine, explains, acupuncture is a minimally invasive method to stimulate nerve-rich areas of the skin surface in order to influence tissue, gland, organs and various functions of the body.

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Training for Acupuncturist

- The training **includes both instruction in the use of needles and instruction in diagnosing conditions**. Practitioners have direct supervision from another senior or expert practitioner.
- In addition to this training, acupuncturists must undergo testing from a national board of examiners and continue to take instructional courses each year to maintain their license.
- As per the Gazette Notification No 3880 dated 26 September 2024, Govt of India has added "**Acupuncture Professional**" in National Commission for Allied and Healthcare Profession Act 2024.
- Maharashtra Council of Acupuncture has approved 11 Acupuncture Institutes to run "**Diploma in Acupuncture Therapy**" for the year 2024-2025.

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Practitioners have direct supervision from another senior or expert practitioner. In addition to this training, acupuncturists must undergo testing from a national board of examiners and continue to take instructional courses each year to maintain their license. As per the gazette notification, number 3880 dated 26 September 2024, Government of India has added Acupuncture Professional in National Commission for Allied and Healthcare Profession Act 2024. Even Maharashtra Council of Acupuncture has approved 11 acupuncture institutes to run diploma in acupuncture therapy for the year 2024-25. So these are the places where you can take training for Acupuncture.

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Philosophy Behind Acupuncture?

- The Chinese philosophy behind acupuncture is a bit more complicated, as the ancient practice isn't traditionally based in science and medicine.
- "They believed that the human body was filled with and animated by an invisible life-giving force which they called 'qi' (pronounced 'chee') and when the qi was flowing well and going to all the right places, then a person would experience good mental and physical health. When the qi was flowing incorrectly (blocked or deficient) that would result in illness," says Kempisty.

What's the philosophy behind acupuncture? The Chinese philosophy behind acupuncture is a bit more complicated as the ancient practice is not traditionally based in science and medicine. They believe that human body was filled with and animated by an invisible life-giving force which they called Qi. We call it Pran in India. And when the Qi was flowing well and going to all the right places, then a person would experience good mental and physical health. When the Qi was flowing incorrectly, I mean to say either it is blocked or deficient somewhere, that would result in illness.

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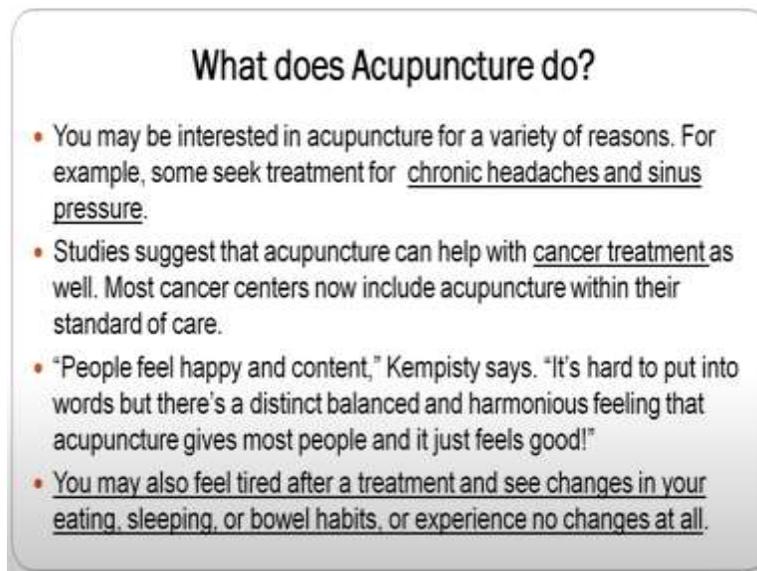
Philosophy Behind Acupuncture?

- The concept of qi isn't too out there - think of it as your body's natural inner workings. Sometimes you're more prone to illness when feeling stressed or anxious.
- When you're relaxed and healthy, your body physically reflects that too. After all, your mood, mental health, and general well-being do affect your physical health.
- Thus, acupuncture aims to assist people in achieving balance, or qi, and, as a result, provide relief for many ailments.

The concept of Qi is not too out there. Think of it as your body's natural inner workings. Sometimes you are more prone to illness when feeling stressed or anxious. When you are relaxed and healthy, your body physically reflects that too. After all, your mood, mental health and general well-being do affect your physical health.

Thus, acupuncture aims to assist people in achieving balance or, Qi as a result, provide relief for many ailments.

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What does Acupuncture do?

- You may be interested in acupuncture for a variety of reasons. For example, some seek treatment for chronic headaches and sinus pressure.
- Studies suggest that acupuncture can help with cancer treatment as well. Most cancer centers now include acupuncture within their standard of care.
- "People feel happy and content," Kempisty says. "It's hard to put into words but there's a distinct balanced and harmonious feeling that acupuncture gives most people and it just feels good!"
- You may also feel tired after a treatment and see changes in your eating, sleeping, or bowel habits, or experience no changes at all.

What does acupuncture do? You may be interested in acupuncture for a variety of reasons. For example, some seek treatment for chronic headaches and sinus pressure. Studies suggest that acupuncture can help with cancer treatments as well. Most cancer centers now include acupuncture within their standard of care.

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Health Benefits of Acupuncture

There are numerous conditions and symptoms that acupuncture has been found to help with. Here are just a few:

- Allergies
- Anxiety And Depression
- Osteoarthritis
- Chronic Pain, Often In The Neck, Back, Knees, And Head
- Hypertension
- Insomnia
- Menstrual Cramps And Pms
- Migraines
- Morning Sickness
- Multiple Sclerosis
- Sprains

What are the health benefits of acupuncture? Numerous conditions and symptoms that acupuncture has been found to help with. Allergies, anxiety and depression, osteoarthritis, chronic pain often in the neck, back, knees and head, hypertension, insomnia, menstrual cramps and PMS, migraines, morning sickness, multiple sclerosis and sprains.

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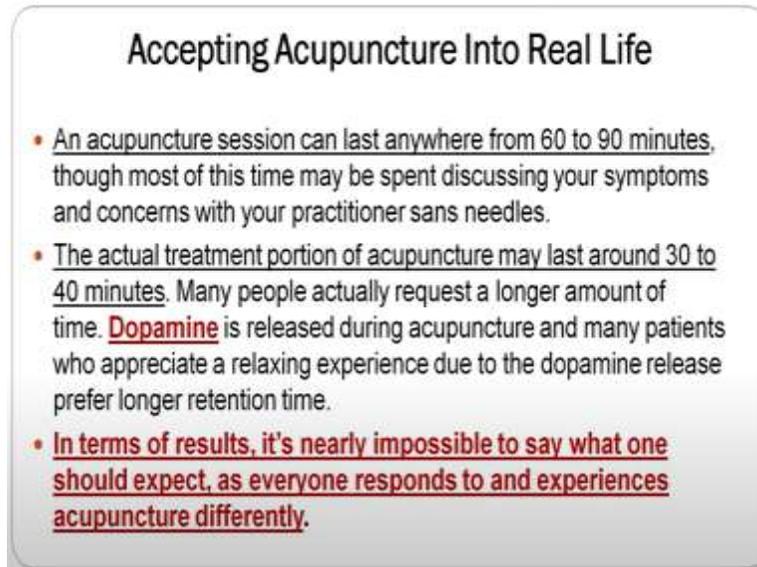
Limited evidence for...

- **While there's no evidence that acupuncture is a miracle cure-all**, it does seem to have some evidence as a worth-while treatment for people who may have multiple conditions and illnesses.
- There's a reason it's been around for more than 2,500 years and as research grows, so will our knowledge of exactly what works and what does.
- Acne
- Abdominal Pain
- Cancer Pain
- Obesity
- Insomnia
- Infertility
- Diabetes
- Schizophrenia
- Stiff Neck
- Alcohol Dependence

Little evidence for while there is no evidence that acupuncture is a miracle cure all there is no evidence that acupuncture is a miracle cure. It does seem to have some evidence as

a worthwhile treatment for people who may have multiple conditions and illness age there is a reason It has been around for more than 2500 years and as research grows, so will our knowledge of exactly what works and what doesn't. Acne, abdominal pain, cancer pain, obesity, insomnia, diabetes, seriophrenia, stiff neck, alcohol dependence.

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Accepting Acupuncture Into Real Life

- An acupuncture session can last anywhere from 60 to 90 minutes, though most of this time may be spent discussing your symptoms and concerns with your practitioner sans needles.
- The actual treatment portion of acupuncture may last around 30 to 40 minutes. Many people actually request a longer amount of time. **Dopamine** is released during acupuncture and many patients who appreciate a relaxing experience due to the dopamine release prefer longer retention time.
- In terms of results, it's nearly impossible to say what one should expect, as everyone responds to and experiences acupuncture differently.

Accepting acupuncture into real life. An acupuncture session can last anywhere from 60 to 90 minutes, though most of this time may be spent discussing your symptoms and concerns with your practitioner's sense needles.

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Accepting Acupuncture Into Real Life

- **“There is no universal response to acupuncture. Some people feel relaxed and may be a little tired, others feel energized and ready for anything,”** Kempisty explains. “Some people experience an improvement right away and for others it can take several treatments before noticing a positive change.”
- If you're unsure of how or where to start, consult with a certified reflexologist or acupuncturist. A professional can demonstrate where and how to apply pressure properly.

There is no universal response to acupuncture.

Some people feel relaxed and maybe a little tired. Others feel energized and ready for anything. So Kempisty explains, some people experience an improvement right away and for others it can take several treatments before noticing a positive change. If you are unsure of how or where to start, consult with a certified reflexologist or acupuncturist. A professional can demonstrate where and how to apply pressure properly.

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Accepting Acupuncture Into Real Life

- Acupuncture is recognized as safe and beneficial for many conditions, but it's not a cure-all for everything - you should still be taking your medications. But while it may not eliminate your symptoms, it could still ease them. So it may be worth a try, especially when it comes to chronic pain.
- If you're still skeptical, talk to your doctor about your concerns. They'll look at your symptoms, medical history, and overall health to help determine if acupuncture is right for you.

Accepting acupuncture into real life. Acupuncture is recognized as safe and beneficial for many conditions. But it is not a cure all for everything. You should still be taking your medications from your own doctors. While it may not eliminate your symptoms, it could still ease them.

So it may be worth a try, especially when it comes to chronic pain. If you are still skeptical, talk to your doctor about your concerns. They'll look at your symptoms, medical history and overall health to help determine if acupuncture is right for you.

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Accepting Acupuncture Into Real Life

- For Menstrual Cramps, massage the hollow of your inner ankle with a little pressure.
- For Insomnia, rub clockwise, then counter-clockwise circles in the spot between your eyebrows.
- For Lower Back Pain, press the space between the middle of your nose and upper lip.
- For General Headaches, try pressure on the muscle between your thumb and index finger.

Accepting acupuncture into real life. For menstrual cramps, massage the hollow of your inner ankle with a little pressure.

For insomnia, rub clockwise then counterclockwise circles in the spot between your eyebrows. For lower back pain, place the space between the middle of your nose and upper lip. For general headaches, try pressure on the muscle between your thumb and index finger.

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REFERENCES

Danielle Siny is a writer, musician, and educator living in Brooklyn, New York. She's written for Esquire, Daily where she serves as Contributing Editor, as well as Teen Vogue, HuffPost, Healthline, Men Repeller, and more. Danielle has a BA from Bard College and an MFA in Nonfiction Creative Writing from The New School. You can find Danielle.



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References.

Now we come to health benefits.

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ACUPUNCTURE

- Acupuncture for high and low blood pressure is a great natural treatment and reduces many symptoms. Many acupuncturists combine the treatment sessions with other natural supplements and herbs to maximize the effectiveness to achieve the well-being of the patient.
- During the treatment sessions, acupuncturists work on specific acupoints with thin needles to boost the body's energy flow and trigger the healing process.

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This is how the needles are being inserted on the face, back and on the hand also.

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ACUPUNCTURE



ACUPUNCTURE



Again acupuncture needles.

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This is the right hand front side. It's like this.

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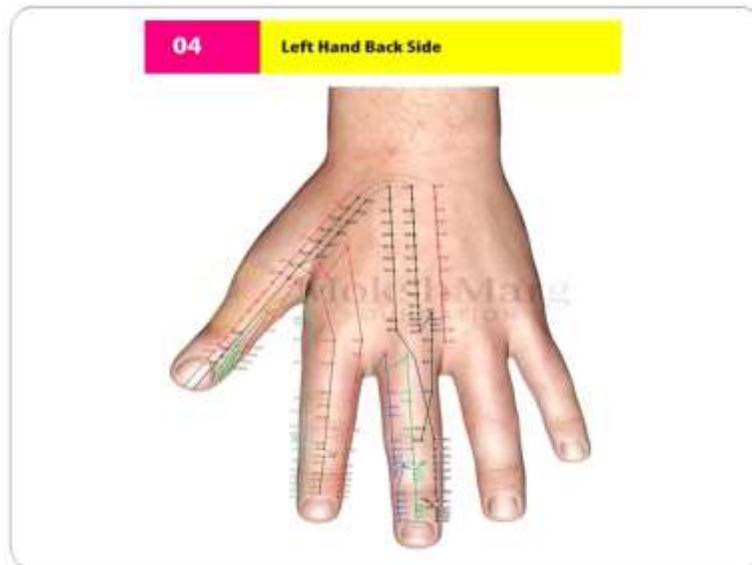
Left hand front side.

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Right hand back side.

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This was the front side, this is the back side.

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What are the benefits of acupuncture?

- Traditionally, the fundamental belief of acupuncture is that illness is the result of blocked or interrupted qi.
- Qi provides your body with healing energy. Acupuncture seeks to remove these blockages and return your energy flow to a state of balance.
- **In the newer practice of Western medical acupuncture, inserting needles is believed to stimulate the nervous system.**
- **Research is ongoing to find out more about acupuncture's potential effects.**

What are the benefits of acupuncture? Traditionally, the fundamental belief of acupuncture is that illness is the result of blocked or interrupted qi. Qi provides a body with healing energy. Acupuncture seeks to remove these blockages and return your energy flow to a state of balance.

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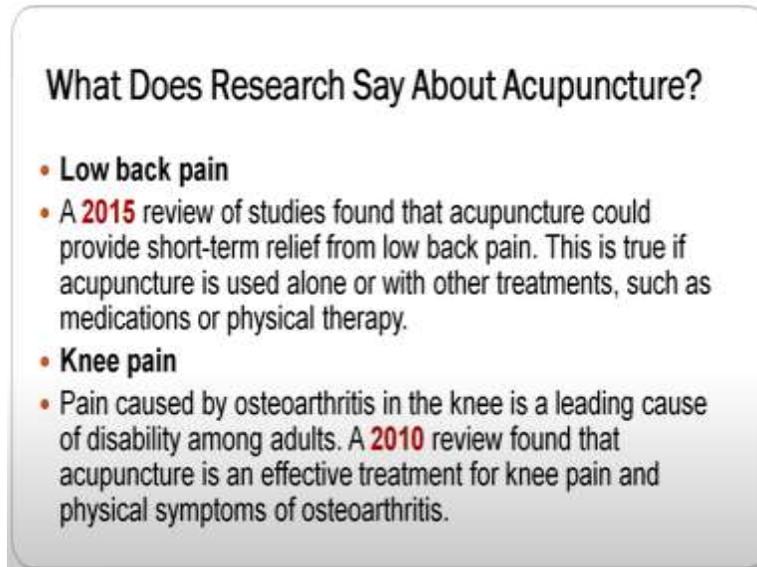
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Acupuncture...

- **Has potential effects, such as:**
 - Lowering inflammation
 - Increasing blood flow
 - Triggering the release of endorphins, to relieve pain
- **Acupuncture is used to treat hundreds of conditions and symptoms, including:**
 - Pain
 - Nausea
 - Vomiting
 - Headache
 - Menstrual Cramps
 - Allergies

Acupuncture has potential effects such as lowering inflammation, increasing blood flow, triggering the release of endorphins to relieve pain. It is used to treat hundreds of conditions and symptoms including pain, nausea, vomiting, headache, menstrual cramps, allergies, etc.

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What Does Research Say About Acupuncture?

- **Low back pain**
- A **2015** review of studies found that acupuncture could provide short-term relief from low back pain. This is true if acupuncture is used alone or with other treatments, such as medications or physical therapy.
- **Knee pain**
- Pain caused by osteoarthritis in the knee is a leading cause of disability among adults. A **2010** review found that acupuncture is an effective treatment for knee pain and physical symptoms of osteoarthritis.

What does research say about acupuncture? Let's see 2015 review of studies.

This review of 2015 study found that acupuncture could provide short term relief from low back pain. This is true. if acupuncture is used alone or with other treatments such as medication or physical therapy. Second, knee pain. Pain caused by osteoarthritis in the knee is a leading cause of disability among adults.

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The Benefits Of Acupuncture...

Acupuncture can be beneficial to your health and overall well-being in a myriad of ways. The following are just some of the benefits that this ancient form of healing can provide:

- **Pain Management:** Acupuncture has been shown to effectively relieve both acute and chronic pain. By stimulating acupoints, acupuncture can trigger the release of endorphins, which are natural painkillers produced by the body. This natural approach to pain management can be particularly beneficial for those seeking alternatives to medication or looking to supplement existing treatments.
- **Stress Reduction:** Acupuncture is known for its ability to promote relaxation and reduce stress. The treatment helps to regulate the body's stress response, promoting a sense of calm and emotional well-being. Long Island residents can benefit from acupuncture sessions as a way to alleviate the pressures of everyday life and promote overall mental health.

The benefits of acupuncture. Pain management had been shown to effectively relieve both acute and chronic pain. By stimulating acupoints, acupuncture can trigger the release of endorphins, which are natural pain cleaners produced by the body. This natural approach to pain management can be particularly beneficial for those seeking alternatives to medications or looking to supplement existing treatments in healthcare.

Stress reduction. Acupuncture is known for its ability to promote relaxation and reduce stress. The treatment helps to regulate the body's stress response, promoting a sense of calm and emotional well-being. Long Island residents can benefit from acupuncture sessions as a way to alleviate the pressures of everyday life and promote overall mental health.

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The Benefits Of Acupuncture

- **Improved Digestion:** Acupuncture can aid in improving digestion and addressing gastrointestinal issues. By targeting specific acupoints, it helps regulate digestive function, alleviating symptoms such as bloating, indigestion, and nausea.
- **Improved Sleep Quality:** Many individuals struggle with sleep disorders or have difficulty falling asleep. Acupuncture has been found to enhance sleep quality by balancing the body's energy and addressing underlying imbalances that contribute to sleep disturbances. Long Island residents can find relief from insomnia or other sleep-related issues through acupuncture treatments.

Improve digestion. Acupuncture can aid in improving digestion and addressing gastrointestinal issues by targeting specific acupoints. It helps regulate digestive function, alleviating symptoms such as bloating, indigestion and nausea.

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The Benefits Of Acupuncture

- **Boosted Immune System:** Acupuncture treatments can strengthen the immune system, making the body more resilient to illness and disease. By improving the flow of Qi, acupuncture enhances the body's natural defense mechanisms, helping to ward off pathogens and promoting overall well-being. Long Island residents can benefit from a strengthened immune system, especially during times of seasonal transitions or increased susceptibility to colds and allergies.
- **Holistic Wellness:** Acupuncture is not just about treating symptoms; it focuses on promoting overall wellness and balance. It takes into account the individual's unique constitution and aims to address the root cause of the issue, rather than just providing temporary relief.

Boosted Immune System Acupuncture treatments can strengthen the immune system, making the body more resilient to illness and disease. By improving the flow of Qi, Acupuncture enhances the body's natural defense mechanism, helping to ward off pathogens and promoting overall well-being.

Holistic wellness. Acupuncture is not just about treating symptoms. It focuses on promoting overall wellness and balance. It takes into account the individual's unique constitution and aims to address the root cause of the issue rather than just providing temporary relief.

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The Benefits Of Acupuncture

- **Neck Pain**
 - Acupuncture can significantly reduce neck pain, according to one 2015 study. When acupuncture is used with other techniques to ease neck strain and reduce muscle tension, the symptom relief was significant when compared with traditional care.
- **Migraines and Headaches**
 - A 2012 review of migraine studies found that acupuncture was at least as effective at easing migraine symptoms as other treatments, including medication. It also has some benefits over those classic treatments, including longer lasting effects, lower medication use, and fewer serious complications or side effects.
 - Additionally, research suggests that regular acupuncture treatments may help people with a history of migraines prevent future episodes.

Neck pain, acupuncture can significantly reduce neck pain. That was already brought out in the study of 2015.

Migraines and headaches, there was a study in 2012 and that said acupuncture was at least as effective at easing migraine symptoms as other treatments, including medications. It also had some benefits over those classical treatments, including longer lasting effects, longer medication use and fewer serious complications or side effects.

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The Benefits Of Acupuncture

- **Labour Pains**
- Researchers are mixed on the use of acupuncture to reduce labor pains during childbirth. Some studies show a statistically significant reduction in pain experience. Others point out that acupuncture's effectiveness during labor is difficult to measure.
- Still, acupuncture remains an area of interest for many mothers looking for medication-free options.
- **Smoking Cessation**
- Acupuncture is sometimes used for the treatment of conditions other than physical pain. Research has yet to establish acupuncture as an effective smoking cessation therapy. When compared with nicotine replacement therapy, acupuncture was less effective.
- However, though more research is needed, acupuncture shouldn't be firmly ruled out as a potential therapy for quitting smoking.

The labour pains, researchers are mixed on the use of acupuncture to reduce labour pain. during childbirth. Some studies show a statistically significant reduction in pain experience.

Others point out that acupuncture's effectiveness during labor is difficult to measure. Still, acupuncture remains an area of interest for many mothers looking for medication-free options. Smoking cessation. Acupuncture is sometimes used for the treatment of conditions other than physical pain. Research has yet to establish acupuncture as an effective smoking cessation therapy.

When compared with nicotine replacement therapy, acupuncture was less effective. However, the more research is needed, acupuncture should not be formally ruled out as a potential therapy for treating smoking.

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The Benefits Of Acupuncture

- **Depression**
- One study looked at the use of acupuncture and antidepressant medication to ease signs of depression. It suggests that medication and acupuncture together may be effective. It's also well tolerated and presents few complications.
- But a review of studies could not declare acupuncture as a reliable treatment for depression. The author concluded the findings were enough to justify additional research.
- Overall, the World Health Organization recognizes acupuncture as effective in treating hundreds of diseases and symptoms.

Depression, one study looked at the use of acupuncture and antidepressant medication to ease signs of depression. It suggested that medication and acupuncture together may be effective. It is also well tolerated and presents few complications.

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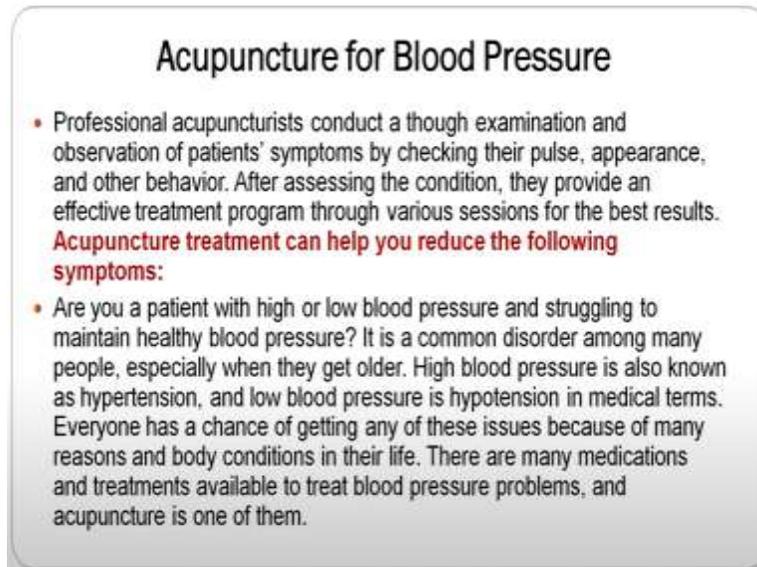
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Acupuncture for Blood Pressure

- Acupuncture for high and low blood pressure is a practice that is becoming increasingly popular among people suffering from hypertension or hypotension.
- It is an effective and safe treatment based on the Chinese concept of balancing bodily energy. Every body problem is associated with some acupuncture points called acupoints and acupuncture practice stimulates the body's energy using thin needles on these acupoints to trigger the natural healing ability of your body.
- There are certain acupoints for both high and low blood pressure and an acupuncturist can effectively use this practice to reduce the effect of blood pressure disorder.

Blood pressure. Acupuncture for high and low blood pressure is a practice that is becoming increasingly popular among people suffering from hypertension or hypotension. There are certain acupoints for both high and low blood pressure and an acupuncturist can effectively use this practice to reduce the effect of blood pressure disorder.

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Acupuncture for Blood Pressure

- Professional acupuncturists conduct a thorough examination and observation of patients' symptoms by checking their pulse, appearance, and other behavior. After assessing the condition, they provide an effective treatment program through various sessions for the best results. **Acupuncture treatment can help you reduce the following symptoms:**
- Are you a patient with high or low blood pressure and struggling to maintain healthy blood pressure? It is a common disorder among many people, especially when they get older. High blood pressure is also known as hypertension, and low blood pressure is hypotension in medical terms. Everyone has a chance of getting any of these issues because of many reasons and body conditions in their life. There are many medications and treatments available to treat blood pressure problems, and acupuncture is one of them.

Professional acupuncturists conduct a thorough examination and observation of patient's symptoms by checking their pulse, appearance, and other behavior. After assessing the condition, they provide an effective treatment program through various sessions for the best results. Acupressure treatment can help you reduce the following symptoms. Are your patient with high or low blood pressure and struggling to maintain healthy blood pressure? It is a common disorder among many people especially when they get older. High blood pressure is also known as hypertension and low blood pressure is hypotension in medical terms.

Everyone has a chance of getting any of these issues because of many reasons and body conditions in the life. There are many medications and treatments available to treat blood pressure problems and acupuncture is one of them.

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For Low Blood Pressure...

- Dizziness
- Lightheadedness
- Fainting
- Blurred vision
- Nausea
- Fatigue
- Difficulty to concentrate

An anatomical illustration of a human torso and right arm, showing the skeletal structure and internal organs. The diagram is labeled with various anatomical terms, though they are small and difficult to read. It depicts the ribcage, spine, and major blood vessels.

For low blood pressures, Dizziness, light-heartedness, fainting, blurred vision, nausea, fatigue, difficult to concentrate.

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For High Blood Pressure...

- Dizziness or vertigo
- Palpitations
- Headache
- Fatigue
- Shortness of breath
- Weakness in the knees
- Memory loss
- Vision loss

An anatomical illustration of a human neck and upper back, showing the skeletal structure and internal organs. The diagram is labeled with various anatomical terms, though they are small and difficult to read. It depicts the vertebrae, ribs, and major blood vessels.

For high blood pressure, dizziness, vertigo, palpitations, headache, fatigue, shortness of breath, weakness in the knees, memory loss, vision loss.

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Are There Side Effects Or Risks To Acupuncture?

- If performed by a trained and licensed acupuncturist, side effects and risks are very rare. Occasionally, someone may experience:
 - Pain At Injection Site
 - Bruising
 - Bleeding
- In addition, some people may develop complications if non sterile needles are used.

Are there any side effects or risk to acupuncture? If performed by a trained and licensed acupuncturist, side effects and risks are very rare.

Occasionally, some people may experience pain at injection site, somewhere wherever that needle has been inserted. Bruising, bleeding, sometimes if you have got a sore skin, you might feel some sort of bruising, tingling effect. Bleeding, in addition some people may develop complications if non-sterile needles are used.

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THE BOTTOM LINE

- Acupuncture currently has more definitive research and practitioners are regulated in training and practice.
- If you prefer a well-established alternative treatment option from a highly-trained therapist, acupuncture may be more beneficial for you.

The bottom line acupuncture currently has more definitive research and practitioners are regulated in training and practice if you prefer a well-established alternative treatment option from a highly trained therapist acupuncture may be more beneficial to you.

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Part three Types of acupuncture needles.

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A slide with a white background and rounded corners. At the top, the word "PRELUDE" is written in bold black text. Below this, there are three bullet points. The first bullet point is: "• An estimated 25% of adults have a fear of needles. This fear leaves people avoiding lots of helpful procedures in the medical, cosmetic, and therapeutic realms. A big one of these is acupuncture." The second bullet point is: "• One of the ways you can get over a fear of needles is by knowing more about them." The third bullet point is: "• If you're aware of the benefits of acupuncture but have been putting off booking an appointment, don't worry! Once you learn more about the needles they use, you might realize it's not as scary as it seems."

An estimated 25% of adults have a fear of needles. This fear leaves people avoiding lots of helpful procedures in the medical, cosmetic and therapeutic realms. A big one of this is

acupuncture. One of the ways you can get over a fear of needles is by knowing more about them and therefore I have kept this particular part knowing your needles. If you are aware of the benefits of acupuncture but have been putting off booking an appointment don't worry once you learn more about the needles they use you might realize it is not as scary as it seems.

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These are the needles what are being fixed on your body particularly on acupoints.

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Types of Needles in Acupuncture

- **Traditional Chinese acupuncture uses a variety of up to 9 needles.** This range is because needles are specialized for different body parts and purposes.
- **Specifications like needle size and needle diameter vary across this range.**
- Acupuncture uses needles to treat a wide range of problems.
- Needles are inserted into the skin and into pressure points to help with a range of problems, from chronic pain to treatment for diseases, and now even to allergy treatment.

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Popular Needles Today

There are 4 popular types of needles used in acupuncture today. The metal filiform needle is the main one, with other needles being used for specific purposes or body parts.

1. **Metal Filiform Needles** are typically between 0.01 and 0.4 millimeters in diameter. This is a fine needle, around the same size as a strand of hair. Fine needles are popular because of their easy insertion and ability to stay in place.
2. **Spade Needles**, or **three-edged needles**, have a triangular shaft and a thick round handle. If you are undergoing bloodletting treatment, these would be the needles of choice.

Popular needles, metal fill form needles. Second is spade needles.

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Metal Filiform Needles



These are metal filiform needles.

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This is spade needles, generally not being used. Intradermal needles.

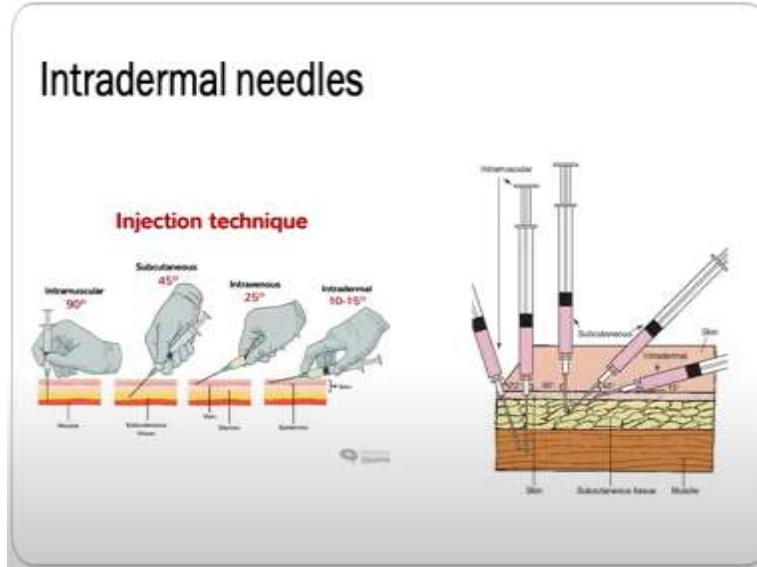
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Popular Needles Today

3. **Intradermal needles** are thin and short. They are part of the treatment of chronic pain. They go into shallow areas like ears, where there isn't much flesh, so regular filiform needles can't work.
4. **Press Needles** are very shallow. They are inserted then taped down with surgical tape or patches and left in the body for several days. These aren't very common and are only used in situations that need long-term nerve stimulation.

Intradermal means that goes into the skin. Pressed needles are very shallow. These are inserted then tapped down with surgical tape or patches and left in the body for several days. These are not very common and are only used in situation that need long term nerve stimulation.

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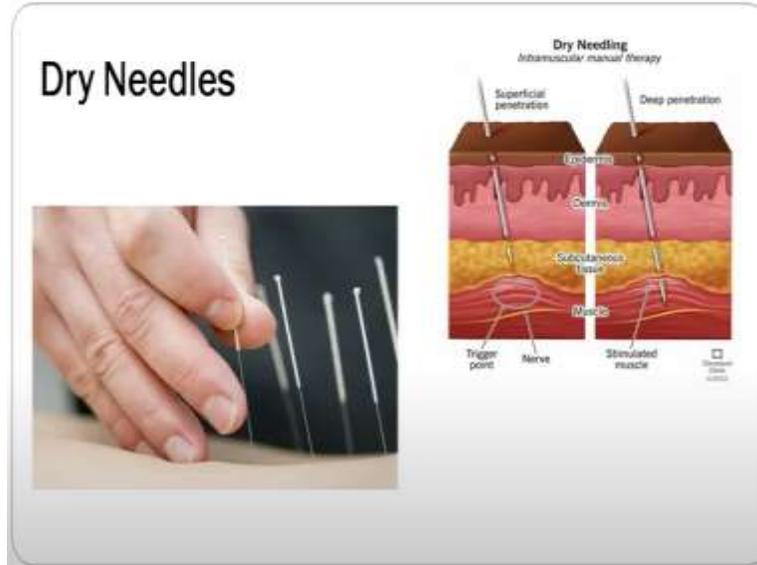
This is intradermal. It goes inside the skin. It is just like an injection technique.

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These are the pressed needles with blunt face.

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These are the dry needles like this is the dry needle. This is the packet of needle, this is the packet of needle. I have taken out one needle out of this packet and I will insert this needle, this is the needle, this is the plastic pipe which is basically being used to insert the needle in the skin. You take this needle with this skin, you find out a particular acupoint, press it like this.

This insertion has taken place. Now this can remain inside for 10 minutes, for 30 minutes, There is nothing. There is no pain at all. There is just little bit of tingling effect. So, when you go for acupuncture, you don't have to worry about the needle insertions.

It is such a simple process. When you take out the needle, there are two ways to take out the needle. You take the needle and just take it out abruptly. Here you take this needle and rotate it and then take it out. I will take the first one, I will just take this, touch upon the handle and just pull it out.

So this whole process is very simple.

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Why Acupuncture Needles Are Safe?

- **Hygiene is one of the most important concerns in acupuncture.** Most acupuncturists use prepackaged and sterilized needles. These needles get disposed of after each patient.
- This way you don't have to worry about getting infections from the needles. They are completely hygienically safe.
- Another big concern around needles is their pain. But since acupuncture needles are so fine, you shouldn't feel more than a pinch when they are inserted into your skin.

Why acupuncture needles are safe? Hygiene is one of the most important concerns in acupuncture. Most acupuncturist use package, I said this was a package needles, it was hygienically sealed, did needles get disposed of after each patient, I just said I used that needle here once and then thereafter this particular needle will not be used. This is what is happening nowadays in the hospitals also, we have got disposable injections, So, once a doctor or nurse uses that injection, thereafter the complete syringe is being thrown out. This way you do not have to worry about getting infections from the needles, they are completely hygienically safe. Another big concern around needle is the pain, but since acupuncture needles are so fine, they are very fine.

I don't wear spectacles, I will not be able to insert it, they are so fine, finer than those injection needles. But since acupuncture needles are so fine, you should not feel more than a pinch when they are inserted into your skin. These are the needles again. Thanks friends.