

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Dysautonomia relief by acupressure

**Jung-Nien Lai**

China Medical University, Taiwan

**Background:** “Dysautonomia” or “autonomic dysfunction” occurs when there is abnormal functioning in nerves controlling many everyday body activities. Some of the functions regulated by the autonomic nervous system are control of heart rate, blood pressure, digestion, and bladder function, bowel function, sweating, and even breathing. These are unconscious vital functions important to the body. The autonomic nervous system modulates numerous body functions, and therefore, dysfunction of this system can manifest with numerous abnormalities. Sometimes it affects only one part, or many areas of autonomic function. Worthy of note, there is still no cure for this illness condition. The present study shows that acupuncture might be a potentially viable choice for treating dysautonomia.

**Methods:** A prospective, nonrandomized study was conducted in women with dysautonomia. All patients received acupuncture based on Bian Zheng Lun Zhi theory.

**Results:** Of the initial 30 intent-to-treat participants, the women with dysautonomia reported significant alleviation of palpitation, abdominal discomfort, and insomnia after acupuncture treatment.

**Conclusion:** Acupuncture based on syndrome differentiation theory might be a potentially viable choice for treating dysautonomia.

### Biography

Jung-Nien Lai has completed his PhD in 2006 from National Taiwan University and Post-doctoral studies from China Medical University. He is the Professor of China Medical University. He has published more than 35 papers in SCI in the field of Integrated Medicine between Western and Traditional Chinese Medicine (TCM), especially the issues of drug-herb interaction and TCM safety and women health care under TCM and acupuncture treatments.

[ericlai111@gmail.com](mailto:ericlai111@gmail.com)

### Notes: