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Acupuncture in obstetrics and gynecology – A paradigm shift

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Problem: The best of textbooks, about use of acupuncture in obstetrics and gynecology, are written by those who are not primarily obstetrician or gynecologist or even sometimes medical doctors. They have rarely faced live issues of subjects and their possible solutions. Real time dynamics of ob/gy was never their domain. It for this reason use of acupuncture remains of little use in ob/gy. Highly acclaimed literatures have missed significantly potential uses and advised use in potentially dangerous situations. They also talked of acupuncture in bizarre non existing indications.

Purpose of Study: The purpose of this study is to find solution to this pathetic situation. Author being himself obstetrician, gynecologist and acupuncturist has been offering alternative modality of acupuncture in certain situations where he felt it as better options. Author had full insight of problems from allopathic and acupuncture angle. He offered alternative or complementary acupuncture therapy whenever he felt better option after explaining the patients.

Results: Results were surprising. For example- A) Common minor surgeries of MTP and D&C could be done exclusively under acupuncture anaesthesia. B) Deficiency of lactation of newly delivered mothers could be cured within hours. C) With use of acupuncture, post-surgical analgesics were not needed. D) Common problem of post-spinal anaesthetic neck/head pain was cured by acupuncture. Results were also surprising to reveal that it is not effective in many conditions quoted repeatedly in TCM books like menstrual disorders and other others. Author saw major paradigm shift about use of acupuncture in obstetrics and gynecology. Just one new indication of its use as sole anaesthetic in surgeries like MTPs and D&Cs would save millions of patients from side effects, suffering and cost of millions of dollars worldwide.

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