

Acupuncture Stimulates and Boosts Body's Painkiller

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Editorial Note

Acupuncture is an age-old healing practice of traditional Chinese medicine during which thin needles are placed at specific points within the body. It's primarily wont to relieve pain but also has been wont to treat other conditions. Quite 3 million Americans use acupuncture, but it's even more popular in other countries. Traditional Chinese medicine explains acupuncture as a way for balancing the flow of energy or vital force — referred to as chi or qi (chee) — believed to flow through pathways (meridians) in your body. By inserting needles into specific points along these meridians, acupuncture practitioners believe that your energy flow will re-balance. In contrast, many Western practitioners view the acupuncture points as places to stimulate nerves, muscles and animal tissue . Some believe that this stimulation boosts your body's natural painkillers.

Acupuncture is employed mainly to alleviate discomfort related to a spread of diseases and conditions, including Chemotherapy-induced and postoperative nausea and vomiting, Dental pain, Headaches, including tension headaches and migraine, pain , Low back pain, Neck pain, Osteoarthritis, Menstrual cramps and Respiratory disorders like rhinitis .

Acupuncture points are situated altogether areas of the body. Sometimes the acceptable points are far away from the world of your pain. Your acupuncture practitioner will tell you the overall site of the planned treatment and whether you would like to get rid of any clothing. A gown, towel or sheets are going to be provided. You lie on a padded table for the treatment, which involves:

- Needle insertion. Acupuncture needles are inserted to varied depths at strategic points on your body. The needles are very thin, so insertion usually causes little discomfort. People often do not feel them inserted in the least. Between five and 20 needles are utilized in a typical treatment. You'll feel a light aching sensation when a needle reaches the right depth.
- Needle manipulation. Your practitioner may gently move or swirl the needles after placement or apply heat or mild electrical pulses to the needles.

- Needle removal. In most cases, the needles remain in situ for 10 to twenty minutes while you lie still and relax. There's usually no discomfort when the needles are removed.

Advantages

- Performed correctly, it's safe.
- There are only a few side effects.
- It is often effectively combined with other treatments.
- It can control some sorts of pain.
- It's going to help patients for whom pain medications aren't suitable.

Disadvantages

The risks of acupuncture are low if you've got a competent, certified acupuncture practitioner using sterile needles. Common side effects include soreness and minor bleeding or bruising where the needles were inserted. Single-use, disposable needles are now the practice standard, therefore the risk of infection is minimal. Not most are an honest candidate for acupuncture. you'll be in danger of complications if you:

- Have a bleeding disorder. Your chances of bleeding or bruising from the needles increase if you've got a bleeding disorder or if you are taking blood thinners.
- Have a pacemaker. Acupuncture that involves applying mild electrical pulses to the needles can interfere with a pacemaker's operation.
- Are pregnant. Some sorts of acupuncture are thought to stimulate labor, which could end in a premature delivery.

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