

Procedure for Acupuncture and Treatment

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Acupuncture is a procedure in which very small needles are inserted into your skin at certain points on your body. The most common use of acupuncture, which is an important part of traditional Chinese medicine, is to treat pain. It's becoming more popular as a tool for overall well-being, including stress relief [1].

According to traditional Chinese medicine, acupuncture is a technique for balancing the flow of energy or life force known as chi or qi (chee) believed to run along pathways (meridians) in your body [2]. Acupuncture practitioners believe that by inserting needles into specific points along these meridians, you can rebalance your energy flow.

Many Western practitioners, on the other hand, regard acupuncture points as locations to activate nerves, muscles, and connective tissue. Some people believe that boosting your body's natural painkillers would improve your mood [3].

Why is it done this way?

Acupuncture is most commonly used to treat pain produced by a variety of diseases and conditions, such as:

- Chemotherapy-induced nausea and vomiting, as well as nausea and vomiting after surgery
- Pain in the teeth
- Migraines and tension headaches are two different forms of headaches.
- Pain in the lower back during labour
- Neck pain
- Osteoarthritis
- During menstruation, you may have cramps.

Allergic rhinitis, for example, is a breathing disorder [4].

Risks

The risks of acupuncture are negligible if you have a qualified, certified acupuncturist practitioner who uses sterile needles. Side effects include soreness, minor bleeding, and bruising where the needles were placed. The risk of infection is low because single-use, disposable needles are now the standard. Not everyone is a good candidate for acupuncture. You may be at risk for problems if you perform any of the following:

If you have a bleeding disorder or are using blood thinners, consult your doctor. If you have a bleeding disorder or use blood thinners, you're more likely to bleed or bruise from the needles [5].

Purchase a pacemaker: A pacemaker can be harmed by acupuncture that uses small electrical pulses to stimulate the needles.

If you're expecting a child, you should: Acupuncture has been shown to stimulate labour, perhaps resulting in an early delivery.

Treatment with acupuncture

During an acupuncture treatment, an acupuncturist will insert very fine needles into specific places on your body. When the needles are implanted, they are usually only somewhat painful [6].

Acupuncturists have their own specific style, which frequently incorporates Eastern and Western medicine aspects. To select the appropriate type of acupuncture treatment for you, your practitioner may ask about your symptoms, activities, and lifestyle. He or she could also have a close look at:

- The parts of your body that are bothering you
- The shape, coating, and colour of your tongue
- Your complexion's colour
- Your wrist pulse's strength, rhythm, and quality

This initial evaluation and treatment could take up to 60 minutes. Subsequent sessions are usually roughly a half-hour long. A typical treatment programme for a specific ailment would include one or two treatments each week. The number of treatments required will be determined by the severity of the illness being treated. In most situations, six to eight treatments are required [7].

Throughout the treatment

Acupuncture points can be located all over the human body. Sometimes the proper areas are far distant from the source of your suffering. Your acupuncturist will tell you where the treatment will take place and whether you will need to remove any clothing [8]. A gown, towel, or sheet will be provided to you. You lie down on a comfortable table for the treatment, which involves needle insertion. Acupuncture needles are inserted into your body at various depths and in strategic locations. Insertion is usually painless because of the thin needles. The majority of the times, people are unaware that they have been placed. Five to twenty needles are used in a usual therapy. You may experience minimal discomfort when a needle reaches the correct depth. Needle manipulation is a term used to describe the manipulation of needles. Your practitioner may gently rotate or spin the needles once they've been implanted, or provide heat or gentle electrical pulses to them. It is necessary to remove the needle. The needles are normally left in

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for 10 to 20 minutes while you lie still and rest. There is usually little discomfort when the needles are removed [9].

Following the procedure

Some people feel calm after an acupuncture session, while others feel revitalised. Acupuncture, on the other hand, is not for everyone. If your symptoms do not improve after a few weeks, acupuncture may not be right for you [10].

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