

Acupuncture Treatment in Traditional Chinese Medicine: Review

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ABSTRACT

Acupuncture was a very important treatment in Traditional Chinese Medicine (TCM). Acupuncture could improve the abnormal cycle of the endocrine system in the human being. The nine symptoms were classified that often occurred in the human being, included weight-losing, eczema, side effects of cosmetic surgery, pain-improving, adjusting gastrointestinal function, improving sleep problem, treating Mood Illness, treating stroke sequelae, and pains and other side effects of acquired immunodeficiency syndrome (AIDS), coronavirus disease 2019 (COVID-19) and cancer during the recovery process, and their corresponding acupuncture treatments were summarily described in this study.

Keywords: Traditional Chinese Medicine (TCM), Endocrine System, Mood Illness, Acquired Immunodeficiency Syndrome (AIDS), Coronavirus Disease 2019 (COVID-19)

INTRODUCTION

Acupuncture has become a very important treatment in Traditional Chinese Medicine (TCM) (Figure 1). Acupuncture could improve abnormal cycle of the endocrine system (Figure 2) in the human being. The nine symptoms were classified that often occurred in the human being, included (1) weight-losing, (2) eczema, (3) side effects of cosmetic surgery, (4) pain-improving, (5) adjusting gastrointestinal function, (6) improving sleep problem, (7) treating Mood Illness, (8) treating stroke sequelae, and (9) pains and other side effects of aids, coronavirus disease 2019 (COVID-19) and cancer during the recovery process, and their corresponding acupuncture treatments were summarily described (Zhang and Li, 2021; Lin and Wang, 2021; Tseng et al., 2022; Bowe et al., 2023; Han et al., 2023; Lin, 2023; Pu et al., 2023).



Figure 1: Acupuncture (Boucher Naturopathic Medical Clinic)

Endocrine System

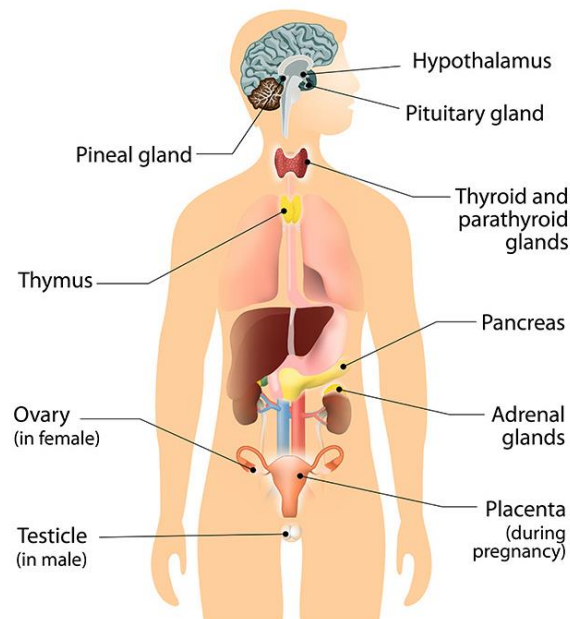


Figure 2: Endocrine system (Lybrate, Inc)

DISCUSSION

For weight-losing, through acupuncture point stimulation, such as abdominal acupuncture combined with electroacupuncture device micro-current stimulation. It could dredge blood in the meridians via adjusting the functions of internal organs and stimulating muscle activity, and then such acupuncture could help the body metabolize toxins and remove dampness, reduce appetite, and cooperate with a balanced diet to effectively control weight. Therefore, the effect of self-cultivation and weight-losing could achieve. For eczema, many people were troubled by the eczema and itching. During the attack period, acupuncture, bloodletting and cupping could be used to relieve itching. During the rest period, acupuncture could be taken orally for long-term conditioning, which reduced the attack range, frequency, itching degree, and allergies reaction effectively. For cosmetic, after adjusting the inner body balance, the natural complexion and body were better. Acupuncture in local areas such as the face could effectively tighten the facial skin and improved wrinkles. For pain-improving, acupuncture could relieve pain, relax soft tissues such as muscles and fascia, and relieve tissue adhesions. When acupuncture was stimulated, the nerve channel was fully occupied, and the pain sensation couldn't be transmitted to the brain through the channel. Stimulation through acupuncture could cause the brain to release endorphins, which had an analgesic effect. For adjusting gastrointestinal function, acupuncture was selected nearby points, such as the abdominal points and could improve intestinal peristalsis. From the perspective of meridian theory, dredging the meridian liver, gallbladder, spleen and stomach could effectively improve gastrointestinal problems such as indigestion, diarrhea, and constipation. For improving sleep problem, acupuncture could achieve a calming effect, so that the activity of the central nervous system was inhibited and the concentration of melatonin in the brain was affected. For treating Mood Illness, acupuncture stimulating the acupoints on the head could rejuvenate the brain, relieve stagnation and calm the nerves, and clear stagnation of blood. Therefore, it could increase the secretion of serotonin, relieve depression symptoms, relax the body and mind to improve mood to enhance sleep quality. For treating stroke sequelae, modern medical research has already found that acupuncture at acupoints that could improve brain oxygen metabolism,

increase cerebral blood flow, blood sugar supply, protect central neurons, and reduce the decline of brain neurons. The development of cerebral cortex functional areas was also promoted by changing the input of peripheral stimuli. The inherent neural pathways of the brain could be activated. Simultaneously, the disability rate could be reduced and the rehabilitation of patients with stroke sequelae could be promoted. For pains and other side effects of aids, COVID-19 and cancer during the recovery process, acupuncture was effective in assisting western medicine in treating aids, COVID-19 and cancer, such as relieving pain and improving other side effects. Acupuncture could significantly reduce the pain of breast cancer women by receiving hormone therapy, help patients continue treatment and improve survival rates (Takeishi et al., 2012; Yun et al., 2013; Jiao et al., 2020; Peng et al., 2021; Yang et al., 2022; Cai et al., 2023; Nagato et al., 2023; Peng et al., 2023; Sicart et al., 2023; Yin et al., 2023).

CONCLUSION

Acupuncture has become a very important treatment in TCM. The treatments using acupuncture according to the nine symptoms of human being have been briefly described including weight-losing, eczema, side effects of cosmetic surgery, pain-improving, adjusting gastrointestinal function, improving sleep problem, treating Mood Illness, treating stroke sequelae and pains or other side effects of aids, COVID-19 and cancer during the recovery process. For weight-losing, acupuncture could help the body metabolize toxins and remove dampness, reduce appetite, and cooperate with a balanced diet to effectively control weight. For eczema, acupuncture could be taken orally for long-term conditioning. For cosmetic, acupuncture in local areas such as the face could effectively tighten the facial skin and improved wrinkles. For pain-improving, acupuncture could relieve pain, relax soft tissues such as muscles and fascia, and relieve tissue adhesions. For adjusting gastrointestinal function, acupuncture could improve intestinal peristalsis. For improving sleep problem, acupuncture could achieve a calming effect. For treating Mood Illness, acupuncture could increase the secretion of serotonin, relieve depression symptoms, relax the body and mind to improve mood to enhance sleep quality.

For treating stroke sequelae, acupuncture could improve brain oxygen metabolism, increase cerebral blood flow, blood sugar supply, protect central neurons, and reduce the decline of brain neurons.

For pains and other side effects of aids, COVID-19 and cancer during the recovery process, acupuncture was effective in assisting western medicine in treating aids, COVID-19 and cancer, such as relieving pain and improving other side effects.

ACKNOWLEDGMENTS

The author is grateful to Department of Electrical Engineering, Southern Taiwan University of Science and Technology, Tainan, Taiwan. In memory of my mother who was dead on 09 October 2016.

CONFLICTS OF INTEREST

The author declares that there are no conflicts of interest.

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