

Chinese Medicine and Acupuncture

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### **Introduction**

In the western world, complementary medicine is increasingly popular. Local people have commonly used traditional medical procedures for hundreds of years in other cultures, for example, China and India (Wang, Zhu & Tan, 2019). In recent decades, the movement of foreign migration has contributed to the inclusion of patients from various ethnic groups who also are more likely to use conventional treatments from their country of origin. Despite Western medicine's supremacy in Hong Kong, perceived as a culmination of Western medicine's preferred role under the British rule, both Western and Chinese medication were used concurrently by the local populace (Jia et al., 2020). In Chinese medicine terms, the bulk of the populace possibly describes and recognizes their diseases rather than Western medical values

The conventional method of care and theory of physical equilibrium in China are Chinese medicines. It has a long history, and is significant and has spread across the world, for more than thousands of years. The essential elements of Chinese traditional medicine have been the utmost innovative and proficient method globally. It has information that can affect potential medical development, but basic awareness labeling times and cultures are easy to find. The underlying concept of Chinese medicine includes three measures: one which is compatible with modern treatment and one which involuntarily goes past modern treatment and which must be further tested (Zhang et al., 2015). The portion that is in line with western medicine requires an emphasis on many conventional Chinese medicine ideas and principles and the usage of many medications and medicines, including widely utilized Chinese herbs (Zhang et al., 2015). The involuntary portion outside conventional medicine includes many established ideas and essential principle in traditional Chinese medicine, comparatively established drugs, recipes and current medications, herbs leading in diagnosis with acupuncture and anesthesia in Chinese medicine

that impact modern treatment. Apart from knowledge of pulse treatments, medication, and plants, the portion that must be further studied comprises of several other facets of traditional Chinese medicines. This paper analyzes further the benefits and risks associated with the treatment in the fields of Chinese medicine, precisely Acupuncture, its origin, and clinical perspective.

### **Traditional Chinese Medicine**

Traditional Chinese Medicine (TCM) is among the primordial medicine programs. It is perceived to be over 3 million years older than mainstream Western medicine, which was introduced in 1847 with the founding of the American Medical. It is termed as a continuum of primary health treatment that involves Acupuncture, Chinese medicine, and curative massage. The two common types of TCM health treatment are Acupuncture and Chinese herbal medicines (Zhang et al., 2015). The principal characteristic of contemporary TCM is the idea that good health depends on preserving and sustaining the peace, equilibrium, and order of the patient. TCM provides a systematic approach to considering human behavior and disease mechanisms, concentrating on disease control as much as it does on treatment.

TCM is a simplified form of the form of Chinese medicine accomplished before the Chinese Revolution, based on several ancient convictions. The Daoist theory is a significant one in that the human body is a minuscule form of life. It is believed that vital energy called "Qi" is transmitted through the body and participates in several healthcare functions (Fung & Linn, 2015). TCM experts assume that the blockage or excess of Qi stems from chronic pain and that their function is to reverse or restore its flow.

Any imbalance in Qi can result in illness and disease. It is most often thought that this imbalance is due to a change in complementary forces in the "Qi". They are referred to as "yin

and yang”. Old Chinese believed that human beings are microcosms of the larger world around them and are related to and subject to nature. A key concept is the balance of health and disease. TCM counseling aims to achieve this equilibrium through patient care (Jia et al., 2020). To maintain equilibrium, the inner body bodies must be aligned with the external components of the world, gas, water, wood, and metal.

Concepts such as yin and yang that define the equilibrium of competing, compatible health-friendly powers and the ideas of five elements are similarly essential to TCM. The philosophy of Yin/Yang establishes the nature of the body Yin or Yang, as its location, temperature levels, and quantity parameters (Jia et al., 2020). Yin/Yang reflects divergence and the idea that without the other, one function cannot survive. Symbolically, the Five Elements reflect the phases of human development and describe the functions of the body. To encourage an awareness of the TCM, learning such principles is essential.

### **Chinese Medicine and Modern Pharmacology**

An increasing number of studies suggested the conventional usage of treatments for plants and established pharmacological behavior of plant components frequently correlate (Dong, 2013). Herbal treatment, though, is distinct from pharmaceutical treatment. Secondly, it is far more safe than pharmaceutical drugs dependent on specific active substances, owing to the variety of plant resources, and it has much less chance of developing side effects (Wang, Zhu & Tan, 2019). Furthermore, since the plants are usually mixed, the different components of a solution complement each other. Therapeutic interventions are subject to reciprocal cooperation that boosts productivity and health. Herbal therapy generally attempts to remedy psychological imbalances instead of managing problems by itself (Dong, 2013). Therapeutic care is meant to facilitate self-healing.

When recommended appropriately by a professionally qualified practitioner, Chinese medicines are exceptionally healthy. Seasoned physicians have compiled detailed knowledge of the pharmacopeia for thousands of years, and consumer safety has gained a lot of focus (Dong, 2013). Allergic responses are rare and may not inflict irreversible harm if care is halted as soon as signs arise.

### **Diagnostic Methods**

Apart from discomfort and migraine, TCM covers a wide variety of wellbeing conditions, including improvement and avoidance of immune disorder, alcohol dependence, anxiety, depression; preventive care; and fitness, and refurbishment. In their tests, TCM practitioners employ five specific methods of diagnosis: examination (looking), auscultation (listening), sniff (smelling), inquisition (asking), Palpation (touching).

The assessment reflects not only on the outward look and the actions of the individual but also on the language during the examination. An analysis of tongue by a TCM practitioner includes the size, form, tension, color, and coating of the tongue. Patients are advised not to wash their teeth during a briefing so that the findings are not ambiguous.

Auscultation involves listening to specific sounds, such as voice, breath, and cough that the patient produces while Olfaction refers to body smell or breathe management. In the course of the investigation, the physician asks questions concerning the consistency, seriousness, or symptom features such as suddenness, head, pain, urine, appetite, sleep, abdomen, and gynecological (Roberts, 2016).

The last evaluation phase involves the wrist pulses at the radial artery at three different locations. The pain zones, stress, and energy channels of the affected meridians, contributing to control organ functioning and to stabilize the body by regulating the body's functions.

### **Therapeutic Methods**

TCM provides several approaches intended to improve patients' wellbeing. There are six conventional therapy approaches of TCM, including cupping/scraping, tui na, acupuncture, moxibustion, and massage (Jia et al., 2020). The most common part of TCM is Acupuncture.

Acupuncture is the world's ancient and most widely applied supplemental and complementary medicinal therapies. Normally not an independent procedure, it is considered as part of TCM

### **Acupuncture**

Acupuncture was introduced with a finding of the particular regions of the skin, enhancing the body's physiological process have been impaired and evolved into a science-based treatment method that improves and preserves wellbeing. In 1993, the Food and Drug Administration (FDA) reported that U.S. acupuncture practitioners served 12 million people a year (Roberts, 2016). Acupuncture has healed patients around the world for more than 3,500 years. In China, this calming treatment initially was created and used for all patients who seek to relieve symptoms of illnesses ranging from asthma and migraines and chemotherapeutic impact. It has also been proven to help people avoid smoking.

Acupuncture is rooted in the conviction that a power termed "qi" circulates in our bodies from the tops of our heads to the bottom of our feet. If one is well, this energy flows naturally through paths in the body named "meridians." "Meridian" is expected to be coupled to a specific organ system and may result in sickness or discomfort when the energy supply is interrupted (Li et al., 2019). Thus, Acupuncture is used to regulate the flow of "Qi" and enhance the innate healing potential of the body.

Treatments for Acupuncture include inserting various long needles in some skin regions. The number of needles ranges from 3-20, and the length of their positioning depends on the procedure. The needles can be bent, rubbed, or operated electrically during therapy to improve curing results. Many points of Acupuncture are close to the nerves. Once activated, the spinal cord and brain have conveyed a warning through the nerve. This allows adrenaline, dopamine, and endorphins to be released chemicals from our bodies that modify or remove the transmission of pain throughout our brain (Roberts, 2016). Upon the activation of these mood-controlled hormones, people experience physical and mental change. So when someone changes their relational perspective, their quality of living changes.

Clinical experiments have demonstrated that Acupuncture improves, and anti-inflamed processes of the body are nervous and endocrine (glandular). Acupuncture decreases inflammation due to multiple illnesses and helps relieve muscle spasms and pain (Siu et al., 2019). The World Health Organization funds acupuncture and clinical trials have proven a successful therapy for many illnesses, including:

- Chronic discomfort: migraines, tendonitis, acne disease, carpal tunnel syndrome, fabric lung discomfort, neck pain, rheumatoid arthritis.
- Blood pressure.
- Digestive discomforts such as constipation, gastrointestinal pain, colitis, and gastritis.
- Uranium and hormonal conditions: menstrual cramp, prolonged or extreme periods, miscarriage, or menopausal symptoms.
- Psychological, cognitive, depression, anxiety, stress, and sleeplessness.
- Allergies.

- Tobacco, caffeine, and tobacco addictions.
- Overweight and obesity, coupled with dietetic practice and exercise (Acupuncture is not perfect but can help suppress appetite).

### **Scientific Evidence for Acupuncture**

The practice of Acupuncture for persistent discomforts, inflammation and cure for neck aching, is positive clinical data. When conjunction with placebo or where Acupuncture is applied to another technique of rehabilitation for persistent low back pain. Acupuncture often appears to have a short-term, clinically meaningful impact (Li et al., 2019). Acupuncture is normally safe when done with sterile, disposable, or sterilized needles.

Most people are worried about Acupuncture because of phobia with their needle. In comparison to other needles, needles with Acupuncture are solid and hair-thin. Depending on the form of medication given, needles are normally placed no longer than half an inch to an inch. Small needles, vicarious nuts, pellets, or tacks of the ear may serve as substitutes for needle-phobia patients while applying pressure to the main points with the fingers and auricular Acupuncture.

The ear is considered as a body microcosm in TCM. Each point on the ear is marked for the anatomical configuration (Roberts, 2016). The criteria commonly mentioned are the "hunger" weight reduction point, the "reassuring" tension control level, and the "lung" cessation criteria. The typical acupuncture visit will take from 30 and 60 minutes, depending on the severity and length of the illness. Much may be expected to enhance persistent pain on a minimum of appointments. Every person encounters acupuncture differently; most people feel just moderate discomfort when the needles are applied first. Acupuncture is incredibly healthy when done by a registered, professional acupuncturist.



### **Acupuncture Treatment**

The acupuncturist implants tiny needles in some places on the corpora of the recipient during an acupuncture procedure. Inserting the needles typically will not create any pain. Doctors practicing Acupuncture have distinctive in their style, sometimes incorporating elements of medicine from East to West (Roberts, 2016). The doctor can question patients about symptoms, behavior, and lifestyles to decide the form of acupuncture therapy that will benefit them best. They can also investigate attentively:

- The uncomfortable parts of the body.
- Tongue form, coating, and light.
- Facial hue.
- The strength, rhythm, and consistency of the wrist pulse.

The clinical evaluation and care may take up to 60 minutes. This generally requires around a half hour to future appointments. One to two therapies a week will usually be used in a standard recovery schedule with a particular concern (Roberts, 2016). The amount of medications depends on the disease and the extent. Six to eight services are usually available.

### **During the Procedure**

For any part of the body, acupuncture points exist. The right points are often well away from the discomfort center. The acupuncture doctor will notify patients of the intended care location and whether the patient needs to change clothing. There may always be a cover, towel, or blanket. Patients are put on a padded table which requires;

- *Insertion of needles.* At specific points on the body, acupuncture nails are placed into various depths. The needles are very small, and the insert also creates

minimal discomfort. For the standard procedure, between five and 20 needles are used (Roberts, 2016).

- *Manipulation of the needle.* Upon insertion, the doctor should softly remove the needles or add moderate electrical spur to the needles.
- *Removal of the needle.* Most of the time, patients lay back and rest, the needles stick in position for 10 to 20 minutes. When the needles are extracted, there is typically no pain.

During an acupuncture session, some individuals feel calm while some feel energized. Not all respond to Acupuncture, though. When symptoms do not start changing after a couple of weeks, it is an indication that the procedure was not successful (Roberts, 2016).

### **Acupuncture and Other Treatments**

A 2013 meta-analysis network evaluating knee osteoarthritis physical therapy has shown that compared with standard treatment, Acupuncture is the most effective in proper standard trials for assessed disorders, outperforming diet, and embarrassment acupuncture as well as weight reduction (Yung et al., 2019). In comparison to shoulder impingement syndrome training, a 2015 network meta-analysis evaluating therapies reveals that Acupuncture was the most successful alternative medication out of seventeen methods (Oh, Walsh & Zaslowski, 2018). Acupuncture outperformed other substitutes such as steroid infusion, NSAIDs, and ultrasound therapy. The study of 20 sciatica therapies in 2016 rated Acupuncture the second most successful (Yung et al., 2019). In 2018, a network meta-analysis showed that Acupuncture is more successful than drugs for reducing the least adverse effects and persistent constipation (Oh, Walsh & Zaslowski, 2018).

For more than 60 years, substantial work has been carried out on how Acupuncture relieves suffering. Sensory nerve pathways were traced with modified nerve fibers ( $A\delta$ ,  $A\beta$ , and C) and downward pathways of the nervous system. A significant range of biochemical, including the neuropeptides (opioid and non-opioid) and neurotransmitters, have been reported. They include nitric oxide, serotonin, gamma-aminobutyric acid (GABA), norepinephrine, cytokines, and glutamate. Acupunctural analgesia involves many types of naturally-secreted opioid neuropeptides such as enkephalin. Analgesics, the non-opioid neuropeptides P substance and vasoactive bowel peptide (VIP), and calcitonin-linked peptide (CGRP) are studied for their function in migraine pathogenesis.

Many biochemical and signaling mechanisms, but certainly one that leads to understanding how Acupuncture becomes effective in several clinical settings, have been described as partaking a direct part in how the Acupuncture produces medical impacts. Acupuncture therapy has shown to act directly a mechanism called purinergic signaling, a basic 15 and acupuncture in the human body using ATP and adenosine to regulate body organs systems and tissues and also send signals (Oh, Walsh & Zaslowski, 2018). ATP is a co-factor for nervous communication, and purine amounts are used by the body as the primary background cue for both stable activity and tissue injury. Research with mice demonstrates that the pain relief from Acupuncture and no chemical modifications linked to acupuncture pain relief has been found by bred ones that have not been bonded to adenosine. In contrast, regular mice have, and humans have repeated this result.

It has been shown that purinergic impulses play a crucial function, which involves numerous health conditions such as migraines, anxiety, immune deficiency, and depression, tumors, and Alzheimer's (Macdonald, 2016). Pharmaceutical firms in all these fields are actively

working to suppress or improve purinergic impulses in pharmaceutical products. Protection is a challenge because the cellular equilibrium of such compounds is fragile, and disease is correlated with too much and too little adenosine and ATP. However, the enhancement of enhanced self-regulation by acupuncture therapy may be both efficient and successful

Research has since demonstrated substantial impacts of Acupuncture on the central nervous system as well as a biological behavior. Those are the results of the spinal reflex, which causes involuntary relaxation and improvement of visceral organs. Acupuncture in the brain has demonstrated that it increases neural integration and decreases limbic structures correlated with stress and disease and enhances hypothalamic, pituitary, or adrenal axial control, the primordial mechanism used by the body to regulate hormones and the physiological stress response (Siu et al., 2019).

Acupuncture modulates parasympathetic activity as well as relaxation, recovery, nutrition, and tissue regeneration divisions of the nervous system. Acupuncture is mild to show to manage 46 diseases effectively firmly and is deemed effective by appropriately qualified clinicians (Roberts, 2016). The broad clinical support for patients in a mainstream medicine environment, of which about half of the procedures seek justification justifying their efficacy, is remarkable and beneficial. Any circumstances under which proof is sufficient, Acupuncture is often deemed cost-effective.

In comparison, it is more apparent and more effective for specific disorders than other traditional therapies. The use of Acupuncture is a secure, economical, and evidence-based treatment for many people, which doctors, medical practitioners, and healthcare managers should trust (Oh, Walsh & Zaslowski, 2018).

### **Risks**

Acupuncture is usually deemed healthy while a trained practitioner conducts (Roberts, 2016). The Food and Drug Administration of the United States (FDA) controls and restricts the usage of the Acupuncture Network for approved practitioners (Roberts, 2016). The FDA allows for safe, non-toxic, and labeled acupuncture needles for single use. When needles are reused, contagious infections may be spread. To prevent this risk, the doctor is required to use a new sterile single-use needle kit. Moreover, when they insert the needle, the doctor must swab any puncture spot with alcohol-based solutions.

Acupuncture may not be effective for individuals who take or who have bleeding problems (anticoagulants). Those with a cardiac pacemaker, infusion pump, or other electrical systems must avoid electro-acupuncture.

Bleeding, soreness, or swelling on the needle application are two of the more common side effects of Acupuncture. Dizziness, fainting, external-internal blood pressures, vomiting, hepatitis B, dermatitis, nerve distress, excessive pressure, and occasionally injury to an actual organ are other contributing factors (Roberts, 2016). While millions of patients undergo acupuncture therapy per year, the amount of incidents recorded to the FDA is comparatively low.

### **Conclusion**

The belief that the disorder arises from the disturbance of the life force (qi, pronounced chee) in the body is the fundamental concept for Chinese medicine. Qi is the body's energy power. Chinese traditional medicine assumes that the consequence of the disease is an unsuitable movement of Qi through energy or meridians. Qi is revived by integrating the competing yin (dark, feminine, negative) and yang powers (bright, masculine, positive) energies, which manifest as cold and dry, inner and outer, and insufficient, and superfluous. Various techniques

are used to protect and improve qi and also to retain wellbeing. Acupuncture is one of the most widely employed procedures in conventional Chinese medicine in the western world. While certain physicians, especially pain therapists, are certified and approved to practice Acupuncture, approved practitioners are not generally medically skilled. Millions of citizens are screened every day for acupuncture

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