Acupuncture & salutogenesis

Acupuncture & its neuroscientific mechanisms of action

A great healing system: from relieving pain and stress, to achieving well-being


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(1) ABSTRACT

Background

Understanding how acupuncture is a real salutogenetic form of therapy, and seeing that it can be the main treatment system with some other CAM strategies for lots of dysfunctions.

Objective

Focusing on the targets of acupuncture: peripheral and central molecules (as endogenous opioids), such as neurotransmitters and hormones, and on the main theory and brain centers, involved thanks to the actions of acupuncture.

Address and Methods

Reviewing the most relevant and important scientific researches on the stress-reward equilibrium, balanced by acupuncture, and applying these not only to a case of polyneuropathy, but also to a whole, including autonomic nervous system (as endogenous opioids), heart, and tryptophan metabolism, weakness, palpaties, hyperesthesia, adrenaline, ovulation, PMS, HTS, HTX, HVT, HTM, CV4, CIV, SPI, CV14, BL07, LUT: 6 times once a week, 2 times once a month; needles Huaping 0.25x40 mm, thanks to points specificity (due to neural correlations).

Results

Acupuncture is able to effectively act on the stress system, by inducing the orthosympathetic outflow, by creating an equilibrium of the main neurotransmitters, by balancing hypothalamic activity, and moreover by enhancing parasympathetic and reward centers, with a whole wellness effect. The patient felt better after 2 sessions, and was asymptomatic at the end of the 10 sessions treatment.

Conclusions

Acupuncture is an old healing system, that nowadays can be understood in all its most important actions mechanisms. It helps any situation in which stress is the main cause of disease; it not only relieves pain and symptoms, but it can also be the basis for a salutogenetic global approach, since it acts on reward centers with a wellness effect on body and mind.

(2) PHYSIOPATHOLOGY OF ACUPUNCTURE

- acupuncture reducing pain thanks to “gate” control system and opioids (3H-endorphine, enkephaline, endomorfin, HVA 200 fois)
- acupuncture anti-inflammatory effect: reduction of CRH, IL6, cytokine, normalization of the function of hypothalamic–pituitary–adrenal (HPA) axis
- acupuncture pain relief: endorphins, acetylcholine, serotonin, oxytocine
- acupuncture effect on leukocyte: reduction of NO, NFAT, and reduction of stress and pain through the HPA system
- acupuncture regulation: hypothalamic-pituitary-gonadal (HPG) system, stress and pain regulation
- acupuncture stimulation: reduction of endorphins, CRH, and improved mood and pain relief and rest, OR: oxytocine, angiotensine, vasopresine, GnRH, production of GABA
- acupuncture is more than placebo effect: moderate effect size 0.30
- acupuncture is better than sham acupuncture: medium effect size 0.23

(3) SALUTOGENESIS FROM ACUPUNCTURE

- acupuncture protecting: improvement of blood flow in the brain, of blood flow and heart rate on the heart, of mobility and nutrition on gut-cutaneous system
- acupuncture reducing activity in orthosympathetic brain areas (angulate, hypophysis, insula, cingulate) with reduction of the effusion thanks to opioids (CRH (+) POMC (+) endorphins), and increase of 5-hydroxytryptamines (5HT) (ACN in AGA)
- acupuncture is induced para-noadrenal, regulation of cutting state associative areas (lympho system, paratotal frontal and temporal affective areas) and better connections with paralimbic, SN, hypocampus sections of emotional reward (HPR), nucleus accumbens, and STTS system, sense of RESTING, and overall satisfaction with the acupuncture therapy, with better self-regulation.

- acupuncture normalization or improvement: reduction of orthosympathetic outflow, reduction of wellness on pain pathway and stress, OR: oxytocine, angiotensine, vasopresine, GnRH, production of GABA

(4) ABSTRACT

CLINICAL CASE: ORGAN PROTECTION

(5) CLINICAL CASE: ASPECTS OF WELL-BEING

- acupuncture and salutogenesis: main cause of disease: it not only relieves pain and symptoms, but it can also be the basis for a salutogenetic global approach, since it acts on reward centers with a wellness effect on body and mind.

(6) CONCLUSION

It is clear how acupuncture is a great therapeutic and healing system, having a salutogenesis goal, we can use acupuncture with any other CAM therapeutical form, since they all act also on wellness and reward neurological system too.

It could be important to integrate acupuncture: for instance giving suggestions about physical activity. This one acting on opioids as well, some forms of mental training could also be useful, since it can re-balance our internal mental state by developing reward thoughts.

So improving our body-mind well-being state is a real possibility.