Acupuncture

Acupuncture is a traditional Chinese method of treatment that dates back to centuries. It is one of the most widely practiced modes of treatment in the oriental region, covering vast number of diseases.

It is a treatment where, very fine, sterile needles are used to puncture the relevant acupuncture points, which lay throughout the body from the head to the toes.

The theory of Acupuncture is based on the flow of energy called “Tchi” in the Chinese language, and it equates to the “Prana”, in the Indian context. An obstruction in its flow or quality gives rise to symptoms, affecting the Mind, body and emotions.

Tchi flows in our body through channels, called the meridians, which are linked to the major and vital organs. Each of these meridians have energy points or acupuncture points, which on stimulation through needling treats or cures symptoms and diseases governed by it.

A typical session of acupuncture lasts for 20-30 minutes. The number of sessions required is decided by the physician. Manual or electrical stimulation of the needles is done in some cases, if the physician deems so.

Acupuncture gives best results in both acute as well as chronic pains and inflammations.

Diseases like Bronchial Asthma, Allergies, Digestive disorders, Rheumatoid arthritis, Osteo arthritis, Cervical spondylosis, Frozen shoulders, Tennis Elbow, Carpal Tunnel syndrome, Migraine, Insomnia, Addictions, Liver cirrhosis, Diseases of the Genito –Urinary system, Sprains and spasms, Hormonal disorders, Eating disorders, Bi-polar depression, Anxiety neurosis are few of the many that could be treated effectively.

Infertility, Menstrual irregularities and PCOD, which are on the rise in present times, benefit tremendously from Acupuncture, when done in conjunction with the modern approach.

Acupressure( Applying deep pressure on the Acu points, instead of needling) done during the labour, can correct the fetal position and ensure easy labour with lesser pain.