

Ultimate Guide to Traditional Chinese Medicine

GET YOUR HEALTH BACK WITH ACUPUNCTURE

Dr Neeraj Kaushik

Get Your Health Back with Acupuncture

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Founders –Kaushik Acupuncture

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Contents

Introduction	6
How acupuncture works ?	8
History of Acupuncture	10
100 benefits of acupuncture treatment	12
What happens during acupuncture treatment ?	17
How acupuncture is performed?	18
What are acupuncture points?	21
Acupuncture for vertigo.....	24
Acupuncture points for cervical & neck pain.....	30
Acupuncture for chronic kidney disease.....	33
Acupuncture for multiple sclerosis	38
20 reasons why acupuncture is a better option than medication in chronic pain management	42
20 research finding about acupuncture benefits.....	46
Acupuncture for relaxation.....	49
Acupuncture and acupressure may lead to better recovery in patients undergoing surgery for gynecologic cancers	51
Acupuncture for trigeminal neuralgia.....	54
Acupuncture for Fertility: Can It Help You Get Pregnant?.....	57
Acupuncture for pain management research findings	62
Acupuncture & Complementary Medicine for the Recovery of Limb Motor Function in Patients After Stroke.....	65
Acupuncture Relieves Joint Pain in Breast Cancer Patients Taking Hormone Therapy	78
Acupuncture Reverses Hip Pain and Necrosis	84

Acupuncture Therapy for Fibromyalgia	92
Acupuncture to Treat Osteoarthritic Knee Pain	98
Acupuncture Treatment for Bell's Palsy	104
Role of acupuncture in paralysis rehabilitation	110
Acupuncture for back pain.....	115
Acupuncture for Arthritis.....	118
Acupuncture for tinnitus.....	124
How acupuncture help in headaches and migraine?.....	129
Acupuncture for auto immune diseases.....	136
Acupuncture for carpel tunnel syndrome.....	139
Chronic kidney disease from TCM perspective.....	143
Acupuncture for Headache & Migraine.....	165
Acupuncture for Constipation	179
Cosmetic acupuncture for ageless skin.....	184
Acupuncture for dementia.....	193
Acupuncture for diabetes	197
Electroacupuncture Improves Quality of Life for Cancer Patients with chronic constipation & pain.....	202
Acupuncture for hypertension.....	212
Acupuncture for cancer	218
Sujok acupuncture with benefits	221
Acupuncture for plantar fasciitis.....	228
Acupuncture for preventive healthcare and body detox	235
Motivational story of a paralytic patient, how he recovered..	239
Acupuncture for tennis elbow	242

Acupuncture for TMJ disorders	250
Acupuncture for Urinary Tract Infection.....	256
Acupuncture points for varicose veins	264
Acupuncture for Vitiligo	267
What is moxibustion and its benefits	271
When to seek help of an acupuncturist.....	274
Acupuncture for Alzheimer's disease	276
Conclusion.....	283

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Introduction

Acupuncture is an ancient healing art that has been practiced in China for thousands of years. Today, it has become a popular alternative therapy all around the world. As an acupuncturist, I have had the privilege of witnessing firsthand the transformative power of acupuncture on my patients. It is a holistic approach to healing that treats the root causes of illness and promotes overall well-being.

In this book, I aim to provide a comprehensive guide to acupuncture that is accessible to both practitioners and patients alike. I will cover the basics of acupuncture, including its history, principles, and techniques. I will also explore how acupuncture can be used to treat a wide range of health conditions, from chronic pain and digestive issues to anxiety and depression.

Throughout the book, I will draw upon my own experiences as an acupuncturist, as well as the latest

research in the field. I hope that this book will serve as a valuable resource for anyone interested in acupuncture, whether you are a practitioner looking to deepen your understanding of the art, or a patient seeking relief from a health condition.

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How acupuncture works ?

Acupuncture is a form of traditional Chinese medicine that involves the insertion of thin needles into specific points on the body. According to traditional Chinese medicine, acupuncture works by stimulating the flow of energy or "qi" in the body, which can help to restore balance and promote healing.

From a Western perspective, there are several theories about how acupuncture works:

1. Nerve Stimulation Theory: Acupuncture points are believed to stimulate the nerves, which can send signals to the brain and activate the release of various substances, including endorphins, which are natural painkillers.
2. Blood Flow Theory: Acupuncture may also help to increase blood flow to certain areas of the body, which can help to reduce inflammation and promote healing.

3. **Connective Tissue Theory:** Another theory suggests that acupuncture works by stimulating connective tissue, which can help to release tension and promote healing.

While there is still much that is not fully understood about how acupuncture works, many people find it to be a safe and effective form of complementary therapy for a variety of health conditions, including chronic pain, anxiety, and infertility. If you are considering acupuncture, it is important to work with a licensed and experienced practitioner who can help you to understand the potential benefits and risks of this treatment.

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History of Acupuncture

Acupuncture is a form of traditional Chinese medicine that involves the insertion of thin needles into specific points on the body to stimulate and balance the body's energy flow or qi (pronounced "chee"). The practice has a long history, dating back thousands of years.

The earliest written records of acupuncture date back to the Han Dynasty in China (206 BCE-220 CE), although the practice likely existed before then. These records describe the use of stone needles to treat pain and disease. Over time, metal needles replaced stone ones, and acupuncture became more refined and systematic.

During the Tang Dynasty (618-907 CE), acupuncture gained wider acceptance and was integrated into the official medical system. The first comprehensive acupuncture texts were written during this time,

including the "Systematic Classic of Acupuncture and Moxibustion" and the "Illustrated Supplement to the Pharmacopoeia."

During the Ming Dynasty (1368-1644 CE), acupuncture was further refined and standardized. The "Great Compendium of Acupuncture and Moxibustion" was published, which became the authoritative text on acupuncture for centuries to come.

In the 17th and 18th centuries, acupuncture spread to Japan and Korea, where it was adapted to local medical practices. In the 20th century, acupuncture gained popularity in the Western world, particularly after President Nixon's visit to China in 1972, during which he witnessed an acupuncture treatment.

Today, acupuncture is widely practiced around the world, and research has shown its effectiveness in treating a variety of conditions, including chronic pain, headaches, and nausea

100 benefits of acupuncture treatment

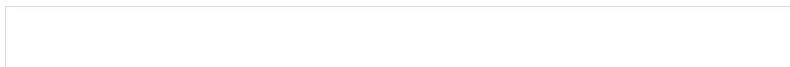
1. Alleviates chronic pain
2. Reduces anxiety and depression
3. Improves sleep quality
4. Enhances immune function
5. Decreases inflammation
6. Relieves headaches and migraines
7. Supports weight loss
8. Eases menstrual cramps and PMS symptoms
9. Decreases symptoms of arthritis
10. Increases energy levels
11. Reduces stress and tension
12. Relieves back pain
13. Improves digestive function
14. Helps quit smoking
15. Supports fertility and reproductive health
16. Alleviates symptoms of sinusitis
17. Reduces symptoms of fibromyalgia
18. Improves joint mobility
19. Supports cardiovascular health

20. Improves circulation
21. Reduces symptoms of allergies
22. Supports substance abuse recovery
23. Enhances athletic performance
24. Improves symptoms of asthma
25. Promotes relaxation
26. Supports mental clarity and focus
27. Reduces symptoms of menopause
28. Alleviates symptoms of endometriosis
29. Supports healthy skin
30. Improves symptoms of psoriasis
31. Supports respiratory health
32. Supports healthy aging
33. Reduces symptoms of vertigo
34. Improves symptoms of eczema
35. Supports liver function
36. Reduces symptoms of tinnitus
37. Supports endocrine system function
38. Alleviates symptoms of GERD
39. Supports healthy mood
40. Enhances feelings of well-being

41. Supports healthy weight management
42. Improves symptoms of Irritable Bowel Syndrome (IBS)
43. Supports healthy stress response
44. Supports healthy aging
45. Reduces symptoms of shingles
46. Supports healthy immune function
47. Alleviates symptoms of ulcerative colitis
48. Improves symptoms of rheumatoid arthritis
49. Supports healthy glucose metabolism
50. Supports healthy blood pressure
51. Supports healthy cholesterol levels
52. Supports healthy nerve function
53. Supports healthy lung function
54. Supports healthy kidney function
55. Supports healthy adrenal function
56. Supports healthy liver function
57. Supports healthy pancreas function
58. Supports healthy spleen function
59. Supports healthy lymphatic function
60. Supports healthy hormonal balance
61. Supports healthy sleep patterns

62. Supports healthy muscle function
63. Supports healthy joint function
64. Supports healthy skin function
65. Supports healthy digestive function
66. Supports healthy immune function
67. Supports healthy respiratory function
68. Supports healthy cardiovascular function
69. Supports healthy nervous system function
70. Supports healthy endocrine function
71. Supports healthy musculoskeletal function
72. Supports healthy urinary function
73. Supports healthy reproductive function
74. Supports healthy emotional function
75. Supports healthy mental function
76. Supports healthy liver detoxification
77. Supports healthy kidney filtration
78. Supports healthy adrenal response
79. Supports healthy pancreatic function
80. Supports healthy spleen function
81. Supports healthy lymphatic circulation
82. Supports healthy hormonal regulation

83. Supports healthy sleep cycles
84. Supports healthy muscle tone
85. Supports healthy joint mobility
86. Supports healthy skin health
87. Supports healthy digestive function
88. Supports healthy immune function
89. Supports healthy respiratory function
90. Supports healthy cardiovascular function
91. Supports healthy nervous system function
92. Supports healthy endocrine function
93. Supports healthy musculoskeletal function
94. Supports healthy urinary function
95. Supports healthy reproductive function
96. Supports healthy emotional function
97. Supports healthy mental function
98. Supports in reducing chemotherapy side effects
99. Supports in cancer pain
100. Supports in reducing age related disorders



What happens during acupuncture treatment ?

Acupuncture is a traditional Chinese medicine technique that involves the insertion of fine needles into specific points on the body. During an acupuncture treatment, the practitioner will typically follow these steps:

1. Consultation: At the beginning of the session, the practitioner will discuss the patient's health concerns and medical history to determine the most effective acupuncture points to use.
2. Preparation: The patient will lie down on a treatment table, and the practitioner will clean the acupuncture points with alcohol swabs.
3. Insertion: The practitioner will then gently insert the thin needles into the acupuncture points. The needles are usually left in place for around 20 to 30 minutes, depending on the treatment plan.
4. Sensations: Patients may experience a variety of sensations during the treatment, including a tingling

or numbness at the insertion point, a dull ache, or a sensation of warmth or coolness.

5. Relaxation: Patients are encouraged to relax during the treatment, and many find the experience to be calming and meditative.
6. Removal: At the end of the treatment, the practitioner will remove the needles and dispose of them safely.

Acupuncture is believed to stimulate the body's natural healing processes and improve the flow of qi (energy) through the body. It is used to treat a wide range of conditions, including chronic pain, anxiety, depression, and digestive disorders, among others.

How acupuncture is performed?

Acupuncture is a traditional Chinese medicine practice that involves the insertion of fine, sterile needles into specific points on the body. Here's a step-by-step breakdown of how acupuncture is typically performed:

1. Consultation: Before the actual acupuncture session, you'll typically have a consultation with the acupuncturist. They will ask about your medical history, symptoms, and any medications you're taking to get a better understanding of your overall health.
2. Preparation: You'll be asked to lie down on a treatment table, and the acupuncturist will clean the insertion points with alcohol or another disinfectant. They may also ask you to remove some clothing or wear a gown, depending on the areas of your body being treated.
3. Needle insertion: The acupuncturist will then begin inserting thin, sterile needles into the acupuncture points identified during the consultation. The needles are typically left in place for 10-30 minutes, depending on the condition being treated.
4. Needle manipulation: Once the needles are in place, the acupuncturist may gently manipulate them to enhance the flow of Qi (pronounced "chee"), or vital energy, throughout the body.

5. Removal: After the allotted time has passed, the acupuncturist will remove the needles. You may feel a slight pinch or prick as the needles are removed, but the process is generally painless.
6. Post-treatment: After the treatment, you may feel a sense of relaxation or renewed energy. The acupuncturist may also provide dietary or lifestyle recommendations to help support your overall health and wellness.

It's important to note that acupuncture is a personalized treatment, and the specific points used and techniques employed will vary depending on your individual needs and health concerns.

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What are acupuncture points?

Acupuncture points, also known as acupoints or tsubos in Japanese, are specific locations on the body that are believed to have therapeutic properties and are used in acupuncture and other forms of traditional Chinese medicine.

In traditional Chinese medicine theory, there are over 360 acupuncture points along the 12 main meridians (channels) that run throughout the body. These points are thought to be connected to different organs and systems in the body and can be used to influence the flow of Qi (energy) in the body.

Each acupuncture point has a unique name, location, and function. The location of an acupuncture point is typically described in terms of its relation to specific landmarks on the body, such as bones, muscles, and other anatomical structures.

Acupuncture points are typically identified by palpating (feeling) for specific landmarks on the body, such as depressions or indentations, or by using specific measuring techniques based on proportional relationships between body parts.

During an acupuncture treatment, fine needles are inserted into one or more acupuncture points in order to stimulate or regulate the flow of Qi in the body. Acupuncture points may also be stimulated using other techniques, such as moxibustion (the burning of a small amount of dried herb on or near the skin), acupressure (the application of pressure to acupuncture points using fingers or other tools), or electro-acupuncture (the use of electrical stimulation on acupuncture needles).

Acupuncture points are often selected based on the patient's specific condition and symptoms, as well as the practitioner's diagnosis and treatment plan. The number and location of acupuncture points used

during a treatment may vary depending on the individual patient and their unique needs.

While the exact mechanisms by which acupuncture works are still being studied, many practitioners and patients report positive outcomes and benefits from acupuncture treatments. Some theories suggest that acupuncture may stimulate the body's natural healing processes, modulate the immune system, and promote relaxation and stress relief.

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Acupuncture for vertigo

Vertigo is a condition characterized by dizziness, spinning sensation, and a feeling of loss of balance. According to acupuncture theory, vertigo is caused by the imbalance of energy or "Qi" in the body, which affects the flow of blood and other bodily fluids.

Acupuncture is based on the concept of meridians, which are channels that run throughout the body and connect different organs and systems. These meridians are said to carry Qi, and when there is a blockage or imbalance in the flow of Qi, it can cause various health problems, including vertigo.

From an acupuncture perspective, vertigo may be caused by a variety of factors, such as:

1. Deficiency of Qi: When the body lacks Qi, there may not be enough energy to maintain proper balance and coordination, leading to vertigo.

2. Stagnation of Qi: When Qi is blocked or stagnant, it can cause dizziness and other symptoms of vertigo.
3. Internal Heat: Excessive internal heat can also cause vertigo by disrupting the flow of Qi and blood in the body.
4. External factors: In addition to internal imbalances, external factors such as stress, anxiety, and environmental toxins can also contribute to vertigo.

Acupuncture treatment for vertigo typically involves the insertion of thin needles at specific points along the meridians to restore the balance of Qi in the body. These points may be located on the head, neck, ears, or other parts of the body, depending on the underlying cause of the vertigo.

In addition to acupuncture, other traditional Chinese medicine techniques such as cupping, moxibustion, and herbal remedies may also be used to help relieve vertigo symptoms and restore overall balance and harmony in the body.

Here are 20 acupoints that may be used in acupuncture treatment for vertigo:

GV20 (Baihui) - Located on the top of the head, midway between the apexes of the ears.

GV16 (Fengfu) - Located on the back of the head, below the occipital bone and midway between the two ear apices.

GV14 (Dazhui) - Located on the upper back, in the depression below the spinous process of the seventh cervical vertebra.

GB20 (Fengchi) - Located on the back of the neck, in the depression between the upper portion of the sternocleidomastoid muscle and the trapezius muscle.

GB12 (Wangu) - Located on the back of the neck, about one inch below GB20.

BL10 (Tianzhu) - Located on the back of the neck, about 1.5 inches away from the midline of the body.

BL11 (Dazhu) - Located on the back, below the spinous process of the first thoracic vertebra.

BL23 (Shenshu) - Located on the back, below the spinous process of the second lumbar vertebra.

BL18 (Ganshu) - Located on the back, below the spinous process of the ninth thoracic vertebra.

BL40 (Weizhong) - Located in the crease behind the knee, midway between the two bones of the lower leg.

ST36 (Zusanli) - Located on the front of the leg, about four finger widths below the kneecap and one finger width away from the shinbone.

SP6 (Sanyinjiao) - Located on the inner ankle, four finger widths above the inner ankle bone.

KI3 (Taixi) - Located on the inner ankle, midway between the Achilles tendon and the inner ankle bone.

LR3 (Taichong) - Located on the top of the foot, in the depression between the first and second metatarsal bones.

PC6 (Neiguan) - Located on the inside of the wrist, two finger widths above the wrist crease, between the tendons.

HT7 (Shenmen) - Located on the inside of the wrist, at the crease of the wrist, in line with the little finger.

LU7 (Lieque) - Located on the inside of the wrist, one and a half finger widths above the wrist crease, in line with the thumb.

SI19 (Tinggong) - Located in front of the ear, in the depression between the mandibular condyle and the earlobe.

GB2 (Tinghui) - Located in front of the ear, in the depression between the upper part of the ear and the temple.

LI4 (Hegu) - Located on the back of the hand, between the thumb and the index finger, in the webbing.

Acupuncturists may use a combination of these acupoints based on the individual needs and symptoms of the patient. It's important to consult with a licensed acupuncturist before starting any acupuncture treatment for vertigo.

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Acupuncture points for cervical & neck pain

Acupuncture is a traditional Chinese medical practice that involves the insertion of fine needles into specific points on the body to relieve pain and treat various conditions. Here are 20 acupuncture points that are commonly used for the treatment of cervical pain:

GB20 (Gallbladder 20) - located at the base of the skull, this point helps relieve neck and head pain, as well as eye and ear disorders.

BL10 (Bladder 10) - also known as "Tianzhu," this point is located at the base of the skull and is used to treat neck pain, stiffness, and headache.

GB21 (Gallbladder 21) - located at the top of the shoulder, this point is useful for treating neck pain, shoulder pain, and upper back pain.

BL11 (Bladder 11) - located on the side of the neck, this point is used to treat neck pain, stiffness, and headaches.

SI16 (Small Intestine 16) - located in the hollow of the neck, this point is used to treat neck pain, stiff neck, and difficulty turning the head.

GB22 (Gallbladder 22) - located on the side of the neck, this point is used to treat neck pain, stiffness, and headaches.

BL12 (Bladder 12) - located on the midline of the back of the neck, this point is used to treat neck pain, stiffness, and headaches.

SI15 (Small Intestine 15) - located on the side of the neck, this point is used to treat neck pain, stiffness, and headaches.

SI14 (Small Intestine 14) - located at the top of the shoulder, this point is used to treat neck pain, stiff neck, and difficulty turning the head.

TE14 (Triple Energizer 14) - located on the side of the neck, this point is used to treat neck pain, stiffness, and headaches.

GB20 (Gallbladder 20) - located at the base of the skull, this point helps relieve neck and head pain, as well as eye and ear disorders.

GB13 (Gallbladder 13) - located at the base of the skull, this point is used to treat neck pain, headaches, and migraines.

BL13 (Bladder 13) - located on the midline of the back of the neck, this point is used to treat neck pain, stiffness, and headaches.

GB14 (Gallbladder 14) - located on the midline of the neck, this point is used to treat neck pain, headaches, and migraines.

TE15 (Triple Energizer 15) - located on the midline of the neck, this point is used to treat neck pain, headaches, and migraines.

GB15 (Gallbladder 15) - located on the midline of the back of the neck, this point is used to treat neck pain, headaches, and migraines.

BL14 (Bladder 14) - located on the midline of the back of the neck, this point is used to treat neck pain, headaches, and migraines.

SI11 (Small Intestine 11) - located on the side of the neck, this point is used to treat neck pain, stiffness, and headaches.

TE16 (Triple Energizer 16) - located on the side of the neck, this point is used to treat neck pain, stiffness, and headaches

Acupuncture for chronic kidney disease

Acupuncture is a form of traditional Chinese medicine that involves inserting fine needles into specific points on the body to balance the flow of energy (also known as qi or chi) and stimulate healing. Here are 20 commonly used acupuncture points for chronic kidney disease, along with a brief description of each:

Kidney 3 (KI3): located on the sole of the foot, this point is used to strengthen the kidneys and improve their function.

Kidney 6 (KI6): found on the ankle, this point is used to regulate the flow of energy to the kidneys and help improve kidney function.

Bladder 23 (BL23): located on the lower back, this point is used to strengthen the bladder and improve its function.

Bladder 40 (BL40): found on the back of the leg, this point is used to improve the function of the bladder and urinary tract.

Liver 3 (LR3): located on the top of the foot, this point is used to regulate the flow of energy to the liver and improve its function.

Spleen 6 (SP6): found on the inside of the calf, this point is used to regulate the flow of energy to the spleen and improve its function.

Stomach 36 (ST36): located on the front of the leg, this point is used to improve the function of the stomach and digestive system.

Pericardium 6 (PC6): found on the inside of the wrist, this point is used to regulate the flow of energy to the heart and improve its function.

Gallbladder 41 (GB41): located on the top of the foot, this point is used to regulate the flow of energy to the gallbladder and improve its function.

Ren 4 (Ren4): found in the center of the perineum, this point is used to regulate the flow of energy to the reproductive organs and improve their function.

Ren 6 (Ren6): located on the lower abdomen, this point is used to regulate the flow of energy to the reproductive organs and improve their function.

Ren 12 (Ren12): found on the midline of the abdomen, this point is used to regulate the flow of energy to the digestive system and improve its function.

Ren 15 (Ren15): located on the center of the thorax, this point is used to regulate the flow of energy to the respiratory system and improve its function.

Du 4 (Du4): found on the back of the head, this point is used to regulate the flow of energy to the brain and improve its function.

Du 14 (Du14): located on the center of the thorax, this point is used to regulate the flow of energy to the heart and improve its function.

Du 20 (Du20): found on the top of the head, this point is used to regulate the flow of energy to the brain and improve its function.

Du 26 (Du26): located on the lower abdomen, this point is used to regulate the flow of energy to the digestive system and improve its function.

Du 28 (Du28): found on the top of the head, this point is used to regulate the flow of energy to the brain and improve its function.

Du 30 (Du30): located on the lower back, this point is used to regulate the flow of energy to the kidneys and improve their function.

Baihui (GV20): found on the top of the head, this point is used to regulate

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Acupuncture for multiple sclerosis

Acupuncture, a form of traditional Chinese medicine, involves inserting fine needles into specific points on the body to promote healing and alleviate symptoms. While there is limited scientific evidence to support the use of acupuncture for multiple sclerosis (MS), some individuals with MS may find relief from symptoms through this therapy. Here are 20 acupuncture points that are commonly used for MS:

LI4 (Hegu): This point is located on the back of the hand, in between the thumb and index finger. It is believed to relieve pain and improve circulation.

ST36 (Zusanli): This point is located on the anterior (front) aspect of the lower leg, four fingers below the knee. It is believed to improve energy levels and immune function.

GB20 (Fengchi): This point is located at the base of the skull, where the neck and head meet. It is believed to relieve headaches and neck pain.

BL60 (Kunlun): This point is located on the outer aspect of the foot, near the ankle. It is believed to improve circulation and relieve lower back pain.

SP6 (Sanyinjiao): This point is located three fingers above the ankle, on the inner aspect of the leg. It is believed to regulate menstrual cycles and improve circulation.

LI11 (Quchi): This point is located on the arm, at the elbow crease. It is believed to relieve pain and improve circulation.

LV3 (Taichong): This point is located on the top of the foot, in the webbing between the big toe and second toe. It is believed to improve circulation and boost energy levels.

GB34 (Yanglingquan): This point is located on the lateral (outer) aspect of the leg, four fingers below the knee. It is believed to relieve pain and improve circulation.

SI3 (Houxi): This point is located on the back of the hand, in the webbing between the thumb and index

finger. It is believed to relieve headaches and improve circulation.

ST44 (Neiting): This point is located on the foot, below the second toe. It is believed to improve digestion and boost energy levels.

GB30 (Huayang): This point is located on the lower back, at the level of the hip bone. It is believed to relieve lower back pain and improve circulation.

LV2 (Xingjian): This point is located on the lower leg, near the ankle. It is believed to improve circulation and boost energy levels.

ST8 (Touwei): This point is located on the side of the face, in the depression below the eye. It is believed to relieve headaches and improve circulation.

LI10 (Shousanli): This point is located on the forearm, two fingers below the elbow. It is believed to relieve pain and improve circulation.

SI11 (Jianzhen): This point is located on the back of the hand, in the webbing between the little finger and ring finger. It is believed to relieve pain and improve circulation.

BL67 (Zhiyin): This point is located on the inner aspect of the ankle, near the heel. It is believed to improve circulation and relieve lower back pain.

ST9 (Renyang): This point is located on the face, below the cheekbone. It is believed to improve circulation and relieve headaches.

GB29 (Dashu): This point is located on the lower back.

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20 reasons why acupuncture is a better option than medication in chronic pain management

Acupuncture and medication are both commonly used in chronic pain management, and both have their own advantages and disadvantages. Here are 20 reasons why acupuncture may be a better option than medication for chronic pain management:

No side effects: Unlike medications, acupuncture does not have any significant side effects.

Holistic approach: Acupuncture takes a holistic approach to pain management by addressing not only the pain symptoms, but also the underlying causes of pain.

Non-invasive: Acupuncture is a non-invasive treatment that does not require surgery or injections.

Customizable treatment: Acupuncture treatments are tailored to each individual, taking into account their specific symptoms and needs.

Can be used alongside other treatments: Acupuncture can be used alongside other treatments such as medication, physical therapy, or chiropractic care.

Long-lasting effects: Acupuncture treatments can provide long-lasting relief from chronic pain.

Improved quality of life: Acupuncture can improve overall quality of life by reducing pain and increasing energy and well-being.

No dependency: Acupuncture does not create a dependency on treatment, unlike some medications that can lead to addiction.

No tolerance build-up: The effectiveness of acupuncture does not diminish over time, as can happen with some medications.

Reduces inflammation: Acupuncture can reduce inflammation, which is often a contributing factor to chronic pain.

Can be used in pregnancy: Acupuncture is safe to use during pregnancy, whereas many medications are not.

Low risk of complications: Acupuncture has a low risk of complications, making it a safer option than some medications.

Targets root cause: Acupuncture targets the root cause of pain, rather than simply masking the symptoms.

Promotes healing: Acupuncture can promote healing by increasing circulation and stimulating the body's natural healing processes.

Reduces stress: Acupuncture can reduce stress and anxiety, which are often associated with chronic pain.

No drug interactions: Acupuncture does not interact with other medications, making it a safe option for those taking multiple medications.

Increases range of motion: Acupuncture can increase range of motion and flexibility, which can help to alleviate pain.

Improves sleep: Acupuncture can improve sleep quality, which is important for those with chronic pain.

Tailored to individual needs: Acupuncture treatments are tailored to each individual's needs, providing a personalized approach to pain management.

Can be used preventively: Acupuncture can be used preventively to reduce the risk of chronic pain and other health problems.

Overall, acupuncture offers a safe, effective, and holistic approach to chronic pain management that can provide long-lasting relief without the side effects and risks associated with many medications.

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20 research finding about acupuncture benefits

1. Acupuncture can be effective in treating chronic pain conditions, such as back pain, neck pain, and osteoarthritis.
2. It can also be useful in treating headaches, including migraines, and dental pain.
3. Acupuncture can help improve symptoms of depression and anxiety.
4. It has been shown to be effective in reducing symptoms of menstrual cramps and other menstrual-related conditions.
5. Acupuncture can help with insomnia and improve sleep quality.
6. It has been found to be effective in reducing symptoms of certain digestive disorders, such as irritable bowel syndrome and nausea.
7. Acupuncture has been shown to have a positive impact on the immune system, which can help improve overall health and prevent illness.

8. It can be used to help quit smoking and reduce nicotine cravings.
9. Acupuncture has been shown to be effective in reducing symptoms of conditions such as tennis elbow, carpal tunnel syndrome, and fibromyalgia.
10. It can also help with weight loss and management by reducing cravings and improving metabolism.
11. Acupuncture has been found to improve sexual function and treat conditions such as impotence and premature ejaculation.
12. It can be used to help with addiction recovery, reducing withdrawal symptoms and cravings.
13. Acupuncture can be effective in reducing symptoms of conditions such as tinnitus and vertigo.
14. It can be helpful in treating infertility and improving the success rates of assisted reproductive technologies.
15. Acupuncture has been found to be effective in reducing symptoms of eczema and other skin conditions.

16. It can be used to improve athletic performance and reduce the risk of injury.
17. Acupuncture can help reduce symptoms of allergies and hay fever.
18. It can be useful in treating post-operative pain and speeding recovery after surgery.
19. Acupuncture has been found to improve symptoms of conditions such as post-traumatic stress disorder (PTSD) and chronic fatigue syndrome.
20. It can be used to improve overall health and well-being by reducing stress, promoting relaxation, and improving circulation.

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Acupuncture for relaxation

Acupuncture is a traditional Chinese healing technique that involves applying pressure to specific points on the body to relieve tension and promote relaxation. Here are some commonly used acu points for relaxation:

1. Third Eye Point (also called the "Yintang Point") - located between the eyebrows, this point is believed to relieve stress and anxiety.
2. Four Whites - located on the back of the hand, between the thumb and forefinger, this point helps to relieve headache, fatigue and stress.
3. Inner Gate - located on the inside of the wrist, three finger-widths up from the wrist crease, this point can help with stress, anxiety, and fatigue.
4. Sea of Tranquility - located two thumb-widths below the navel, this point is believed to calm the mind and relieve stress and anxiety.

5. Heaven's Pillar - located at the base of the skull, this point is believed to relieve headaches and neck pain, as well as improve sleep.

It is important to note that while acupuncture can be a helpful tool for relaxation and stress relief, it should not be used as a substitute for medical care. If you are experiencing chronic stress or anxiety, it is recommended to seek the advice of a healthcare professional.

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Acupuncture and acupressure may lead to better recovery in patients undergoing surgery for gynecologic cancers

Acupuncture and acupressure are two forms of Traditional Chinese Medicine that have been used for centuries to treat various health conditions. They involve stimulating specific points on the body known as acupoints, which are believed to be connected to the body's energy channels, or meridians.

Several studies have investigated the potential benefits of acupuncture and acupressure in patients undergoing surgery for gynecologic cancers, including ovarian, cervical, and endometrial cancer. Here are some ways in which these treatments may lead to better recovery:

Pain management: One of the most well-known benefits of acupuncture and acupressure is their ability to relieve pain. In the context of surgery, this can be particularly important, as pain can make it

difficult for patients to move, eat, and sleep, which can delay recovery. Acupuncture and acupressure have been shown to reduce pain levels in patients undergoing gynecologic surgery, both during and after the procedure.

Nausea and vomiting prevention: Another common side effect of surgery is nausea and vomiting, which can be caused by the anesthesia or other medications used during the procedure. Acupuncture and acupressure have been found to be effective in preventing or reducing nausea and vomiting in patients undergoing gynecologic surgery, potentially improving their overall comfort and ability to eat and drink.

Anxiety and stress reduction: Surgery can be a stressful and anxiety-provoking experience, particularly for patients with cancer. Acupuncture and acupressure have been shown to have a calming effect on the nervous system, reducing anxiety and stress levels in patients before and after surgery.

Immune system support: Some studies have suggested that acupuncture and acupressure may stimulate the immune system, potentially improving patients' ability to fight off infections and other complications after surgery.

Overall, while more research is needed to fully understand the benefits of acupuncture and acupressure for patients undergoing gynecologic surgery, the available evidence suggests that these treatments may be a safe and effective way to support recovery and improve quality of life. It is important to note that these therapies should only be administered by experienced practitioner, and that they should not be used as a replacement for conventional medical care.

Acupuncture for trigeminal neuralgia

Acupuncture is a form of traditional Chinese medicine that involves the insertion of thin needles into specific points on the body to treat various conditions, including facial neuralgia, also known as trigeminal neuralgia. Trigeminal neuralgia is a type of facial pain that is caused by irritation or damage to the trigeminal nerve, which is one of the largest cranial nerves that supplies sensation to the face.

Several research studies have been conducted to evaluate the effectiveness of acupuncture in treating facial neuralgia. Here are some of the findings:

1. A randomized controlled trial conducted in China found that acupuncture was effective in reducing the frequency and intensity of pain in patients with trigeminal neuralgia. Participants who received acupuncture had a significant reduction in pain

compared to those who received conventional drug therapy alone.

2. A meta-analysis of nine randomized controlled trials found that acupuncture was effective in reducing pain and improving quality of life in patients with trigeminal neuralgia. The researchers concluded that acupuncture may be a safe and effective alternative treatment for trigeminal neuralgia.
3. A systematic review and meta-analysis of eight randomized controlled trials found that acupuncture was effective in reducing the frequency and intensity of pain in patients with trigeminal neuralgia. The researchers also found that acupuncture was well-tolerated with few side effects.
4. A case-control study conducted in South Korea found that acupuncture was effective in reducing pain and improving the quality of life in patients with trigeminal neuralgia. The researchers concluded that acupuncture may be a useful complementary therapy for trigeminal neuralgia.

It is important to note that while these findings suggest that acupuncture may be effective in treating facial neuralgia, more research is needed to fully understand its mechanism of action and to establish its long-term efficacy and safety. As with any medical treatment, it is important to consult a healthcare professional before undergoing acupuncture for trigeminal neuralgia or any other condition.

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Acupuncture for Fertility: Can It Help You Get Pregnant?

Acupuncture is a traditional Chinese medicine technique that involves the insertion of thin needles into specific points on the body to stimulate and balance the body's energy flow, or qi. In recent years, acupuncture has gained popularity as a complementary therapy for fertility, and some studies suggest that it may be helpful in improving fertility outcomes for both men and women.

Research indicates that acupuncture may improve fertility by:

Regulating hormones: Acupuncture may help regulate the hormones involved in fertility, such as follicle-stimulating hormone (FSH), luteinizing hormone (LH), and estradiol. This can improve the quality and quantity of eggs produced in women and enhance sperm quality in men.

Improving blood flow: Acupuncture can increase blood flow to the reproductive organs, which can improve the health of the ovaries and uterus and increase the chances of successful implantation.

Reducing stress: Acupuncture may help reduce stress levels, which can have a negative impact on fertility.

Stress can disrupt the hormonal balance in the body and interfere with ovulation and sperm production.

Enhancing the efficacy of fertility treatments:

Acupuncture may also increase the efficacy of fertility treatments such as in vitro fertilization (IVF) and intrauterine insemination (IUI) by improving blood flow, reducing stress, and regulating hormones.

While acupuncture has shown promising results in improving fertility outcomes, it is important to note that it is not a guarantee of pregnancy. Acupuncture should be used as a complementary therapy in conjunction with other fertility treatments and lifestyle changes. It is also important to consult with a qualified acupuncturist who specializes in fertility to

determine if acupuncture is appropriate for your individual situation.

Acupuncture points for fertility

Acupuncture for fertility typically involves the insertion of thin needles into specific points on the body that are believed to help regulate the flow of energy and promote reproductive health. Here are some of the acupuncture points commonly used for fertility:

Ren 4 (Guanyuan): Located two finger-widths below the navel, this point is believed to help regulate the menstrual cycle and promote fertility in women.

Ren 6 (Qihai): Located one and a half finger-widths below the navel, this point is believed to help regulate the reproductive organs and promote fertility in women.

Stomach 29 (Guilai): Located four finger-widths below the navel, this point is believed to help regulate the menstrual cycle and promote fertility in women.

Kidney 3 (Taixi): Located on the inside of the ankle, this point is believed to help regulate the reproductive organs and improve fertility in both men and women.

Spleen 6 (Sanyinjiao): Located three finger-widths above the ankle on the inside of the leg, this point is believed to help regulate the menstrual cycle, promote blood flow to the uterus, and improve fertility in women.

Conception Vessel 2 (Qugu): Located on the lower abdomen, this point is believed to help regulate the menstrual cycle, promote blood flow to the uterus, and improve fertility in women.

Governing Vessel 4 (Mingmen): Located in the lower back, this point is believed to help regulate the reproductive organs and improve fertility in both men and women.

These acupuncture points may be used in conjunction with other points that are tailored to the individual's specific fertility concerns. It is important to seek out a qualified and experienced acupuncturist who

specializes in fertility to determine the appropriate acupuncture points for your specific situation.

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Acupuncture for pain management research findings

Acupuncture is a form of traditional Chinese medicine that involves the insertion of fine needles into specific points on the body to relieve pain and improve overall health. In recent years, there has been a growing body of research examining the effectiveness of acupuncture for pain management.

A systematic review and meta-analysis published in the Archives of Internal Medicine in 2009 found that acupuncture was effective for treating chronic pain, including lower back pain, neck pain, and osteoarthritis. The results of this study indicated that acupuncture provided significant pain relief compared to a control group that did not receive acupuncture treatment.

Another systematic review published in the British Medical Journal in 2016 found that acupuncture was effective for treating chronic pain, including headache,

menstrual cramps, and tennis elbow. The authors of the study concluded that acupuncture can provide short-term pain relief and improve quality of life for people with chronic pain.

In addition to these reviews, there have been several randomized controlled trials (RCTs) that have investigated the effectiveness of acupuncture for specific types of pain. For example, a RCT published in the Journal of Pain in 2012 found that acupuncture was effective for reducing pain and improving function in patients with knee osteoarthritis.

Overall, the research suggests that acupuncture can be an effective form of pain management for a variety of conditions, but more research is needed to fully understand its mechanisms and to determine the most effective approaches to treatment. Additionally, the results of these studies should be interpreted with caution, as some of the studies had small sample sizes or were of low quality.

It is important to note that the use of acupuncture should be individualized and done in conjunction with a comprehensive treatment plan, as some people may experience adverse effects from the treatment or may not respond as well to it as others

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Acupuncture & Complementary Medicine for the Recovery of Limb Motor Function in Patients After Stroke

Acupuncture is a traditional Chinese medicine technique that involves the insertion of thin needles into specific points on the body. It has been used for centuries to treat a wide range of health conditions, including stroke.

Studies have investigated the use of acupuncture for the recovery of limb motor function in patients after stroke. While many studies have shown promising results.

One meta-analysis of randomized controlled trials found that acupuncture may be effective in improving limb motor function in stroke patients. Another study found that acupuncture combined with conventional rehabilitation therapy was more effective than conventional therapy alone in improving upper limb motor function in patients with subacute stroke.

Acupuncture points for stroke rehabilitation

Acupuncture is a traditional Chinese medicine technique that involves inserting thin needles into specific points on the body to stimulate healing and alleviate pain. Acupuncture has been shown to be effective for stroke rehabilitation by helping to restore motor function, balance, and coordination.

20 acupoints for stroke rehabilitation with details

Acupoints, also known as acupuncture points, are specific points on the body that are believed to be connected to various organs and systems.

Acupuncture is a traditional Chinese medicine technique that involves stimulating these acupoints to improve health and alleviate various conditions. Here are 20 acupoints that may be used for stroke rehabilitation along with their details:

Baihui (GV20): Located at the top of the head, this point is believed to stimulate brain function and improve memory and concentration.

Renzhong (GV26): Located on the upper lip, this point is believed to help with speech problems and facial paralysis.

Quchi (LI11): Located on the elbow, this point is believed to improve arm function and reduce spasticity.

Hegu (LI4): Located between the thumb and index finger, this point is believed to improve hand function and reduce pain and inflammation.

Neiguan (PC6): Located on the inner forearm, this point is believed to improve heart function and reduce anxiety and depression.

Shenmen (HT7): Located on the wrist, this point is believed to improve heart function and reduce insomnia and anxiety.

Taichong (LV3): Located on the foot, this point is believed to improve leg function and reduce spasticity.

Sanyinjiao (SP6): Located on the inner leg, this point is believed to improve bladder function and reduce pain and inflammation.

Zusanli (ST36): Located on the lower leg, this point is believed to improve leg function and reduce spasticity.

Fengchi (GB20): Located on the back of the neck, this point is believed to improve brain function and reduce dizziness and headaches.

Fengfu (GV16): Located at the base of the skull, this point is believed to improve brain function and reduce neck and shoulder pain.

Dazhui (GV14): Located on the upper back, this point is believed to improve lung function and reduce neck and shoulder pain.

Yanglingquan (GB34): Located on the lower leg, this point is believed to improve leg function and reduce spasticity.

Jianjing (GB21): Located on the shoulder, this point is believed to improve shoulder function and reduce pain and inflammation.

Taiyang (EX-HN5): Located on the temple, this point is believed to improve brain function and reduce headaches and dizziness.

Zhiyin (BL67): Located on the pinky toe, this point is believed to improve circulation and reduce pain and inflammation in the foot.

Huatuojiaji (EX-B2): Located on the back, this point is believed to improve circulation and reduce pain and inflammation in the back.

Linggu (GB34): Located on the lower leg, this point is believed to improve leg function and reduce spasticity.

Yongquan (KI1): Located on the sole of the foot, this point is believed to improve balance and reduce foot pain.

Baihui (GV20): Located at the top of the head, this point is believed to stimulate brain function and improve memory and concentration.

It's important to note that acupuncture should only be performed by a licensed and trained acupuncturist.

Additionally, it's recommended that individuals with stroke or other medical conditions consult with their

healthcare provider before trying acupuncture or any other alternative therapy.

20 Physical therapy exercises for stroke rehabilitation

Here are 20 physical therapy exercises that can be used for stroke rehabilitation:

Passive Range of Motion (PROM) exercises: These exercises involve moving the affected limb or joint through a full range of motion, without any active movement from the patient.

Active Range of Motion (AROM) exercises: These exercises involve actively moving the affected limb or joint through a full range of motion, with the patient's own muscle strength.

Resistive exercises: These exercises involve using resistance bands, weights or other equipment to strengthen the affected muscles.

Strengthening exercises: These exercises focus on building strength in the affected muscles, such as push-ups or squats.

Balance exercises: These exercises involve practicing standing on one leg or walking on uneven surfaces to improve balance.

Postural exercises: These exercises aim to improve the patient's posture, such as sitting up straight or maintaining a neutral spine.

Cardiovascular exercises: These exercises involve activities that increase the heart rate and improve overall cardiovascular fitness, such as walking or cycling.

Gait training: These exercises involve practicing walking with a physical therapist to improve gait patterns and walking speed.

Sit-to-stand exercises: These exercises involve practicing standing up from a seated position, which can help improve overall mobility.

Upper limb exercises: These exercises focus on improving function in the affected arm or hand, such as gripping or reaching for objects.

Lower limb exercises: These exercises focus on improving function in the affected leg or foot, such as walking or balancing.

Mirror therapy: This therapy involves using a mirror to create the illusion of movement in the affected limb, which can help improve motor function.

Task-specific training: This involves practicing specific tasks that the patient wants to improve, such as dressing or cooking.

Virtual reality therapy: This therapy uses virtual reality technology to simulate real-world tasks and environments, which can help improve motor function.

Electrical stimulation therapy: This therapy involves using electrical currents to stimulate the affected muscles, which can help improve muscle strength and function.

Constraint-induced movement therapy: This involves limiting the use of the unaffected limb and forcing the patient to use the affected limb, which can help improve function.

Neurodevelopmental therapy: This therapy involves using specific techniques to help the patient relearn movement patterns and improve motor function.

Sensory stimulation: This involves using various sensory inputs, such as heat, cold, vibration or touch, to stimulate the affected limb and improve function.

Tai Chi: This form of exercise involves slow, flowing movements and deep breathing, which can help improve balance and reduce stress.

Yoga: This form of exercise involves gentle stretching and strengthening movements, which can help improve flexibility, balance and overall wellbeing.

yogasan for stroke rehabilitation with details

Yoga is a form of physical, mental, and spiritual practice that can help stroke patients with their

rehabilitation process. Here are 20 yoga asanas (poses) that may be beneficial for stroke patients:

Tadasana (Mountain Pose): Stand straight with your feet together, arms at your side, and palms facing outward. Lift your arms up and bring them over your head, while standing on your toes.

Vrikshasana (Tree Pose): Stand straight with your feet together. Bring your right foot to the inside of your left thigh. Place your hands together in front of your chest and hold the pose for 30 seconds. Repeat on the other side.

Adho Mukha Svanasana (Downward-Facing Dog Pose): Start on your hands and knees. Lift your hips up and straighten your arms and legs, forming an inverted V-shape with your body.

Bhujangasana (Cobra Pose): Lie down on your stomach with your hands under your shoulders. Inhale and lift your chest and head up, while keeping your elbows close to your body.

Setu Bandhasana (Bridge Pose): Lie on your back with your knees bent and feet on the floor. Lift your hips up and hold the pose for 30 seconds.

Balasana (Child's Pose): Kneel down and sit back on your heels. Stretch your arms out in front of you and lower your head to the floor.

Virabhadrasana I (Warrior Pose I): Stand with your feet apart and turn your right foot outward. Bend your right knee and lift your arms up, forming a V-shape with your body.

Virabhadrasana II (Warrior Pose II): Stand with your feet apart and turn your right foot outward. Bend your right knee and extend your arms out to the sides, forming a T-shape with your body.

Ardha Chandrasana (Half Moon Pose): Stand with your feet together. Lift your left leg and reach your left arm down to the floor, while extending your right arm up towards the ceiling.

Trikonasana (Triangle Pose): Stand with your feet apart and turn your right foot outward. Reach your

right hand down towards your right foot and extend your left arm up towards the ceiling.

Marjariasana (Cat Pose): Start on your hands and knees. Inhale and arch your back, while looking up towards the ceiling.

Bitilasana (Cow Pose): Start on your hands and knees. Exhale and round your back, while looking down towards the floor.

Paschimottanasana (Seated Forward Bend): Sit with your legs straight out in front of you. Inhale and reach your arms up, then exhale and bend forward, reaching for your toes.

Dhanurasana (Bow Pose): Lie on your stomach and bend your knees. Reach back and hold onto your ankles, then lift your chest and legs up off the ground.

Ustrasana (Camel Pose): Kneel down and lean back, reaching your hands down towards your heels.

Salabhasana (Locust Pose): Lie on your stomach and lift your legs and chest up off the ground.

Matsyasana (Fish Pose): Lie on your back with your legs straight out in front of you. Lift your chest up and

arch your back, while resting the top of your head on the ground.

Sukhasana (Easy Pose): Sit cross-legged with your hands resting on your knees. Close your eyes and focus on your breath.

Viparita Karani.

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Acupuncture Relieves Joint Pain in Breast Cancer Patients Taking Hormone Therapy

Acupuncture is a form of traditional Chinese medicine that involves the insertion of fine needles into specific points on the body. The aim of acupuncture is to stimulate these points, known as acupoints, to promote the flow of qi, or vital energy, throughout the body. It is believed that when the flow of qi is disrupted or blocked, it can result in pain and other health problems.

In breast cancer patients taking hormone therapy, joint pain is a common side effect of the treatment. The joint pain is often caused by a decrease in estrogen levels in the body, which can lead to inflammation and pain in the joints.

Acupuncture can help relieve joint pain in breast cancer patients taking hormone therapy in several ways. First, acupuncture can stimulate the release of endorphins, which are natural painkillers produced by

the body. This can help to reduce the perception of pain and improve mood.

Second, acupuncture can increase blood flow to the affected area, which can help to reduce inflammation and promote healing. This increased blood flow can also help to flush out toxins and waste products that may be contributing to the pain.

Third, acupuncture can stimulate the nervous system, which can help to regulate the immune system and reduce inflammation. This can be particularly helpful in patients with autoimmune disorders, such as rheumatoid arthritis, which can cause joint pain.

Finally, acupuncture can help to balance the body's energy systems, or meridians, which can promote overall health and well-being. By restoring balance to the body's energy systems, acupuncture can help to reduce pain and promote healing.

acupoints for joint pain with details

Acupuncture is a traditional Chinese medicine practice that involves inserting thin needles into specific points on the body to stimulate healing and relieve pain.

Here are acupuncture points that may be helpful for joint pain:

LI4 (Hegu) - Located on the back of the hand, in the web between the thumb and index finger. This point is used to relieve pain and inflammation in the hands, wrists, and arms.

LI11 (Quchi) - Located at the elbow, at the outer end of the crease on the opposite side of the elbow from the thumb. This point is used to relieve joint pain and stiffness.

GB34 (Yanglingquan) - Located on the outer side of the leg, below the knee. This point is used to relieve knee pain and stiffness.

SP6 (Sanyinjiao) - Located on the inner side of the leg, above the ankle. This point is used to relieve joint pain, especially in the knees.

ST36 (Zusanli) - Located on the lower leg, about four finger-widths below the kneecap, one finger-width to the outside of the shin bone. This point is used to relieve pain and stiffness in the knees and other joints.

KI3 (Taixi) - Located on the inner ankle, in a depression between the ankle bone and the Achilles tendon. This point is used to relieve joint pain and stiffness.

LU7 (Lieque) - Located on the wrist, on the thumb side of the forearm. This point is used to relieve joint pain and stiffness in the wrists and hands.

LI10 (Shousanli) - Located on the forearm, on the radial side of the elbow crease. This point is used to relieve pain and stiffness in the elbows and shoulders.

GB30 (Huantiao) - Located on the buttocks, at the junction of the hip bone and the thigh bone. This point is used to relieve hip joint pain and stiffness.

BL23 (Shenshu) - Located on the lower back, on either side of the spine. This point is used to relieve lower back pain and stiffness.

BL40 (Weizhong) - Located on the back of the leg, in the center of the crease behind the knee. This point is used to relieve knee and back pain.

GB39 (Xuanzhong) - Located on the outer side of the leg, below the knee. This point is used to relieve knee joint pain and stiffness.

SI3 (Houxi) - Located on the back of the hand, in the depression between the fourth and fifth metacarpal bones. This point is used to relieve wrist and hand joint pain.

PC7 (Daling) - Located on the wrist, on the palm side of the forearm. This point is used to relieve wrist and hand joint pain.

HT7 (Shenmen) - Located on the wrist, on the ulnar side of the hand. This point is used to relieve wrist and hand joint pain.

GB41 (Zulingqi) - Located on the top of the foot, between the fourth and fifth toes. This point is used to relieve pain and stiffness in the ankles and feet.

BL60 (Kunlun) - Located on the outside of the ankle, between the ankle bone and the Achilles tendon. This

point is used to relieve pain and stiffness in the ankle joint.

KI6 (Zhaohai) - Located on the inner ankle, about one thumb-width above the ankle bone. This point is used to relieve joint pain and stiffness.

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In summary, acupuncture can relieve joint pain in breast cancer patients taking hormone therapy by stimulating the release of endorphins, increasing blood flow, regulating the immune system, and restoring balance to the body's energy systems. It is a safe and effective treatment option that can help to improve the quality of life for breast cancer patients undergoing hormone therapy.

Acupuncture Reverses Hip Pain and Necrosis

Acupuncture is a form of traditional Chinese medicine that involves the insertion of thin needles into specific points on the body to stimulate the flow of energy, or qi, along the body's meridian pathways. It has been used for centuries to treat a variety of health conditions, including pain.

Hip pain and necrosis, also known as avascular necrosis, is a condition in which the bone tissue in the hip joint dies due to a lack of blood supply. This can lead to pain, stiffness, and difficulty walking. While there are several treatment options available for this condition, including surgery and medication, some people have found relief from acupuncture.

Acupuncture may help with hip pain and necrosis in several ways. First, it can stimulate the body's natural healing processes by increasing blood flow and reducing inflammation in the affected area. This can

help to promote the growth of new bone tissue and reduce pain and stiffness.

Second, acupuncture may also help to reduce stress and anxiety, which can worsen pain symptoms. By promoting relaxation and reducing stress, acupuncture can help to improve overall well-being and reduce the perception of pain.

Finally, acupuncture may also help to regulate the body's immune system, which can play a role in the development and progression of hip pain and necrosis. By balancing the immune system, acupuncture can help to reduce inflammation and promote healing.

While acupuncture may not be a suitable treatment option for everyone with hip pain and necrosis, it can be a safe and effective complementary therapy for some people. As with any medical treatment, it's important to talk to your healthcare provider before

trying acupuncture to make sure it's safe for you and to discuss potential risks and benefits.

Acupoints for Hip Pain and Necrosis

Acupuncture treatment for hip pain and necrosis typically involves the use of specific acupoints (acupuncture points) that correspond to the affected area and aim to stimulate healing and relieve pain. The following are some of the commonly used acupoints for hip pain and necrosis:

GB29 (Ju Liao): Located on the outer hip, midway between the greater trochanter (bony prominence on the outside of the thigh bone) and the iliac crest (top of the hip bone). Stimulating this point can help to relieve hip pain and stiffness.

GB30 (Huan Tiao): Located in the buttock crease, between the greater trochanter and the sacrum (triangular bone at the base of the spine). Stimulating this point can help to relieve hip pain and sciatica.

BL36 (Cheng Fu): Located in the middle of the buttock, about two finger widths away from the midline of the body. Stimulating this point can help to relieve hip pain and improve circulation to the affected area.

ST36 (Zu San Li): Located on the lower leg, about four finger widths below the knee cap and one finger width to the outside of the shin bone. Stimulating this point can help to improve overall energy and immune function, which can aid in the healing process.

CV4 (Guan Yuan): Located on the lower abdomen, about three finger widths below the belly button. Stimulating this point can help to regulate the reproductive and urinary systems and promote overall healing and vitality.

Acupuncture treatment for hip pain and necrosis typically involves the insertion of thin, sterile needles into these acupoints, along with other points that may be relevant to the individual's specific condition and overall health. Treatment frequency and duration may

vary depending on the severity of the condition and individual response to treatment. It is always recommended to consult with a licensed acupuncturist for personalized treatment.

15 other Acupoints for Hip Pain and Necrosis

In addition to the acupoints I mentioned earlier, here are 15 other acupoints that can be used for hip pain and necrosis:

LI4 (Hegu): Located on the back of the hand, in the webbing between the thumb and index finger.

Stimulating this point can help to relieve pain and improve circulation.

LI11 (Quchi): Located on the outer side of the elbow, in the depression at the end of the crease when the arm is bent. Stimulating this point can help to relieve pain and inflammation.

SI3 (Hou Xi): Located on the back of the hand, in the depression between the knuckles of the fourth and

fifth fingers. Stimulating this point can help to relieve pain and stiffness in the hips and lower back.

SI6 (Yang Lao): Located on the outer forearm, about 3 finger-widths above the wrist crease. Stimulating this point can help to relieve hip pain and improve circulation.

BL10 (Tian Zhu): Located at the base of the skull, on the midline between the two vertical muscles.

Stimulating this point can help to relieve pain and stiffness in the hips and lower back.

BL23 (Shen Shu): Located on the lower back, about 1.5 inches (4 cm) away from the spine on either side of the second lumbar vertebrae. Stimulating this point can help to relieve hip pain and improve kidney function.

BL40 (Wei Zhong): Located on the back of the knee, in the depression behind the knee joint. Stimulating this point can help to relieve hip pain and improve circulation.

BL54 (Zhi Bian): Located on the back of the knee, between the two tendons. Stimulating this point can

help to relieve hip pain and improve the function of the lower limbs.

GB30 (Huan Tiao): Located in the buttock crease, between the greater trochanter and the sacrum.

Stimulating this point can help to relieve hip pain and sciatica.

GB34 (Yang Ling Quan): Located on the outer side of the lower leg, below the knee joint. Stimulating this point can help to relieve hip pain and improve circulation.

KI3 (Tai Xi): Located on the inner ankle, in the depression between the ankle bone and the Achilles tendon. Stimulating this point can help to relieve hip pain and improve kidney function.

KI10 (Yin Gu): Located on the inner leg, about 2 inches (5 cm) above the ankle bone. Stimulating this point can help to relieve hip pain and improve circulation.

SP6 (San Yin Jiao): Located on the inner leg, about 4 finger-widths above the ankle bone. Stimulating this point can help to relieve hip pain and improve circulation.

ST36 (Zu San Li): Located on the lower leg, about 4 finger-widths below the knee cap and 1 finger-width to the outside of the shin bone. Stimulating this point can help to improve overall energy and immune function, which can aid in the healing process.

GV4 (Ming Men): Located on the lower back, in the depression below the spinous process of the second lumbar vertebrae. Stimulating this point can help to improve overall vitality and kidney function, which can aid in the healing process.

As with any acupuncture treatment, it is important to consult with a licensed acupuncturist who can assess your individual condition and recommend a personalized treatment plan that may include a combination of these acupoints.

Acupuncture Therapy for Fibromyalgia

Acupuncture is a form of traditional Chinese medicine that involves inserting thin needles into specific points on the body to promote healing and balance.

Acupuncture has been used for centuries to treat a variety of health conditions, including chronic pain.

Fibromyalgia is a chronic condition that is characterized by widespread musculoskeletal pain, fatigue, and tenderness in localized areas of the body. While there is no cure for fibromyalgia, acupuncture therapy may be used as a complementary treatment to help manage symptoms.

Acupuncture works by stimulating the nervous system to release natural pain-relieving chemicals in the body, such as endorphins and serotonin. It also promotes blood flow and relaxation, which can help reduce muscle tension and improve overall well-being.

During an acupuncture session, the acupuncturist will first perform a thorough evaluation of the patient's symptoms and medical history. They will then identify the specific acupuncture points that are most appropriate for the patient's condition. The acupuncturist will then insert thin, sterile needles into these points and may manipulate them to achieve the desired therapeutic effect.

Acupuncture therapy for fibromyalgia typically involves a series of sessions over a period of several weeks or months. The frequency and duration of treatment may vary depending on the severity of the patient's symptoms and their response to treatment.

Research studies have shown that acupuncture therapy may be effective in reducing pain and improving quality of life in patients with fibromyalgia. However, it is important to note that acupuncture should not be used as a substitute for medical treatment or medication prescribed by a healthcare provider. It is important to consult with a qualified

acupuncturist and healthcare provider before starting any new treatment for fibromyalgia or any other health condition.

20 acupoints for fibromyalgia

There are many acupuncture points that may be used to treat fibromyalgia, and the selection of specific points may vary depending on the individual's symptoms and constitution. Here are 20 commonly used acupuncture points for fibromyalgia:

Baihui (GV20) - located on the top of the head, this point is said to promote overall balance and well-being.

Fengchi (GB20) - located at the base of the skull, this point may be used to alleviate headaches and neck pain.

Hegu (LI4) - located on the hand between the thumb and index finger, this point is said to promote relaxation and relieve pain.

Neiguan (PC6) - located on the inner forearm, this point may be used to relieve pain, nausea, and anxiety.

Zusanli (ST36) - located on the lower leg, this point is said to boost energy and promote overall health.

Shenshu (BL23) - located on the lower back, this point may be used to alleviate back pain and promote kidney function.

Yanglingquan (GB34) - located on the lower leg, this point may be used to alleviate knee pain and promote circulation.

Taichong (LV3) - located on the foot, this point may be used to alleviate depression, anxiety, and stress.

Dazhui (GV14) - located on the upper back, this point may be used to alleviate neck pain and promote relaxation.

Quchi (LI11) - located on the elbow, this point may be used to alleviate joint pain and stiffness.

Zhongwan (CV12) - located on the abdomen, this point may be used to alleviate digestive issues and promote overall health.

Guanyuan (CV4) - located on the lower abdomen, this point may be used to alleviate menstrual pain and promote reproductive health.

Tianshu (ST25) - located on the abdomen, this point may be used to alleviate digestive issues and promote bowel function.

Sanyinjiao (SP6) - located on the inner leg, this point may be used to alleviate menstrual pain and promote reproductive health.

Jianjing (GB21) - located on the upper back and neck, this point may be used to alleviate tension headaches and promote relaxation.

Ganshu (BL18) - located on the upper back, this point may be used to alleviate liver and gallbladder issues.

Xuehai (SP10) - located on the inner thigh, this point may be used to alleviate menstrual pain and promote blood circulation.

Baiyu (GV20) - located on the back of the neck, this point may be used to alleviate neck and shoulder pain.

Yintang (GV29) - located between the eyebrows, this point may be used to alleviate headaches and promote relaxation.

Diji (SP8) - located on the inner leg, this point may be used to alleviate joint pain and promote blood circulation.

It's important to note that while acupuncture may be effective in managing fibromyalgia symptoms, it should be used in conjunction with other medical treatments prescribed by a healthcare provider. It's also important to seek treatment from a qualified acupuncturist who can tailor the treatment plan to your specific needs.

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Acupuncture to Treat Osteoarthritic Knee Pain

Acupuncture is an alternative medicine technique that involves the insertion of thin needles into specific points on the body. It has been used for thousands of years to treat various conditions, including osteoarthritic knee pain. Osteoarthritis is a degenerative joint disease that affects the cartilage and bones of the joints, causing pain, stiffness, and reduced mobility. Acupuncture may provide relief for some people with osteoarthritis by stimulating the body's natural healing processes and reducing pain.

Acupuncture treatment for osteoarthritic knee pain usually involves several sessions with a licensed acupuncturist. During the treatment, the acupuncturist will insert thin needles into specific points on the body, including the knee and surrounding areas. The needles are typically left in place for several minutes, during which time the patient may feel a mild sensation or pressure.

The exact mechanism by which acupuncture works to relieve osteoarthritic knee pain is not fully understood, but it is believed to involve the release of endorphins, which are natural pain-relieving chemicals produced by the body. Acupuncture may also stimulate the release of other natural chemicals that reduce inflammation and promote healing.

Studies have shown that acupuncture can be an effective treatment for osteoarthritic knee pain. For example, a study published in the Annals of Internal Medicine in 2004 found that acupuncture was significantly more effective than placebo in relieving osteoarthritic knee pain. Another study published in the Journal of Pain in 2014 found that acupuncture reduced knee pain and improved knee function in patients with osteoarthritis.

In summary, acupuncture is a potential treatment option for osteoarthritic knee pain. It may help reduce pain and improve knee function by stimulating the

body's natural healing processes and releasing natural pain-relieving chemicals.

Acupoints for osteoarthritis Knee pain with details

Acupuncture for osteoarthritic knee pain involves the insertion of thin needles into specific points on the body. There are many acupuncture points that can be used to treat knee pain, but here are commonly used acupoints for osteoarthritis knee pain with details:

GB34 (Yanglingquan): Located on the lateral side of the lower leg, in the depression anterior and inferior to the head of the fibula. It can help relieve knee pain and stiffness.

ST36 (Zusanli): Located on the lower leg, one hand-width below the bottom of the knee cap and one finger-width to the outer edge of the tibia. It is often used to tonify Qi and blood, and relieve knee pain.

SP9 (Yinlingquan): Located on the medial side of the lower leg, in the depression inferior and posterior to

the medial condyle of the tibia. It can help reduce knee pain and swelling.

LI4 (Hegu): Located on the hand, in the web between the thumb and index finger. It can help relieve pain in various parts of the body, including the knee.

BL60 (Kunlun): Located in the depression between the tip of the external malleolus and tendo calcaneus. It can help reduce knee pain and stiffness.

CV6 (Qihai): Located on the abdomen, two finger-widths below the navel. It is often used to tonify Qi and blood and promote circulation.

GB30 (Huantiao): Located on the buttock, in the depression between the greater trochanter of the femur and the posterior iliac crest. It can help relieve knee pain and stiffness.

GB39 (Xuanzhong): Located on the lateral side of the lower leg, three finger-widths above the lateral malleolus. It can help relieve knee pain and promote circulation.

LR3 (Taichong): Located on the foot, in the depression between the first and second metatarsal bones. It is often used to tonify liver Qi and promote circulation.

SP10 (Xuehai): Located on the inner side of the knee, two finger-widths above the superior border of the patella. It can help reduce knee pain and swelling.

GB31 (Fengshi): Located on the lateral side of the thigh, in the depression anterior and inferior to the greater trochanter of the femur. It can help relieve knee pain and stiffness.

KI3 (Taixi): Located on the foot, in the depression between the medial malleolus and Achilles tendon. It is often used to tonify kidney Qi and promote circulation.

CV4 (Guanyuan): Located on the lower abdomen, two finger-widths below the navel. It can help tonify Qi and blood and promote circulation.

ST35 (Dubi): Located on the lower leg, one finger-width below the bottom of the knee cap and one finger-width to the outer edge of the patellar ligament. It can help relieve knee pain and stiffness.

SP6 (Sanyinjiao): Located on the lower leg, three finger-widths above the medial malleolus. It is often used to tonify Qi and blood and promote circulation.

LI11 (Quchi): Located on the outer side of the elbow, in the depression at the lateral end of the transverse cubital crease. It can help relieve pain in various parts of the body, including the knee.

BL54 (Zhibian): Located on the back of the knee, in the depression between the hamstring muscles

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Acupuncture Treatment for Bell's Palsy

Bell's palsy is a type of facial paralysis that is typically caused by inflammation or damage to the facial nerve.

Acupuncture is a complementary therapy that has been used to treat a wide variety of conditions, including Bell's palsy.

Acupuncture involves the insertion of fine needles into specific points on the body to stimulate the body's natural healing processes. In the case of Bell's palsy, acupuncture may be used to promote circulation and reduce inflammation in the affected area, as well as to stimulate nerve regeneration.

The specific acupuncture points used in the treatment of Bell's palsy may vary depending on the individual and the severity of the condition. However, some commonly used points include those located around the affected area of the face, as well as points on the

hands and feet that are thought to have a regulatory effect on the nervous system.

Studies have suggested that acupuncture may be a safe and effective treatment for Bell's palsy. One review of 18 randomized controlled trials found that acupuncture was associated with significant improvements in facial muscle function and overall recovery when compared to standard care or other types of treatments.

However, as with any medical treatment, it is important to consult with a qualified healthcare provider before pursuing acupuncture for Bell's palsy or any other condition. They can provide guidance on whether acupuncture is a suitable option for your individual needs and can help ensure that the treatment is conducted safely and effectively.

20 Acupuncture points Bell's Palsy, pl explain

Bell's Palsy is a condition that causes temporary paralysis or weakness of the muscles on one side of the face. Acupuncture is a traditional Chinese medicine practice that involves the insertion of thin needles into specific points on the body to stimulate energy flow and promote healing.

There are several acupuncture points that are commonly used to treat Bell's Palsy. Here are 20 of them:

Hegu (LI4): Located on the back of the hand between the thumb and index finger, this point is believed to stimulate the flow of Qi (energy) throughout the body and relieve pain.

Taiyang (EX-HN5): Located at the temple, this point is believed to improve circulation and reduce inflammation.

Yangbai (GB14): Located on the forehead, just above the eyebrow, this point is believed to relieve headaches and improve vision.

Fengchi (GB20): Located at the base of the skull, just behind the ears, this point is believed to improve circulation and relieve pain.

Dicang (ST4): Located just below the cheekbone, this point is believed to stimulate facial muscles and improve facial symmetry.

Jiache (ST6): Located just in front of the ear, this point is believed to relieve pain and reduce swelling.

Sibai (ST2): Located on the lower border of the eye socket, this point is believed to improve eye function and relieve pain.

Taiyang (BL9): Located at the base of the skull, just behind the ear, this point is believed to improve circulation and relieve pain.

Juliao (ST3): Located just below the earlobe, this point is believed to stimulate facial muscles and improve facial symmetry.

Yingxiang (LI20): Located on either side of the nostrils, this point is believed to relieve sinus congestion and improve facial symmetry.

Shangxing (GV23): Located on the top of the head, this point is believed to improve circulation and reduce inflammation.

Qiuhou (EX-HN7): Located in the depression behind the eye socket, this point is believed to improve eye function and relieve pain.

Chengjiang (CV24): Located on the chin, this point is believed to stimulate facial muscles and improve facial symmetry.

Xiaguan (ST7): Located just below the earlobe, this point is believed to relieve pain and reduce swelling.

Qianzheng (SI18): Located on the cheek, just in front of the ear, this point is believed to stimulate facial muscles and improve facial symmetry.

Hegu (TE4): Located on the back of the hand, between the thumb and index finger, this point is believed to stimulate the flow of Qi and relieve pain.

Sanyangluo (TE23): Located on the temple, just in front of the ear, this point is believed to improve circulation and reduce inflammation.

Shuaigu (GB8): Located on the scalp, just above the ear, this point is believed to improve circulation and reduce inflammation.

Yifeng (TE17): Located behind the ear, this point is believed to improve circulation and reduce inflammation.

Houxi (SI3): Located on the back of the hand, between the fourth and fifth fingers, this point is believed to stimulate the flow of Qi and relieve pain.

It is important to note that while acupuncture may be beneficial for some people with Bell's Palsy, it should not be considered a substitute for medical treatment. If you are experiencing symptoms of Bell's Palsy, you should consult with a healthcare professional for a proper diagnosis and treatment plan.

Role of acupuncture in paralysis rehabilitation

Acupuncture is a form of traditional Chinese medicine that involves the insertion of thin needles into specific points on the body. It has been used for thousands of years to treat various health conditions, including pain, headaches, and neurological disorders.

In the context of paralysis rehabilitation, acupuncture is used to stimulate the nervous system and promote blood flow to the affected area. This, in turn, helps to improve muscle function, reduce pain and spasms, and promote healing.

There is a growing body of research that supports the use of acupuncture in paralysis rehabilitation. Studies have shown that acupuncture can improve the motor function of individuals with spinal cord injuries, stroke, and other forms of paralysis. It can also help to reduce chronic pain and improve the quality of life for individuals with paralysis.

It is important to note that acupuncture should not be used as a standalone treatment for paralysis rehabilitation. Instead, it should be used in conjunction with other forms of rehabilitation, such as physical therapy and occupational therapy. This will help to optimize the benefits of acupuncture and maximize the chances of a successful recovery.

In conclusion, acupuncture can play a valuable role in the rehabilitation of individuals with paralysis. By promoting nervous system stimulation, blood flow, and healing, acupuncture can help to improve motor function, reduce pain and spasms, and enhance the overall quality of life.

15 benefits of acupuncture in paralysis

1. Improves circulation
2. Relieves pain
3. Reduces inflammation
4. Increases range of motion
5. Promotes relaxation
6. Strengthens the immune system

7. Improves muscle function
8. Enhances nerve function
9. Improves bladder and bowel control
10. Reduces spasticity
11. Improves mobility
12. Improves quality of sleep
13. Increases energy levels
14. Reduces stress and anxiety
15. Improves overall well-being.

acupoints for paralysis

There are many acupoints that can be used to treat paralysis, depending on the underlying cause and the specific symptoms being experienced. However, here are commonly used acupoints for treating paralysis, along with some details about each one:

1. Baihui (GV20): Located on the top of the head, this point is believed to tonify the brain and calm the spirit.

2. Fengchi (GB20): Located at the base of the skull, on either side of the spine, this point is believed to promote circulation of Qi and blood to the head and neck.
3. Jianjing (GB21): Located on the shoulder, midway between the base of the neck and the tip of the shoulder, this point is believed to promote circulation of Qi and blood to the upper body.
4. Hegu (LI4): Located on the back of the hand, in the webbing between the thumb and index finger, this point is believed to promote circulation of Qi and blood to the upper body.
5. Quyuan (SI13): Located on the shoulder, in the depression between the shoulder joint and the shoulder blade, this point is believed to promote circulation of Qi and blood to the shoulder and upper arm.
6. Jianyu (LI15): Located on the shoulder, in the depression between the shoulder joint and the top of the arm, this point is believed to promote circulation of Qi and blood to the shoulder and upper arm.

7. Waiguan (SJ5): Located on the back of the wrist, in the depression between the ulna and the radius, this point is believed to promote circulation of Qi and blood to the wrist and hand.
8. Yanglingquan (GB34): Located on the outside of the leg, below the knee joint, this point is believed to promote circulation of Qi and blood to the lower leg and foot.
9. Zusanli (ST36): Located on the outside of the leg, below the knee joint, and about one finger's breadth from the anterior crest of the tibia, this point is believed to promote circulation of Qi and blood to the lower leg and foot.
10. Taichong (LV3): Located on the top of the foot, between the big toe and the second toe, this point is believed to promote circulation of Qi and blood to the lower leg and foot.
11. Dazhui (GV14): Located on the spine, at the level of the shoulders, this point is believed to tonify the brain and calm the spirit.

12. Shendao (GV11): Located on the spine, at the level of the lower neck, this point is believed to tonify the brain and calm the spirit.
13. Huatuojiayi (EX-B2): Located on either side of the spine, at the level of the vertebrae that correspond to the area of paralysis, these points are believed to promote circulation of Qi and blood to the affected area.

Acupuncture for back pain

Acupuncture can be an effective treatment option for back pain, as it stimulates the body's natural healing abilities and promotes circulation and relaxation. Here are some of the commonly used acupuncture points for back pain, along with their locations and functions:

Governing Vessel 20 (GV20) - Located at the top of the head, in the center of the crown. It is known to help with overall pain relief and improve mental clarity.

Governing Vessel 14 (GV14) - Located on the midline of the upper back, below the spinous process of the seventh cervical vertebra. It is known to help with upper back and neck pain, as well as shoulder tension.

Gallbladder 30 (GB30) - Located on the buttocks, near the sacrum. It is known to help with lower back pain, sciatica, and hip pain.

Bladder 23 (BL23) - Located on the lower back, about 1.5 inches from the midline, at the level of the waist. It is known to help with lower back pain, as well as kidney and bladder problems.

Bladder 40 (BL40) - Located in the crease behind the knee, in the depression between the two tendons. It is known to help with back pain, sciatica, and leg pain.

Bladder 60 (BL60) - Located on the ankle, in the depression between the outer ankle bone and the Achilles tendon. It is known to help with back pain, sciatica, and leg pain.

Stomach 36 (ST36) - Located on the lower leg, about 3 inches below the knee and 1 inch to the outside of the

shin bone. It is known to help with overall pain relief and improve energy and digestion.

Acupuncture points are usually selected based on the individual's specific symptoms and constitution, and may vary from person to person. It's important to consult a licensed acupuncturist for a personalized treatment plan

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Acupuncture for Arthritis

Arthritis is a condition characterized by inflammation of the joints, leading to pain, stiffness, and decreased mobility. In traditional Chinese medicine (TCM), arthritis is considered a manifestation of disharmony within the body's energy, or Qi, and blood circulation.

According to TCM theory, arthritis can be caused by a variety of factors, including:

External factors: such as wind, cold, dampness, and heat, which can invade the body and disrupt the flow of Qi and blood.

Internal factors: such as emotional stress, poor diet, and lifestyle habits, which can weaken the body's Qi and disrupt its balance.

Genetic factors: TCM recognizes that some individuals may have a genetic predisposition to arthritis.

The TCM diagnosis of arthritis is based on observing the patient's symptoms, taking a detailed medical

history, and examining the tongue and pulse.

Treatment for arthritis in TCM involves addressing the underlying disharmony within the body, and restoring the flow of Qi and blood to the affected area.

TCM treatment for arthritis typically involves a combination of acupuncture, herbal medicine, and dietary and lifestyle changes. Acupuncture involves the insertion of thin needles into specific points on the body to stimulate the flow of Qi and blood. Herbal medicine may be prescribed to help reduce inflammation and restore balance to the body. Dietary and lifestyle changes may include avoiding cold, damp, and greasy foods, engaging in gentle exercise, and managing emotional stress.

In summary, arthritis is seen in TCM as a manifestation of disharmony within the body's energy and blood circulation, and treatment involves restoring balance and harmony through a combination of acupuncture, herbal medicine, and dietary and lifestyle changes.

Acupuncture for Arthritis

Acupuncture is a traditional Chinese medicine technique that involves inserting thin needles into specific points on the body to stimulate the flow of Qi and blood, and alleviate pain and other symptoms associated with arthritis. Here are acupuncture points commonly used to treat arthritis, along with their location and function:

LI4 (Hegu) - located on the back of the hand, between the thumb and index finger. This point is known for its ability to alleviate pain and promote circulation.

SP10 (Xuehai) - located on the inner thigh, three finger-widths above the kneecap. This point can help reduce inflammation and relieve pain.

ST36 (Zusanli) - located on the lower leg, four finger-widths below the kneecap. This point is believed to strengthen the body's Qi and promote circulation.

GB34 (Yanglingquan) - located on the outer lower leg, in a depression in front of and below the head of the

fibula. This point is used to alleviate pain and stiffness in the joints.

LI11 (Quchi) - located on the outer side of the elbow crease. This point is known for its ability to reduce inflammation and promote circulation.

DU14 (Dazhui) - located on the midline of the upper back, at the base of the neck. This point is believed to help improve the body's immune function and alleviate pain.

GB20 (Fengchi) - located at the base of the skull, in the hollow between the two vertical neck muscles. This point is used to relieve headaches and neck pain.

LI10 (Shousanli) - located on the outer forearm, two thumb-widths above the wrist crease. This point can help reduce inflammation and relieve pain.

SP6 (Sanyinjiao) - located on the inner lower leg, three finger-widths above the ankle bone. This point is believed to promote circulation and relieve pain.

GB39 (Xuanzhong) - located on the outer lower leg, three finger-widths above the ankle bone. This point is used to alleviate pain and stiffness in the joints.

BL60 (Kunlun) - located on the outer ankle, behind the ankle bone. This point is known for its ability to relieve pain and improve circulation.

CV6 (Qihai) - located two finger-widths below the navel. This point is believed to strengthen the body's Qi and promote circulation.

HT7 (Shenmen) - located on the inner wrist, in the depression between the two tendons. This point is used to alleviate pain and promote relaxation.

UB17 (Geshu) - located on the midline of the back, at the level of the lower border of the shoulder blades. This point is believed to strengthen the body's Qi and promote circulation.

LI3 (Sanjian) - located on the back of the hand, between the thumb and index finger. This point is used to alleviate pain and promote circulation.

KI3 (Taixi) - located on the inner ankle, in the depression between the ankle bone and the Achilles tendon. This point is believed to strengthen the body's Qi and promote circulation.

BL23 (Shenshu) - located on the lower back, at the level of the waist. This point is believed to strengthen the body's Qi and promote circulation.

GB30 (Huantiao) - located on the outer hip, in a depression behind the greater trochanter of the femur. This point is used to relieve pain and stiffness in the hips.

UB40

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Acupuncture for tinnitus

Acupuncture is a form of traditional Chinese medicine that has been used for thousands of years to treat a variety of conditions, including tinnitus. Tinnitus is a condition characterized by ringing, buzzing, or other types of noise in the ears that is not caused by an external source. It can be a debilitating condition that affects the quality of life of those who suffer from it.

Acupuncture works by stimulating specific points on the body, known as acupoints, with thin needles. This stimulation is believed to balance the flow of energy, or Qi, throughout the body and improve health and well-being. In the case of tinnitus, acupuncture may be used to treat underlying conditions such as ear infections, neck and jaw problems, and stress and anxiety, which can contribute to tinnitus.

Studies have shown that acupuncture may be effective in reducing the symptoms of tinnitus. In one

study, patients who received acupuncture reported significant improvement in their tinnitus symptoms, including a reduction in the intensity and frequency of the ringing or buzzing in their ears. In addition, some patients reported that their tinnitus completely disappeared after a series of acupuncture treatments.

It is important to note that acupuncture is not a cure for tinnitus and may not work for everyone. Some people may find that their tinnitus improves after just a few treatments, while others may need more frequent or longer-term treatments to see results. It is also important to work with a qualified acupuncturist who has experience treating tinnitus to ensure the best possible outcome.

In conclusion, acupuncture may be an effective treatment option for people with tinnitus. While more research is needed to fully understand the mechanisms behind its effectiveness, many people have reported significant improvement in their tinnitus symptoms after receiving acupuncture. If you

are considering acupuncture for your tinnitus, it is important to talk to your doctor and work with a qualified practitioner to ensure the best possible outcome.

acupoints for tinnitus

Acupuncture can be a useful complementary therapy for tinnitus. Below are some commonly used acupoints for tinnitus treatment, along with their details:

1. SJ3 (Zhongzhu): Located on the back of the hand, in the depression between the fourth and fifth metacarpal bones. This point is known to help relieve ear problems, including tinnitus, and can also help with headaches.
2. SI19 (Tinggong): Located in the depression anterior and superior to the tragus of the ear. This point is known to help with ear disorders, including tinnitus, and can also help with toothache and facial paralysis.

3. GB2 (Tinghui): Located in the depression anterior and superior to the auricle of the ear. This point is known to help with ear disorders, including tinnitus, and can also help with headaches and dizziness.
4. GB43 (Xiashi): Located between the fourth and fifth toes, in the depression at the base of the fourth metatarsal bone. This point is known to help with ear disorders, including tinnitus, and can also help with ankle pain.
5. KI3 (Taishi): Located in the depression between the medial malleolus and the Achilles tendon. This point is known to help with ear disorders, including tinnitus, and can also help with insomnia and anxiety.
6. LR3 (Taichong): Located on the foot, in the depression distal to the junction of the first and second metatarsal bones. This point is known to help with ear disorders, including tinnitus, and can also help with stress and anger.

During acupuncture treatment for tinnitus, the practitioner may choose to use a combination of

these acupoints along with others based on the individual's specific condition and symptoms. It's important to consult with a licensed acupuncturist to receive proper treatment.

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How acupuncture help in headaches and migraine?

Acupuncture is a form of traditional Chinese medicine that involves the insertion of fine needles into specific points on the body, known as acupuncture points. It has been used for thousands of years to treat various health conditions, including headaches and migraines.

Headaches and migraines are among the most common health conditions and can be caused by various factors such as stress, hormonal imbalances, poor posture, and even environmental factors like pollution and noise. Symptoms can range from mild to severe, and can include throbbing pain, sensitivity to light and sound, and nausea.

Acupuncture works by stimulating the acupuncture points, which are believed to be located along pathways or "meridians" that run throughout the body. When these points are stimulated, it is thought to help balance the flow of qi, or vital energy,

throughout the body, which in turn can help to alleviate headache and migraine symptoms.

One of the ways acupuncture helps to alleviate headache and migraine pain is by regulating the levels of neurotransmitters and hormones in the body. For example, acupuncture has been shown to increase the release of endorphins, which are natural pain-relieving substances produced by the body. It can also help to regulate the levels of serotonin, a hormone that helps to regulate mood and pain sensations.

Another way acupuncture helps to alleviate headaches and migraines is by reducing inflammation and tension in the body. Acupuncture points have been shown to stimulate the release of anti-inflammatory compounds, which can help to reduce swelling and pain. Additionally, the gentle pressure applied during acupuncture can help to loosen tight muscles, which can be a major cause of headaches and migraines.

Acupuncture is also believed to help improve circulation and boost the immune system, both of which can be factors in headaches and migraines. Improved circulation can help to bring more oxygen and nutrients to the head and neck, while a stronger immune system can help to reduce the frequency and severity of headaches and migraines.

It's important to note that acupuncture is not a one-size-fits-all solution, and the exact number of treatments required can vary depending on the individual and the severity of their symptoms. However, most patients see significant improvements in their headache and migraine symptoms after several acupuncture sessions.

In conclusion, acupuncture can be a safe and effective form of treatment for headaches and migraines. By regulating neurotransmitter and hormone levels, reducing inflammation and tension, and improving circulation and immune function, acupuncture can help to relieve pain and reduce the frequency of

headaches and migraines. If you are suffering from headaches or migraines, consider speaking with a qualified acupuncturist to see if this form of treatment is right for you

20 Acupoints for headache

Acupoints, also known as acupuncture points, are specific points on the body that are believed to be connected to various physiological and psychological functions. Acupuncture therapy involves stimulating these points using needles, pressure, or heat to treat various conditions, including headaches.

Here are 20 acupoints that are commonly used to relieve headaches:

1. Baihui (GV20) - Located on the top of the head, in the center of the line connecting the two ears.
2. Taiyang (EX-HN5) - Located at the temples, in the hollows on the outside of the eyebrows.

3. Hegu (LI4) - Located on the back of the hand, in the web between the thumb and index finger.
4. Fengchi (GB20) - Located on the back of the neck, at the base of the skull, in the depression between the two vertical neck muscles.
5. Shuaigu (GB8) - Located on the forehead, above the eyebrows, in the depression between the two eyebrows.
6. Quchi (LI11) - Located on the outer side of the elbow crease.
7. Yanglingquan (GB34) - Located on the lateral side of the lower leg, in the depression anterior and inferior to the head of the fibula.
8. Zusanli (ST36) - Located on the lower leg, about one hand-width below the knee, and one finger-width lateral to the shinbone.
9. Taichong (LR3) - Located on the foot, in the depression between the big toe and the second toe.
10. Shangxing (GV23) - Located on the forehead, in the midpoint between the eyebrows and the hairline.

11. Houxi (SI3) - Located on the back of the hand, in the depression behind the knuckles of the little and ring fingers.
12. Yingxiang (LI20) - Located on the sides of the nose, at the level of the nostrils.
13. Qianzheng (Extra) - Located at the midpoint of the forehead, in the hairline.
14. Yintang (Extra) - Located on the forehead, midway between the eyebrows.
15. Yangbai (GB14) - Located on the forehead, above the outer end of the eyebrow.
16. Tianzhu (BL10) - Located on the neck, at the base of the skull, one finger-width lateral to the midpoint of the spine.
17. Dazhu (GV14) - Located on the upper back, below the seventh cervical vertebra.
18. Jianjing (GB21) - Located on the top of the shoulders, midway between the base of the neck and the tip of the shoulder.

19. Waiguan (SJ5) - Located on the back of the forearm, two finger-widths above the wrist crease, on the outer side.
20. Yifeng (SJ17) - Located on the mastoid bone behind the ear, at the level of the ear canal.

These acupoints are often used in combination with each other or with other acupoints to treat headaches, and the specific combination used will depend on the underlying cause and type of headache. It is important to consult with a licensed acupuncturist or healthcare professional before attempting to use acupuncture therapy on your own.

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Acupuncture for auto immune diseases

Autoimmune diseases are a group of disorders where the body's immune system mistakenly attacks healthy cells and tissues, leading to chronic inflammation and damage to various organs and tissues. Normally, the immune system functions to protect the body against invading pathogens, such as viruses and bacteria, by producing antibodies and attacking the foreign substances. However, in autoimmune diseases, the immune system loses its ability to differentiate between the body's own cells and foreign substances, leading to an attack on healthy tissues.

There are more than 80 types of autoimmune diseases, and they can affect any part of the body.

Acupuncture has been used to treat autoimmune diseases for centuries in traditional Chinese medicine. While there is limited scientific evidence on the efficacy of acupuncture for autoimmune diseases, many patients report relief from their symptoms after treatment. Here are some acupuncture points that may be helpful for autoimmune diseases:

LI-11 (Quchi): This point is located on the outer crease of the elbow. It is commonly used to treat a variety of autoimmune diseases including rheumatoid arthritis, lupus, and multiple sclerosis.

SP-6 (Sanyinjiao): This point is located on the inside of the leg, about four finger widths above the ankle. It is commonly used to treat autoimmune diseases that affect the reproductive system, such as endometriosis and polycystic ovary syndrome.

LV-3 (Taichong): This point is located on the top of the foot, between the first and second toes. It is commonly used to treat autoimmune diseases that affect the liver, such as hepatitis and cirrhosis.

ST-36 (Zusanli): This point is located on the lower leg, about four finger widths below the knee. It is commonly used to treat autoimmune diseases that affect the digestive system, such as Crohn's disease and ulcerative colitis.

DU-20 (Baihui): This point is located at the top of the head, in the center of the scalp. It is commonly used to treat

autoimmune diseases that affect the nervous system, such as multiple sclerosis and myasthenia gravis.

GB-20 (Fengchi): This point is located at the base of the skull, in the hollows on either side of the spine. It is commonly used to treat autoimmune diseases that affect the neck and head, such as migraines and autoimmune thyroiditis.

CV-6 (Qihai): This point is located about two finger widths below the navel. It is commonly used to treat autoimmune diseases that affect the reproductive system and the digestive system.

Consult with your healthcare provider to determine if acupuncture is a safe and appropriate complementary therapy for your condition.

Acupuncture for carpal tunnel syndrome

Carpal tunnel syndrome (CTS) is a condition that occurs when the median nerve, which runs from the forearm to the hand, is compressed as it passes through the carpal tunnel in the wrist. The carpal tunnel is a narrow passageway of ligament and bones at the base of the hand that houses the median nerve and several tendons.

When the median nerve is compressed, it can cause a variety of symptoms including:

- Numbness, tingling, and burning in the hand and fingers, especially the thumb, index, and middle fingers
- Weakness in the hand and difficulty grasping or holding objects
- Pain or discomfort in the hand and wrist that may radiate up the arm

CTS can be caused by a variety of factors, including repetitive hand movements, wrist injuries or fractures, arthritis, pregnancy, and certain medical conditions such as diabetes and hypothyroidism. Treatment options for CTS may include wrist splints, anti-inflammatory medications, corticosteroid injections, and in severe cases, surgery to release the pressure on the median nerve.

Acupuncture is a form of alternative medicine that involves the insertion of thin needles into specific points in the body to stimulate and balance the flow of energy. While there is limited scientific evidence to support the effectiveness of acupuncture for carpal tunnel syndrome, some studies suggest that it may help reduce pain and improve hand function in people with the condition.

Some acupuncture points that may be used to treat carpal tunnel syndrome include:

Large Intestine 4 (LI4) – located in the webbing between the thumb and index finger, this point is believed to relieve pain and inflammation in the wrist and hand.

Pericardium 6 (PC6) – located on the inner forearm, about two finger widths above the wrist crease, this point is commonly used to alleviate nausea, but also may help reduce pain and improve hand function in carpal tunnel syndrome.

Gallbladder 34 (GB34) – located on the outside of the lower leg, below the knee joint, this point is believed to relieve pain and promote healing in the hands and wrists.

Lung 7 (LU7) – located on the wrist crease, on the thumb side of the arm, this point is believed to help relieve pain, numbness, and tingling in the wrist and hand.

Small Intestine 3 (SI3) – located on the outside of the hand, in the depression between the base of the fifth finger and the hamate bone of the wrist, this point is

believed to relieve pain and improve circulation in the wrist and hand.

It is important to note that acupuncture should only be performed by a licensed acupuncturist, and that it may not be appropriate for everyone. It is also important to consult with a healthcare provider before trying acupuncture as a treatment for carpal tunnel syndrome or any other health condition.

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Chronic kidney disease from TCM perspective

In Traditional Chinese Medicine (TCM), chronic kidney disease (CKD) is typically understood as a manifestation of kidney qi deficiency, which can be further categorized into different patterns based on the accompanying symptoms and signs.

Kidney Qi Deficiency: This pattern is characterized by fatigue, weakness, lassitude, lower back pain, frequent urination, and a pale tongue with a white coating.

Kidney Yin Deficiency: This pattern is characterized by dry mouth and throat, night sweats, dizziness, tinnitus, hot flashes, and a red tongue with little or no coating.

Kidney Yang Deficiency: This pattern is characterized by cold limbs, aversion to cold, edema, frequent urination, and a pale tongue with a white coating.

Kidney Essence Deficiency: This pattern is characterized by infertility, premature ejaculation, impotence, hair loss, and a thin or weak constitution.

Damp-Heat in the Kidney: This pattern is characterized by a burning sensation when urinating, dark and turbid urine, lower back pain, and a yellow or greasy tongue coating.

Treatment in TCM for CKD usually involves a combination of acupuncture, herbal medicine, and dietary and lifestyle modifications. Acupuncture can help to stimulate the body's natural healing mechanisms and promote circulation and energy flow. Herbal medicine can be used to tonify and nourish the kidneys, while also addressing any accompanying symptoms and signs. Dietary and lifestyle modifications may involve reducing salt intake, increasing fluid intake, and avoiding overwork and stress.

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Acupuncture points for increased creatinine and protein

In Traditional Chinese Medicine (TCM), the selection of acupuncture points for increased creatinine and protein levels in the urine would depend on the underlying pattern diagnosis. Here are some acupuncture points that may be useful for treating

different patterns that can lead to increased creatinine and protein levels:

1. Kidney Qi Deficiency: Acupuncture points that can tonify the kidney qi and promote circulation may include:
 - Kidney 3 (Taixi): This point is located on the medial side of the foot, in the depression between the medial malleolus and the Achilles tendon. It is a primary point for tonifying the kidney qi and promoting circulation.
 - Bladder 23 (Shenshu): This point is located on the lower back, 1.5 inches lateral to the lower border of the spinous process of the second lumbar vertebra. It is a primary point for tonifying the kidney qi and strengthening the lower back.
 - Stomach 36 (Zusanli): This point is located on the lower leg, four finger widths below the knee on the outer side of the tibia. It can tonify the spleen and stomach qi, which supports the kidney qi.

2. Kidney Yin Deficiency: Acupuncture points that can nourish the kidney yin and calm the mind may include:

- Kidney 6 (Zhaohai): This point is located on the medial ankle, two finger widths above the tip of the medial malleolus. It can nourish the kidney yin and calm the mind.
- Pericardium 6 (Neiguan): This point is located on the inner arm, two finger widths above the wrist crease, between the tendons of the palmaris longus and flexor carpi radialis muscles. It can nourish the yin and blood, and calm the mind.
- Governing Vessel 20 (Baihui): This point is located on the top of the head, midway between the apexes of the ears. It can tonify the kidney yin and calm the mind.

3. Kidney Yang Deficiency: Acupuncture points that can tonify the kidney yang and promote circulation may include:

- Kidney 7 (Fuliu): This point is located on the medial ankle, in the depression posterior and inferior to the

medial malleolus. It can tonify the kidney yang and promote circulation.

- Bladder 23 (Shenshu): This point can also tonify the kidney yang.
 - Du Mai 4 (Mingmen): This point is located on the lower back, in the depression below the spinous process of the second lumbar vertebra. It can tonify the kidney yang and promote circulation.
4. Damp-Heat in the Kidney: Acupuncture points that can clear damp-heat and promote diuresis may include:
- Bladder 40 (Weizhong): This point is located on the back of the leg, in the middle of the crease behind the knee. It can clear damp-heat and promote diuresis.
 - Spleen 9 (Yinlingquan): This point is located on the lower leg, on the medial side of the tibia, three finger widths above the medial malleolus. It can clear damp-heat and promote diuresis.
 - Kidney 2 (Rangu): This point is located on the medial side of the foot, between the second and third toes, in the depression distal and inferior to the second

metatarsal-phalangeal joint. It can clear damp-heat and promote diuresis

Acupoints for Kidney Qi Deficiency

Kidney Qi Deficiency is a condition in Traditional Chinese Medicine (TCM) that occurs when the energy (or "Qi") of the Kidney meridian is weak or depleted. This can lead to a variety of symptoms, such as fatigue, weak digestion, frequent urination, and lower back pain.

Here are 10 acupoints that are commonly used in TCM to treat Kidney Qi Deficiency:

Kidney 3 (Taixi): Located in the depression between the medial malleolus and the Achilles tendon. This point tonifies Kidney Qi and strengthens the lower back.

Kidney 7 (Fuliu): Located 2 cun above the tip of the medial malleolus, in a depression between the posterior border of the tibia and the Achilles tendon. This point tonifies Kidney Yin and clears heat.

Kidney 10 (Yingu): Located 0.5 cun posterior to the midpoint of the line connecting the medial malleolus and the Achilles tendon. This point tonifies Kidney Qi and Yin and benefits the lower back.

Bladder 23 (Shenshu): Located 1.5 cun lateral to the lower border of the spinous process of the second lumbar vertebra. This point tonifies Kidney Qi and strengthens the lower back.

Bladder 52 (Zhiyin): Located 1 cun below Bladder 40, in the depression between the Achilles tendon and the lateral malleolus. This point tonifies Kidney Qi and benefits the ankle joint.

Ren 4 (Guanyuan): Located on the midline of the lower abdomen, 3 cun below the umbilicus. This point tonifies Kidney Qi and nourishes Yin.

Stomach 36 (Zusanli): Located 3 cun below the lateral eye of the knee, one finger-breadth from the anterior crest of the tibia. This point tonifies Qi and Blood, and strengthens the Spleen and Stomach.

Spleen 6 (Sanyinjiao): Located 3 cun above the medial malleolus, in the depression posterior to the tibia. This

point tonifies Spleen Qi, nourishes Blood, and regulates the menstrual cycle.

Du 4 (Mingmen): Located on the midline of the lower back, at the level of the second lumbar vertebra. This point tonifies Kidney Yang and benefits the lower back.

Governing Vessel 20 (Baihui): Located at the top of the head, midway between the apexes of the ears. This point tonifies Qi and nourishes the Brain and Mind.

It is important to note that the selection of acupoints for Kidney Qi Deficiency should be tailored to the individual's specific symptoms and overall constitution. Therefore, it is recommended to consult with a licensed acupuncturist for a personalized treatment plan.

Acupoints for Kidney Yin Deficiency

Kidney Yin Deficiency is a common condition in Traditional Chinese Medicine (TCM), which can lead to

various symptoms such as hot flashes, night sweats, tinnitus, dry mouth and throat, and dizziness.

Acupuncture is an effective treatment for this condition, and there are several acupoints that can help balance the Yin energy of the Kidneys.

Here are 10 acupoints that can be used for Kidney Yin Deficiency, along with their details:

Kidney 3 (Taixi): Located in the depression between the medial malleolus and the Achilles tendon, this acupoint can tonify Kidney Yin and nourish the essence.

Kidney 6 (Zhaohai): Located 1.5 cun directly above the medial malleolus, this acupoint can tonify Kidney Yin and nourish the essence. It is also commonly used for treating insomnia and anxiety.

Spleen 6 (Sanyinjiao): Located 3 cun above the medial malleolus, this acupoint can tonify Spleen Qi and nourish Yin. It is also commonly used for treating menstrual disorders.

Pericardium 6 (Neiguan): Located on the inner forearm, two cun above the wrist crease, this acupoint can nourish Yin and calm the mind. It is also commonly used for treating nausea and vomiting.

Heart 7 (Shenmen): Located on the ulnar side of the wrist, in the depression at the base of the pisiform bone, this acupoint can calm the mind and nourish Yin.

Lung 9 (Taiyuan): Located on the radial side of the wrist, in the depression at the base of the radial styloid process, this acupoint can tonify Lung Qi and nourish Yin.

Governing Vessel 20 (Baihui): Located on the top of the head, midway between the apexes of the ears, this acupoint can nourish Yin and tonify Qi. It is also commonly used for treating headaches and dizziness.

Conception Vessel 4 (Guanyuan): Located four finger widths below the navel, this acupoint can tonify Kidney Yin and nourish essence. It is also commonly used for treating menstrual disorders.

Bladder 23 (Shenshu): Located 1.5 cun lateral to the lower border of the spinous process of the second lumbar vertebra, this acupoint can tonify Kidney Yin and nourish essence.

Bladder 52 (Zhibian): Located 1 cun inferior to the spinous process of the second lumbar vertebra, this acupoint can tonify Kidney Yin and nourish essence. It is also commonly used for treating lower back pain.

Note: The acupoints mentioned above should be treated by a licensed acupuncturist after proper diagnosis and consultation.

10 Acupuncture points for Kidney Yang Deficiency with details

Kidney Yang Deficiency is a condition in Traditional Chinese Medicine (TCM) that occurs when the kidney system is weakened, leading to symptoms such as cold extremities, frequent urination, low libido, and fatigue. Acupuncture can be an effective treatment for

this condition. Here are 10 acupuncture points that are commonly used for Kidney Yang Deficiency:

Guan yuan (CV4) - Located on the midline of the lower abdomen, about three finger-widths below the belly button. This point tonifies the kidney and warms the lower abdomen.

Ming men (GV4) - Located on the midline of the lower back, in the depression below the spinous process of the second lumbar vertebra. This point tonifies the kidney and strengthens the lower back.

Shenshu (BL23) - Located on the lower back, on either side of the spine, at the level of the second lumbar vertebra. This point tonifies the kidney and benefits the lower back.

Zusanli (ST36) - Located on the lower leg, four finger-widths below the kneecap and one finger-width to the outside of the shinbone. This point tonifies the kidney and strengthens the body.

Taixi (KI3) - Located on the inside of the ankle, in the depression between the Achilles tendon and the ankle

bone. This point tonifies the kidney and benefits the essence.

Guanyuan Shu (BL26) - Located on the lower back, two finger-widths to either side of the midline, at the level of the third lumbar vertebra. This point tonifies the kidney and strengthens the lower back.

Panguangshu (BL28) - Located on the lower back, three finger-widths to either side of the midline, at the level of the fourth lumbar vertebra. This point tonifies the kidney and benefits the bladder.

Qihai (CV6) - Located on the midline of the lower abdomen, about one and a half finger-widths below the belly button. This point tonifies the kidney and benefits the Qi.

Baihui (GV20) - Located on the top of the head, at the midpoint of the line connecting the apexes of the ears. This point tonifies the kidney and benefits the brain.

Zhiyang (GV9) - Located on the midline of the occiput, in the depression between the two tendons. This point tonifies the kidney and benefits the Yang.

Acupuncture treatment for Kidney Yang Deficiency typically involves selecting a combination of these points, based on the individual's symptoms and constitution, and stimulating them with needles or other modalities such as moxibustion. It is important to seek treatment from a licensed and qualified acupuncturist who can tailor the treatment to your specific needs.

10 acupoints for Kidney Essence Deficiency with details

Kidney Essence Deficiency is a condition in Traditional Chinese Medicine (TCM) that occurs when the essence, or Jing, of the kidneys is weakened, leading to symptoms such as infertility, premature aging, memory loss, and low energy. Acupuncture can be an effective treatment for this condition. Here are 10 acupuncture points that are commonly used for Kidney Essence Deficiency:

Shenshu (BL23) - Located on the lower back, on either side of the spine, at the level of the second lumbar vertebra. This point tonifies the kidney and benefits essence.

Guan yuan (CV4) - Located on the midline of the lower abdomen, about three finger-widths below the belly button. This point tonifies the kidney and nourishes the essence.

Taixi (KI3) - Located on the inside of the ankle, in the depression between the Achilles tendon and the ankle bone. This point tonifies the kidney and nourishes the essence.

Qihai (CV6) - Located on the midline of the lower abdomen, about one and a half finger-widths below the belly button. This point tonifies the kidney and benefits the essence.

Yinlingquan (SP9) - Located on the inside of the lower leg, three finger-widths above the ankle bone. This point tonifies the spleen and benefits the essence.

Ming men (GV4) - Located on the midline of the lower back, in the depression below the spinous process of

the second lumbar vertebra. This point tonifies the kidney and benefits essence.

Sanyinjiao (SP6) - Located on the inside of the lower leg, three finger-widths above the ankle bone, on the border of the tibia. This point tonifies the spleen and benefits the essence.

Zusanli (ST36) - Located on the lower leg, four finger-widths below the kneecap and one finger-width to the outside of the shinbone. This point tonifies the stomach and benefits the essence.

Baihui (GV20) - Located on the top of the head, at the midpoint of the line connecting the apexes of the ears. This point tonifies the kidney and benefits the brain.

Xuehai (SP10) - Located on the inside of the knee, two finger-widths above the kneecap, in the depression between the two bones. This point tonifies the spleen and benefits the essence.

Acupuncture treatment for Kidney Essence Deficiency typically involves selecting a combination of these points, based on the individual's symptoms and

constitution, and stimulating them with needles or other modalities such as moxibustion. It is important to seek treatment from a licensed and qualified acupuncturist who can tailor the treatment to your specific needs.

10 acupoints for Damp-Heat in the Kidney with details

Damp-Heat in the Kidney is a condition in Traditional Chinese Medicine (TCM) that occurs when the kidneys are overloaded with dampness and heat, leading to symptoms such as frequent urination, painful urination, and low back pain. Acupuncture can be an effective treatment for this condition. Here are 10 acupuncture points that are commonly used for Damp-Heat in the Kidney:

Shenshu (BL23) - Located on the lower back, on either side of the spine, at the level of the second lumbar vertebra. This point clears heat and dampness from the kidney.

Zhongji (CV3) - Located on the midline of the lower abdomen, about four finger-widths below the belly button. This point clears damp-heat from the lower burner.

Guanyuan (CV4) - Located on the midline of the lower abdomen, about three finger-widths below the belly button. This point clears damp-heat from the bladder and uterus.

Taixi (KI3) - Located on the inside of the ankle, in the depression between the Achilles tendon and the ankle bone. This point clears dampness and regulates the water passages.

Yinlingquan (SP9) - Located on the inside of the lower leg, three finger-widths above the ankle bone. This point clears dampness and heat from the spleen and kidney.

Yanglingquan (GB34) - Located on the lateral side of the lower leg, in the depression anterior and inferior to the head of the fibula. This point clears damp-heat from the liver and gallbladder.

Sanyinjiao (SP6) - Located on the inside of the lower leg, three finger-widths above the ankle bone, on the border of the tibia. This point clears damp-heat from the liver, spleen, and kidney.

Weizhong (BL40) - Located on the back of the leg, in the middle of the crease behind the knee joint. This point clears damp-heat from the bladder and kidney.

Taichong (LV3) - Located on the top of the foot, in the depression between the first and second toe bones.

This point clears damp-heat from the liver and gallbladder.

Quchi (LI11) - Located on the outer side of the elbow, at the end of the elbow crease when the arm is bent.

This point clears heat and dampness from the large intestine.

Acupuncture treatment for Damp-Heat in the Kidney typically involves selecting a combination of these points, based on the individual's symptoms and constitution, and stimulating them with needles or other modalities such as moxibustion. It is important

to seek treatment from a licensed and qualified acupuncturist who can tailor the treatment to your specific needs.

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Acupuncture for Headache & Migraine

In Traditional Chinese Medicine (TCM), headaches are considered a symptom of an underlying imbalance in the body's energy or Qi (pronounced "chee"). There are several types of headaches, but migraines are a specific type of headache that are characterized by severe, throbbing pain usually on one side of the head.

According to TCM, migraines are believed to be caused by the stagnation of Qi and blood in the body, which leads to a blockage of energy flow in the meridians (energy channels) that run throughout the body. This blockage can be caused by a variety of factors, including emotional stress, poor diet, lack of sleep, or environmental toxins.

In TCM, there are several factors that can contribute to migraines, including:

Liver Qi Stagnation: In TCM, the liver is responsible for the smooth flow of Qi and blood throughout the body. When there is stagnation of liver Qi, it can cause headaches, especially migraines.

Blood Deficiency: If there is not enough blood in the body to nourish the brain and other organs, it can lead to headaches.

Dampness: Dampness is a term used in TCM to describe an excess of fluids in the body. When there is too much dampness, it can lead to headaches and migraines.

External Pathogens: External pathogens such as wind, cold, and heat can also contribute to migraines in TCM theory.

Treatment for migraines in TCM involves identifying the underlying cause of the headache and treating it accordingly. This may involve acupuncture, herbal medicine, dietary changes, and lifestyle modifications to reduce stress and improve overall health. For example, acupuncture can help to stimulate the flow

of Qi and blood, while herbal medicine can help to nourish the body and resolve any underlying imbalances. Dietary changes may involve avoiding certain foods that trigger migraines, while lifestyle modifications may involve getting more sleep, reducing stress, and exercising regularly.

Concept of Headache from Traditional Chinese medicine perspective

In Traditional Chinese Medicine (TCM), headaches are a common symptom that can be caused by a variety of factors, including emotional stress, poor diet, lack of sleep, or environmental toxins.

According to TCM, headaches are believed to be caused by the stagnation of Qi and blood in the body, which leads to a blockage of energy flow in the meridians (energy channels) that run throughout the body. This blockage can be caused by a variety of

factors, including emotional stress, poor diet, lack of sleep, or environmental toxins.

There are several types of headaches in TCM, including:

Tension Headaches: These are the most common type of headache and are typically caused by stress, anxiety, or tension in the muscles of the head and neck.

Sinus Headaches: These headaches are caused by inflammation and congestion in the sinuses, which can be triggered by allergies, infections, or other environmental factors.

Cluster Headaches: These are a type of headache that are characterized by intense pain that usually occurs on one side of the head.

Migraines: Migraines are a specific type of headache that are characterized by severe, throbbing pain usually on one side of the head.

Treatment for headaches in TCM involves identifying the underlying cause of the headache and treating it accordingly. This may involve acupuncture, herbal medicine, dietary changes, and lifestyle modifications to reduce stress and improve overall health. For example, acupuncture can help to stimulate the flow of Qi and blood, while herbal medicine can help to nourish the body and resolve any underlying imbalances. Dietary changes may involve avoiding certain foods that trigger headaches, while lifestyle modifications may involve getting more sleep, reducing stress, and exercising regularly.

Acupuncture points for headache

Acupuncture points that are commonly used in Traditional Chinese Medicine for the treatment of headaches:

Baihui (GV20): Located at the top of the head, in the center of the line connecting the ears. This point is

believed to help relieve headaches and improve mental clarity.

Hegu (LI4): Located on the back of the hand, in the fleshy area between the thumb and index finger. This point is believed to help relieve pain and promote the flow of Qi and blood.

Taiyang (Extra point): Located at the temple, in the depression about 1 cm in front of the ear. This point is believed to help relieve headaches and eye pain.

Yanglingquan (GB34): Located on the outside of the lower leg, just below the knee. This point is believed to help relieve headaches and promote the flow of Qi and blood.

Fengchi (GB20): Located at the base of the skull, in the hollows on either side of the neck. This point is believed to help relieve headaches, neck pain, and dizziness.

Quchi (LI11): Located on the outside of the elbow, in the depression at the outer end of the elbow crease. This point is believed to help relieve pain and promote the flow of Qi and blood.

Shuaigu (GB8): Located on the side of the head, about 1 cm above the ear. This point is believed to help relieve headaches and eye pain.

Zusanli (ST36): Located on the outside of the lower leg, about 4 finger widths below the knee. This point is believed to help relieve headaches and promote overall health.

Taichong (LV3): Located on the top of the foot, between the big toe and the second toe. This point is believed to help relieve headaches, eye pain, and irritability.

Yingxiang (LI20): Located on the side of the nose, in the depression next to the nostril. This point is believed to help relieve headaches, sinus pain, and nasal congestion.

Jianjing (GB21): Located on the top of the shoulders, about halfway between the neck and the outer edge of the shoulder. This point is believed to help relieve headaches, neck pain, and shoulder tension.

Shangxing (GV23): Located on the forehead, in the center of the line connecting the eyebrows. This point

is believed to help relieve headaches and improve mental clarity.

Baiwanxiashu (BL23): Located on the lower back, on either side of the spine at the level of the waist. This point is believed to help relieve headaches and improve overall health.

Shenting (GV24.5): Located on the forehead, midway between the hairline and the eyebrows. This point is believed to help relieve headaches and improve mental clarity.

Yintang (Extra point): Located between the eyebrows, at the midpoint of the eyebrow ridge. This point is believed to help relieve headaches and promote relaxation.

Dazhu (GV14): Located on the upper back, at the level of the shoulders. This point is believed to help relieve headaches, neck pain, and shoulder tension.

Heguan (Extra point): Located on the forehead, in the midpoint between the eyebrows and the hairline. This point is believed to help relieve headaches, sinus pain, and eye strain.

Shixuan (Extra point): Located on the forehead, 1 cm above the midpoint between the eyebrows and the hairline. This point is believed to help relieve headaches and improve mental clarity.

Neiguan (PC6): Located on the inside of the forearm

Touwei (ST8): Located on the forehead, about 1.5 cm directly above the midpoint between the eyebrows and the hairline. This point is believed to help relieve headaches, eye pain, and dizziness.

Chengjiang (CV24): Located on the chin, in the center of the depression below the lower lip. This point is believed to help relieve headaches, facial pain, and toothaches.

Fengfu (GV16): Located on the back of the neck, at the base of the skull. This point is believed to help relieve headaches, neck pain, and shoulder tension.

Jingbailao (GB37): Located on the outside of the lower leg, about 5 cm above the ankle. This point is believed to help relieve headaches, eye pain, and neck pain.

Zhiyin (BL67): Located on the outside of the little toe, at the corner of the nail bed. This point is believed to help relieve headaches, eye pain, and neck pain. It is often used in conjunction with other points to promote the flow of Qi and blood throughout the body.

It's important to note that acupressure and acupuncture should be performed by a qualified practitioner. They will be able to assess your individual condition and develop a personalized treatment plan that includes specific acupuncture points and techniques to address your symptoms.

Acupuncture points for migraine

Acupoints that are commonly used in Traditional Chinese Medicine for the treatment of migraines:

Baihui (GV20): Located at the top of the head, in the center of the line connecting the ears. This point is

believed to help relieve migraines and improve mental clarity.

Taiyang (Extra point): Located at the temple, in the depression about 1 cm in front of the ear. This point is believed to help relieve migraines and eye pain.

Hegu (LI4): Located on the back of the hand, in the fleshy area between the thumb and index finger. This point is believed to help relieve pain and promote the flow of Qi and blood.

Yanglingquan (GB34): Located on the outside of the lower leg, just below the knee. This point is believed to help relieve migraines and promote the flow of Qi and blood.

Fengchi (GB20): Located at the base of the skull, in the hollows on either side of the neck. This point is believed to help relieve migraines, neck pain, and dizziness.

Quchi (LI11): Located on the outside of the elbow, in the depression at the outer end of the elbow crease. This point is believed to help relieve pain and promote the flow of Qi and blood.

Shuaigu (GB8): Located on the side of the head, about 1 cm above the ear. This point is believed to help relieve migraines and eye pain.

Zusanli (ST36): Located on the outside of the lower leg, about 4 finger widths below the knee. This point is believed to help relieve migraines and promote overall health.

Taichong (LV3): Located on the top of the foot, between the big toe and the second toe. This point is believed to help relieve migraines, eye pain, and irritability.

Yingxiang (LI20): Located on the side of the nose, in the depression next to the nostril. This point is believed to help relieve migraines, sinus pain, and nasal congestion.

Jianjing (GB21): Located on the top of the shoulders, about halfway between the neck and the outer edge of the shoulder. This point is believed to help relieve migraines, neck pain, and shoulder tension.

Shangxing (GV23.5): Located on the forehead, in the center of the line connecting the eyebrows. This point

is believed to help relieve migraines and improve mental clarity.

Baiwanxiashu (BL23): Located on the lower back, on either side of the spine at the level of the waist. This point is believed to help relieve migraines and improve overall health.

Shenting (GV24.5): Located on the forehead, midway between the hairline and the eyebrows. This point is believed to help relieve migraines and improve mental clarity.

Yintang (Extra point): Located between the eyebrows, at the midpoint of the eyebrow ridge. This point is believed to help relieve migraines and promote relaxation.

Dazhu (GV14): Located on the upper back, at the level of the shoulders. This point is believed to help relieve migraines, neck pain, and shoulder tension.

Taiyang (Extra point): Located on the forehead, just above the outer end of the eyebrow. This point is believed to help relieve migraines and eye pain.

Shixuan (Extra point): Located on the forehead, 1 cm above the midpoint between the eyebrows and the hairline. This point is believed to help relieve migraines and improve mental clarity.

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Acupuncture for Constipation

Constipation is a common digestive problem that occurs when a person has difficulty passing stools or has infrequent bowel movements. It is defined as having fewer than three bowel movements per week, and the stools are often hard, dry, and difficult to pass.

There are many causes of constipation, including:

Lack of fiber in the diet: Fiber adds bulk to the stool, making it easier to pass through the intestines.

Inadequate water intake: Drinking enough water helps keep the stools soft and easier to pass.

Lack of physical activity: Exercise helps stimulate the muscles in the intestines, which can promote regular bowel movements.

Certain medications: Some medications, such as opioids, can slow down the digestive process and lead to constipation.

Medical conditions: Some medical conditions, such as hypothyroidism, irritable bowel syndrome (IBS), or Parkinson's disease, can cause constipation.

Ignoring the urge to have a bowel movement:

Ignoring the urge to have a bowel movement can lead to constipation over time.

Changes in routine: Changes in routine, such as traveling or changes in diet, can also cause constipation.

Symptoms of constipation may include:

Infrequent bowel movements (fewer than three per week)

Straining to pass stools

Hard, dry stools

A feeling of incomplete evacuation after a bowel movement

Abdominal discomfort or pain

Bloating

Treatment for constipation usually involves making changes to your diet and lifestyle, such as increasing fiber and water intake, exercising regularly, and establishing a regular bowel routine. Over-the-counter laxatives may also be used to help soften the stools and promote bowel movements. In some cases, prescription medications or additional medical treatments may be necessary to treat the underlying cause of the constipation.

Acupuncture can be a helpful complementary therapy for constipation, as it can help stimulate the digestive system and relieve tension in the body. Here are some of the acupuncture points that may be used to treat constipation:

1. ST 25 (Tianshu): This point is located about 2 inches to the left and right of the belly button. It is used to relieve abdominal pain, bloating, and constipation.
2. ST 36 (Zusanli): This point is located on the outer side of the leg, just below the knee. It is a commonly used

acupuncture point for digestive disorders and can help with constipation.

3. SP 6 (Sanyinjiao): This point is located above the ankle, on the inner side of the leg. It is often used to treat menstrual cramps, but can also be effective in treating constipation.
4. LI 11 (Quchi): This point is located at the outer end of the elbow crease. It is a commonly used point for a variety of conditions, including digestive issues like constipation.
5. BL 25 (Dachangshu): This point is located on the lower back, about 2 inches from the spine. It is used to relieve constipation, as well as lower back pain. Other acupoints TW6, Sp 15, Liv 3, Li 4, K6

During an acupuncture session, the practitioner may use one or more of these points, as well as others, depending on your specific symptoms and needs. It's important to consult with a licensed acupuncturist

who can assess your individual condition and provide you with the most appropriate treatment plan.

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Cosmetic acupuncture for ageless skin

Cosmetic acupuncture is a holistic, non-surgical facial rejuvenation technique that involves the insertion of fine, sterile needles into specific points on the face and body to stimulate blood flow, promote collagen production, and improve skin tone and texture.

Cosmetic acupuncture, also known as facial acupuncture or facial rejuvenation acupuncture, is based on the principles of traditional Chinese medicine (TCM), which views the body as a network of interconnected energy channels or meridians that influence overall health and well-being.

During a typical cosmetic acupuncture session, a trained acupuncturist will first assess the patient's health and facial concerns before inserting needles into specific acupuncture points on the face, neck, and body. The needles used in cosmetic acupuncture are

much smaller and finer than those used in traditional acupuncture, and are typically painless.

The acupuncture points used in cosmetic acupuncture are chosen based on the individual's unique needs, and may include points that help to improve circulation, reduce inflammation, and promote relaxation. In addition to the needles, the acupuncturist may also use other techniques such as facial massage, cupping, or herbal remedies to enhance the results of the treatment.

The benefits of cosmetic acupuncture include:

- Improved skin tone and texture
- Reduction in fine lines and wrinkles
- Increased collagen production
- Improved facial muscle tone
- Reduced puffiness and under-eye circles
- Enhanced overall health and well-being

While cosmetic acupuncture is generally considered safe, it is important to choose a qualified and licensed acupuncturist who has experience in facial rejuvenation acupuncture. It is also important to discuss any health concerns or medications with the acupuncturist before beginning treatment.

Cosmetic acupuncture is a natural botox

Cosmetic acupuncture is sometimes referred to as a "natural Botox" because, like Botox, it can help to reduce the appearance of wrinkles and fine lines on the face. However, the mechanisms by which these two treatments achieve their effects are quite different.

Botox, which is a brand name for a type of botulinum toxin, works by blocking the nerve signals that cause muscles to contract. When injected into specific facial muscles, Botox temporarily paralyzes those muscles, which can reduce the appearance of wrinkles and fine

lines. However, Botox is a synthetic substance that is injected directly into the body and can have potential side effects.

In contrast, cosmetic acupuncture is a non-invasive, natural alternative to Botox that involves the insertion of fine needles into specific acupuncture points on the face and body. These needles stimulate blood flow, promote collagen production, and improve skin tone and texture, resulting in a more youthful and refreshed appearance.

Cosmetic acupuncture also helps to reduce tension in the facial muscles, which can contribute to the formation of wrinkles and fine lines. By promoting relaxation and reducing stress, cosmetic acupuncture can help to prevent the formation of new wrinkles and lines, while also reducing the appearance of existing ones.

Overall, while Botox and cosmetic acupuncture can both help to reduce the appearance of wrinkles and

fine lines, they achieve their effects through different mechanisms, and some people may prefer the natural, non-invasive approach of cosmetic acupuncture over the synthetic, invasive approach of Botox.

Acupoints for cosmetic acupuncture

The selection of acupoints for cosmetic acupuncture may vary depending on the individual's specific facial concerns and overall health, as well as the training and experience of the acupuncturist. However, some commonly used acupoints for cosmetic acupuncture include:

LI20 (Yingxiang) - located on either side of the nose, LI20 is thought to improve nasal congestion and promote healthy skin.

ST2 (Sibai) - located on either side of the nose, ST2 is believed to improve circulation and promote healthy skin.

ST3 (Juliao) - located below the cheekbone, ST3 is thought to improve facial muscle tone and reduce puffiness.

ST6 (Jiache) - located at the angle of the jaw, ST6 is believed to improve facial muscle tone and reduce sagging.

CV24 (Chengjiang) - located at the center of the chin, CV24 is thought to improve skin tone and reduce sagging.

GV20 (Baihui) - located at the top of the head, GV20 is believed to promote overall health and well-being, as well as improve circulation to the face.

LI4 (Hegu) - located on the hand between the thumb and index finger, LI4 is believed to reduce inflammation and promote healthy skin.

PC6 (Neiguan) - located on the inner forearm, PC6 is thought to reduce stress and promote relaxation, which can contribute to a more youthful appearance.

Some other acupoints for cosmetic acupuncture

BL2 (Zanzhu) - located above the inner end of the eyebrows, BL2 is believed to reduce puffiness and promote healthy skin around the eyes.

GB1 (Tongziliao) - located on the outside corner of the eye socket, GB1 is thought to improve vision and reduce wrinkles around the eyes.

LI11 (Quchi) - located on the outer elbow crease, LI11 is believed to reduce inflammation and promote healthy skin.

LU7 (Lieque) - located on the wrist crease, LU7 is thought to improve circulation and promote healthy skin.

PC3 (Quze) - located on the inner elbow crease, PC3 is believed to reduce stress and promote relaxation.

SI18 (Quanliao) - located just below the cheekbone, SI18 is thought to improve facial muscle tone and reduce sagging.

SP3 (Taibai) - located on the inner foot, SP3 is believed to improve digestion and promote healthy skin.

ST36 (Zusanli) - located on the outer lower leg, ST36 is thought to improve overall health and well-being, as well as promote healthy skin.

UB1 (Jingming) - located in the inner corner of the eye, UB1 is believed to improve vision and reduce wrinkles around the eyes.

UB2 (Zanzhu) - located above the outer end of the eyebrows, UB2 is thought to reduce puffiness and promote healthy skin around the eyes.

Yintang - located between the eyebrows, Yintang is believed to reduce stress and promote relaxation, as well as improve skin tone and texture.

GV14 (Dazhui) - located on the upper back, GV14 is thought to improve overall health and well-being, as well as promote healthy skin.

GV26 (Shuigou) - located between the upper lip and the nose, GV26 is believed to promote healthy skin and reduce wrinkles around the mouth.

CV17 (Danzhong) - located in the center of the chest, CV17 is thought to reduce stress and promote relaxation, as well as improve skin tone and texture.

LI3 (Sanjian) - located on the hand between the index finger and the thumb, LI3 is believed to improve circulation and promote healthy skin.

It is important to remember that the selection of acupoints for cosmetic acupuncture should be tailored to the individual's specific needs and goals, and should be performed by an experienced acupuncturist.

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Acupuncture for dementia

Dementia is a syndrome or group of symptoms that affect memory, thinking, behavior, and the ability to perform everyday activities. It is a progressive condition that primarily affects older adults, although it can occur in people of any age.

The most common cause of dementia is Alzheimer's disease, but it can also be caused by other conditions such as vascular disease, Lewy body dementia, frontotemporal dementia, Parkinson's disease, and Huntington's disease.

Symptoms of dementia can vary depending on the underlying cause and the stage of the disease, but some common symptoms include:

- Memory loss, especially short-term memory
- Difficulty with language and communication
- Problems with reasoning and judgment
- Difficulty with familiar tasks

- Changes in mood or behavior
- Loss of interest in hobbies or activities
- Personality changes
- Difficulty with coordination and motor function

There is currently no cure for dementia, but there are treatments that can help manage symptoms and improve quality of life for those affected. These may include medications, lifestyle changes, and therapies such as occupational therapy, speech therapy, and cognitive rehabilitation.

Acupuncture points for dementia with details

Acupuncture is an alternative treatment that involves inserting thin needles into specific points on the body to stimulate the flow of energy or Qi. While there is limited research on acupuncture for dementia, some studies have suggested that it may be beneficial for improving cognitive function and reducing behavioral symptoms.

Here are some acupuncture points that may be used for dementia:

GV20 (Baihui): Located at the top of the head, GV20 is believed to improve memory, concentration, and cognitive function.

HT7 (Shenmen): Located on the wrist, HT7 is believed to promote relaxation and reduce anxiety, depression, and insomnia.

CV17 (Danzhong): Located in the center of the chest, CV17 is believed to improve concentration, memory, and mental clarity.

KI3 (Taixi): Located on the inside of the ankle, KI3 is believed to tonify the kidneys and improve brain function.

ST36 (Zusanli): Located on the leg, just below the knee, ST36 is believed to tonify the spleen and improve digestion, energy, and cognitive function.

LI4 (Hegu): Located on the hand, between the thumb and index finger, LI4 is believed to reduce stress,

anxiety, and headache, and improve cognitive function.

Acupuncture treatments for dementia typically involve the insertion of needles into several points on the body, with the specific points chosen based on the individual's symptoms and constitution. Acupuncture should be administered by a licensed and experienced practitioner.

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Acupuncture for diabetes

Traditional Chinese Medicine (TCM) views diabetes as a result of an imbalance in the body's internal environment. According to TCM theory, diabetes is caused by a deficiency or imbalance in the body's vital energy, or Qi, which affects the body's ability to regulate blood sugar levels.

From a TCM perspective, there are two types of diabetes: Yin Deficiency and Phlegm-Heat.

1. Yin Deficiency: Yin deficiency is a common TCM pattern associated with diabetes. Yin is the cooling, nourishing, and moistening aspect of the body, and when it is deficient, the body can become overheated and dry. This can lead to symptoms such as excessive thirst, dry mouth, and dry skin. TCM practitioners may use acupuncture, herbal remedies, and dietary changes to help restore balance to the body's Yin.

2. Phlegm-Heat: Another common TCM pattern associated with diabetes is Phlegm-Heat. This pattern is characterized by a buildup of phlegm in the body, which can lead to symptoms such as obesity, lethargy, and a feeling of heaviness. TCM practitioners may use acupuncture, herbal remedies, and dietary changes to help clear the phlegm and reduce the body's heat.

TCM treatments for diabetes may include a combination of acupuncture, herbal remedies, dietary changes, and lifestyle modifications. Acupuncture can help regulate the body's Qi, which can help improve blood sugar control. Herbal remedies may be used to help nourish the body's Yin and clear phlegm. Dietary changes may include eating a diet that is low in sugar and refined carbohydrates, and high in whole grains, vegetables, and lean protein. Lifestyle modifications may include exercise, stress reduction techniques such as meditation or tai chi, and getting enough sleep.

It is important to note that TCM treatments for diabetes should not be used as a substitute for

conventional medical treatment. People with diabetes should work closely with their healthcare provider to develop a comprehensive treatment plan that addresses their individual needs.

20 Acupuncture points for diabetes

Acupuncture is a traditional Chinese medical practice that involves inserting thin needles into specific points on the body. Acupuncture can be used as a complementary therapy to conventional medical treatments for diabetes. Here are 20 acupuncture points that may be helpful for people with diabetes:

BL23 (Shenshu) - located on the lower back, bilateral to the spine, at the level of the waist. This point can tonify the Kidney Qi and strengthen the lower back.

BL20 (Pishu) - located on the lower back, bilateral to the spine, at the level of the second lumbar vertebra. This point can tonify the Spleen Qi and regulate digestion.

ST36 (Zusanli) - located four finger widths below the kneecap, on the outer side of the leg. This point can tonify the Spleen and Stomach Qi, regulate digestion, and strengthen the immune system.

PC6 (Neiguan) - located on the inner forearm, two finger widths above the wrist crease. This point can regulate the Heart Qi and calm the mind.

SP6 (Sanyinjiao) - located three finger widths above the inner ankle bone, on the back of the tibia. This point can tonify the Spleen, Liver, and Kidney Qi, and regulate blood sugar.

BL13 (Feishu) - located on the back, bilateral to the spine, at the level of the third thoracic vertebra. This point can tonify the Lung Qi and improve respiratory function.

BL18 (Ganshu) - located on the back, bilateral to the spine, at the level of the ninth thoracic vertebra. This point can tonify the Liver Qi and regulate blood sugar.

BL20 (Pishu) - located on the back, bilateral to the spine, at the level of the second lumbar vertebra. This point can tonify the Spleen Qi and regulate digestion.

BL22 (Sanjiaoshu) - located on the back, bilateral to the spine, at the level of the lower thoracic vertebrae. This point can tonify the Kidney Qi and strengthen the lower back.

ST25 (Tianshu) - located four finger widths from the belly button, on the outer side of the abdominal muscles. This point can regulate digestion and relieve constipation.

GV4 (Mingmen) - located on the lower back, below the second lumbar vertebra. This point can tonify the Kidney Qi and strengthen the lower back.

GV20 (Baihui) - located on the top of the head, at the midpoint between the ears. This point can tonify the Qi and calm the mind.

LI11 (Quchi) - located at the outer end of the elbow crease. This point can regulate the Qi and strengthen the immune system.

LR3 (Taichong) - located on the top of the foot, between the big toe and the second toe. This point can tonify the Liver Qi and regulate blood sugar.

CV4 (Guanyuan) - located on the lower abdomen, three finger widths below the belly button. This point can tonify the Qi and regulate digestion.

GV26 (Shuigou) - located in the middle of the upper lip. This point can tonify the Qi and calm the mind.

GB34 (Yanglingquan) - located below the knee, in the depression on the outer side of the tibia. This point can tonify the Liver and Gallbladder Qi and regulate blood sugar.

LR13

Electroacupuncture Improves Quality of Life for Cancer Patients with chronic constipation & pain

Electroacupuncture, which involves the application of electrical stimulation to acupuncture needles, has been shown to improve quality of life for cancer patients with chronic constipation and pain.

A study published in the Journal of Pain and Symptom Management found that electroacupuncture reduced

the severity of constipation and pain in cancer patients receiving palliative care. The study involved 32 cancer patients with chronic constipation and pain who were randomized to receive either electroacupuncture or a sham treatment.

The electroacupuncture group received treatment twice a week for four weeks, while the sham group received non-penetrating acupuncture at non-acupuncture points. After four weeks, the electroacupuncture group showed significant improvement in quality of life, as well as a reduction in the severity of constipation and pain, compared to the sham group.

The researchers concluded that electroacupuncture may be an effective treatment for chronic constipation and pain in cancer patients, and could help improve their overall quality of life. However, further studies are needed to confirm these findings and to explore the potential mechanisms of action behind electroacupuncture's effects.

Most used acupoints for pain

Acupuncture is a traditional Chinese medicine practice that involves the insertion of thin needles into specific points on the body. These points are called acupoints, and they are believed to stimulate the body's natural healing processes, including pain relief.

Here are 20 of the most commonly used acupoints for pain, along with details about their locations and the types of pain they are typically used to treat:

LI4 (Hegu): Located on the back of the hand, between the thumb and index finger. Used for headaches, toothaches, and facial pain.

GB34 (Yanglingquan): Located on the outside of the lower leg, below the knee. Used for knee pain and general leg pain.

ST36 (Zusanli): Located on the lower leg, about 4 finger widths below the knee. Used for general pain relief, as well as digestive issues.

CV6 (Qihai): Located on the lower abdomen, about two finger widths below the navel. Used for menstrual cramps and lower abdominal pain.

LV3 (Taichong): Located on the foot, between the big toe and second toe. Used for headaches, menstrual cramps, and general pain relief.

LI11 (Quchi): Located on the outer elbow. Used for elbow pain, as well as general pain relief.

BL40 (Weizhong): Located on the back of the lower leg, in the center of the crease behind the knee. Used for back pain and sciatica.

BL60 (Kunlun): Located on the foot, in the depression between the ankle bone and the Achilles tendon. Used for ankle pain and general pain relief.

GB20 (Fengchi): Located at the base of the skull, in the hollows on either side of the spine. Used for headaches, neck pain, and shoulder pain.

GB21 (Jianjing): Located on the top of the shoulder, midway between the base of the neck and the edge of the shoulder. Used for shoulder pain and tension headaches.

LI10 (Shousanli): Located on the forearm, between the elbow and the wrist, on the radial side of the forearm. Used for wrist pain and tennis elbow.

LI20 (Yingxiang): Located on either side of the nose, in the crease where the cheek meets the upper lip. Used for sinus pain and nasal congestion.

PC6 (Neiguan): Located on the inner forearm, about two finger widths from the wrist, between the tendons. Used for nausea, chest pain, and wrist pain.

SP6 (Sanyinjiao): Located on the inside of the lower leg, about three finger widths above the ankle. Used for menstrual cramps, lower abdominal pain, and digestive issues.

SP10 (Xuehai): Located on the inner thigh, about 2 finger widths above the knee. Used for menstrual cramps and general pain relief.

SP9 (Yinlingquan): Located on the inside of the lower leg, about 3 finger widths above the ankle. Used for knee pain and general leg pain.

DU20 (Baihui): Located at the top of the head, at the intersection of the midline and the line connecting the

ears. Used for headaches, dizziness, and general pain relief.

DU14 (Dazhui): Located at the base of the neck, in the depression below the spinous process of the seventh cervical vertebra. Used for neck pain and upper back pain.

HT7 (Shenmen)

Most used acupoints for constipation with details

Acupuncture has been used for centuries to treat various health conditions, including constipation. Acupuncturists use specific points on the body to improve the flow of qi, or energy, which is believed to be the root cause of many health problems. Here are 20 commonly used acupoints for constipation:

Zhongwan (CV12): Located on the midline of the abdomen, three finger-widths above the belly button. Stimulating this point can help relieve constipation, abdominal bloating, and other digestive issues.

Tianshu (ST25): Located on the lower abdomen, two finger-widths to the side of the belly button. This point is also called the "Heavenly Pivot," and it is commonly used to treat constipation, abdominal pain, and diarrhea.

Qihai (CV6): Located on the midline of the lower abdomen, one and a half finger-widths below the belly button. This point is also known as the "Sea of Qi," and it is used to stimulate the digestive system and relieve constipation.

Shangjuxu (ST37): Located on the lower leg, four finger-widths below the knee, and one finger-width to the outside of the shin bone. This point is commonly used to treat constipation, diarrhea, and other digestive issues.

Zusanli (ST36): Located on the lower leg, one finger-width from the anterior crest of the tibia. This point is also known as the "Leg Three Miles," and it is commonly used to treat digestive disorders, including constipation.

Fenglong (ST40): Located on the lower leg, one finger-width from the lateral side of the anterior crest of the tibia. This point is commonly used to stimulate the digestive system and relieve constipation.

Tianshu (CV10): Located on the midline of the abdomen, two finger-widths above the belly button. This point is also known as the "Heavenly Pillar," and it is commonly used to relieve constipation and other digestive issues.

Hegu (LI4): Located on the hand, in the webbing between the thumb and index finger. This point is commonly used to treat a variety of health conditions, including constipation.

Quchi (LI11): Located on the elbow, at the lateral end of the elbow crease. This point is commonly used to stimulate the digestive system and relieve constipation.

Shenshu (BL23): Located on the lower back, at the level of the second lumbar vertebra. This point is commonly used to strengthen the digestive system and relieve constipation.

Dachangshu (BL25): Located on the lower back, at the level of the fourth lumbar vertebra. This point is commonly used to stimulate the colon and relieve constipation.

Taichong (LV3): Located on the foot, in the depression between the first and second metatarsal bones. This point is commonly used to stimulate the liver and digestive system, and it is believed to help relieve constipation.

Zhigou (SJ6): Located on the arm, two finger-widths above the wrist crease, on the outside of the arm. This point is commonly used to stimulate the digestive system and relieve constipation.

Qimen (LR14): Located on the abdomen, four finger-widths below the nipple, and two finger-widths to the side of the midline. This point is commonly used to stimulate the liver and digestive system, and it is believed to help relieve constipation.

Tiantu (CV22)

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Acupuncture for hypertension

According to traditional Chinese medicine (TCM), hypertension or high blood pressure is believed to be caused by an imbalance in the body's vital energy or Qi (pronounced "chee") and blood flow.

From a TCM perspective, there are several possible causes of hypertension. One possible cause is excess heat or fire in the body, which can lead to increased blood pressure. Another possible cause is the stagnation of Qi and blood flow, which can result from emotional stress, a sedentary lifestyle, or a diet that is high in fat and sugar.

TCM practitioners also believe that certain organs and meridians (energy pathways in the body) are related to hypertension. The liver and kidneys, for example, are thought to play a role in regulating blood pressure, and imbalances in these organs can lead to hypertension.

In TCM, treatment for hypertension typically involves a combination of acupuncture, herbal medicine, dietary changes, and lifestyle modifications. Acupuncture can help to regulate the flow of Qi and blood in the body, while herbal medicine can be used to nourish and balance the organs that are related to hypertension.

Dietary changes may include reducing the intake of salty and greasy foods and increasing the consumption of fruits, vegetables, and whole grains. Lifestyle modifications may involve increasing physical activity, reducing stress, and getting enough rest.

TCM emphasizes the importance of treating the underlying causes of hypertension rather than just managing the symptoms. By addressing the root cause of hypertension and promoting overall balance in the body, TCM can help to prevent complications and improve overall health and well-being.

20 Acupuncture points for hypertension with details

Acupuncture is a commonly used technique in Traditional Chinese Medicine for treating hypertension. The following are 20 acupuncture points that may be used to treat hypertension:

LI11 (Quchi) - located at the outer end of the elbow crease, on the inside of the arm. This point is used to reduce high blood pressure and relieve stress.

LI4 (Hegu) - located in the web between the thumb and index finger. This point is used to regulate blood pressure and relieve headaches.

SP6 (Sanyinjiao) - located 3 finger-widths above the inner ankle bone. This point is used to calm the mind, regulate blood pressure, and promote healthy digestion.

HT7 (Shenmen) - located on the wrist crease, on the inside of the arm. This point is used to calm the mind and regulate blood pressure.

ST36 (Zusanli) - located 4 finger-widths below the kneecap, on the outside of the leg. This point is used

to regulate blood pressure, improve digestion, and boost the immune system.

KD3 (Taixi) - located in the depression between the ankle bone and Achilles tendon. This point is used to regulate blood pressure, relieve anxiety, and promote healthy kidney function.

BL18 (Ganshu) - located on the back, below the 7th thoracic vertebra. This point is used to regulate blood pressure and strengthen the liver.

PC6 (Neiguan) - located on the wrist crease, on the inside of the arm. This point is used to regulate blood pressure, relieve stress, and calm the mind.

GB20 (Fengchi) - located at the base of the skull, in the hollow between the two large neck muscles. This point is used to regulate blood pressure, relieve headaches, and promote healthy circulation.

LI10 (Shousanli) - located on the forearm, 2 finger-widths below the elbow crease. This point is used to regulate blood pressure, relieve stress, and promote healthy digestion.

DU20 (Baihui) - located on the top of the head, in the center of the scalp. This point is used to regulate blood pressure, relieve stress, and promote mental clarity.

GB34 (Yanglingquan) - located in the depression in front of the outer anklebone. This point is used to regulate blood pressure, relieve stress, and promote healthy liver function.

CV17 (Danzhong) - located in the center of the chest, on the sternum. This point is used to regulate blood pressure, relieve stress, and promote healthy respiratory function.

GB39 (Xuanzhong) - located on the outside of the lower leg, just below the knee joint. This point is used to regulate blood pressure, relieve stress, and promote healthy liver function.

KD1 (Yongquan) - located on the sole of the foot, at the center of the ball of the foot. This point is used to regulate blood pressure, relieve anxiety, and promote healthy kidney function.

UB17 (Geshu) - located on the back, at the level of the 7th thoracic vertebra. This point is used to regulate blood pressure and strengthen the liver.

LU7 (Lieque) - located on the wrist crease, on the inside of the arm. This point is used to regulate blood pressure and relieve anxiety.

UB23 (Shenshu) - located on the back, on either side of the spine, at the level of the 2nd lumbar vertebra.

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Acupuncture for cancer

Acupuncture is a complementary therapy that involves the insertion of thin needles into specific points on the body to stimulate and balance the body's energy flow. Acupuncture can be used as a supportive therapy to help alleviate symptoms and side effects of cancer and its treatment.

Research has shown that acupuncture can help relieve cancer-related pain, nausea and vomiting caused by chemotherapy, and hot flashes caused by hormone therapy. It may also help reduce anxiety, depression, and fatigue in cancer patients.

Acupuncture should only be performed by a qualified practitioner who has experience working with cancer patients.

It is also important to note that while acupuncture can be helpful for many cancer patients, it is not a replacement for conventional cancer treatment.

Always consult with your healthcare provider before adding any complementary therapies to your treatment plan.

If you or someone you know has cancer and is considering acupuncture, it is important to consult with a qualified acupuncturist who is experienced in working with cancer patients. The acupuncturist can assess your individual needs and determine which acupoints may be appropriate for your specific situation.

In general, acupuncturists may choose to target specific acupoints to help with symptoms such as pain, nausea, anxiety, and fatigue that are common in cancer patients. Some of the commonly used acupoints for cancer include:

LI4 (Hegu): This point is located between the thumb and index finger and is often used for pain relief.

ST36 (Zusanli): This point is located on the lower leg and is often used for digestive issues and fatigue.

PC6 (Neiguan): This point is located on the inner wrist and is often used for nausea and vomiting.

GV20 (Baihui): This point is located at the top of the head and is often used for headache and dizziness.

It is important to remember that each person's experience with acupuncture may be different, and what works for one person may not work for another. Therefore, it is important to work with a qualified acupuncturist who can tailor your treatment to your specific needs

Dr Neeraj Kaus,

Sujok acupuncture with benefits

Sujok acupuncture is a form of acupuncture that originated in Korea and was developed by Professor Park Jae Woo. It combines traditional acupuncture principles with modern Western medicine concepts and is based on the idea that the hands and feet are microcosms of the entire body, reflecting all the organs, tissues and systems.

The term "sujok" means "hand" and "foot" in Korean, and the technique involves stimulating specific points on the hands and feet with small, specialized needles or other instruments such as seeds, magnets, or even the practitioner's own fingers. The points used in sujok acupuncture are based on traditional Chinese acupuncture points and meridians, but the location of the points on the hands and feet differs from traditional acupuncture.

The benefits of sujok acupuncture are similar to those of traditional acupuncture and may include:

Pain relief: Sujok acupuncture can be effective in reducing pain, particularly for chronic conditions such as arthritis, back pain, and headaches.

Improved circulation: The stimulation of the points on the hands and feet can help to improve blood and energy circulation throughout the body.

Stress relief: Sujok acupuncture can help to reduce stress and promote relaxation.

Improved immunity: Sujok acupuncture can help to boost the immune system, helping the body to fight off illness and disease.

Improved digestion: Sujok acupuncture can help to improve digestion and relieve symptoms of gastrointestinal problems.

Enhanced mental clarity: Sujok acupuncture can improve mental clarity and focus, helping to improve concentration and memory.

Support for various other health conditions: Sujok acupuncture has been used to support treatment for various other health conditions, such as allergies, asthma, insomnia, and infertility.

Overall, sujok acupuncture is a safe and effective form of acupuncture that can provide numerous health benefits, particularly when used in conjunction with other forms of treatment such as herbal medicine or physical therapy. As with any medical treatment, it is important to seek the guidance of a trained and experienced practitioner for individualized treatment

25 best used sujok points with details

Sujok therapy is a natural healing technique that involves stimulating specific points on the hands and feet to treat various ailments. Here are 25 commonly used Sujok points and their descriptions:

Lung point - Located on the thumb of both hands, this point is used to treat respiratory disorders like asthma and bronchitis.

Heart point - Located on the little finger of both hands, this point is used to treat heart-related problems like hypertension.

Stomach point - Located on the index finger of both hands, this point is used to treat digestive problems like acidity and indigestion.

Liver point - Located on the ring finger of both hands, this point is used to treat liver-related problems like hepatitis and jaundice.

Kidney point - Located on the middle finger of both hands, this point is used to treat kidney-related problems like kidney stones and urinary tract infections.

Spine point - Located on the back of both hands, this point is used to treat spinal problems like back pain and spondylosis.

Shoulder point - Located on the side of both hands, this point is used to treat shoulder-related problems like frozen shoulder.

Knee point - Located on the base of both hands, this point is used to treat knee-related problems like arthritis and knee pain.

Elbow point - Located on the inside of both hands, this point is used to treat elbow-related problems like tennis elbow.

Neck point - Located on the base of both hands, this point is used to treat neck-related problems like cervical spondylosis.

Throat point - Located on the index finger of both hands, this point is used to treat throat-related problems like tonsillitis.

Ear point - Located on the little finger of both hands, this point is used to treat ear-related problems like tinnitus.

Eye point - Located on the middle finger of both hands, this point is used to treat eye-related problems like myopia.

Nose point - Located on the tip of both thumbs, this point is used to treat nasal problems like sinusitis.

Tooth point - Located on the index finger of both hands, this point is used to treat tooth-related problems like toothache.

Head point - Located on the middle finger of both hands, this point is used to treat headaches and migraines.

Foot point - Located on the big toe of both feet, this point is used to treat foot-related problems like plantar fasciitis.

Ankle point - Located on the inner side of both feet, this point is used to treat ankle-related problems like sprains.

Wrist point - Located on the base of both thumbs, this point is used to treat wrist-related problems like carpal tunnel syndrome.

Cervical point - Located on the little finger of both hands, this point is used to treat cervical-related problems like cervical spondylitis.

Sacrum point - Located on the base of both palms, this point is used to treat sacrum-related problems like sciatica.

Pelvic point - Located on the base of both palms, this point is used to treat pelvic-related problems like menstrual disorders.

Uterus point - Located on the base of both palms, this point is used to treat uterus-related problems like fibroids.

Thyroid point - Located on the base of both thumbs, this point is used to treat thyroid-related problems like hypothyroidism.

Brain point - Located on the middle finger of both hands, this point is used to treat neurological problems like Parkinson's disease.

It is important to note that Sujok therapy should be used in conjunction with conventional medical treatments

Acupuncture for plantar fasciitis

Plantar fasciitis is a medical condition that causes pain and inflammation in the plantar fascia, which is a thick band of tissue that runs along the bottom of the foot. The plantar fascia connects the heel bone to the toes and helps to support the arch of the foot.

When the plantar fascia becomes inflamed or damaged, it can cause pain in the heel or arch of the foot, especially when standing or walking. The pain may be sharp or dull and can often be worse in the morning or after prolonged periods of inactivity.

Plantar fasciitis can be caused by a variety of factors, including:

- Overuse or repetitive strain on the feet
- Poor foot mechanics or posture
- Tightness or weakness in the muscles of the foot or leg
- Obesity or sudden weight gain

- Certain types of exercise or physical activity that put a lot of stress on the feet, such as running or dancing
- Wearing shoes that do not provide enough support or cushioning

Treatment for plantar fasciitis typically involves a combination of rest, stretching and strengthening exercises, and the use of supportive footwear or orthotics. In some cases, medications or corticosteroid injections may be prescribed to help reduce inflammation and pain.

Most people with plantar fasciitis can recover with conservative treatment within a few months, but some may require more intensive therapies such as shockwave therapy or surgery.

Acupuncture for plantar fasciitis

Acupuncture is a form of traditional Chinese medicine that involves inserting thin needles into specific points on the body to stimulate healing and relieve pain.

Some people may find acupuncture helpful in managing the symptoms of plantar fasciitis, although the evidence is mixed.

There are studies that suggest that acupuncture can be an effective treatment for plantar fasciitis, with patients experiencing a significant reduction in pain and improved function. The mechanism by which acupuncture works to alleviate pain is related to the release of endorphins, which are natural painkillers produced by the body.

If you are considering acupuncture for plantar fasciitis, it is important to consult with a licensed acupuncturist and discuss the risks and benefits of the treatment.

Acupuncture may be used as a complementary therapy in conjunction with other treatments, such as rest, stretching, and physical therapy, to help manage the symptoms of plantar fasciitis.

20 acupoints for plantar fasciitis pain relief

Plantar fasciitis is a common condition that causes pain in the heel and bottom of the foot. Acupuncture is a traditional Chinese medicine technique that involves the insertion of needles into specific points on the body to help alleviate pain and promote healing. Here are 20 acupoints that may be helpful for plantar fasciitis pain relief:

Kidney 3 (KI3) - located in the depression between the medial malleolus and the Achilles tendon.

Bladder 60 (BL60) - located in the depression between the lateral malleolus and the Achilles tendon.

Gallbladder 34 (GB34) - located in the depression anterior and inferior to the head of the fibula.

Spleen 6 (SP6) - located three finger widths above the medial ankle bone.

Stomach 36 (ST36) - located four finger widths below the kneecap and one finger width to the outside of the shinbone.

Bladder 23 (BL23) - located two finger widths lateral to the lower border of the spinous process of the second lumbar vertebra.

Kidney 6 (KI6) - located one cun above the tip of the medial malleolus, on the posterior border of the tibia.

Bladder 67 (BL67) - located on the lateral side of the little toe, at the corner of the nail.

Kidney 10 (KI10) - located two cun above the medial malleolus, on the posterior border of the tibia.

Gallbladder 39 (GB39) - located on the lateral side of the lower leg, one hand breadth above the lateral malleolus.

Bladder 62 (BL62) - located on the lateral side of the foot, in the depression distal and inferior to the head of the fifth metatarsal bone.

Kidney 7 (KI7) - located two cun above the tip of the medial malleolus, on the posterior border of the tibia.

Bladder 40 (BL40) - located at the midpoint of the transverse crease of the popliteal fossa.

Gallbladder 40 (GB40) - located in the depression anterior and inferior to the lateral malleolus.

Stomach 41 (ST41) - located on the dorsum of the foot, at the midpoint of the transverse crease of the ankle joint.

Bladder 56 (BL56) - located on the posterior side of the leg, 5 cun above the tip of the lateral malleolus.

Kidney 8 (KI8) - located two cun above the tip of the medial malleolus, posterior to the medial border of the tibia.

Spleen 10 (SP10) - located 2 cun above the superior border of the patella, on the medial side of the thigh.

Bladder 54 (BL54) - located on the posterior side of the leg, 3 cun below the popliteal crease, between the two heads of the gastrocnemius muscle.

Gallbladder 41 (GB41) - located between the fourth and fifth metatarsal bones, in the depression distal and inferior to the base of the fifth metatarsal bone.

It is important to note that acupuncture treatment should be individualized and tailored to the specific needs and symptoms of each person. It is

recommended to seek the guidance of a licensed
acupuncturist for the best results.

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Acupuncture for preventive healthcare and body detox

Acupuncture for Preventive Healthcare and Body Detox

Acupuncture is a traditional Chinese medical practice that has been used for thousands of years to treat a variety of health conditions. It involves the insertion of fine, sterile needles into specific points on the body to stimulate energy flow and promote healing. Recently, acupuncture has gained recognition as a tool for preventive healthcare and body detoxification.

Preventive healthcare is about taking steps to maintain good health and prevent the onset of disease. Acupuncture can be an effective form of preventive healthcare as it helps to balance the body's energy and improve overall wellness. Regular acupuncture treatments can boost the immune system, reduce stress, and promote better sleep, all of

which are important factors in maintaining good health.

Acupuncture is also a powerful tool for detoxifying the body. Our modern lifestyles often expose us to toxins, such as pollutants in the air, unhealthy food and drink, and stress. These toxins can accumulate in the body and lead to a range of health problems, such as digestive issues, headaches, and fatigue.

Acupuncture can help to remove these toxins and promote a healthy internal environment.

During an acupuncture session, the practitioner will place needles at specific points on the body to stimulate the flow of energy, or Qi. This stimulation helps to increase circulation and improve the body's ability to eliminate waste and toxins. Additionally, acupuncture can help to support the function of the liver, which is the main organ responsible for detoxifying the body.

Acupuncture can also be used to address specific health problems that are related to toxic build-up, such as skin problems, digestive issues, and joint pain. For example, if you suffer from acne, an acupuncturist may place needles on points along the liver and digestive meridians to support liver function and improve the elimination of waste and toxins from the body.

In conclusion, acupuncture is a safe and effective form of preventive healthcare and body detoxification. It can help to balance the body's energy, improve overall wellness, and remove toxins that can lead to health problems. If you are interested in using acupuncture for preventive healthcare or body detoxification, it is important to work with a licensed practitioner who has experience in this area. With regular treatments, you can enjoy improved health and wellness, and take an important step towards a more vibrant and energized life.

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Motivational story of a paralytic patient, how he recovered

Once upon a time, there was a man named Jack (name changed) who lived a happy and healthy life. He was an athlete and loved playing sports, especially basketball. However, one day while playing basketball, he suffered a severe spinal cord injury that left him paralyzed from the waist down.

At first, Jack was devastated and struggled to come to terms with his new reality. He felt like he had lost everything, including his independence and the ability to do the things he loved. But as time passed, he realized that he had a choice - to either let his injury defeat him or to fight back and regain his life.

He started attending rehabilitation sessions where he worked hard to strengthen his upper body and improve his balance. Despite the pain and frustration, Jack never gave up. He pushed himself to his limits every day, determined to get better.

With the support of his family and friends, Jack continued to make progress. He learned to walk again, albeit with the help of crutches, and slowly but surely regained his strength and mobility. He even started playing adaptive sports and found a new love for handcycling.

Years later, Jack became a motivational speaker and traveled the world, sharing his story and inspiring others to never give up. He proved that with hard work and determination, anything is possible. He showed that even when faced with seemingly insurmountable obstacles, it is possible to recover and live a fulfilling life.

Jack's story is a testament to the human spirit and its ability to overcome adversity. He may have lost the use of his legs, but he never lost the drive and determination to succeed. He will always be an inspiration to all those who have faced challenges and struggled to find hope.

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Acupuncture for tennis elbow

Tennis elbow, also known as lateral epicondylitis, is a condition that affects the elbow joint. It is a type of overuse injury that results from repetitive use of the forearm muscles and tendons that attach to the lateral epicondyle (the bony bump on the outer part of the elbow).

Despite the name, tennis elbow is not limited to tennis players and can occur in people who perform repetitive motions involving the wrist and forearm, such as painters, plumbers, and carpenters. It is most common in people between the ages of 30 and 50.

The symptoms of tennis elbow include pain and tenderness on the outer part of the elbow, which may radiate down the forearm. The pain is often worsened by gripping and twisting movements of the wrist and forearm, such as shaking hands or turning a doorknob.

Treatment for tennis elbow usually involves rest, ice, and over-the-counter pain medications to manage symptoms. Physical therapy and specific exercises may be recommended to strengthen the muscles and tendons around the elbow joint. In some cases, a brace or splint may be used to limit movement and reduce strain on the affected area.

If conservative measures fail to improve symptoms, more invasive treatments such as corticosteroid injections or surgery may be considered. However, these options are typically reserved for severe cases that do not respond to other treatments

Exercises for Tennis elbow

Wrist Extension: Sit in a chair with your forearm resting on a table, palm facing down. Hold a weight (or a can of soup) in your hand and slowly raise your hand up towards the ceiling. Lower it back down slowly. Repeat for 3 sets of 10.

Wrist Flexion: Sit in a chair with your forearm resting on a table, palm facing up. Hold a weight (or a can of soup) in your hand and slowly raise your hand up towards the ceiling. Lower it back down slowly. Repeat for 3 sets of 10.

Reverse Wrist Curls: Sit in a chair with your forearm resting on a table, palm facing down. Hold a weight (or a can of soup) in your hand and slowly curl your hand towards your body. Lower it back down slowly. Repeat for 3 sets of 10.

Forearm Pronation and Supination: Sit in a chair with your forearm resting on a table, palm facing down. Hold a weight (or a can of soup) in your hand and slowly rotate your forearm so that your palm is facing up. Rotate back to starting position and repeat for 3 sets of 10.

Eccentric Wrist Extension: Hold a weight (or a can of soup) in your hand and sit with your arm resting on a table, palm facing down. Slowly lower the weight towards the floor with your wrist until your hand is parallel with the ground. Use your other hand to bring

the weight back to starting position. Repeat for 3 sets of 10.

Eccentric Wrist Flexion: Hold a weight (or a can of soup) in your hand and sit with your arm resting on a table, palm facing up. Slowly lower the weight towards the floor with your wrist until your hand is parallel with the ground. Use your other hand to bring the weight back to starting position. Repeat for 3 sets of 10.

Forearm Stretch: Place your arm straight out in front of you with your palm facing down. Use your other hand to gently pull your fingers towards your body until you feel a stretch in your forearm. Hold for 15-20 seconds and repeat on the other arm.

Tennis Ball Squeeze: Hold a tennis ball in your hand and squeeze it as hard as you can for 10 seconds.

Relax for 5 seconds and repeat for 3 sets of 10.

Towel Twist: Hold a small towel with both hands and twist it as if you are wringing out water. Repeat for 3 sets of 10.

Door Knob Turn: Stand in front of a closed door and hold the doorknob with your affected hand. Turn the knob slowly as far as you can and hold for 10 seconds. Repeat for 3 sets of 10.

TheraBand Exercises: Use a TheraBand (or resistance band) to perform exercises that target the muscles in your forearm. Wrap the band around your hand and perform wrist curls, wrist extensions, and other exercises.

Finger Extensions: Place a rubber band around your fingers and open your hand as wide as you can against the resistance of the band. Repeat for 3 sets of 10.

Finger Curls: Hold a small weight in your hand and curl your fingers around it as if you are making a fist. Hold for 10 seconds and repeat for 3 sets of 10.

Shake it out: Shake your hands and arms out to loosen up the muscles before and after activity.

Avoiding overuse: Avoid doing repetitive motions that may cause pain or further injury.

Ice: Apply ice to the affected area for 15-20 minutes.

Acupuncture points in details for tennis elbow

Tennis elbow, also known as lateral epicondylitis, is a condition that causes pain and tenderness on the outside of the elbow, typically caused by overuse of the forearm muscles and tendons. Acupuncture, a form of traditional Chinese medicine, can be used as a complementary therapy to help alleviate the symptoms of tennis elbow. Here are some acupuncture points that may be used for treating tennis elbow:

LI10 (Shousanli) - This point is located on the forearm, about 2 inches below the elbow crease, on the outside of the arm. Stimulating this point can help relieve pain and inflammation in the elbow and forearm.

LI11 (Quchi) - This point is located on the elbow crease, on the outside of the arm. Stimulating this point can help reduce pain, swelling, and stiffness in the elbow.

LI4 (Hegu) - This point is located on the back of the hand, in the web between the thumb and index finger. Stimulating this point can help relieve pain and tension in the arm and hand.

SI3 (Houxi) - This point is located on the back of the hand, in the depression between the fourth and fifth metacarpal bones. Stimulating this point can help relieve pain and tension in the arm and hand.

GB34 (Yanglingquan) - This point is located on the outside of the lower leg, below the knee. Stimulating this point can help relieve pain and inflammation in the elbow and forearm.

SJ5 (Waiguan) - This point is located on the forearm, about 2 inches above the wrist, on the outside of the arm. Stimulating this point can help relieve pain and stiffness in the elbow and wrist.

ST36 (Zusanli) - This point is located on the lower leg, about 3 inches below the knee, on the outside of the leg. Stimulating this point can help relieve pain and fatigue in the arm and hand.

It is important to note that acupuncture should be performed by a licensed acupuncturist and should be used in conjunction with other forms of treatment for tennis elbow, such as rest, ice, and physical therapy

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Acupuncture for TMJ disorders

Temporomandibular joint (TMJ) disorders are conditions that affect the jaw joint and the surrounding muscles, bones, and nerves. The TMJ is the joint that connects the jawbone to the skull, and it allows you to open and close your mouth, chew, speak, and yawn.

There are several types of TMJ disorders, including:

Myofascial pain syndrome: This is the most common type of TMJ disorder, which involves the muscles that control the jaw movement. Myofascial pain syndrome can cause pain in the jaw, neck, and shoulders.

Internal derangement of the joint: This refers to a problem with the disc that cushions the TMJ. An internal derangement can cause popping or clicking sounds when you open or close your mouth.

Arthritis: TMJ arthritis can cause pain and stiffness in the joint, and can make it difficult to move your jaw.

Jaw dislocation: This is a rare but serious TMJ disorder that occurs when the jaw joint is pushed out of place, often due to a blow to the face or jaw.

Symptoms of TMJ disorders can vary depending on the type and severity of the condition, but some common symptoms include:

- Pain or tenderness in the jaw, face, or neck
- Difficulty opening or closing the mouth
- Clicking or popping sounds when you open or close your mouth
- Aching pain in or around the ear
- Headaches or migraines
- Locking of the jaw
- Changes in the way the teeth fit together

TMJ disorders can be caused by a variety of factors, including injury to the jaw, teeth grinding or clenching, arthritis, stress, and poor posture.

Treatment options may include pain relievers, muscle relaxants, physical therapy, and in some cases,

surgery. A dentist or oral surgeon can diagnose and treat TMJ disorders

Acupoints for TMJ disorders

TMJ disorders refer to a group of conditions that affect the temporomandibular joint, which connects the jawbone to the skull. These conditions can cause pain, stiffness, and difficulty with jaw movement, among other symptoms. Acupuncture is a traditional Chinese medicine practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing. Here are 20 acupuncture points that may be used for TMJ disorders, along with some details about each point:

ST6 (Jiache): Located on the cheek, directly below the pupil of the eye. It is used for facial pain and paralysis, jaw pain, and toothache.

SI18 (Quanliao): Located on the cheek, in the depression anterior to the earlobe. It is used for facial paralysis, facial pain, and jaw pain.

GB2 (Tinghui): Located in front of the ear, in the depression between the temple and the condyle of the mandible. It is used for earache, jaw pain, and toothache.

ST7 (Xia Guan): Located in front of the earlobe, in the depression between the zygomatic arch and the mandibular notch. It is used for jaw pain, toothache, and facial paralysis.

SI19 (Ting Gong): Located in front of the ear, in the depression between the mandible and the mastoid process. It is used for earache, tinnitus, and facial paralysis.

LI4 (He Gu): Located on the hand, in the webbing between the thumb and index finger. It is used for headache, facial pain, and toothache.

GB20 (Feng Chi): Located on the back of the neck, in the depression at the base of the skull. It is used for headache, neck pain, and dizziness.

BL10 (Tian Zhu): Located on the back of the neck, in the depression below the occipital bone. It is used for neck pain, headache, and dizziness.

BL11 (Da Zhu): Located on the back, below the spinous process of the 7th cervical vertebra. It is used for neck pain, shoulder pain, and back pain.

GB21 (Jian Jing): Located on the top of the shoulder, midway between the base of the neck and the tip of the shoulder. It is used for shoulder pain, neck pain, and headache.

LI11 (Qu Chi): Located on the elbow, at the outer end of the elbow crease. It is used for arm pain, elbow pain, and headache.

SI3 (Hou Xi): Located on the hand, in the depression at the base of the 5th metacarpal bone. It is used for wrist pain, arm pain, and headache.

ST36 (Zu San Li): Located on the leg, 3 inches below the kneecap and one finger width lateral to the shinbone. It is used for knee pain, leg pain, and digestive issues.

SP6 (San Yin Jiao): Located on the leg, 3 inches above the ankle and one finger width medial to the shinbone. It is used for menstrual disorders, digestive issues, and insomnia.

KD3 (Tai Xi): Located on the foot, in the depression between the inner anklebone and the Achilles tendon. It is used for insomnia, anxiety, and fatigue.

GV20 (Bai Hui): Located on the top of the head, midway between the ears. It is used for headache, dizziness, and mental disorders.

HT7 (Shen Men)

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Acupuncture for Urinary Tract Infection

In Traditional Chinese Medicine (TCM), urinary tract infections (UTIs) are typically referred to as "Lin Syndrome" or "Lin Zheng" in Mandarin. It is characterized by symptoms such as frequent and urgent urination, painful urination, cloudy or dark urine, and lower abdominal discomfort.

TCM believes that UTIs are caused by a combination of external pathogenic factors and internal imbalances in the body's organs and energy systems. External pathogenic factors such as dampness, heat, and cold can invade the body and lead to blockages in the urinary system, which can cause inflammation and infection. Internal imbalances such as weakened immunity, stagnant Qi, and dampness can also contribute to the development of UTIs.

According to TCM theory, the urinary system is closely connected to the Kidney and Bladder organs, which

are responsible for the filtration and elimination of waste and excess fluids in the body. When these organs are weakened or imbalanced, the urinary system may not function properly, leading to UTIs and other related conditions.

TCM treatments for UTIs typically focus on clearing heat, dampness, and inflammation from the urinary system, tonifying the Kidney and Bladder organs, and improving overall Qi and blood circulation in the body. Common TCM treatments for UTIs include:

Acupuncture: By inserting fine needles into specific acupuncture points along the meridians of the body, acupuncture can help stimulate the body's natural healing mechanisms and promote the flow of Qi and blood to the urinary system.

Herbal medicine: TCM herbal formulas containing herbs such as dianthus, plantain seed, and polygonum can help clear heat and dampness from the urinary system and improve kidney function.

Dietary therapy: Eating foods that are cooling and diuretic, such as watermelon, cucumber, and winter melon, can help promote urination and flush out bacteria from the urinary system.

Lifestyle changes: Practicing good hygiene habits, avoiding irritants such as alcohol and caffeine, and maintaining a healthy lifestyle can also help prevent and treat UTIs from a TCM perspective.

It is important to note that while TCM can be a valuable complementary therapy for UTIs, it should not replace conventional medical treatment, especially in cases of severe or recurrent infections. Consultation with a licensed TCM practitioner is recommended to determine the most appropriate course of treatment for each individual case.

Acupuncture points UTI

Acupuncture is a widely used therapy in Traditional Chinese Medicine (TCM) for the treatment of urinary

tract infections (UTIs). The following are 20 commonly used acupuncture points for UTIs and their functions:

BL23 (Shenshu): This point is located on the lower back, on either side of the spine, at the level of the second lumbar vertebrae. It tonifies the Kidney, strengthens the lower back, and promotes urination.

BL28 (Pangguangshu): This point is located on the lower back, on either side of the spine, at the level of the fourth sacral foramen. It regulates the Bladder and helps relieve urinary retention.

BL32 (Ciliao): This point is located in the buttock, about one-third of the distance from the sacrum to the greater trochanter of the femur. It helps to relieve pain and inflammation in the urinary tract.

BL52 (ZhiShi): This point is located in the lower back, midway between the sacrum and the lower border of the 12th rib. It strengthens the Kidney, promotes urination, and relieves pain in the lower back.

CV3 (Zhongji): This point is located on the lower abdomen, about 4 finger widths below the navel. It

strengthens the Bladder, promotes urination, and clears dampness from the lower burner.

CV4 (Guanyuan): This point is located on the lower abdomen, about 3 finger widths below the navel. It tonifies the Kidney and strengthens the lower back.

CV6 (Qihai): This point is located on the lower abdomen, about 1.5 inches below the navel. It strengthens the Kidney and promotes urination.

GV4 (Mingmen): This point is located on the lower back, in the depression below the spinous process of the second lumbar vertebrae. It strengthens the Kidney, promotes urination, and regulates the Bladder.

GV20 (Baihui): This point is located on the top of the head, in the center of the scalp, at the midpoint of the line connecting the apexes of the ears. It promotes circulation of Qi and blood and clears heat and dampness.

LI4 (Hegu): This point is located on the back of the hand, in the web between the thumb and index finger.

It strengthens the immune system and relieves pain and inflammation.

LR3 (Taichong): This point is located on the top of the foot, in the depression between the first and second metatarsal bones. It clears heat and dampness from the Liver and promotes circulation of Qi and blood.

LU7 (Lieque): This point is located on the wrist, on the radial side of the styloid process of the radius, about 1.5 inches above the crease of the wrist. It regulates the Lung and promotes circulation of Qi and blood.

SP6 (Sanyinjiao): This point is located on the inside of the leg, about 3 inches above the ankle. It strengthens the Spleen, tonifies the Kidney, and regulates the Bladder.

ST28 (Shuidao): This point is located on the lower abdomen, about 2 inches lateral to the midline, at the level of the upper border of the pubic symphysis. It promotes urination and clears dampness from the lower burner.

ST36 (Zusanli): This point is located on the lower leg, about 3 inches below the knee.

UB10 (Tianzhu): This point is located on the back of the neck, at the base of the skull, between the two large muscles. It clears heat and dampness from the Bladder and strengthens the immune system.

UB22 (Sanjiaoshu): This point is located on the lower back, on either side of the spine, at the level of the lower border of the 12th rib. It strengthens the Kidney and regulates the Bladder.

UB23 (ShenShu): This point is located on the lower back, on either side of the spine, at the level of the second lumbar vertebrae. It strengthens the Kidney, promotes urination, and regulates the Bladder.

UB28 (Panguangshu): This point is located on the lower back, on either side of the spine, at the level of the fourth sacral foramen. It regulates the Bladder and helps relieve urinary retention.

KI6 (Zhaohai): This point is located on the inside of the ankle, about 1 inch above the ankle bone. It tonifies

the Kidney, strengthens the lower back, and promotes urination.

In TCM, UTIs are usually considered to be caused by a combination of external pathogens (such as dampness, heat, or cold) invading the body and internal imbalances (such as a weak immune system or a deficiency in the Kidney and Bladder organs) that make the body more susceptible to infection.

Acupuncture can help to restore balance to the body and strengthen the immune system, while also addressing the specific symptoms of UTIs such as pain, inflammation, and difficulty urinating. By stimulating the acupuncture points, the body's own natural healing processes are activated, promoting circulation of Qi and blood and clearing away pathogens and other toxins.

Acupuncture points for varicose veins

Varicose veins are veins that have become enlarged, twisted, and swollen. They usually occur in the legs and feet, but can also occur in other parts of the body. Varicose veins develop when the valves in the veins that help blood flow back to the heart become weak or damaged, allowing blood to pool and flow backward, which causes the veins to become enlarged and swollen.

The exact cause of varicose veins is not clear, but there are certain factors that can increase the risk of developing them. These factors include:

- **Age:** As you get older, the valves in your veins may weaken, making you more prone to varicose veins.
- **Genetics:** If other members of your family have varicose veins, you may be more likely to develop them too.

- Gender: Women are more likely to develop varicose veins than men.
- Pregnancy: The increase in blood volume during pregnancy can put pressure on the veins in the legs, which can cause varicose veins.
- Obesity: Being overweight can put extra pressure on the veins in your legs, which can cause varicose veins.

Varicose veins can cause a variety of symptoms, including:

- Swelling in the legs
- Aching or heaviness in the legs
- Pain or discomfort in the legs
- Itching or burning sensations in the legs
- Skin discoloration or ulcers near the affected veins

Treatment for varicose veins may include lifestyle changes, such as losing weight and exercising regularly, wearing compression stockings, or medical procedures, such as sclerotherapy, endovenous ablation, or vein stripping. Your healthcare provider

can help determine the best treatment options for your individual needs.

Acupuncture points for varicose veins

In Traditional Chinese Medicine (TCM), varicose veins are thought to be caused by poor circulation of qi and blood. Acupuncture points can help to improve circulation, relieve pain, and reduce swelling.

Here are some of the commonly used acupuncture points for varicose veins:

SP6 (Sanyinjiao): Located on the inner ankle, about four finger-widths above the ankle bone. It is a common point used to improve circulation and relieve pain in the lower limbs.

ST36 (Zusanli): Located on the outer side of the leg, about four finger-widths below the knee. This point is believed to strengthen the body's overall energy and improve circulation.

BL17 (Geshu): Located on the back, at the level of the lower tip of the shoulder blades. This point is believed to help regulate blood circulation and tonify the blood.

LV3 (Taichong): Located on the top of the foot, in the depression between the first and second toes. This point is believed to regulate the flow of qi and blood and reduce pain in the legs.

SP10 (Xuehai): Located on the inner thigh, about three finger-widths above the knee. This point is believed to clear heat and invigorate blood, which can help reduce swelling and discomfort

Acupuncture for Vitiligo

Vitiligo is a long-term skin condition characterized by the loss of skin pigmentation, resulting in patches of depigmented (white) skin. It occurs when the cells that produce melanin, the pigment responsible for skin color, are destroyed or stop functioning.

The exact cause of vitiligo is not fully understood, but it is believed to be an autoimmune disorder in which the body's immune system attacks and destroys the melanocytes. Other factors, such as genetics, sun exposure, and certain chemicals, may also play a role in the development of the condition.

Vitiligo can occur at any age, but it usually starts before the age of 30. The affected areas can be small or large and can occur anywhere on the body. The patches of depigmented skin are usually more noticeable on people with darker skin tones.

There is no cure for vitiligo, but there are treatments that can help to improve the appearance of the skin. These treatments include topical creams, light therapy, and in some cases, skin grafting or tattooing. It's important to protect the skin from the sun, as people with vitiligo are more susceptible to sunburn and skin cancer. Additionally, people with vitiligo may experience emotional distress due to the appearance

of their skin, and may benefit from counseling or support groups.

Acupuncture for Vitiligo

According to traditional Chinese medicine (TCM), vitiligo is related to the liver, spleen, and kidney. Therefore, acupuncture points that stimulate these organs may be used in treatment.

Here are some acupuncture points that may be used for vitiligo:


Liver 3 (LR3): This point is located on the top of the foot, between the first and second toes. It is believed to improve liver function and promote blood circulation.

Spleen 6 (SP6): This point is located on the inside of the lower leg, about three finger widths above the ankle. It is believed to improve spleen function, regulate the immune system, and promote blood circulation.


Kidney 3 (KI3): This point is located on the inside of the ankle, in a depression between the ankle bone and Achilles tendon. It is believed to improve kidney function and strengthen the body's overall vitality.

Bladder 13 (BL13): This point is located on the back, on either side of the spine, at the level of the shoulder blades. It is believed to improve lung function and promote blood circulation.

Conception Vessel 4 (CV4): This point is located on the lower abdomen, about two finger widths below the navel. It is believed to strengthen the spleen and promote blood circulation.



It's important to note that acupuncture treatment for vitiligo should be administered by a qualified acupuncturist.



What is moxibustion and its benefits

Moxibustion is a traditional Chinese medicine therapy that involves the burning of dried mugwort (*Artemisia vulgaris*) on or near the skin. The heat produced by the burning herb is used to stimulate certain points on the body, known as acupoints, in order to achieve therapeutic effects.

Here are ten benefits of moxibustion:

1. **Boosts the immune system:** Moxibustion has been shown to stimulate the immune system and increase white blood cell count, helping the body fight off infections and disease.
2. **Eases pain:** Moxibustion is often used to treat pain, especially in the back, neck, and joints.
3. **Improves digestion:** Moxibustion can help improve digestive function, reduce bloating, and relieve constipation.

4. Regulates menstrual cycles: Moxibustion can be used to regulate menstrual cycles, alleviate menstrual cramps, and treat infertility.
5. Supports respiratory health: Moxibustion can be used to treat respiratory conditions, such as asthma and bronchitis, and improve lung function.
6. Promotes healthy skin: Moxibustion can improve blood circulation, leading to healthier, clearer skin.
7. Reduces stress and anxiety: Moxibustion can help reduce stress and anxiety, promote relaxation, and improve sleep.
8. Supports cardiovascular health: Moxibustion can help regulate blood pressure, improve circulation, and protect against heart disease.
9. Alleviates nausea and vomiting: Moxibustion can help alleviate nausea and vomiting, especially in cases of morning sickness or motion sickness.
10. Improves circulation: Moxibustion increases blood flow and circulation, which can have a positive impact on overall health and wellness.

It's important to note that moxibustion is a complementary therapy and should not be used as a substitute for conventional medical treatment.

Additionally, it's always best to consult a licensed practitioner before trying moxibustion or any other alternative therapy.

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When to seek help of an acupuncturist

Acupuncture is a form of traditional Chinese medicine that involves the insertion of thin needles into specific points on the body to relieve pain, improve overall health, and treat various medical conditions. There are several reasons why you might want to seek the help of an acupuncturist:

Pain relief: Acupuncture is commonly used to treat chronic pain, such as back pain, neck pain, headaches, and arthritis.

Stress and anxiety: Acupuncture can help to reduce stress and anxiety levels, as well as improve overall mood.

Digestive problems: Acupuncture can help with digestive issues such as constipation, diarrhea, and irritable bowel syndrome.

Women's health: Acupuncture can help with a variety of women's health issues, including menstrual cramps, infertility, and menopause symptoms.

Respiratory problems: Acupuncture can help with respiratory issues such as asthma and bronchitis.

Addiction: Acupuncture is sometimes used to help with addiction, such as smoking cessation and substance abuse.

Sleep problems: Acupuncture can help with sleep issues such as insomnia and sleep apnea.

It's important to note that acupuncture should not be used as a substitute for conventional medical treatment, but rather as a complementary therapy. Before starting acupuncture, it's recommended to consult with your healthcare provider to determine if it's appropriate for your individual needs and medical history.

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Acupuncture for Alzheimer's disease

Alzheimer's disease is a progressive brain disorder that affects memory, thinking, and behavior. Currently, there is no cure for Alzheimer's disease, but there are several ways to prevent or delay its onset and progression. Here are some of the ways to prevent Alzheimer's:

1. Exercise regularly: Regular physical activity has been shown to improve brain function and decrease the risk of developing Alzheimer's disease. Exercise also helps to reduce stress and improve cardiovascular health, both of which can have a positive impact on brain health.
2. Follow a healthy diet: A diet that is rich in fruits, vegetables, whole grains, and healthy fats can help reduce the risk of developing Alzheimer's disease. This type of diet provides the brain with the nutrients it needs to function properly.

3. Stay mentally active: Engaging in activities that challenge your brain, such as reading, solving puzzles, or playing games, can help keep your brain sharp and reduce the risk of Alzheimer's disease.
4. Get enough sleep: Sleep is essential for brain health, and poor sleep has been linked to an increased risk of developing Alzheimer's disease. Aim to get at least seven hours of sleep each night to help keep your brain in top shape.
5. Control chronic conditions: Chronic conditions such as high blood pressure, diabetes, and high cholesterol can increase the risk of developing Alzheimer's disease. It's important to work with your healthcare provider to manage these conditions and keep them under control.
6. Stay socially active: Maintaining a strong network of friends and family can help protect against cognitive decline and reduce the risk of developing Alzheimer's disease. Staying socially active also helps to reduce stress and improve overall mental health.

It's also important to note that genetics play a role in the development of Alzheimer's disease, so some individuals may be at a higher risk than others. However, by making lifestyle changes and taking steps to maintain brain health, everyone can reduce their risk of developing Alzheimer's disease

Acupuncture for Alzheimer's disease

Alzheimer's disease is a neurodegenerative disorder that primarily affects cognitive function, including memory loss, thinking, and language abilities. While acupuncture is a widely used complementary and alternative therapy for various conditions, including pain and anxiety, there is limited evidence on its effectiveness in treating Alzheimer's disease.

Several studies have investigated the use of acupuncture in improving cognitive function and reducing the symptoms of Alzheimer's disease. However, the results have been mixed, and more

research is needed to establish its efficacy. Some studies have suggested that acupuncture may improve cognitive function, reduce behavioral and psychological symptoms, and improve daily living activities in patients with Alzheimer's disease.

One theory behind the use of acupuncture for Alzheimer's disease is that it may increase blood flow to the brain and promote the release of certain neurotransmitters that are important for cognitive function. Additionally, acupuncture may reduce inflammation, oxidative stress, and apoptosis, which are all factors that contribute to the development and progression of Alzheimer's disease.

Overall, while acupuncture may be a promising complementary therapy for Alzheimer's disease, more research is needed to fully understand its effectiveness and safety. It is important to consult with a qualified healthcare provider before trying any new treatments or therapies, including acupuncture, for Alzheimer's disease.

15 Acupoints for Alzheimer's disease

Here are 15 acupoints that are commonly used in acupuncture treatment for Alzheimer's disease:

1. Baihui (GV20): Located at the top of the head, this point is believed to promote mental clarity and cognitive function.
2. Yintang (Extra Point): Located between the eyebrows, this point is believed to calm the mind and reduce stress.
3. Sishencong (Ex-HN1): Located on the top of the head, this point is believed to improve memory and mental focus.
4. Shenting (GV24.5): Located on the forehead, this point is believed to improve mental clarity and cognitive function.
5. Hegu (LI4): Located on the hand between the thumb and index finger, this point is believed to reduce stress and improve cognitive function.

6. Neiguan (PC6): Located on the wrist, this point is believed to reduce anxiety and improve mental focus.
7. Taichong (LV3): Located on the foot, this point is believed to improve mental function and relieve stress.
8. Zusanli (ST36): Located on the leg, this point is believed to improve cognitive function and reduce stress.
9. Fengchi (GB20): Located at the base of the skull, this point is believed to improve cognitive function and relieve stress.
10. Yanglingquan (GB34): Located on the leg, this point is believed to improve mental clarity and cognitive function.
11. Taiyang (Extra Point): Located on the temple, this point is believed to reduce anxiety and improve mental focus.
12. Qihai (CV6): Located on the lower abdomen, this point is believed to improve mental clarity and cognitive function.

13. Zhaohai (KI6): Located on the ankle, this point is believed to improve cognitive function and reduce stress.
14. Yuyao (Extra Point): Located on the eyebrow, this point is believed to improve cognitive function and reduce anxiety.
15. Yiming (Extra Point): Located on the forehead, this point is believed to improve mental clarity and cognitive function.

It's important to remember that acupuncture should only be performed by a qualified and licensed acupuncturist. It's also important to consult with a qualified healthcare provider before trying any new treatments or therapies, including acupuncture, for Alzheimer's disease.

Conclusion

Acupuncture is a fascinating and ancient healing practice that has been used for thousands of years. While there is still much research needed to fully understand how acupuncture works and its effectiveness in treating various conditions, it is becoming increasingly recognized as a legitimate form of complementary medicine. Acupuncture has shown promise in alleviating pain, reducing stress and anxiety, and even improving fertility. It is a safe and natural option for those seeking an alternative to traditional Western medicine. With its roots in Eastern philosophy, acupuncture offers a holistic approach to health and wellness, treating the whole person rather than just the symptoms. Whether you are experiencing chronic pain or simply looking to improve your overall well-being, acupuncture may be a valuable tool to consider.

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