

ACUPUNCTURE TREATMENT IN ANXIETY**Jihe Zhu*¹, Blagica Arsovska^{1,2} and Kristina Kozovska^{1,3}**¹Faculty of Medical Sciences, University Goce Delchev, Shtip, Republic of Macedonia.²Institute of Biology, Faculty of Natural Sciences and Mathematics, Skopje, Republic of Macedonia.³Medicine Faculty, St. Cyril and Methodius University of Skopje, Republic of Macedonia.***Corresponding Author: Jihe Zhu**

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Article Received on 05/11/2019

Article Revised on 25/11/2019

Article Accepted on 15/12/2019

ABSTRACT

Anxiety is a natural response of the body to stress and it is most common form of emotional disorder, accompanied with constant and intense feeling of fear. Anxiety is a key element of several other disorders: phobia, panic disorders, obsessive-compulsive disorder, social anxiety disorder, post-traumatic stress disorder (PTSD), separation and illness anxiety disorders. According to Traditional Chinese Medicine (TCM) anxiety occurs due to excessive (heat) energy in the head. Symptoms include excessive worry, insomnia, racing thoughts and other. In this research are included 10 patients, 5 female and 5 male, aged from 25 to 59. All patients were experiencing anxiety in their everyday life. Other accompanied symptoms were fear, insomnia, restlessness, panic attacks, stress and other. Most of the patients were on age from 20 to 40. Most of them have made 1-5 treatments. Treatments were made in a clinic for TCM and acupuncture in Skopje, Macedonia by a doctor specialist in acupuncture. Treatment were with duration of 30-45 minutes, one treatment per week. Acupoints used in the treatment are: Ex-HN-1(SiShenCong), DU24 (ShenTing), DU3 (YaoYangGuan), DU6 (JiZhong), DU7 (ZhongShu), HN3 (YinTang), HN5 (TaiYang), HN14 (YiMing), ST25 (TianShu), RN11 (JianLi), RN4 (QuanYuan), LI4 (HeGu), SP6 (SanYinJiao), ST36 (ZuSanLi) and LI3 (SanJian). Anxiety can be successfully treated with acupuncture. The treatment is directed more on treating the patient on a deeper level, treating both physical and emotional symptoms and nourishing all the organs and parts of the body.

KEYWORDS: Traditional Chinese medicine, acupuncture, treatment, anxiety.**INTRODUCTION**

Anxiety is a natural response of the body to stress and it is most common form of emotional disorder, accompanied with constant and intense feeling of fear. Anxiety is hard to control and often impacts the daily life of patients.

Anxiety is a key element of several other disorders: phobia, panic disorders, obsessive-compulsive disorder, social anxiety disorder, post-traumatic stress disorder (PTSD): separation and illness anxiety disorders. Symptoms of anxiety are: insomnia, restlessness, increased heart rate, general feeling of worry and fear, trouble concentrating, painful thoughts or memories, panic attacks and other. Anxiety attack is featured with fear, sweating, shortness of breath, feeling dizzy or faint, worry, distress and other.

According to the classic medicine the treatment for anxiety falls includes psychotherapy and medications.^[1]

According to Traditional Chinese Medicine (TCM) anxiety occurs due to excessive or heat energy in the head. Symptoms include excessive worry, insomnia and

racing thoughts. Excessive amounts of caffeine can also create toxic heat in the liver and cause in turn rise in anxiety and anger. Caffeine, as an adrenal stimulant can ultimately lead to depression and adrenal exhaustion.^{[2][3]}

Acupuncture can help redistribute the patient's energy, in order to improve sleep and reduce worry. If there is depression, then it is presented with stagnant energy within the body. Stagnation creates imbalances that lead to symptoms of depression, anger, melancholy, fatigue, inability to focus and a lack of inspiration. Acupuncture helps by enabling the energy to move more efficiently, creating homeostasis, balancing the organ systems, helping the person to manage stress and steady emotion.^[3]

Acupuncture can treat variety of illnesses and help people feel more balanced. Acupuncture causes production of painkilling chemicals by the nervous system and stimulate the body's own natural ability to heal and the part of the brain which controls the emotions, including anxiety. Acupuncture can slow the production of stress hormones and help the patients to have better-quality life.

A lot of patients say that after just a few treatments they sleep better and have a stronger sense of the overall well-being.^[4]

MATERIAL AND METHODS

In this research are included 10 patients, 5 female and 5 male, aged from 25 to 59. All patients were experiencing anxiety in their everyday life. Other symptoms that were experienced by the patients are: fear, insomnia, restlessness, panic attacks, stress and other. Treatments were made in a clinic for TCM and acupuncture in Skopje, Macedonia by a doctor specialist in acupuncture. Treatment were with duration of 30-45 minutes, one treatment per week. Treatment were done indoor, on a room temperature.

In the acupuncture treatments were used sterile acupuncture needles with size 0.25x25mm produced by Wuijiang City Medical & Health Material Co., LTD. Acupoints used in the treatment are: Ex-HN-1(SiShenCong), DU24 (ShenTing), DU3 (YaoYangGuan), DU6 (JiZhong), DU7 (ZhongShu), HN3 (YinTang), HN5 (TaiYang), HN14 (YiMing), ST25 (TianShu), RN11 (JianLi), RN4 (QuanYuan), LI4 (HeGu), SP6 (SanYinJiao), ST36 (ZuSanLi) and LI3 (SanJian).

RESULTS AND DISCUSSION

Most of the patients were on age from 20 to 40. Patients were divided into 4 age groups, which are shown on table 1.

Table 1: Age groups.

Age groups	Number of patients
20-30	3
30-40	3
40-50	2
>50	2

5 patients have made 1-5 treatments, 3 patients 5-10 treatments and 2 patients have made 10-15 treatments. The same results are shown on table 2.

Table 2: Number of treatments.

Number of treatments	Number of patients
1-5	5
5-10	3
10-15	2

According to the symptoms that were present, most common were: insomnia, fear, nervousness, restlessness, headache, panic attacks, depression, high blood pressure, accelerated heart rate, stress and other.

8 of the patients were taking prescribed medications like Demetrin, Helax, Diazepam, Valerian, Zanafexa and Elicea.

According to the duration of the condition, 3 patients had the anxiety for around 6 months and 7 patients were experiencing it for more than 1 year.

By reason of occurrence, some patients have stated that it is caused by work stress, trauma, adverse event or unexplained circumstances.

After finishing the treatment the patients have stated that there is significant reduction in their anxiety and the accompanying symptoms and the medications have been removed from use.

Acupuncture treatment helps in restoring patient's health and balances, stimulates and opens the blocked meridians.^[5]

Brain scans show that acupuncture can normalize the informations that reach to the limbic system, which controls the body's "fight or flight" response. With a very few treatments it is possible to get to the root cause of the anxiety and help manage it. When doing the treatments usually it is detected a swift change in the patient's pulse rate and breathing. Patients may also feel that the headache goes away, their muscles feel looser or their eyes start to water, which all are signs that the body is shifting out of the sympathetic dominance.^[6] The aim of the acupuncture treatment is to bring the body back to a parasympathetic state where everything is slowed down and patients are not affected by stressful events.^[7]

With the acupuncture treatment is also treated the whole body and not only the anxiety will be relieved but the digestion, sleeping and energy levels will improve too. Most of the patients feel much calmer after each treatment, but for patients with chronic anxiety or deep rooted trauma may be needed more treatments than for patients with acute anxiety.^[7]

Acupuncture helps the body's hormones to get work properly again, thereby the levels of overall anxiety are reduced too.^[8]

CONCLUSION

Anxiety can be successfully treated with acupuncture. The treatment is directed more on treating the patient on a deeper level, treating both physical and emotional symptoms and nourishing all the organs and parts of the body.

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