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HEALTH

Myriad benefits of acupuncture

PEOPLE have believed in alternative medicine like unani, homeopathy, ayurveda and acupuncture for over millennia. In the orient, acupuncture was especially popular. The name is derived from Latin, 'acus' (needle) + 'punctura' (to puncture).

Acupuncture is therefore, a technique in which very thin needles of varying lengths are inserted through certain points under the skin to cure maladies. There are different methods for achieving this, including some that use sound waves, tiny electrical charges, application of heat, pressure or laser light, and old Chinese medicine.

Acupuncture originated from the cold North-West parts of China, where herbs and other medical remedies were scarce. In recent times, the techniques of acupuncture are being developed and improved and its healing powers spread throughout the world.

"Acupuncture promises to heal many medical (both physical and mental) problems. It is also used to treat more severe disorders like schizophrenia, hysteria, disc prolapses, even herniation" says Dr N M Kiron, an expert in

increases blood flow while triggering the activity of our body.

Using acupuncture before any surgery significantly reduces the level of pain and amount of potent painkillers needed. Some studies have shown that acupuncture may help in treating lower back pain, fibromyalgia, migraines, spinal stenosis, disc herniation etc.

However, acupuncture has other benefits. It is safe when performed in the proper way; there are few positive side effects like better sleep, more energy, mental clarity, better digestion and less stress.

So is it all good with no side effects

Dr Asim Mohajan informed "You just have to make sure that the needles are sterilised, as unsterilised needles may lead be the cause of infectious diseases." Dr N M Kiron believes, 'unskilled needling can cause more harm than good.' Visit a professional before you are going through the procedure. In recent years, acupuncture is being practised in our country. There are clinics and diagnostics with experienced

doctors who are treating patients with acupuncture.

"Remember acupuncture is not only for treating illness, it will also reduce stress, depression, anxiety, even claiming to make someone give up smoking and much more."

Where the effect of medication stops, acupuncture starts working.

For details on acupuncture, contact:

Dr Asim Mohajan

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By Mehnaj Kabir



treating patients using acupuncture.

It is also being used as an anaesthetic during surgery and is believed to have the power to cure diseases and relieve symptoms of illness. It is a tried and tested system for healthcare that has been practised over many years in China and the Far East and is still spreading.

So how does acupuncture work? Through 350 acupuncture points in the body, meridians (pathways) and energy flows may be accessed. "Acupuncture affects cells naturally and help cells to increase metabolic agents which causes regeneration and repair" said Dr Asim Mohajan, a specialist.

Illness is said to be the consequence of an imbalance of forces in our body; so if the needles are inserted into appropriate combinations, it is said that the energy flow can be brought back into proper balance.

Acupuncture points are seen as places where nerves, muscles and connective tissue can be stimulated. It

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- Mirpur-14, Police Fari Field, Bou Bazar
- Chittagong, Muslim Hall
- Chittagong Shopping Complex, 2 no. Gate
- Narayanganj, Chashara, Infront of Zia Hall (22-24, 27-28 March)



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