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Acupuncture & salutogenesis: A great healing system - From relieving pain and stress, to achieving well-being

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The goal of this study was understanding how acupuncture, in a polysymptomatic case, relieves stress and improves mind-body wellbeing. Thanks to the action of opioids at many CNS levels: They reduce orthosympathetic outflow, modulate neurotransmitters and hormones, improve mind wellness state. The objective was solving a dysautonomic stress-related heart qi-yin xu insomnia, with acupuncture sessions integrated with CAM strategies acting on reward, from which stress reduction and also a global wellness effect. A 60 years old woman underwent 10 acupuncture sessions: 8 once a week, 2 once a month. The points were: HT5, HT6, HT7, ST36, CV4, CV6, SP6, CV14, BL15, LU7. The needles were: Huanqiu 0.30x40 mm. Acupuncture was integrated with simple relaxation mental-training techniques, and some lifestyle tips (diet & physical activity). The results were good. Symptoms and signs improved time by time. Before the treatment the patient suffered from insomnia, elevated heart rate palpitations, hypertension, weakness, anorexia, loss of memory, disturbed thoughts and emotions. After 2 sessions she started to sleep better, and she felt relaxed. The more the therapy advanced, the longer she could sleep, and felt less symptomatic. Stress was reduced and she started having more energy, with positive psychological consequences as well. At the end of the 10 sessions, she felt asymptomatic, with an improved well-being state. In conclusion, acupuncture is not only a way to counteract stress, but can also act on all those dysfunctions that involve the body-mind unity, by reducing orthosympathetic outflow, and balancing the parasympathetic, reward, and wellness factors.

Biography

Dora Dragoni has completed her Medical Doctor degree from University of Bologna, 110/100 *cum laude*. Now, she is Acupuncture Fellow MD at AMAB (MDs Acupuncturists Association), in Bologna. She is Medical Doctor, Personal Trainer, and Nutritionist. She has published 10 articles, some of which collected in a book "REWARD7", about reward system, health, wellness, metabolism, fitness, and neuroscience.

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