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Acupuncture stimulation at HT7 alleviates maternal separation-induced behavioral changes via regulation of serotonin system in the prefrontal cortex of rat pups

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The present study investigated a possible role of acupuncture in alleviating depression-like behavioral changes and regulating serotonin signaling in the prefrontal cortex (PFC) of maternally-separated rat pups. On postnatal day 15, rat pups were maternally-separated and received acupuncture stimulation at acupoint HT7 or ST36 once a day for 7 days. On postnatal day 21, the tail suspension test was performed and the PFC was harvested. Tissue levels of serotonin (5-HT) and 5-hydroxyindole-3-acetic acid (5-HIAA) were then measured by high performance liquid chromatography analysis and the expressions of serotonin transporter (5-HTT) and brain-derived neurotrophic factor (BDNF) were assessed by Western blotting. The levels of 5-HT and 5-HIAA were not significantly changed, but 5-HIAA/5-HT ratio was significantly increased by maternal separation. The immobility time of maternally-separated rat pups was increased, and increased 5-HTT expression and decreased BDNF level were observed in the PFC. But acupuncture stimulation at HT7 alleviated the behavioral change and regulated the changes of 5-HIAA/5-HT ratio, 5-HTT and BDNF. Acupuncture stimulation at HT7 can relieve the maternal separation-induced changes, and we propose that the regulations of 5-HIAA/5-HT ratio and 5-HTT expression by acupuncture stimulation play an important role in the acupuncture-induced benefits in this animal model of depression.

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Pain management by chakra acupuncture

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Acupuncture is based on the belief that body contains pattern of energy flow referred to as Qi. Proper unimpeded flow of Qi is believed to be essential for proper health. Sujok acupuncture is one of the methods of acupuncture treatment. Chakra acupuncture is the part of Sujok acupuncture propounded by Dr. Sir Park Jae Woo. Chakras are superior energetic control centres of acupuncture meridian system. In modern medical science it has similarity with endocrine gland secreting a variety of different hormones directly into blood thus presenting chemical balance. The endocrine glands are pineal gland (sahasra chakra) used for upper head area pain, pituitary gland (ajna chakra) used for lower head area pain, thyroid gland (vishudhi chakra) used for cervical area pain, thymus gland (anahat chakra) used for upper back area pain, pancreas gland (Manipur chakra) used for middle back area pain, adrenal gland (swadhisthan chakra) used for lower back area pain, sexual gland (muladhara chakra) used for lower abdomen area pain. Pain begins with stimulation of receptors of pain called nociceptors. When these injury signals reach the brain, pain is experienced. Nociceptors are simply free nerve endings. Nociceptors carry information through nerve fibers which is on acupuncture meridian pathways all over the body. Stimulation of a delta myelinated fiber produces a sensation of sharp, bright and well localized pain. Chakras exercise multiple functions of nervous system, assimilatory system, circulatory system, lymphatic system and excretory system. Chakra forms the complete basis for treatment of acute and chronic nature on both macro and micro level. Chakra treatment can be made by pricking needles in hands and feet.

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