



ACUPUNCTURE CAN CURE WOMEN'S DISORDERS

ACUPUNCTURE EXPERT SUNITA KAPUR OUTLINES HOW COMMON PROBLEMS ENCOUNTERED BY WOMEN RESPOND WELL TO ACUPUNCTURE

Acupuncture treatment can treat the following problems that women encounter:

DYSMENORRHOEA

This means pain in the lower abdomen, lower back, and lower limbs during or before the start of periods every month. After ruling out structural abnormality in the uterus through an ultrasound, acupuncture can be started a week before the date of periods and continued till the bleeding stops. The treatment is given for two to three menstrual cycles:

PRE-MENSTRUAL TENSION

Hormonal changes before menstruation cause certain annoying symptoms like mood swings, anger outbursts, and swelling all over

therapy includes use of guasha oil with a Chinese scraper. This treatment is done for a period of one week before periods for two to three cycles.

PELVIC INFLAMMATORY DISEASE

These cause pelvic pain and excessive bleeding during periods. Treatment with acupuncture or aculaser is good for such ailments. Cause of PID, like cervical erosions also responds well to laser treatment.

acupuncture points with Chinese herbs.

MENOPAUSAL PROBLEMS

Irregular menses, depression, and hot flushes are treated with acupuncture and colour therapy. Violet colour at the scalp acupuncture points tranquilises patients and reduces hot flushes. Blue colour applied on lower abdominal acu channels reduces menstrual flow. Patients can thereby avoid hormonal therapy normally used for treating such disorders.

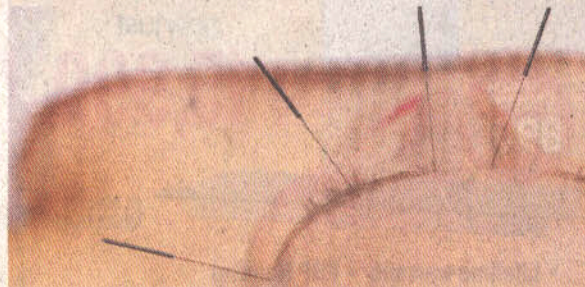
Both should be treated simultaneously and treatment continued for a couple of months. Low sperm count also responds well to acupuncture.

MID-CYCLE PAIN

This pain is due to ovulation and responds well to acupuncture.

OTHER PROBLEMS

Frigidity and sexual performance are enhanced through acupuncture. Nausea and vomiting medicines can be avoided during the first trimester of pregnancy by using acupuncture. Problems of lactation, too, respond well to acupuncture.



the body due to water retention, pain and nodules in the breasts. Acupuncture or scraping therapy on certain acupuncture channels provide relief from PMT. This

IRREGULAR MENSTRUATION

Excessive bleeding during periods responds well to moxibustion, a therapy in which heat is given on

LEUCORRHOEA OR VAGINAL DISCHARGE

After ruling out diabetes and cervical polyps, acupuncture can be performed. This includes needle treatment sessions for 20 days for severe cases.

INFERTILITY

Acupuncture can be tried for infertility after structural abnormality in a man's or woman's reproductive organ is ruled out.