

Leprosy
dreaded disease

Behaviour
Modification

Obesity
and sex

January 2018

Rs. 50/-



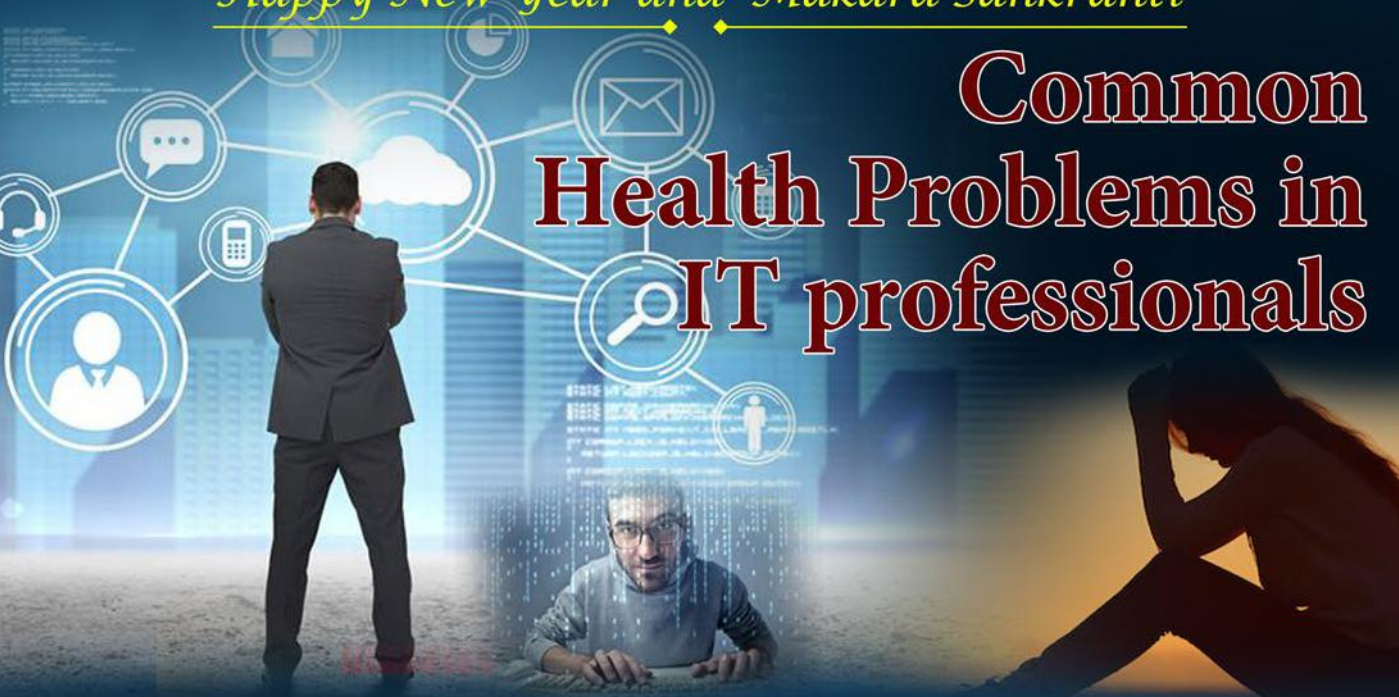
Health Vision



- Beauty
- Nutrition
- Fitness
- Pharma

Happy New Year and Makara Sankranti

Common Health Problems in IT professionals



WELLNESS
*the right choice
for good health*



**No more
Endometriosis**



**Body
Modifications**

**Spiritual
Directives
for Health**





Rishi Health Care
ACUPUNCTURE CLINIC



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Acupuncture getting popular

Acupuncture is a form of treatment that involves stimulation by insertion of very thin needles through a person's skin at specific points on the body, to various depths. Acupuncture treatment/therapy is used in Traditional Chinese Medicine (TCM) and is the oldest established medical system in the world.

Contrary to popular Western belief, acupuncture is not just a system for inserting very fine needles into specific body locations to alleviate pain. Acupuncture is a complete protocol focused on correcting imbalances of energy in the body.

Acupuncture needles are hair thin, solid, sterile, used once only and discarded. Approximately fifteen acupuncture needles can fit into a hollow hypodermic needle used for injections. Acupuncture needles vary in size depending on the condition treated.

If you are scared of Acupuncture needles! You may choose alternative acupuncture techniques. However, you will have the opportunity to see the needles and try a demonstration first if you desire. Some non-needle therapies include moxibustion, cupping, Acupressure and the use of magnets.

Research published in the May 30, 2010 online edition of Nature Neuroscience demonstrated that the effects of acupuncture needling include influencing the activity of adenosine, an amino acid which becomes active in the skin after an injury to ease pain. This may explain in part why pain relief is often experienced as one of the benefits of acupuncture.

Acupuncture achieves the desired results by stimulating specific points near or on the surface of the skin - acupuncture points have the ability to alter biochemical and physiological conditions in the body. Acupuncture points are designated areas of electrical sensitivity, inserting needles at these points stimulates sensory receptors. This in turn stimulates nerves that transmit impulses to the hypothalamic-pituitary system in the brain. The hypothalamus-pituitary glands are responsible for releasing neurotransmitters and endorphins, the body's natural pain-killing hormones (thought to be some 200 times more potent than morphine). Endorphins play a significant role in the hormonal system, which is why acupuncture is effective in treating many ailments like back pain, arthritis, PMS [pre menstrual syndrome], infertility etc. The substances released as a result of acupuncture, relax the body and also regulate serotonin in the brain, which affects emotional states. Other physiological effects include increased circulation, decreased inflammation, relief of muscle spasms and increased T-cell count, which supports the immune system.

Many people use acupuncture for help with specific symptoms or conditions. Others choose acupuncture as a preventive measure to strengthen their constitution or because they just feel generally unwell. Acupuncture is considered suitable for all ages including babies, children and the elderly.

Acupuncture is an easy going treatment and can be combined with any other mode of treatments. This creates a team approach to your healing and looks at health from all perspectives. Acupuncture treatment may enable to reduce or even stop taking some forms of medication, but patient should always consult their respective doctor's regarding any change of prescription. We do not expect any of our patients to withdraw their regular medicines immediately without proper guidance.

The most common ailments presented to acupuncturists in India are pain-related conditions. However, as the public becomes more educated about acupuncture, people are seeking help for a number of other conditions, with good results. These include:

Eye, Ear, Nose & Throat Disorders: *Sinusitis, sore throat, hay fever, earache, deafness, ringing in the ears, dizziness, poor eyesight*

Circulatory Disorders: *High blood pressure, angina pectoris, anemia*

Gastrointestinal Disorders: *Irritable bowel syndrome (IBS), spastic colon, colitis, constipation, diarrhea, food allergies, ulcers, gastritis, abdominal bloating, hemorrhoids*

Gynecological and Genitourinary Disorders: *Premenstrual syndrome (PMS); irregular, heavy or painful menstruation; endometriosis; menopause; fibroids; chronic bladder infection; complications in pregnancy; morning sickness; impotence; infertility (men and women); sexual dysfunction*

Immune Disorders: *Chronic fatigue, allergies, Multiple sclerosis (MS), hepatitis*

Emotional and Psychological Disorders: *Anxiety, insomnia, depression, stress*

Musculoskeletal and Neurological Disorders: *Arthritis, sciatica, back pain, tendonitis, stiff neck, Bell's palsy, trigeminal neuralgia, headaches and migraines, stroke, cerebral palsy, sprains, muscle spasms*

Respiratory Disorders: *Asthma, bronchitis, colds & flu*

Most of the above said ailments will be discussed in our upcoming editions. However, if you need any clarification about any of the health conditions, you can contact on 9844265625 or 9986073931. You can also whatsapp your questions on the same numbers with your personal details. Appropriate questions will be selected and answered in possible ways.

