

Acupuncture and Irritable Bowel Syndrome

The causative and aggravating factors of IBS include diet, drugs, hormones or, especially, emotional stresses such as depression, hysteria, obsessive-compulsive traits, anxiety and resentment. Common psychosocial situations associated with IBS are marital discord, death of a loved one, worrying over children or job, or just excessive anxiety over everyday matters. IBS is a disease predominantly of women (3:1 to men), and the average age of onset is 20-40. The emotional stagnancy is one of the main causes of IBS

Acupuncture can provide significant pain relief and help minimize other symptoms of IBS as well; it restores health by balancing and improving the flow of chi, the body's natural energy flow, thus restoring proper function of muscles, nerves, vessels, glands, and organs. From the Western viewpoint, it may affect the nervous system by stimulating the release of endorphins, naturally produced chemicals in the body that block pain signals in the brain and spinal cord.

Research has shown that acupuncture results in changes in the conduction of electromagnetic signals in the brain, an alteration of blood circulation within the brain that increases blood flow to the thalamus (the area associated with relaying pain and other sensory impulses), and measurable differences in the brain's output of neurotransmitters such as serotonin, norepinephrine, and of inflammation-causing substances such as prostaglandins.

In my own experience; due to the unique of each individual, the treatment will be varied from person to person. But all based on seeing a person as a whole and treat the "mind, body and spirit" at same time to reach the ultimate result. Herbal remedies are usually applied with the acupuncture treatment plan.