

# Acupuncture Treatment for Headaches and Pain

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**Background and aims**

Acupuncture is a medical science that deals the study and recording the information to the organism in the specific points. The Acupuncture Points help us also in the treatments and diagnostic. The number of the Acupuncture points in our body is 361 points. Only ear-auriculo has more than 200 points. Stimulation of these points helps to relieve the pain. Treatments are so effective and all natural. Migraine is the disease with psycho motoric origin.

The treating with painkillers or Analgesics but without any results. Acupuncture has given results in Europe and in all the World for treating the migraine pain and other neurological disease. This study will show to you results in small clinical conditions.

**Methods**

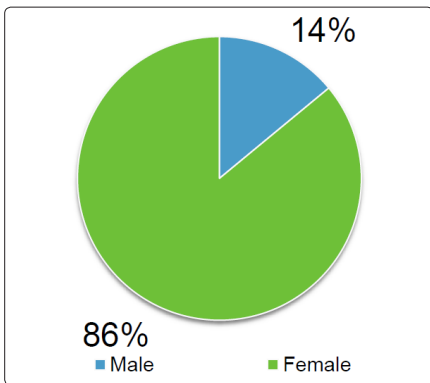
Successfully treated patients with headaches- Migraine with the special points of pain like L4 ST 44 DU 20, local points, distal points etc. Electro-stimulation was done for 20 min with the frequencies up to 1000 Hz.

Investigated patients was 50, 8 male, 42 female, most of them had 10-35 years of pain.

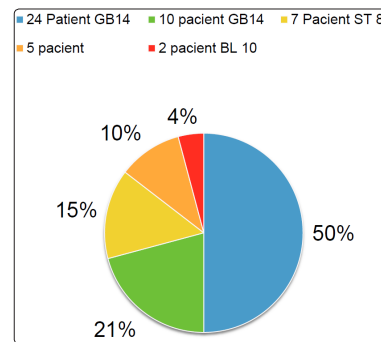
N=50 7 had a pain along the UB Meridian

M= 8 26 had the pain along the GB Meridian

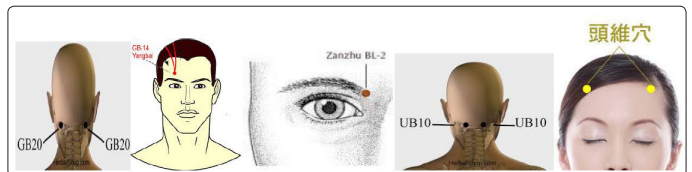
F=42 7 had the pain along the ST Meridian



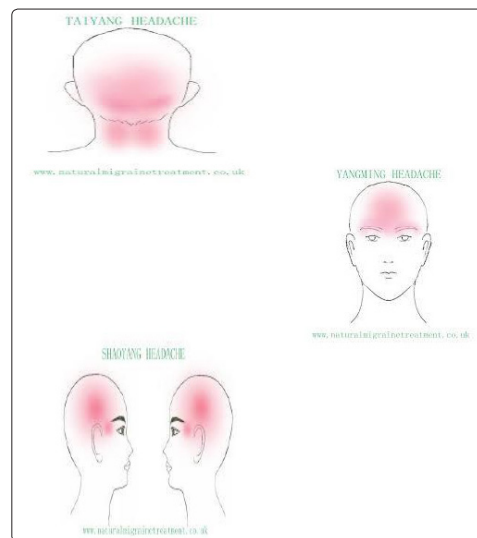
Location of Pain  
Forehead pain GB 14 24 Patients



Occipital Pain GB 20 10 Patients  
Eye area pain ST 8 7 Patients  
Pain in Top BL 25 5 Patients  
Neck pain BL 10 2 Patients



Acupuncture Points for Migraines



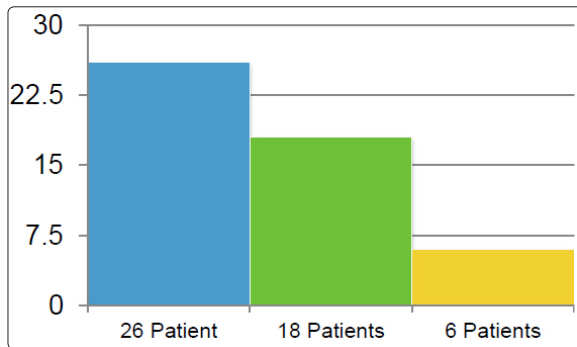
Type of Migraines

## Results

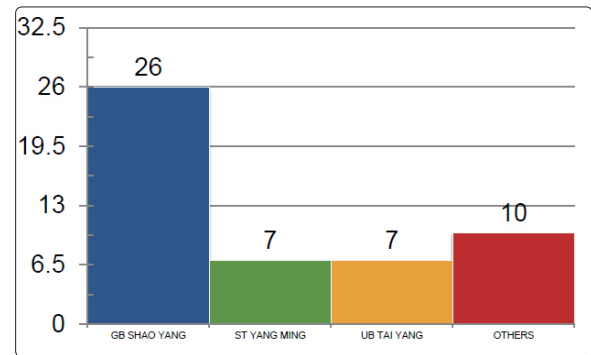
The patients was treated 3 times a week and in the cycle 10-12 Treatments

26 patients was treated with only one treatment

2 treatments was enough for 18 patient 6 from them needed more than 3 treatments, all treatments for all patients was in Total : 15,6 treatments. After Treatments 30 patients was out pain. 14 patients was feeling much better. only 6 of them was out improved. After 6 months in 60 % of them the pain was not recidived.



26 Patients One Treatments  
18 Patients Two Treatments  
6 Patients Three Treatments



## Conclusion

In European Union the Acupuncture is very familiar and is practiced in many clinics in Public Health. The investigated patients who were treated in our clinic were before treated with medicines. It remains that this Medical Science will be applied in Kosovo and Region [1,2].

## References

1. Rabit Sadiku Acupuncturist PhD FIAMA - Aku Center Rep Kosovo.
2. Prof. Dr. Frank Bahr European Academy of Acupuncture and Auriculomedicine Munich Germany.

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