



Chakra Acupuncture: Case Studies



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Abstract

Traditional Chinese Medicine (TCM) and Ayurveda Medicine (AM) describe balancing of healing energy and the resultant flow of life energy, Qi in TCM and Prana in AM. The acupuncture points CV 17 and CV 12 are confluent points of Yang and Yin, respectively. AM describes 7 chakras which are vortices of energy stacked up from the base of the spine to top of the head. Chakra Svadhisthana is located in the area of CV 2, 3 and 4. Manipura chakra is at ST 25, CV 6 and 12. Anahita chakra is located in CV 14 and 17. Using acupuncture on these chakra points and the entry points of Spleen- Stomach Distinct Meridian of French Energetics, several cases are treated with good outcome. The points used are SP 12, ST 30, ST 25, CV 2, 3,4,6,12,14 and 17. All cases were treated with the same points and were left in site for 30 minutes. Needling was followed by Moxibustion [1].

Keywords: TCM; AM; UC; CC; IBS

Introduction

Clinical cases of gastrointestinal, genitourinary and fertility problems are presented. The treatment is by French Energetic Acupuncture aimed at the related Chakra points. Though the diagnosis is diverse, the treatment is the same. Outcome is reported. Opening and energizing the chakras lead to healing.

Method

The type of acupuncture is French Energetics [2]. Acupuncture points were located as described in the text Fundamentals of Chinese Acupuncture [3]. The points used are SP 12, ST 30, ST 25, CV 2, 3, 4, 6, 12, 14 and 17. All cases were treated with acupuncture of the same points and were left in site for 30 minutes. Serine J type 0.23x40mm needles were inserted in the designed acupuncture points. De Qi was confirmed by clockwise rotation. Needling was followed by Moxibustion. The moxa sticks were from Suzhou Gusu Acupuncture and Moxibustion CO. Ltd., Suzhou, China.

Cases

Ulcerative colitis (UC)

28 year old female with a 10 year old history of ulcerative colitis with flare ups was treated weekly for 6 weeks and switched to monthly treatments on going for 2 years. She was successfully weaned off her allopathic medicine for more than a year. Patient remains healthy with no symptoms of UC.

Collagenous colitis (CC)

55 year old female with collagenous colitis presented with nausea, vomiting, watery diarrhea and weight loss of 15 pounds.

She received weekly treatments for 8 weeks with resolution of symptoms and regained weight

Irritable bowel syndrome (IBS)

28 year old male with IBS presented with multiple episodes of watery diarrhea during the day, especially after eating. There were cramps as well. Occasionally he was constipated. He was treated for 6 weeks on a weekly basis with complete resolution of symptoms.

47 year old woman with IBS for more than 10 years had absent symptoms after 8 weekly treatments. Diarrhea and bloating were the symptoms. 74 year old man with bloating and belching for 3 years reported absent symptoms after 6 weekly treatments. He is able to eat food which he could not before.

Adolescent enuresis

15 year old male who was never dry in his life was treated weekly for 6 months, changed to bi-weekly and then monthly. Currently treatment is every 4 months. He has remained dry for more than a year. Previously published data includes 3 other adolescents [4].

Interstitial cystitis (IC)

Two women with IC, one with pain and another with severe nocturnal urination were treated and they reported absence of symptoms.

Infertility and in vitro fertilization

30 year old female who had a failed attempt at in vitro fertilization (IVF) requested acupuncture on the day before the

procedure to avoid failure. Treatment was offered as a single treatment. The procedure was successful leading to a term normal vaginal delivery. 2 years later the same woman returned for a second pregnancy which will be with IVF the following day. A single treatment was done. This also resulted in successful IVF and normal pregnancy and delivery.

Infertility

A 33 year old woman, who had been trying to conceive for 2 years including the use of Clomid, became pregnant after 4 treatments done around her ovulation. Two menstrual cycles were involved. A 32 year old woman trying to conceive for 2 years without any medication support was treated for 4 cycles with 8 treatment sessions around the time of ovulation. She conceived a twin pregnancy. A 34 year old woman trying to conceive for 15 months had 6 treatments around 3 menstrual cycles. This also was done around ovulation. This patient conceived at the end of treatment. All these women were healthy individuals. The 7 Chakras in AM are Muladhara, Svathisthana, Manipura, Anahata, Vishudha, Ajna and Sahaswara [5].

Muladhara controls bowel and bladder. This is located at the acupuncture points of SP 12, ST 30, CV 1 and 2. The patients with different colitis, IBS, Enuresis and IC were helped because of energizing Muladhara. Svathisthana controls fertility, sexual

function and creativity. Cases of infertility were helped by energizing Svathisthana. Manipura is about personal control. Patients with chronic problem lose that control. Energizing Manipura helped the healing energy by feeling in control. The other chakras Anahata, Vishuddi, Ajna and Sahaswara deal with emotion and intuition. They were included for the combined benefit in healing physical problems, taking advantage of the mind body connection [6].

Conclusion

These cases raise the possibility of Chakra acupuncture and French Meridian acupuncture in managing complex diseases.

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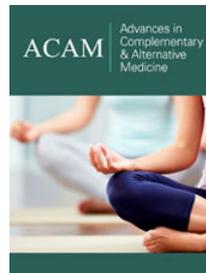
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