

# **Acupuncture Treatment of Alzheimer's**

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## **What are Alzheimer's disease and dementia?**

Alzheimer's disease (AD) is the most common cause of dementia in adults. According to the American scientists, signs and symptoms of AD are a loss of memory and cognitive functions with insidious onset and slow progress, beginning usually with disturbance in recent memory and a loss of initiative in an otherwise alert patient. Affective disorders such as depression and disorientation in time and place may occur early in the disease course. The loss of intellectual abilities progresses steadily to such a severity as to interfere with social or occupational function. Focal neurological signs and symptoms are rare early in the course of the disease, but aphasia, apraxia, and agnosia become predominant in some cases, especially in early onset. Seizures and myoclonus are seen only in some far-advanced instances. Behavioural symptoms are frequent.

Dementia is characterized by acquired cognitive impairments with intact arousal causing disruption of independent life. Memory, language, and judgement fail. Dementia occurs in association with more than 55 medical, psychiatric, or neurologic conditions as the result of primary brain degeneration.

During the life time beside the genetic inheritance, a person may experience different infections from bacteria, virus to poisons from chemicals or environment. Those attacks have left marks in the biological systems including brain although sometimes invisible. On the other hand, brain has been used less for memory purposes due to internet information explosion. People rely more on calculator in shopping than on their own mind. The modern media has made our brain less controllable in front of various kinds of programs. Competitive city life irritates the brain with over anxiety and depression. All these made brain degenerates much quicker rather than slower.

## **How acupuncture theory sees the brain?**

Acupuncture theory considers the brain as a focus of Yang meridians balancing body's temperature, pressure and speed of vascular flow through memory, concentration, nerve transmission and active mental activities. Yang meridians constantly supply the brain with blood, oxygen and nutrients from the bone marrow so that the brain as an organ is always properly nourished. Degeneration happening in any part of the brain has links with the pathological changes in other part of the body. For instance, headache in the front occurs with digestive disorder, while on the temporal sides, has links with pathological changes in liver or gallbladder meridian. Headache on top and back sides normally links with bladder or kidney meridians. Among the organs heart function can effectively affect the alert and consciousness of brain. Lung's function provides the brain with the sense of general wellbeing, while

gallbladder meridian serves the brain in decision making. Liver condition can be manifested in the mood and emotional status due to its impetus to endocrine system. For people after stroke, those with paralysis on the right side of the body normally have brain lesions on the left due to overworking causing deficiency of Qi (energy), while those with paralysis on the left side normally have brain lesions on the right due to disorder of blood (vascular system). In general, the surge or down of localized functions of hippocampus, pineal, pituitary, or hypothalamus glands are never been isolated without the strong influence from the other organs. With assistance of modern radiology alterations in the brain can be visible in CT or MRI scan. High- skilled acupuncturist can insert the magic needles into strategic points of the body meridians to improve the brain functions including nerve transmission, cortex development and the speed of blood flow.

### **How acupuncture works on Alzheimer's and dementia diseases?**

The instant analgesic effect manifests that acupuncture has its function of relieving the local pressure from nerve or tissue in pathological reaction against various sorts of inflammation particularly the non-septic ones. The fact that five sessions of acupuncture can make the surgical wound after cancer operation heal by itself further proves that acupuncture can mobilize the immunity system in fighting against foreign agents.

According to the research by the Chinese scientists, acupuncture on SiShengCeng (BaiHui and four other points around), ShuiGou, NeiGuan, Dazhui can raise the acetylcholine level in Hippocampus and corpus areas. Combined with other points, it can reduce the level of free essential amino acid, increase cortex excitement index, and improve the blood circulation. After 1-2 weeks of daily treatment on BaiHui, Dazhui, ShenMen and ShenTing, the patients' TXA2, PGL2 and 6-keto-PGF $\alpha$  in blood vessels can be improved. By needling ShuiGou, SiShengCeng, ShenTing, ZuoSanLi, TaiXi and Xuanzhong, the levels of microingredients in blood such as Zinc and Calcium can be quickly increased. Acupuncture on ShuiGou, Neiguan and TaiChong can also reduce the rate of cells extinction.

### **What are the prognoses with acupuncture?**

Acupuncture has a definite clinical therapeutic effect for prevention and treatment of AD, VD and senile dementia. Many symptoms at the early stage may be curable. Clinical experiments in China shows that among Alzheimer patients newly diagnosed 60% of them have the chance of being cured, 30% improved. For demented patients 40% of those diagnosed within one year can be cured, while those diagnosed less than three years have the chance of being improved, those of more than three years with clear cerebral or vascular atrophy have less chance of improvement. Nevertheless this fact has presented an inspiration to dementia patients and their families.

For further inquiries, please do not hesitate to contact us on 0044 2088699314.

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