



ACUPUNCTURE AS THERAPEUTIC MODALITY FOR ANXIETY: A REVIEW

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ABSTRACT

Anxiety is a frequent human emotion marked in a sense of dread and followed by a slew of physiological changes. Researchers believe that the effect of factors such as genetics, family history, and exposure to negative life events are responsible. Anxiety disorders are treated with acupuncture, a popular Chinese medical treatment. There are a total of twelve different forms of Acupuncture. The two main types of Acupuncture are traditional and western. Chinese acupuncture, Japanese acupuncture, Korean acupuncture, master Tung acupuncture, and yin tang acupuncture are all examples of Traditional Acupuncture. When conducted by skilled practitioners, it is a safe practice. Acupuncture complications are uncommon and usually stem from a lack of sterile procedure. Clinical trials using Acupuncture for pain syndromes, stroke rehabilitation, Parkinson's illness, multiple sclerosis, and substance abuse are all investigated. Studies had confirmed the efficacy of acupuncture towards anxiety. It has been effective along with the commitment of the patients to pharmacological treatments and other complementary and alternative medicines.

1. INTRODUCTION

Anxiety is felt by many patients such as during in vitro fertilization treatment and before learning the outcome of a treatment session [1], preoperative patients [13], medical workers due to their high intensity work [3], and many more. Anxiety's exact cause is still not known. Researchers believe that there is no single cause, but rather a combination of factors such as genetics, family history, and exposure to negative life events. Feeling overwhelmed accompanied by many peripheral physiological changes are common characteristics of anxiety. Because they are relatively effortless to estimate, the latter have provided an easy method of analyzing anxiety, yet, the possibility of being too simplistic of the relation amongst distinguishing anxiety and the edge of the secondary phenomenon. Striving to dissuade anxiety had frequently ineffective in resolving the issue. Furthermore, despite efforts to develop rational schemata, medical categorization of anxiety and linked conditions remains primarily [51].

Anxiety symptoms can be exacerbated by certain medical conditions such as *Chronic sleep deprivation* [49], *adrenal gland tumor*, *hyperthyroidism*, *hypothyroidism*, and *chronic migraine* [4] and medications [25] that contains caffeine such as *aspirin*, *acetaminophen*, *ergotamine*, as they stimulate nervous system which can rev up the heart and blood pressure making the patient jittery, nervous and anxious. Symptoms of anxiety can be observed in those patients taking corticosteroids that include *cortisone*, *dexamethasone*, and *prednisone*. *ADHD drugs* are stimulants for the brain, they change the way the nerve cells send messages and makes a patient restless and anxious especially those that are taking in high doses. *ADHD drugs* include *Amphetamine*, *Dexamethylphenidate*, *Lisdexamphenidate*, *Methylphenidate*. Moreover, *asthma* medications make mood disorders worse, such as *depression* and *anxiety* such as *Albuterol*, *Salmeterol*, and *Theophylline* [51].

Acupuncture is a popular Chinese medical treatment for *anxiety disorders* [13], it is a well-established medical system that has existed for thousands of years [2]. *Acupuncture* consists of not only one but twelve different types. *Traditional Acupuncture* and *Western Acupuncture* are the two main groups, with nine types falling into the Traditional category and three falling into the Western category. *Traditional acupuncture* includes *Chinese acupuncture*, *Japanese acupuncture*, *Korean acupuncture*, *master Tung acupuncture*, and *yin tang acupuncture*. *Western acupuncture*, on the other hand, includes *dry needling medical acupuncture*, *auricular acupuncture*, and *electroacupuncture* [52]. When performed by trained professionals, *acupuncture* is a safe procedure. *Acupuncture* complications are uncommon and are usually the result of poor sterile technique.

Acupuncture research is fraught with difficult methodologic issues, such as selecting a *placebo*, an appropriate control treatment, and the stimulation technique used [40]. Clinical trials of *acupuncture* for pain aches (headache, neck, and back pain), *stroke rehabilitation*, *Parkinson's disease*, multiple sclerosis, and chemical dependence have been investigated [41].

2. METHODOLOGY

A journal review conducted from published reviews, systematic reviews and journals from PubMed, Plos One, Medicine, Sage Pub, Sleep foundation, Biomed Central, Hindawi, Frontiers, ScienceDirect and Plos Medicine Websites. The authors of this academic writing had reviewed the

above literature in ascertaining the adequacy of *acupuncture* in managing *anxiety*. Diverse related mental illnesses, other diseases, lifestyles, individual circumstances, comparison of *Acupuncture* to pharmacological response and other treatments were related, or relates, to anxiety in the listed articles had been scientifically claiming the effectiveness of *acupuncture* in patients for managing the mental health effect of these, the *anxiety* [1-50]. Instances of diseases; *chronic migraine*, other psychiatric symptoms related to *anxiety*, *comorbid generalized anxiety disorder* as well as *irritable bowel syndrome*, *polycystic ovarian syndrome*, *chronic stable angina pectoris*, *Adults with Posttraumatic Stress Disorder*, *Depression-Related Insomnia*, *Lumbar Disk Protrusions linked to Neurological Symptomatology* and *Depression* [4,9,12,18,19,28,33,34,37,47,48,50]. As for medical treatments committed by the patients; women involving *IVF* procedures, dental procedures and surgeries [1,6,16,20]. Also, circumstances such as healthcare workers full-time functioning during the massive occurrence of *COVID-19* and menopause on women, Preoperative anxiety [1, 6,13,29].

Comparison of acupuncture to other complementary alternative medicine such as indulging in *Lavender Oil Aromatherapy* to ease anxiety for patients with cardiovascular problems, and pharmacologic treatments were also reviewed for this journal review [13,17,38]

3. RESULTS & DISCUSSION

Acupuncture is a profoundly used medical system that has been around for years. *Acupuncture* was utilized by *IVF* patients in optimism to enhance their progenitive results, literatures propose that anxiety was managed. *Acupuncture* has been shown to alleviate *gastrointestinal* symptoms in *FGID* patients. However, the effectiveness of *acupuncture* for *migraine* prevention has not been proven [1,2,4,10]. The *Hamilton Anxiety Rating Scale* had been utilized for the assessment of *anxiety* existing in children and young adults. When compared to *SSRI-only anti-anxiety therapy*, acupuncture associated with *SSRIs* can significantly improve anxiety state. *Auricular acupuncture* showed that it is a factual alternative regimen for *anxiety* problems [3,6-8]. During abstinence, *electroacupuncture* enhances *psychiatric symptoms*, *anxiety*, and *depression* in *MA addicts* and promotes patient recovery. However, the findings did not support *electroacupuncture's* efficacy for *comorbid generalized anxiety disorder* and *inflammatory bowel disease* [5,9]. *Anxiety disorder* is a psychiatric disorder that frequently coexists with depression in primary care settings. *Anxiety*, if left untreated, can lead to more severe and complicated health problems [21,25,28].

In the year of 2008, a meta-analysis literature had confirmed the efficacy of acupuncture to other mental illnesses related to anxiety such as depression. Another journal had the same assert regarding acupuncture's efficacy accompanied with counseling sessions of the patient [45,50]. A journal that distinguished acupuncture's effectiveness in treating anxiety and sadness in patients with gastrointestinal problems, Acupuncture had scientifically proved its validity. Aside from that, *insomnia*, a major symptom to determine anxiety, as well as *sleep deprivation* that is caused by the same illness, which is also related to depression, can be managed with acupuncture [10,47-49].

Acupuncture on the treatment of anxiety proved that the patients are less stressed. Another study that talks about *Posttraumatic Stress Disorder* was studied in 2021, and 24 studies were examined which employed animals to simulate the *pathophysiology* of people and found that acupuncture reduced anxiety, improved sleep, and reduced depressive symptoms [35,41]. Additionally, acupuncture is more successful in treating the symptoms of patients with anxiety, according to a study, and it can also be utilized in patients with *emotional trauma*, *panic disorder*, *phobias*, *social anxiety disorder*, and *separation anxiety disorder*. Furthermore, a study on dealing with anxious patients claims that acupuncture is not frequently used, but the study shows that they are 100% helpful in patients with anxiety. Aside from that, we can combine acupuncture and western medicine used for neurological disorders [36,40]. Acupuncture advantages in menopausal womens was also evaluated on 209 women, both premenopausal and postmenopausal, between the ages of 45-50, and it was found that acupuncture has been demonstrated to have a positive effect on females mind. Acupuncture was studied in the treatment of various disorders related to the brain, however the findings were all unsatisfactory due to a lack of available data in acupuncture [37,39].

A study of clinical uses for acupuncture for depression emphasized that acupuncture is a common medication for a number of medical conditions, including psychological conditions such as depression. Acupuncture has been widely utilized as a traditional therapy in a, it might also be a potential strategy for treating anxiousness and *IBS* in western medicine problems. [9,31-33,43,44]. Furthermore, an integrative review published in 2016 in a standardized anxiety setting, eleven of the 19 acupuncture sites demonstrated acupuncture's treatment-specific advantages on the physiological response [11,23]. In addition, *electroacupuncture* is comparable to acupuncture, a widely used type of traditional *Chinese medicine*, and shown to be successful in the treatment of anxiety [15,17]. Moreover, *auricular acupuncture* has the potential to be an effective alternative treatment for situational anxiety., preoperative anxiety, sleep difficulties, and the unpleasant symptoms of *temporomandibular disorders (TMDs)*. We read that there are four studies concluded that auricular acupuncture was considered appropriate and practical as a treatment for *insomnia* symptoms and preoperative anxiety, and pre interventional anxiety linked to increased mortality and morbidity, with no side effects or problems [6,12,13,16,27].

TABLE:

Authors	Kinds of Acupuncture	Therapeutic Evidence
1. Smith, C., Lacey, S., Chapman, M., Ratcliffe, J., Norman, R., Johnson, N., & Fahey, P. (2019)	In vitro fertilization (IVF)	Women have lower emotional well-being three months after an <i>IVF</i> cycle. <i>Acupuncture</i> may cause reduction of <i>anxiety</i> .

2. Mallory, M. Do, A., Bublitz, S., Veleber, S., Bauer, B., & Bhagra, A. (2016)	Myths of acupuncture	When executed correctly by qualified professionals, <i>acupuncture</i> is an effective and safe mechanism of action. It is critical to educate both the client and the medical field.
3. Dincer, B. & Inangil, D. (2020)	Emotional Freedom Techniques (EFT)	<i>EFT</i> activity reduced <i>stress, anxiety, and exhaustion</i> in nurses treating COVID-19.
4. Liu, L. Peng Zhao, L., Zhang, C., Zeng, L., Wang, K., Zhao, J., Wang, L., Jing, X., & Li, B. (2018)	Acupuncture as prophylaxis for chronic migraine	<i>Acupuncture</i> may be used to treat <i>chronic migraines</i> when <i>pharmacological prophylaxis</i> is ineffective.
5. Zeng, L. Tao, Y., Hou, W., Zong, L., & Yu, L. (2018)	Electro-acupuncture on the improvement of psychiatric symptoms	During abstinence, <i>electroacupuncture</i> enhances <i>psychiatric problems, anxiety, and depression</i> in <i>MA addicts</i> and encourages patient restoration.
6. Wunsch, J., ao, Hou, Zong, & Yu. (2018)	Auricular acupuncture	As a therapy for <i>preoperative anxiety</i> , <i>auricular acupuncture</i> was both appropriate and viable.
7. Gol, A., Ardani, A. Farahmand, S., Dadgarmoghaddam, M., Ghorani, V., Rezaei, S., & Khorsand, A. (2021)	Serotonin reuptake inhibitors (SSRIs)	When compared to <i>SSRI only anti-anxiety therapy</i> , <i>acupuncture</i> combined with SSRIs can greatly enhance <i>anxiety</i> conditions.
8. Leung, B., Takeda, W., & Holec, V. (2018)	Acupuncture in the treatment of pediatric anxiety	This research reveals promising results when using <i>acupuncture</i> to handle <i>anxiety</i> symptoms in children and young adults.
9. Ping Mak, A., Chi Ho Chung, V., Yuen, S., Tse, Y., Wong, S., Ju, Y., Hung, S., Leung, K., You, J., Lui, R., Wong, S., Ngo Wang Leung, O., Chiu Wa Lam, L., Lee, S., & Che Yuen Wu, J. (2019)	Electroacupuncture	The findings did not support <i>electroacupuncture's</i> efficacy for <i>comorbid generalized anxiety disorder</i> and <i>irritable bowel syndrome</i> .

<p>10. Wang, L. Xian, J., Sun, M., Wang, X., Zang, X., Zhang, X., Yu, H., & Tan, Q. (2022)</p>	<p>4. ACUPUNCTURE FOR EMOTIONAL SYMPTOMS IN PATIENTS WITH FUNCTIONAL GASTROINTESTINAL DISORDERS</p>	<p><i>Acupuncture</i>, according to this meta-analysis, soothes emotional problems in <i>FGID</i> clients stronger than <i>pharmacotherapy</i>.</p>
<p>11. Fleckenstein, J., Kruger, P., & Ittner, K. (2018)</p>	<p>Acupuncture point Heart 7 (HT7)</p>	<p>In a maternal separation model, <i>acupuncture at HT7</i> states the figure of lessened <i>stress related behavior</i> and to alter the <i>hypothalamic-pituitary-adrenal pathway</i>.</p>
<p>12. Dos Reis, A. C., Oliveira, T., Vidak, C., Borsatto, M., Valente M. (2021)</p>	<p>Auricular Acupuncture</p>	<p><i>Auricular Acupuncture</i> was beneficial in lowering <i>sleep disturbance symptoms</i>, and our findings suggest that it may help with <i>anxiety and TMD discomfort</i>.</p>
<p>13. Zanella, S., Buccelletti, F., Vassiliadis, A., De Bortoli, R., Visentini, S., Pedrotti, G., Azzalin L. (2022)</p>	<p>Auricular and Somatic Acupuncture</p>	<p><i>Somatic and auricular acupuncture</i> are more successful than <i>pharmaceutical therapy</i>. Auricular Acupuncture is less difficult to put into practice than Somatic Acupuncture.</p>
<p>14. Armond, A. C. V., Glória, J.C.R., dos Santos, C.R.R., Galo, R., Falci, S.G.M. (2017)</p>	<p>Placebo acupuncture</p>	<p>When compared to <i>placebo acupuncture</i>, acupuncture performed better in controlling oedema. There is an absence of statistical comparison distinguishing <i>acupuncture</i> and control subjects in <i>discomfort, dystonia, or anxiety management</i>.</p>
<p>15. Amorim, D., Brito, I., Caseiro, A., Figueiredo, J., Pinto, A., Macedo, I., Machado, J.(2022)</p>	<p>Electroacupuncture</p>	<p>The results reveal that the <i>anxiety</i> levels improved after the procedure, as indicated by the <i>BAI, GAD-7, and OASIS</i> on fifth and tenth sessions of <i>acupuncture and electroacupuncture</i>, respectively.</p>

<p>16. Patsalis, P. C., Patsalis, A., Rauscher, H.G., Schaefer, C., Useini, D., Strauch, J.T., Zahn, P., Dobos, G., Mügge, A., Cramer, H. (2022)</p>	<p>Auricular Acupuncture combined with lavender oil aromatherapy</p>	<p>Based on the literature from the <i>British Journal of Analgesics</i>, auricular acupuncture mixed with lavender oil aromatherapy can lower pre-interventional stress and hypertension in cardiovascular patients.</p>
<p>17. Wang, Z., Dong, H., Wang, Q., Zhang, L., Wu, X., Zhou, Z., Yang, L., Huang, D. (2019)</p>	<p>Electroacupuncture</p>	<p>EA seems to improve stress symptoms and life quality in PCOS patients, and it may dominate plasma concentrations of NE and 5-HT.</p>
<p>18. Zhang, S., Wang, Y., Zhang, C., Zhang, C.P., Xiao, P., Qian-feng, L., Liang, W., Pan, X., Zhou, M. (2022)</p>	<p>Interactive Dynamic Scalp Acupuncture</p>	<p>Acupressure can assist people who are candidates for open-heart surgery feel less nervous. Based on the literature from the University of California, San Diego. More massive and rigorous study in confirming the results.</p>
<p>19. Khoram, B., Yoosefinejad, A., Rivaz, M., Najafi, S. (2020)</p>	<p>Acupressure</p>	<p>Using acupressure in patients who are eligible for open-heart surgery can help them feel less anxious, according to a study by researchers at the University of California, San Diego. More large-scale and rigorous research is needed to confirm the findings of this study.</p>
<p>20. Sniezek, D. P., Siddiqui, I. (2013)</p>	<p>Traditional acupuncture</p>	<p>In all six studies, acupuncture and at least one control had a statistically significant difference. Acupuncture appears to be a viable therapy option. Four studies were of adequate quality, while the other two were of low quality.</p>
<p>21. Choi, S., Geun-Woo, K. (2018)</p>	<p>Acupuncture for anxiety</p>	<p>Acupuncture has been shown in numerous clinical trials to have anti-allergy effects.</p>

22. Pilkington, K., Kirkwood, G., Rampes, H., Cummings, M., Richardson, J. (2007)	5. ACUPUNCTURE FOR ANXIETY AND ANXIETY DISORDERS	Some limited evidence that <i>auricular acupuncture</i> can help with <i>perioperative anxiety</i> .
23. Goyatá, S., Avelino, C., Marques dos Santos, S., Inácio de Souza Junior, D., Gurgel, M. Terra, F. (2015)	Acupuncture in treating anxiety	The results show that <i>acupuncture</i> has a major impact on <i>anxiety</i> reduction when compared to standard therapies.
24. Yu, Z. (2020)	Acupuncture for anxiety disorder of coronavirus disease 2019	<i>Acupuncture</i> has been seen in studies to reduce <i>anxiety</i> disorder and to provide traditional medical treatment for clinical decisions.
25. Amorim, D., Amado, J., Brito, I., Fiuza, S., Amoim, N., Costeira, C., Machado, J. (2018)	Acupuncture and electroacupuncture for anxiety disorders	<i>Acupuncture therapy</i> for anxiety disorders is supported by scientific evidence because it delivers efficient outcomes with minimal side effects than standard therapies.
26. Tu, M., Jiang, Y., Yu, J., Hanong, H., Liao, B., He, X., Fang, J. (2021)	Acupuncture for treating chronic stable angina pectoris associated anxiety and depression	Acupuncture can be utilized as an adjunct treatment for treating <i>CSAP induced anxiety and deprfdeceassion</i> .
27. Tong, Q., Liu, R., Zhang, K., Gao, Y., Cui, G., Shen, W. (2020)	Acupuncture therapy	<i>Acupuncture therapy</i> may lessen <i>anxiety</i> in patients undergoing surgery, yet, research outcomes has to be clarified further.
28. Chan-Young Kwon & Boram Lee (2018)	Acupuncture or Acupressure on Yintang	<i>Acupuncture or acupressure</i> on <i>Yintang</i> was mainly used to relieve participants' <i>postoperative</i> pain.
29. Asher, G., Gerkin, J., Gaynes, B. (2017)	Complementary Therapies for Mental Health Disorders	<i>Skepticism</i> about such treatments has increased interest in and utilization of <i>complementary therapies</i> such as <i>acupuncture, meditation, and natural products</i> .

30. Trkulja, V., & Barić, H. (2020)	Complementary and Alternative Medicine (CAM) in the Treatment of Anxiety Disorders	<i>CAM</i> encompasses a wide range of non-mainstream forms of treatment that are progressively utilized in the treatment for the classes of disorders, including <i>anxiety disorders</i> .
31. Grant, S., Colaiaco, B., Motala, A., Shanman, R., Sorbero, M., Hempel, S. (2018)	Acupuncture for PTSD	The study found relatively <i>low QoE</i> and significant differences in favor of <i>acupuncture</i> and there is an absence of comparison in <i>post-intervention depression symptoms, anxiety symptoms, 4 RCTs, or sleep quality between acupuncture and comparators</i> .
32. Tu, C., MacDonald, I., Hung Chen, Y.(2019)	Acupuncture on Glutamatergic Neurotransmission	More diagnosis and clinical research must elucidate the potential procedfhas bures of <i>acupuncture</i> in various <i>neuropsychiatric illnesses</i> and to develop management strategies.
33. Roh, H. S., Park, B. R., Jang, E. Y., Kim, J. S., & Gwak, Y. S. (2018)	Manual, electrical, and laser on acupuncture	<i>Acupuncture</i> reduces return to drug-seeking behavior through inhibiting the stress response. <i>Acupuncture</i> has been shown to be beneficial in the treatment of <i>drug addiction</i> as well as stress-related mental illnesses including <i>anxiety and depression</i> . As a result, it is plausible to hypothesize that acupuncture reduces <i>back-to-drug-seeking behavior</i> .
34. Tarsha, M. S., Park, S., & Tortora, S. (2020)	Traditional acupuncture	<i>Acupuncture</i> has been shown to be effective in treating <i>migraines, Parkinson's disease symptoms, severe osteoarthritis, neck and back pain</i> , and but it showed that is ineffective in treating <i>carpal tunnel syndrome, postoperative abdominal discomfort, and constant, long-term pain relief</i> .

35. Kwon, C. Y., Lee, B., & Kim, S. H. (2021)	Traditional Acupuncture and Electro-acupuncture	<i>Acupuncture</i> therapeutic mechanisms suggested study may be separated into two categories: (1) stress response regulation in the <i>nervous and endocrine systems</i> and (2) <i>activation of neuroprotective effects, regeneration, and postsynaptic. Plasticity</i> in various <i>brain</i> sites. Yet, the legitimacy of the said <i>animal research</i> was low and is insufficient to generate compelling data.
36. Weisfeld, C. C., Turner, J. A., Bowen, J. I., Eissa, R., Roelk, B., Ko, A., Dunleavy, K., Robertson, K., & Benfield, E. (2021)	Acupressure	<i>Acupressure</i> has not been thoroughly examined, yet it is completely successful in lowering patient <i>anxiety</i> in a variety of procedural contexts.
37. Mehrnoush, V., Darsareh, F., Roozbeh, N., & Ziraie, A.(2021)	Traditional Acupuncture	One research looked at <i>acupuncture's</i> short- and long-term impact on quality of life indices in 209 respondents. A meta-analysis evaluating <i>acupuncture's</i> effectiveness in treating <i>anxiety disorders</i> has also found that acupuncture is effective.
38. Tan, A., Wang, M., Liu, J., Huang, K., Dai, D., Li, L., Shi, H., & Wang, P. 2020)	Acupuncture combined with western medicine	Western drugs are thought to improve the therapeutic impact of <i>acupuncture and massage</i> . A substantial number of literatures have demonstrated the effectiveness and efficacy of <i>acupuncture</i> for the treatment of <i>anxiety disorders</i> .
39. Rabinstein, A. A., & Shulman, L. M. (2003)	Traditional acupuncture	Acupuncture is beneficial in managing <i>sleep difficulties</i> involved with <i>Parkinson's disease</i> , but not in treating the clinical manifestations of either PD or sclerosis.
40. Yang, X.-yun, Yang, N.-bo, Huang, F.-fang, Ren, S., & Li, Z.-jiang. (2021)	Acupuncture for anxiety	According to the findings, <i>acupuncture</i> treatment for reducing anxiety in <i>GAD</i> participants has been effective.

41. Evans, N. (2011)	Acupuncture for Anxiety	<i>Acupuncture treatment</i> lends credence to the use of <i>acupuncture</i> to dramatically lessen <i>anxiety symptoms</i> in both animal and human subjects.
42. Xiang, H. Li, J., Li, B., Tan, Q., & Cai, G. (2021)	Trends of Acupuncture Therapy on Depression	The bibliometric results of this analysis provide an overview of current related research in <i>acupuncture treatment for depression</i> .
43. Wu, J., Yeung, A. S., Schnyer, R., Wang, Y., & Mischoulon, D. (2012)	Acupuncture for Depression	<i>Acupuncture</i> has the possibility to be a great alternative <i>monotherapy</i> for depression and a possible accretion for <i>AD partial responders and nonresponders</i> .
44. Li, H., Yun,C., Hu, Ziyi, Jiawang, J., Ye, J., Zhou, Y., Yu, Z., Tang, H. (2021)	Acupuncture for anxiety and depression in irritable bowel syndrome	<i>Acupuncture</i> is a concise and widespread remedy for <i>digestive diseases</i> .
45. Dong, B., Chen, Z., Yin, X., Li, D., Ma, J., Yin, P., Cao, Y., Lao, L., & Xu, S. (2017)	Acupuncture for Treating Depression-Related Insomnia	<i>Acupuncture</i> treatment was more efficient than medication in enhancing <i>depression-related insomnia and depression</i> .
46. Longworth, W., & McCarthy, P. W. (2007)	Acupuncture for the Treatment of Lumbar Disk Protrusions and Associated Neurological Symptomatology	In the West, <i>AP</i> is being used as a supplemental therapy for <i>lumbar paresthesia and sciatica</i> , but should continue to be the preferred treatment for <i>cauda equina compression (CPP)</i> in most cases. It can reduce the need for more intrusive procedures such as surgery.
47. Pilkington, K. (2010)	Traditional Acupuncture	Several clinical studies have looked into changes in <i>neurotransmitter levels</i> as well as other wide range of <i>biological modifiers</i> , in addition to clinical response, in an effort to clarify the particular biological activities of <i>acupuncture</i> .

48. MacPherson, H., Richmond, S., Bland, M., Brealey, S., Gabe, R., Hopton, A., Keding, A., Lansdown, H., Perren, S., Sculpher, M., Spackman, E., Torgerson, D., & Watt, I. (2013)	Traditional acupuncture and counseling	<i>Acupuncture and counseling</i> for patients presenting with <i>depression</i> have been linked with significantly lower levels of depression in a span of 3 months distinguished from standard care alone, based in the literature of <i>Journal of Clinical Acupuncture and Complementary Therapies</i> .
49. Hanson, J. A. & Huecker, M. R. (2021)	N/A	N/A
50. Patel, A. (2022)	Chinese acupuncture, Japanese acupuncture, Korean acupuncture, Master Tung, Yin Tang Acupuncture, Western Acupuncture, Dry Needling, Medical Acupuncture, Auricular acupuncture, Electroacupuncture	<i>Acupuncture</i> is used to treat <i>psychological illnesses</i> as well as <i>physical ailments</i> such as <i>pain, anxiety and depression</i> . Acupuncture is proven to significantly reduce pain severity in patients with persistent <i>cancer</i> pain.
51. Lader, M., & Bruce, M. (1986)	N/A	N/A
52. Junghans, K.	Traditional Acupuncture	<i>Acupuncture</i> has been shown in studies to be more beneficial than medication and equivalent to talking therapy, making it a good referral option for <i>mental health</i> patients.
53. Watson, K. (2018)	Traditional Acupuncture	Several studies on the results of <i>acupuncture</i> on anxiety have been conducted. These research have largely been solely on <i>generalized anxiety disorder</i> , and they show that <i>acupuncture</i> can help cure it.

6. CONCLUSION

Accordingly, the United States had the figure of *40 million* number of anxiety cases which is defined as excessive, uncontrollable worrying that frequently interferes with daily functioning. Psychotherapy, medicines, or a mix of the two are routinely used to treat this disorder. Acupuncture, an ancient procedure involving the insertion of needles into the body's pressure points, is gaining popularity as a substitute anxiety regimen. There is empirical proof that *acupuncture* can alleviate some anxiety symptoms. Consequences of *acupuncture* for particular types of *anxiety*, such as *panic attacks, post-traumatic stress disorder, and obsessive-compulsive disorder*, are still under investigation. In spite of the ethical and methodological obstacles involved in comparing the efficacy of acupuncture to conventional anxiety treatment, the best current data indicates that *acupuncture* offers average advantage in the management of anxiety. Researchers have demonstrated that *acupuncture* is more beneficial compared to medication and equivalent to talk therapy, being an excellent alternative for referral. In addition, a number of well-known physiological and biophysical factors may explain how this ancient modality operates, as revealed by research.

Conflict of interest:

The authors have no conflict of interest.

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