

### Application of acupuncture in Raynaud's syndrome

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**Introduction:** Acupuncture stimulates parasympathetic stimulation while inhibiting the sympathetic system. This effect can be used to regulate circulation.

**Phenomenon:** This case is of a 50-year-old female patient who had depression for 17 years and Raynaud's syndrome and fibromyalgia for six years and is on Coraspin, paxera, trental (pentoxifylline); 182.32 lbs, BMI 35.8. Acupuncture was performed with the patient's pulse examination. Sterile acupuncture needles with ST-36, HT-7, LU-9, P-6, ST-24, 25, GV-20, 21, 14 and LI-15 points were used for 20 minutes. Diets + acupuncture lasted for 1 week.

Every 2 weeks after sessions were reduced from 1 week 1 session was added.

**Result:** The patient left the second-episode antidepressant. In fifth session, trental cut by cardiovascular surgery specialist. VAS was 1-2. After five months the BMI was 32.8.

**Discussion:** Acupuncture is a relatively safer non-pharmacologic treatment of Raynaud's syndrome than other methods. Acupuncture has an anti-inflammatory effect with its effect on cytokines.

### Notes: