

## A Short Note on Acupressure

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### Introduction

Acupressure is a noninvasive kind of Traditional Chinese medicine that is comparable to acupuncture. Acupressure is a no-needle treatment that consists solely of applying pressure to the skin.

Acupressure points are commonly used by massage therapists and other body workers, but Dr. Hui says he also teaches patients how to use acupressure on themselves. "The most appealing aspect of acupressure is that it is a low-cost, safe, and simple form of self-care and self-healing," Dr. Hui says. Acupressure devices, such as wristbands that stimulate acupressure sites, are also available.

### How Does Acupressure Work?

Traditional Chinese medicine practitioners believe acupressure is helpful because it promotes Qi flow and rebalances the body's systems, similar to acupuncture. Scientists explain the effectiveness in the same way they explain acupuncture: applying pressure to specific places on the body can cause the nerve system and brain to produce a range of neuropeptides that can aid with pain, anxiety, and more.

Simply hold and massage your acupoint (or acupoints) with your fingertips or a gadget once you've found them. Applying pressure for 15 to 30 seconds is a good idea. If necessary, repeat the process. Some health concerns are linked to multiple acupoints, and you can try applying pressure to just one of them to see if it helps, or you can try applying pressure to several of them at once.

### Health Benefits of Acupressure

Acupressure has been linked to a wide range of health benefits, including:

#### Nausea and morning sickness

Acupressure therapy has been shown to help with nausea, morning sickness, and anxiety in studies dating back decades. "Acupressure therapy resulted in statistically significant reductions in anxiety, sadness, behavioural dysfunction, and nausea [1]," according to a 1989 study.

#### Insomnia

After six months of treatment with a wearable acupressure band (a Sea-Band, which is designed to put pressure on certain points in the wrist), participants in a small 2013 study looking at sleep problems in adolescents experienced a significant increase in the quantity and quality of their sleep [2]. A early study published in the Journal of Sleep Research in 2018 revealed that self-administered acupressure

for individuals with insomnia had promising outcomes, while more research is needed [3].

### Headache

For persistent headache sufferers, a tiny 2010 study published in the American Journal of Chinese Medicine compared the use of acupressure to muscle relaxant medicines [4]. Acupressure trigger points BL2 (above the eye), GV20 (top of the head), GB20 (back of the neck/skull), TH21 (where the ear meets the upper jaw), and GB5 (side of the head) were found to be more effective than muscle relaxants in the treatment of persistent headaches.

### Which Is Better for You: Acupuncture or Acupressure?

While both acupuncture and acupressure are based on the notion that stimulating certain body sites improves Qi, they are not the same.

Only a licensed professional can do acupuncture. It can cost as much as a doctor's or chiropractor's visit, and your health insurance may or may not cover it. Consider it a more powerful and professional therapy option.

Acupressure, on the other hand, can be a do-it-yourself type of treatment. Many books, as well as tutorials and videos available online, can teach you how to use pressure to treat a number of conditions.

Both therapies are effective, but if you have a more serious illness, you may want to seek expert assistance. However, for routine issues, you might wish to try acupressure on yourself first before choosing acupuncture, as the former is the more economical and simple treatment option.

Before attempting any sort of acupuncture or acupressure, consult your doctor. According to Dr. Hui, neither strategy is a replacement for other important medical care. Both should be used as a supplement to primary treatments or as a follow-up.

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