

Title: Acupuncture enlightened by the immune system

Maria Lucia S G Jorge
Federal University of Parana, PR, Brazil

The knowledge about immune system is one of main basis of western modern medicine, which is abundant in diagnostic technology, scientific rationality, research and development. However, the study of the relationship of the individual, his own body and the environment where he lives, is still recent. Despite the demand of patients of chronic, metabolic, psychiatric, neurological and autoimmune diseases which seek out therapies that integrated the physical aspect of the disease and the quality of life of the individual.

Acupuncture is a key component of Traditional Chinese Medicine, and it is based on corresponded meridians to the main peripheral nerves trajectory, most of acupoints are located near to a nerve trunk or branches.

It has been confirmed that needle inserted in an acupoint releases a large sort of substance in the skin, muscles and connective tissue at the local and near areas. Histologically, it was observed a dense concentration of neuro and immune active components in those points, when compared to others. The autonomous and sensory nerve fibers of the skin have trophic and immune modulating properties, and cells of the skin depends on the integrity of those innervations.

It is shown acupuncture as effective treatment and control in cases of inflammation and autoimmune diseases.

Looking forward, acupuncture and integrative medicine shall become an indispensable component of mainstream medicine and that health care practitioners will become increasingly amenable to embrace it as a more natural, humanistic and holistic approach therapy with their patients.

Biography

Maria Lucia Jorge holds a PhD and Msc from São Paulo University. She research and publish about virology, immunology, health education and acupuncture since 1994, acting as an acupuncturist and researcher on the relationship between acupuncture and immunology, with case studies and experimental studies. Currently leading Specific researches at Federal University of Parana and editorial board member of scientific journal

Presenting author details
Full name:Maria Lucia da S. G. Jorge
Email:mluciajorge@gmail.com
LinkedIn account: maria-lúcia-jorge
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