

Acupuncture Research Update

Research Isolates Acupuncture Point to Ease Menstrual Pain



Researchers have recently pinpointed a specific acupuncture point (SP6) which they have linked to dysmenorrhea. Symptoms of dysmenorrhea include abdominal, lower back and hip pain and menstrual cramps. Researchers have linked point SP6 to these symptoms and found that acupuncture at this point can help alleviate them. Researchers noted that “tenderness at Sanyinjiao (SP6) exists in women undergoing primary dysmenorrhea.” This research compiles on top of previous research which found acupuncture to be effective in treating menstrual pain along with the use of other traditional Chinese herbal remedies such as moxibustion. This

research also confirms that acupuncture in conjunction with moxibustion is more effective than ibuprofen alone, for treating menstrual pain. This research may provide hope and significant relief for any woman suffering from regular dysmenorrhea and menstrual pain.

<http://www.healthcmi.com/Acupuncture-Continuing-Education-News/1414-acupuncture-point-sensitivity-linked-to-menstrual-pain>