

Acupuncture Research Update

"What lies behind you and what lies in front of you, pales in comparison to what lies inside of you." - Ralph Waldo Emerson

VOL 10.1

Acupuncture and Seasonal Affective Disorder Symptoms: Depression



Acupuncture is known to be one of the cures to combat symptoms of seasonal affective disorder. SAD affects millions of Americans a year and can turn a once productive person to a tired and depressed individual. Although, SAD has various symptoms, probably the most common is depression. And, acupuncture has been shown to work great when treating symptoms of depression.

Recently, lots of research has been conducted comparing the benefits acupuncture has on individuals who

categorize themselves as depressed. As depression is the main symptom of SAD we should look at how acupuncture affects depression directly when we decide if it is a viable treatment for SAD.

In a study published by The Cochrane Library, researchers found that acupuncture did have a positive effect on treating depression when it was paired with medication. Some of the trials conducted also showed that acupuncture alone was a significant form of treatment.

But, overall, researchers could not come to conclusive evidence as they reported bias in some of the trials conducted, the study stated that further evidence needed to be gathered in order to come to a firm conclusion as to how effectively acupuncture treatments benefit depression. Researchers recognize acupuncture does provide benefits to treating depression, but more work must be done to truly realize the full capacity of those benefits.

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