

## Acupuncture for Musculoskeletal Disorders: A Holistic Approach to Pain Management

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### Introduction

Musculoskeletal disorders (MSDs), encompassing conditions such as back pain, neck pain, osteoarthritis, and tendinitis, are a major cause of disability and healthcare burden globally. Conventional treatments often involve pharmacologic approaches, physical therapy, or surgery. However, acupuncture—a key component of Traditional Chinese Medicine (TCM)—has gained increasing attention as a complementary or alternative treatment for managing musculoskeletal pain and dysfunction.



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### What Is Acupuncture?

Acupuncture involves inserting thin, sterile needles into specific points on the body, known as acupoints, to stimulate healing and restore balance in the flow of energy (or Qi). Modern interpretations suggest that acupuncture may stimulate nerves, muscles, and connective tissue, enhancing blood flow and triggering the body's natural painkillers, such as endorphins.

### Mechanisms of Action

Scientific studies propose several mechanisms through which acupuncture alleviates musculo-

skeletal pain:

- **Neurotransmitter release:** Stimulates the release of serotonin, dopamine, and endorphins that modulate pain.
- **Anti-inflammatory effects:** Reduces levels of pro-inflammatory cytokines, alleviating pain and swelling.
- **Improved microcirculation:** Enhances blood flow to tissues, promoting healing.
- **Neuromodulation:** Alters pain signaling in the central nervous system.

## Common Musculoskeletal Disorders Treated with Acupuncture

### 1. Low Back Pain - Pain Relief

Acupuncture has been shown to significantly reduce both acute and chronic low back pain. The needles stimulate nerve endings and promote the release of natural painkillers like endorphins and enkephalins, which help modulate the perception of pain.

### 2. Osteoarthritis

Acupuncture has shown modest but clinically significant effects in reducing knee pain and improving function in osteoarthritis patients. It is considered a safe alternative for those seeking to avoid long-term use of NSAIDs or corticosteroids.

### 3. Neck Pain

Meta-analyses have found acupuncture effective in reducing neck pain and improving mobility, particularly when combined with other therapies like physical therapy

or chiropractic care.

### 4. Shoulder Pain (e.g., Rotator Cuff Tendinopathy)

Studies show that acupuncture can help reduce shoulder pain and improve range of motion, possibly by reducing muscle tension and inflammation.

### 5. Fibromyalgia

Though evidence is mixed, some patients with fibromyalgia report relief from widespread pain and fatigue following acupuncture treatment.

### Evidence-Based Benefits

- **Pain reduction:** Acupuncture has been consistently shown to lower pain intensity in both acute and chronic MSDs.
- **Functionality:** Many patients report improved mobility and ability to perform daily tasks.
- **Patient satisfaction:** High levels of satisfaction are reported, particularly due to the low risk of

side effects.

### Safety and Considerations

Acupuncture is generally safe when performed by a licensed practitioner using sterile needles. Minor side effects include bruising, soreness, and dizziness. Serious complications are rare.

### Integration into Modern Medicine

Acupuncture is increasingly integrated into multidisciplinary pain clinics and rehabilitation programs. In some countries, insurance covers acupuncture for MSDs, reflecting its acceptance in evidence-based guidelines.

### Conclusion

Acupuncture offers a promising, non-invasive, and drug-free option for managing a wide range of musculoskeletal disorders. While not a cure-all, it can play a valuable role in a comprehensive pain management strategy, particularly for individuals seeking alternatives to pharmaceuticals or invasive procedures.





## BEST PAPER AWARD AT SAMVAHANA 2025 - NATIONAL SEMINAR ON AUTISM



Dr. Vishal. S, Associate Professor, Department of PG Studies in Koumarabruthya, got best paper award at SAMVAHANA 2025- National Seminar on AUTISM organized by SDM

College of Ayurveda & Hospital, Hassan on 28th April 2025 for his oral Presentation.

## DEPARTMENT OF PG AND PH.D STUDIES IN KAYACHIKITSA -BEST PAPER IN ORAL PRESENTATION



Dr. Spoorti Bharadwaj, 2nd year PG Scholar, Department of PG and Ph.D Studies in Kayachikitsa secured best paper in oral presentation titled "Understanding the Role of Ksharakarma in the Treatment of Oral Cancer" through the Framework of Guna Siddanta" at Mahadevam 2025, an

International Conference on Gastroenterology held at Kanyakumari. The paper was selected among the top 5 presentations and in Final round awarded as Runner-Up for Best Paper Presentation with 5000/- cash price.





## BEST PAPER PRESENTATION COMPETITION AT SUVARNAKAYA- NATIONAL CONFERENCE



Dr. Beena M D, Professor Department of PG and Ph.D Studies in Kayachikitsa, secured best paper in oral presentation competition at SUVARNAKAYA- National Conference on

"Speciality Practices in Kayachikitsa – Alumni Meet held on 19th and 20th April 2025 at GAMC Mysuru.



Dr. Vasudha, 1st year PG Scholar, Department of PG studies in Roga Nidana secured best paper in Poster presentation competition at SUVARNAKAYA- National Conference on

Speciality Practices in Kayachikitsa – Alumni Meet held on 19th and 20th April 2025 at GAMC Mysuru.





Dr. Spoorti Bharadwaj, 2nd year PG scholar, Department of PG and Ph.D Studies in Kayachikitsa, secured best paper in oral presentation competition at SUVARNAKAYA- National Conference on "Speciality Practices in Kayachikitsa – Alumni Meet held on 19th and 20th April 2025 at GAMC Mysuru.

## JSS AMC PG UNIVERSITY RESULTS REACHES NEW BENCHMARK

**JSS AYURVEDA MEDICAL COLLEGE & HOSPITAL, Mysuru**  
ACCREDITED 'A' GRADE by QCI & NISM  
RESULTS OF FINAL MD/MS EXAMINATIONS OF PG STUDENTS HELD DURING FEB-MARCH 2025  
**RECORD CENT PERCENT RESULTS**

DEPT. OF PG STUDIES IN KAYACHIKITSA	DEPT. OF PG STUDIES IN SHALAKYA KIRITA	DEPT. OF PG STUDIES IN SHALAKYA KIRITA	DEPT. OF PG STUDIES IN SHALAKYA KIRITA	DEPT. OF PG STUDIES IN SHALAKYA KIRITA
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**JSS Ayurveda Medical College, Mysore**  
With the divine blessings of His Holiness Jagadguru Sri Shivarathri Dasakendra Mahaswami  
**RGUHS KAYACHIKITSA PG**  
Final Year MD March 2025 Examination  
**1st Rank - GOLD MEDAL**

**Dr. Shashikala B R**  
Dept. Of PG Studies in KAYACHIKITSA  
Marks : 78.7 %  
**CONGRATULATIONS**  
With best wishes from Management, Principal, Staff & Students





Our college Post Graduation University examination results have reached a new bench mark with Cent percent results, one University Gold medal, 8 University Ranks. Dr. Shashikala B R topped the university with 78.7% in Kayachikitsa and bagged the gold medal. Dr. Namrath. M ranked

3rd at University with 77.20% in Kayachikitsa. Dr. Pallavi S. L ranked 3rd at University with 74.80% in Swasthavritta. Dr. Rashmi B. R ranked 4th at University with 74.4% in Shalakya Tantra. Dr. Sushmith Rani. U. M and Dr. Meghana D shared 5th Rank at University with 74.20% in Shalya

Tantra. Dr. Shruthi Kumbhar ranked 10th at University with 69.80% in Prasooti Tantra evam Stri Roga. Dr. Anusha S ranked 9th at University with 68.60% in Roga Nidana evam Vikriti Vigan.

## JATHA PROGRAM AT UTTANAHALLI VILLAGE, MYSURU ON WORLD MALARIA DAY







Department of PG studies in Swasthavritta, JSSAMC Mysuru, observed World Malaria day on 29th April 2025 by conducting Jatha Programme at Uthanahalli village, Mysore district at 11.15am by 2nd year BAMS students, PG students of Swasthavritta. The jatha consisted of placards and created awareness regarding prevention and control of mosquitoes breeding, and also early identification of symptoms in regard to malaria in the village.

## WORLD HEALTH DAY 2024

On occasion of World Health Day 2025, Department of PG studies in Swasthavritta, JSSAMC, Mysuru, organized, Guest lecture and Health awareness talk on 07-4-2025

1. Guest Lecture: On 7-4-2025 at 2.00pm for II BAMS students Guest lecture was conducted on the theme of the World Health Day 2025- "Healthy Beginnings and Hopeful Futures" by Dr. Manjunath S. N, Associate Professor, Department of Community Medicine, Mysore Medical College and Research Institute, Mysore. He gave an elaborate insight on how healthy beginning and new future should shape in regards to health.

**JSS MAHAVIDYAPEETHA**  
**JSS AYURVEDA MEDICAL COLLEGE & HOSPITAL,**  
**MYSURU**  
 ACCREDITED "A" GRADE BY NCISM AND QCI, NEW DELHI, INDIA


**DEPARTMENT OF PG STUDIES IN SWASTHAVRITTA**  
*Celebrates*  
**WORLD HEALTH DAY**  
**07-04-2025**  
*Theme: healthy beginnings,*  
*hopeful futures*

**CONVENOR**




**Dr Sarbeswar Kar**  
PRINCIPAL

**CO-CONVENOR**




**Dr Rajesh A Udupudi**  
DEAN

**GUEST SPEAKER**



**Dr Manjunatha S.N**  
Associate Professor,  
Department of Community Medicine  
Mysore Medical College and  
Research Institute,  
Mysore, Karnataka, India.

**ORGANIZING SECRETARY**



**Dr. P. Sudhakar Reddy**  
PROFESSOR AND

**Organizing team**

**Dr. Sowmya M. N, Reader**  
**Dr. Shalini S, Reader**  
**Dr. Vidyashree M, Assistant Professor**  
**Dr. Anusha S, Assistant Professor**









2. Health Awareness Talk: Health Awareness talk was delivered at Hosundi Anganawadi Centre on 7-2-2024 at 11:20 am for ASHA workers of the unit. Dr. Vidyashree M, Assistant

Professor, and Dr. Shalini. S, Reader, Dept of PG studies in Swasthavritta delivered a talk on the role of Ayurveda in maternal and new born care for the ASHA workers. They also highlighted

the jathakarmasa, importance of nutrition in maternal health, few pathya kalpanas that are beneficial for pregnant and post natal women.

