

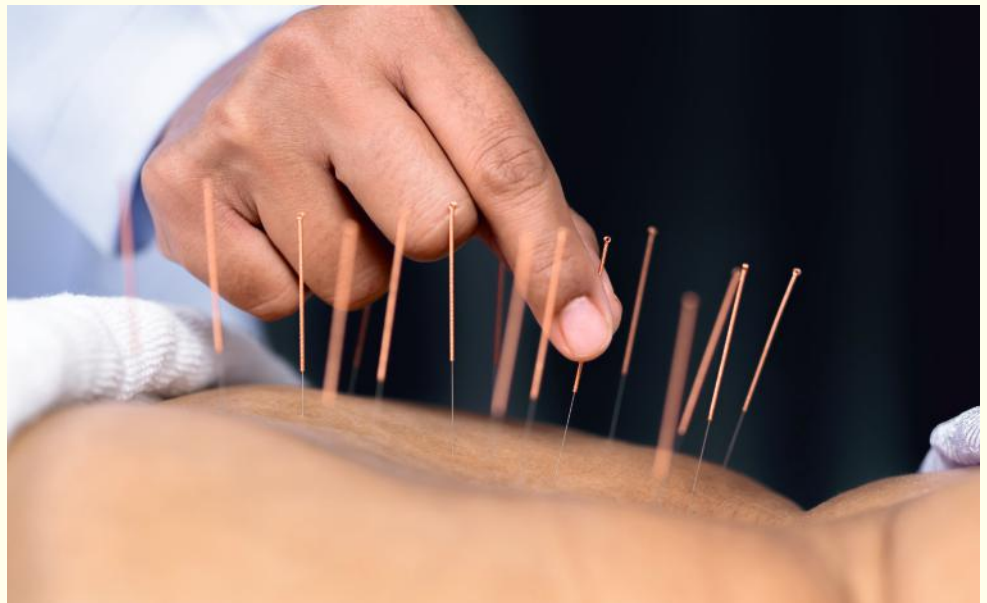
## ACUPUNCTURE FOR MIGRAINE: A NATURAL PATH TO PAIN RELIEF

Dr. Nirmala A.R., Physician (Yoga and Naturopathy), JSS Ayurveda Hospital, Mysuru

Migraines are a common neurological condition characterized by intense, throbbing headaches often accompanied by nausea, sensitivity to light, and visual disturbances. For many, pharmaceutical treatments provide relief—but not without side effects. This has led to increasing interest in acupuncture, a form of traditional Chinese medicine, as a complementary or alternative treatment for migraine.

### What Is Acupuncture?

Acupuncture involves the insertion of very thin needles into specific points



on the body, known as acupoints, to restore the body's energy balance (Qi) and promote healing. According to traditional theory, migraines may be caused by disruptions in the flow of Qi along meridians (energy pathways). Acupuncture aims to correct these imbalances.

- From a biomedical perspective, acupuncture may:
- Stimulate nerves and muscles
- Trigger the release of endorphins and other neurochemicals
- Influence brain function and blood flow

### Evidence for Migraine Relief

Numerous studies have explored the effectiveness of acupuncture in treating migraines:

- A 2016 Cochrane Review of 22 trials involving over 4,000 participants concluded that acupuncture is effective for preventing migraines. People who received acupuncture had fewer headache days and less intense pain compared to those who received no treatment or sham (fake) acupuncture.
- A study published in JAMA Internal Medicine (2017) found that true acupuncture reduced migraine

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frequency more than sham acupuncture or usual care, suggesting that the effects are not simply placebo.

- Long-term benefits have also been reported, with some patients experiencing reduced frequency and intensity of migraines for months after completing acupuncture treatment.

#### **Physiological effects of acupuncture:**

##### **1. Neurotransmitter and Hormone Release**

Acupuncture stimulates the release of several important neurochemicals:

- **Endorphins & Enkephalins:** Natural painkillers that reduce the perception of pain.
- **Serotonin:** Affects mood and pain regulation; imbalances are often linked to migraines and depression.
- **Dopamine:** Involved in pleasure, reward, and pain modulation.
- **Cortisol:** Acupuncture may help regulate cortisol (the stress hormone), promoting relaxation and reducing stress.

##### **2. Modulation of the Nervous System**

Acupuncture has significant effects on the central and peripheral nervous systems:

- Activates A $\Delta$  and C nerve fibers, which transmit signals to the spinal cord and brain, triggering analgesic (pain-relieving) effects.
- Enhances activity in areas of the brain involved in pain perception (like the thalamus and limbic system).

- Downregulates the sympathetic nervous system (fight-or-flight response), promoting parasympathetic activity (rest-and-digest), which can reduce stress, anxiety, and muscle tension.

##### **3. Improved Blood Flow and Vasodilation**

Needling increases local circulation and improves oxygenation and nutrient delivery to tissues. This:

- Promotes healing and tissue repair
- Reduces inflammation and swelling
- Helps relieve muscle tension and improve mobility

##### **4. Immune System Modulation**

Acupuncture appears to influence immune cell activity, including:

- Increasing the activity of natural killer (NK) cells, which help fight infection and cancer
- Regulating levels of pro-inflammatory cytokines, which are

linked to chronic inflammation and autoimmune diseases

- Enhancing anti-inflammatory pathways, which may be helpful in conditions like arthritis and allergies

##### **5. Regulation of the Hypothalamic-Pituitary-Adrenal (HPA) Axis**

This axis controls many bodily processes, including stress response, digestion, and energy use. Acupuncture can:

- Help normalize HPA axis function
- Reduce chronic stress and anxiety
- Improve sleep quality and energy levels

##### **6. Gate Control Theory of Pain**

This theory proposes that pain signals must pass through "gates" in the spinal cord. Acupuncture:

- Stimulates non-painful sensory fibers (like touch or pressure), which can close these gates
- Reduces the transmission of pain signals to the brain



## 7. Placebo and Contextual Effects

While acupuncture has measurable physiological effects, the patient's expectations and therapeutic setting can enhance its outcomes. These placebo-related effects are mediated through real brain mechanisms, like dopamine and opioid pathways.

### How Many Sessions Are Needed?

The number of sessions can vary, but most treatment plans involve:

- 2–3 sessions per week initially
- Followed by maintenance sessions over several weeks or months

Individual results may differ depending on the severity and frequency of migraines.

## Safety and Side Effects

Acupuncture is generally safe when performed by a trained and licensed practitioner. Side effects are rare but may include:

- Mild bruising or soreness at needle sites
- Temporary fatigue or dizziness

It is important to consult with a healthcare provider before starting acupuncture, especially if you are pregnant or have a bleeding disorder.

### Is It Right for You?

Acupuncture can be a promising option for individuals seeking a non-pharmacological approach to managing migraines, especially if conventional treatments are

ineffective or cause side effects. It can be used alone or in combination with other treatments as part of a comprehensive care plan.

## Conclusion

Acupuncture offers a time-tested, low-risk option for migraine relief that is supported by growing clinical evidence. While it may not work for everyone, many find it to be a helpful and empowering tool in their journey toward better health. Acupuncture works through a complex interplay of neurological, hormonal, immune, and circulatory changes. These effects help explain its benefits for a wide range of conditions, particularly chronic pain, stress-related disorders, and inflammatory diseases.

# CHARAKAJAYANTI CELEBRATION

CharakaJayanti was celebrated at JSS Ayurveda Medical College from the Department of Samhitha and Siddhanta on 29th July 2025, 9 am to 1pm, at Yoga hall. As part of the festivities, SlokaParayana was conducted from 9:00 am to 10:00 am. And was followed by the Inaugural Program from 10:00 am to 11:00 am.

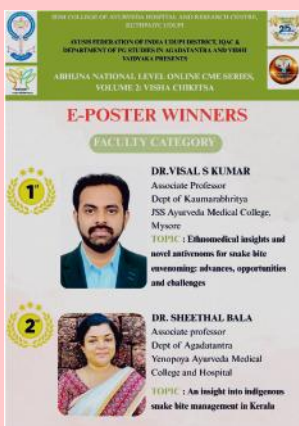
The Chief Guest for the occasion was Mr. O Shama Bhatt, Advocate from Mysuru. He delivered his lecture on "Agastya Maharshi". The event also included a quiz competition, which followed the engaging inaugural program. Students actively participated and benefitted from the competition.





## SPECIALITY CAMP

The Department of PG Studies in Shalakyia Tantra, Kayachikitsa, Prasoorhi Tantra and Stree Roga, JSSAMCH had conducted the Speciality Camp at Government Devaraj Pre University Girls College, Mysuru on 8-7-2025. Around 200 Girls have benefitted from this camp.



**Dr. Visal S Kumar**, Associate Professor, Department of PG studies in Kaumarabhritya, JSS Ayurveda Medical College, Mysuru bagged **first prize in E-Poster presentation competition at ABHIJNA National Level Online CME series, Volume-2: Visha Chikitsa** organised by SDM College of Ayurveda Hospital and Research Centre, Kuthpady, Udupi on the topic Ethnomedical insights and novel antivenomis for snake bite envenoming: Advances, opportunities and Challenges in July 2025



## GOLD RATING BY QS I GAUGE, QS ERA INDIA LTD IN THE COLLEGE CATEGORY.

JSS AYURVEDA MEDICAL COLLEGE, MYSURU has been awarded a Gold rating by QS I GAUGE, QS ERA India Ltd in the college category. On this momentous occasion His Excellency, the honourable Governor of Telangana Sri Jishnu Dev Sharmaji sir presented with the certificate and graced us on this occasion.



## FIRST PRIZE IN POSTER PRESENTATION AT SHALYACON-2025,



Dr. Aiyanna P.P., Associate professor, Department of PG and Ph.D studies in Shalyatantra, bagged First prize in Poster Presentation at Shalyacon-2025, 25th Annual Conference of National Sushruta Association held from 13th to 15th July 2025 organized by Department of Shalya Tantra, AIIA, New Delhi, and NSA on the theme: Asthi Sandhi MarmaRoga.



## DOCTORS' DAY – 2025

JSS Ayurveda Medical College, Mysuru organized Doctors' day celebration programme on 15th July 2025. On this occasion, as the tradition of our Institution to felicitate eminent practitioner, Dr. Basavaraj. G.

Saraganachari, Medical Superintendent, SDM Institute of Ayurveda, Bengaluru was felicitated. He shared the significance of our profession, life of B. C. Roy and remembered his teachers who are behind his clinical journey. Sri R

Mahesh, Director, Medical Education Division, JSS Mahavidyapeetha was the Chief Guest and shared his thoughts on the importance of compassion in the doctors and how those help in building a fruitful medical career.





## VRUTTIDARSHAN - A CAREER GUIDANCE FOR BUDDING DOCTORS!" ON THE TOPIC - SHIRASHOOLA (HEADACHE)

Department of PG studies in Shalaky Tantra organised "VruttiDarshan - A career guidance for budding doctors!" - on the topic - Shirashoola (Headache) on 29-07-2025 . Resource persons for the session were 1.) Dr. Naveen B S , Professor & HOD, Dept of PG studies in Shalaky Tantra,

SSCASRH, Bengaluru.2.) Dr.GavimathShivanand , Professor and HOD , Dept of PG studies in ShalakyTantra. There were scientific deliberations by PG scholars of 08 different post graduate departments on the concept of Shirashoola .

