

## Insomnia Disease Treatment in Acupuncture - A Case Study in Bangladesh

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<p><b>Abstract:</b> As of its popularity in eastern medicine, acupuncture treatment may help insomniacs get a good night's rest. Insomnia seems to be on the rise in the contemporary world, negatively impacting not just people's capacity to function but also their quality of life. Even if pharmaceutical therapy is beneficial, it often comes with serious side effects. The practice of acupuncture to treat insomnia has a long history in China and has recently gained widespread acceptance in the West. Numerous studies have demonstrated therapeutic uses of acupuncture for the treatment of insomnia, with many also discussing the possible processes behind the therapy. An attempt at a comprehensive overview of the relevant research will be made in this section. This research was an observational study conducted in Dhaka at Suo-Xi Hospital, Shann Tower, Chamelibag, Shantinagar Dhaka, Bangladesh. A 28-year-old man presented to the clinic complaining of sleeplessness dating back three years. We used a combination of Chinese medicine and acupuncture on the patient's scalp to help them sleep better. Excellent outcomes were found in the study's subsequent follow-up. After 12 days of acupuncture, the sleeplessness that had plagued the patient for three years began to subside. Treatment with acupuncture has been shown to aid in the functional recovery of insomnia sufferers.</p> <p><b>Keywords:</b> Insomnia, Acupuncture, Acupuncture at scalp, Chinese Method.</p> <p><b>Copyright © 2024 The Author(s):</b> This is an open-access article distributed under the terms of the Creative Commons Attribution 4.0 International License (CC BY-NC 4.0) which permits unrestricted use, distribution, and reproduction in any medium for non-commercial use provided the original author and source are credited.</p>	<p><b>Case Report</b></p> <p><b>*Corresponding Author:</b> <i>Dr. SM. Shahidul Islam</i> Visiting Consultant &amp; Acupuncture Specialist, Suo-Xi Hospital (Acupuncture), Shaan Tower, Chamelibag, Santinagar, Dhaka, Bangladesh</p> <p><b>How to cite this paper:</b> SM. Shahidul Islam <i>et al</i> (2024). Insomnia Disease Treatment in Acupuncture - A Case Study in Bangladesh. <i>Middle East Res J. Case Rep.</i> 4(6): 45-47.</p> <p><b>Article History:</b>   Submit: 07.10.2024     Accepted: 06.11.2024     Published: 11.11.2024  </p>
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### INTRODUCTION

Like Chinese herbal treatments, acupuncture is an integral aspect of TCM. Based on the meridian and collateral theories of Traditional Chinese Medicine, this therapy approach includes inserting and manipulating sterilized solid needles into specific acupoints on the body. Clinical diseases requiring pathological changes in neuroendocrinology, such as menopause, depression, and insomnia, have found widespread usage of acupuncture as a treatment modality. A lot of people have trouble sleeping, and that's called insomnia. Major insomnia is defined by the DSM-IV as a clinical illness when the primary complaint is trouble beginning or sustaining sleep, or not getting restorative sleep, for at least one month. Clinically substantial distress or impairment in social, occupational, or other critical domains of functioning is attributable to the sleep disruption (or the daytime weariness that often accompanies it) [1]. From a total of 11,129 adults (mean age 39) who participated in the Great British Sleep Survey, 5083 (17.2%) reported having insomnia or another sleep condition [2]. As a result, the National

Institutes of Health's Consensus and State-of-the-Science Statements estimate that insomnia affects tens of millions of Americans annually [3]. Another study covering a wide swath of Asia and Africa found that the incidence of insomnia ranges from 3.9% to 40% [4]. People with insomnia have trouble sleeping at night, and they have trouble functioning normally throughout the day as a result. The most typical effect of insomnia is a decrease in energy and mood. Problems focusing, feeling tired, and doing poorly at work are all possible results of insomnia [5]. Depressive and anxious moods were also shown to be significantly linked to sleep problems [6]. Insomnia has a significant monetary effect. Cognitive and behavioral therapy are effective for insomnia. Insomnia that is really severe usually requires pharmaceutical intervention. Short-acting benzodiazepines, Z medications like zopiclone, and sleep aids like melatonin are often recommended in the UK for those unable to go to sleep. Unfortunately, the medicines may cause serious unwanted effects, such as a hangover sensation and daytime sleepiness. Because of the potential for a decrease in clinical efficacy with continued usage, these drugs may not be the best choice

for those with chronic insomnia. Patients with insomnia are increasingly looking for non-pharmaceutical solutions since traditional therapies have both limited clinical effectiveness and undesirable side effects. The use of acupuncture is a well-liked option for these patients [7]. Many studies, both scientific and clinical, have looked at the effectiveness of acupuncture for treating insomnia and the possible mechanisms of action behind this therapy. The bulk of the published systematic reviews on the efficacy of acupuncture for the treatment of insomnia are based on randomized controlled trials (RCTs). Based on the known study results in both clinical observations and associated biochemical investigations, this chapter attempts to address the clinical effectiveness of acupuncture therapy of insomnia, along with the probable neuroendocrinology causes.

## CASE REPORT

A 28-year-old man visited our clinic after three years of struggling to be comfortable enough to sleep. We're willing to diagnose the patient for the sake of our research. In terms of co-morbidities, nothing unusual was discovered. As time went on, no other cases were found in the family. After much deliberation, we decided

to tell the patient that he or she was really experiencing Insomnia. We opted to treat the patient with a combination of acupuncture to the scalp and traditional Chinese medicine in an effort to resolve the issue. Modern Chinese scalp acupuncture combines ancient Chinese needling techniques with Western medical understanding of specific regions of the brain to produce beneficial health effects. It has been shown to be a very useful method for treating both short-term and long-term conditions affecting the brain and spinal cord. Several needles placed on the scalp may have a profound effect, and the treatment normally only takes a few seconds to a minute. Acupuncture of the scalp is a natural science that draws on a wealth of historical and contemporary understanding. Recent discoveries and advancements may be attributed to years of clinical experience, but needling the scalp to cure illnesses is an age-old practice with a rich history that can be traced back to ancient civilizations. The relationship between the brain and the body in physiology, pathology, and treatment was first described in the first Chinese acupuncture text, Huang Di Nei Jing (The Yellow Emperor's Classic of Internal Medicine), written around 100 BCE. Throughout classical Chinese literature, citations of acupuncture treatments on the head can be found.



Figure A



Figure B

**Figure A, B: Giving Scalp Acupuncture to the patient**

After the 12<sup>th</sup> session of the Acupuncture and Chinese therapy, improvement was seen in the patient's sleeping discomfort.

## DISCUSSION

Sleeplessness, or insomnia, affects a sizable percentage of the population. Although there are

pharmacological treatments that are successful, their clinical utility and long-term usage have been constrained by the presence of undesirable side effects [8]. As a kind of traditional Chinese medicine, acupuncture has been successfully used for thousands of years to treat a wide range of conditions, including insomnia. Many clinical and experimental investigations

have been undertaken over the last years to determine the why and how of this ancient method. However, as was previously mentioned, conclusive evidence on the efficacy of acupuncture therapy for insomnia is still lacking. The high quality of the research methods used in the earlier clinical trials is partly responsible for this result. Prior studies have been criticized for a number of methodological flaws that make conclusive results uncertain. These flaws include a lack of statistical power, a reliance on unreliable controls, the use of inconsistent interventions, and a lack of consistency when choosing acupoints. Some of these issues arise from a mismatch between the standardized intervention needed by RCT and the customized treatment philosophy of traditional Chinese medicine, for example, which undercuts the purpose of the study. There is an absolute need to resolve these issues so that further research may proceed. However, placebo control presents unique challenges in the context of clinical research using Chinese medicine and acupuncture. Physical intervention best describes acupuncture. In therapeutic studies, the placebo effect is more likely to occur after a physical intervention [9]. According to what we've learned so far, sham needling may not be the best placebo control for acupuncture clinical trials. Research on the efficacy of acupuncture could fare better if it used a placebo intervention that didn't need any needles or other physical manipulation. Prior clinical investigations of acupuncture for sleeplessness relied mostly on subjective outcome measures. A 28-year-old man visited our clinic after three years of struggling to be comfortable enough to sleep. We're willing to diagnose the patient for the sake of our research. In terms of co-morbidities, nothing unusual was discovered. As time went on, no other cases were found in the family. After much deliberation, we decided to tell the patient that he or she was really experiencing Insomnia. We opted to treat the patient with a combination of acupuncture to the scalp and traditional Chinese medicine in an effort to resolve the issue. The patient's trouble sleeping lessened after the 12th session of acupuncture and Chinese medicine treatment.

## CONCLUSION

The findings of the subsequent inquiry were quite encouraging. As a result of 12 days of acupuncture treatment on the scalp, the patient reported a decrease in the nighttime pain. The patient's three-year-long history of sleeplessness ended without further complaint.

Patients with insomnia may benefit from acupuncture since it has been found to aid in functional recovery.

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