

The use of Auricular therapy for smoking cessation

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Abstract

Tobacco is a single greatest cause of disease and premature death in Sri Lanka and worldwide. Children and adolescents become regular users of tobacco daily. Smoking leads to many health diseases including chronic obstructive lung disease, chronic bronchitis, emphysema, cancers (single most feared disease), blood vessel diseases, infertility and miscarriages and many others. Smoking is not just a bad habit, but also a complex addiction. Nicotine exerts powerful addictive effects by altering two chemicals in the brain dopamine and noradrenalin (neurotransmitters). Within seven seconds of inhaling, concentrated dose of nicotine delivered directly to the brain, producing nicotine “rush”. Acupuncture changes the levels of chemicals in the body and regulates the nervous system, releases natural chemicals including endorphins which reduce smoker’s craving, ease withdrawal symptoms and increase relaxation. It is altering taste during smoking. It can be use successfully as cessation of smoking and detoxification. The smoking cessation protocol has been and evolving process and the final result has afforded positive outcomes. Patients from different socio-economic backgrounds were treated following a protocol based on traditional Chinese medicine (TCM) with Acupuncture and Electric stimulation. The treatment was based on Auricular Acupuncture, four needles inserted on one ear, (shenmen, autonomic, lunge and endocrine). Electric stimulation is added to two sets of needles and brought to a level of patient tolerance. Treatment was carried out 30 min per day for three days. Smoking stopped. It can be concluded that Auricular Acupuncture cease smoking.

Key words: Acupuncture, Auricular therapy, Smoking cessation

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