



MOONGATE

ACUPUNCTURE & HERBAL MEDICINE

Recovery Project

BENEFITS OF ACUPUNCTURE IN SUD RECOVERY

- Clinically effective, Inexpensive, and low/no side effects to treatment: “an attractive treatment option because of its low cost, portability, minimal side effect profile, and ease of use in clinical and operational settings.” (King, 2013)
- Higher compliance and attendance relating to treatment: “attended the acupuncture clinic more days and stayed in treatment longer” (Washburn, 1993)
- Effective adjunct to pharmacological interventions when treating SUD: “acceptable, inexpensive adjunctive treatment [...] for inpatients receiving opioid detoxification with buprenorphine-naloxone” (Meade, 2009)
- Acupuncture more effective than Clonidine in treating PAWS symptoms such as insomnia, pain & anxiety: “more effective than clonidine in treating withdrawal symptoms” (Zhang, 1998)

HOW ACUPUNCTURE WORKS

- Acupuncture activates the endogenous opioid system, thereby creating a therapeutic effect in cases of pain, anxiety, & depression: “, the endogenous opioid system may mediate sympathoinhibitory acupuncture effects” (Engel, 2014) “acupuncture can induce endorphins to cope with acute and chronic pain in basic research than for any other non-pharmacologic approach to pain” (Engel, 2014)
- Auricular (ear) acupuncture affects the CNS including regional nerve innervations to induce limbic and limbic-related neurological responses involved in emotion, behavior, motivation, and long-term memory. (King, 2013)
- Auricular (ear) acupuncture decreases the dopamine released by alcohol consumption and eases withdrawal symptoms: “acupuncture significantly reduced the dopamine release induced by ethanol consumption.” (Yang, 2008)
- fMRI studies support the specificity of certain points relating to their intended area of effect as well as the efficacy in activating areas of the brain that moderate pain sensation: “Stimulation of the needle placed in the BSAA of the left ear showed a pattern that largely overlapped regions belonging to the pain matrix” (Romoli, 2014)



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TREATMENT EFFICACY

- There is a marked reduction in re-admission rates of patients receiving care in residential treatment, when acupuncture is used as an adjunct therapy:

Primary Drug	n	Residential Detox		Acupuncture	
		% re-admitted	n	% re-admitted	
Alcohol	2,919	37.3	358	10.9	
Cocaine	1,122	31.0	183	19.7	
Crack	1,099	28.8	223	21.5	
Heroin	1,699	40.6	210	31.4	

(Shwartz, 1999)

- Acupuncture is effective at reducing pain and minimizing the reducing the need for pain medications: “acupuncture dramatically decreased the use of opiates and other pain medications among personnel.” (Fan, 2017)
- Patients receiving acupuncture in addition to UPC (usual PTSD care) show significantly greater improvements in their mental health: “The benefits associated with acupuncture [...] improvements in PTSD, depression, and pain severity” (Engel, 2014)

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