



LOKOMOTOR SİSTEM HASTALIKLARINDA AKUPUNKTUR UYGULAMALARI

Fatma Gülçin URAL NAZLIKUL

Akupunktur 3000 yıllık tarihi geçmişini olan, ilk defa Çin’de geliştirilen ve 19.yy’da Avrupa ve Amerika’ya yayılan tamamlayıcı tıp yöntemidir. İğne ile delme anlamına gelen acus (iğne) ve punctura (delmek) kelimelerinden oluşmaktadır. Meridyen denilen kanallarda iç organların yaşam enerjisi olarak da adlandırılan “Qi” akışı olmaktadır. Vücutta birbirine zıt, fakat sürekli bir denge içerisinde olan “Yin” ve “Yang” adı verilen iki enerji denge içerisinde olduğunda “Qi” enerjisi de denge içerisinde olur. Hastalıklar da bu Qi akışındaki eksiklik, fazlalık veya tıkanıklık sebebi ile oluşan bozukluktan kaynaklanmaktadır. Akupunktur ile bu kanallarda meydana gelen enerji dolaşım bozukluğu ortadan kaldırılarak ve bozulan denge tekrar sağlanarak hastalıkların tedavisi amaçlanmaktadır (1,2). Her meridyenin üzerinde akupunktur noktaları bulunmaktadır. Akupunktur noktaları izole değildir; iç organların enerjisinin (Qi ve kan) dolaştığı vücut yüzeyindeki özel noktalardır. Bu noktalar ilgili iç organlar ile ilişkili fasyaya kadar uzanan damar ve sinirden zengin yapılardır (3,4). Bu dışarı açılan noktaları iğnelemek suretiyle denge sağlanır ve hastalıklar tedavi edilir (5).

Akupunkturun; homeostazik, analjezik, sedatif, anksiyolitik ve motor iyileştirici etkileri bulunmaktadır (6). Akupunktur noktaları, % 70-80 tetik noktalar ve kasın motor noktası ile benzer bulunmuştur (7,8). Akupunktur iğnesinin batırılması doku hasarına neden olur ve bu hasar sonucu ortamda bradikinin, lökotrienler ve prostoglandinler salgınır. Nörojenik inflamasyon oluşur. Ağrı nöreseptörleri, miyelinli A delta lifleri ve miyelinsiz C lifleri ile medulla spinalise oradan da beyine taşınır (9). Beyin ağrı kontrol sisteminin devreye girmesi ile enkefalin ve beta endorfin gibi endojen opioidler, serotonin ve noradrenalin gibi nörotransmitterler salgınır.

Merkezi sinir sistemine giren ağrı sinyallerini bastırmak amacıyla, beyin analjezi sistemi de denilen ağrı kontrol sistemi harekete geçer. Akupunktur iğnesinin batırılmasıyla uyarılan nöreseptörler ağrı kontrol sisteminin uyarılmasına neden olur. Bu sistemde rolü olduğu bilinen enkefalin ve beta endorfin gibi endojen opioidler, serotonin ve noradrenalin gibi nörotransmitterler salgınır (10,11,12).

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