

APPLICATION OF ACUPUNCTURE IN EMOTIONAL DISORDER PATHOLOGIES: STRESS, ANXIETY AND DEPRESSION – BIBLIOGRAPHIC REVIEW

Maria Luiza Nunes

Postgraduate Nurse in Family Health, Faculty of Nursing at the institution: Universidade Estadual do Maranhão and Master in Health Promotion
<http://lattes.cnpq.br/1667381559519806>

Mariele Sousa Meireles

Academics of the 5th Nursing Period of the institution: Universidade Estadual do Maranhão

Maria Eduarda Santos

Academics of the 5th Nursing Period of the institution: Universidade Estadual do Maranhão

Rosana Soares Lisboa Silva

Academics of the 5th Nursing Period of the institution: Universidade Estadual do Maranhão

Wendel Batista Carreiro

Academics of the 5th Nursing Period of the institution: Universidade Estadual do Maranhão

All content in this magazine is licensed under a Creative Commons Attribution License. Attribution-Non-Commercial-Non-Derivatives 4.0 International (CC BY-NC-ND 4.0).



Yara Silva

Academics of the 5th Nursing Period of the institution: Universidade Estadual do Maranhão

Izabel da Silva Fonseca

Academics of the 5th Nursing Period of the institution: Universidade Estadual do Maranhão

Tiago da Silva Brito

Academics of the 5th Nursing Period of the institution: Universidade Estadual do Maranhão

Abstract: This article is a study based on a bibliographic reference, systematized on the importance of acupuncture and other Complementary Integrative Practices (PICs) in the treatment of mental and emotional disorders that has been growing in recent years, with a noticeable increase in times of pandemics of Covid 19. This study sought to analyze and describe the importance of applying these PICs combined with conventional treatment described by several authors. An electronic search was carried out in the bibliographic indexes: LILACS and Scielo and the following descriptors: *Acupuncture and depression were used. Acupuncture and Anxiety/Stress and Acupuncture and Emotional Disorders.* (2008-20021). Of the 30 references selected, 14 references were analyzed that dealt with the subject with greater clarity and objectivity. A greater effectiveness of acupuncture was observed in relation to other PICs, which demonstrates that acupuncture is an ancient therapy that contributes to the improvement of quality of life in all aspects, especially in people with emotional disorders.

Keywords: Acupuncture. Emotional disorders. Anxiety. Complementary integrative practices. Depression.

INTRODUCTION

The main diseases of emotional disorder are often presented in a “masked” way, since the symptoms are not physical and therefore become imperceptible and make it impossible to use some therapies early on. The denomination of emotional disorders from an unresolved stress until the development of obsessive compulsive disorder. Another interesting factor is when and how these emotional disorders arise. They are often related to the beginning of a career, whether work or academic, loss of a loved one, affective circumstances and so on (PEREIRA & GONÇALVES, 2009).

Emotional disorders are cumulative, that is, they derive from several small moments of disorders until their complete manifestation. These disorders can manifest themselves through tensions, anxiety, relationship difficulties, phobias, among others. Emotional and mental disorders do not differ between ages and often go unnoticed, both by the person who has it, and by people who live in the same social circle: family, school, companies, etc. these disorders will harm people's health and well-being (AQUINO, 2010).

Considering that every human being is biopsychosocial, then it can be inferred that any or all emotional disorders will result in the person's imbalance that will cause wear and tear in their personal and collective relationships, as they can bring many concerns that refer to psychological, physical and social damages that will affect your personal life. These damages require interventions (SILVA et al, 2019).

For some authors, anxiety disorders are characterized as follows:

Stress and Anxiety - Stress situations are those in which the person has difficulty working with certain events that generate insecurities and internal incapacities to cope that are externalized in the form of a very fixed and psychic imbalance. There are some factors that generate stress which in turn originates in anxiety and vice versa. For FIORIM et al, 2020, the origin of stress and anxiety is defined as follows:

- a) physical, such as headache, increased heart rate...
- (b) emotional, such as sadness, nervousness, anger, guilt, excessive worry, loss of will...
- (c) behavioral, such as irritability, detachment, substance abuse ...
- (d) cognitive, such as memory loss, difficulty concentrating... pag. 10.

Depression- Depressive disorder is a major public health problem since it presents index acts and has been growing very sharply and

prevalent in all age groups. Depression has reached such serious rates that it has become the most disabling disease in the world. One of the great challenges is the lack of perception by health professionals in detecting depression at the time of consultation. Failure to detect early when depressive will lead to the development of other pathologies, as well as changes in the development of learning in the case of minors, adolescents and young people (GONÇALVES et al, 2018).

Use of Acupuncture in the treatment of psycho-emotional disorders.

Traditional Chinese Medicine (TCM) has been adding knowledge, care therapy, diagnosis and other complementary care in health care. In Brazil, this was not recognized as part of conventional medicine, however. For some years now, it has been valued even in the Unified Health System – SUS. In addition to integrating with the traditional model, MTC aims to provide comprehensive assistance. As examples of TCM, we can mention Traditional Chinese Medicine, Yoga, chiropractic, homeopathy, medicinal plants, among other practices and resources (ANDRADE, 2010)

Common mental disorders (CMD) were conceptualized by Goldberg and Huxley as psychosomatic symptoms, including insomnia, weakness, irritation, symptoms of depression, forgetfulness and difficulty concentrating. The International Code of Diseases (ICD) states that these disorders trigger countless sufferings in people. Not all disorders are of psychosomatic origin, but neuropsychiatric and for both Traditional Chinese Medicine - TCM has its contributions, being used with treatment combined with drugs and conventional treatments. (BORIM, 2013).

Studies carried out with the application of acupuncture to reduce anxiety with women in labor concluded that they achieved an efficiency rate greater than 69% while massage

achieved an effectiveness of approximately 32%. The same experiment was carried out with yoga which reached rates similar to massage (WNAG, 2014).

Faced with the increase in psycho-emotional disorders, the Ministry of Health added 29 PIC procedures in the assistance to the population assisted by the SUS: Traditional Chinese Medicine/Acupuncture, Anthroposophical Medicine, Homeopathy, Medicinal Plants and Phytotherapy, Social Thermalism/Crenotherapy, Art Therapy, Ayurveda, Biodanza, Circle Dance, Meditation, Music Therapy, Naturopathy, Osteopaths, Chiropractic, Reflex Therapy, Reiki, Shantala, Integrative Community Therapy, Yoga, Apitherapy, Aromatherapy, Bioenergetics, Family Constellation, Chromotherapy, Geotherapy, Hypnotherapy, Laying on of Hands, Ozone Therapy and Flower Flower Therapy . These procedures can be performed by all health professionals who are trained. Among the procedures cited is acupuncture with or without needles that are applied in order to alleviate the psycho-emotional disorders that have been affecting a large number of the population in their different age groups (CARVALHO & CARVALHO, 2021).

Auricular acupuncture has also been used with elderly people with the aim of restoring the health of affected/diseased organs through stimulation of reflex points to restore balance. In this case, the place used to apply the procedure is the ear pavilion with the use of mustard seeds or silver points. It was applied to 30 elderly people and obtained a positive response of 63%. This procedure is recognized by the World Health Organization - WHO, as a microsystem therapy, it is a minimally invasive method, which has increased its acceptance by patients (CHANG & SOMMERS, 2016).

This research aims to discuss, through an integrative literature review, the benefits of

acupuncture in patients with psycho-emotional disorders to contribute to the understanding of the objective of this bibliographic research, to provide scientific subsidies on the use and benefits of acupuncture in psycho-emotional disorders, specifically in of anxiety, depression and stress, and allowing its applicability to people in different groups would be suffering from some kind of mental and emotional disorders.

In view of the descriptions of the different authors, the present study aimed to describe and analyze the importance of the application of cupuncture in diseases of mental and emotional disorders. This study is important for the author due to the increase in the most varied biopsychic disorders that have been faced for many years and, above all, in this period of pandemic. This is a study based on a literature review that will contribute to the understanding of the application of Complementary Integrative Practices - PICs in care assistance combined with traditional care.

DEVELOPMENT METHODOLOGY

This is a bibliographic review. The systematic literature review consists of a form of information organization in which a synthesis of the available production situated in a given period is carried out. In this method, the search and selection criteria are explained, as well as the exclusion criteria of the studies found (GREENHALGH, 2008)

This methodology (type of study) includes the characteristics of the studies carried out as well as the quality and identification of contents, identification of concepts and analysis of the results presented. In addition to being reproducible, due to the explanation of its inclusion and exclusion criteria, the systematic review helps to synthesize the scientific evidence available in the literature,

supporting professionals and researchers in the analysis of different themes and interventions in their daily work (SHERMAN et al, 2010).

SEARCH STRATEGY

An electronic search was carried out in the bibliographic indexes: LILACS and Scielo and the following descriptors were used: *Acupuncture and depression. Acupuncture and Anxiety/Stress and Acupuncture and Emotional Disorders*. In the period from 2008 to 2021.

For this article, 26 studies in Portuguese and 04 studies in English were analyzed, in a total of 30 articles. After analyzing the abstracts, the exclusion was carried out and the reading of the full articles was continued, where there was a new selection, according to the following flowchart.

RESULTS/DISCUSSIONS

As for the results of the studies of the analyzed studies, the articles were published in different journals, between the years 2008

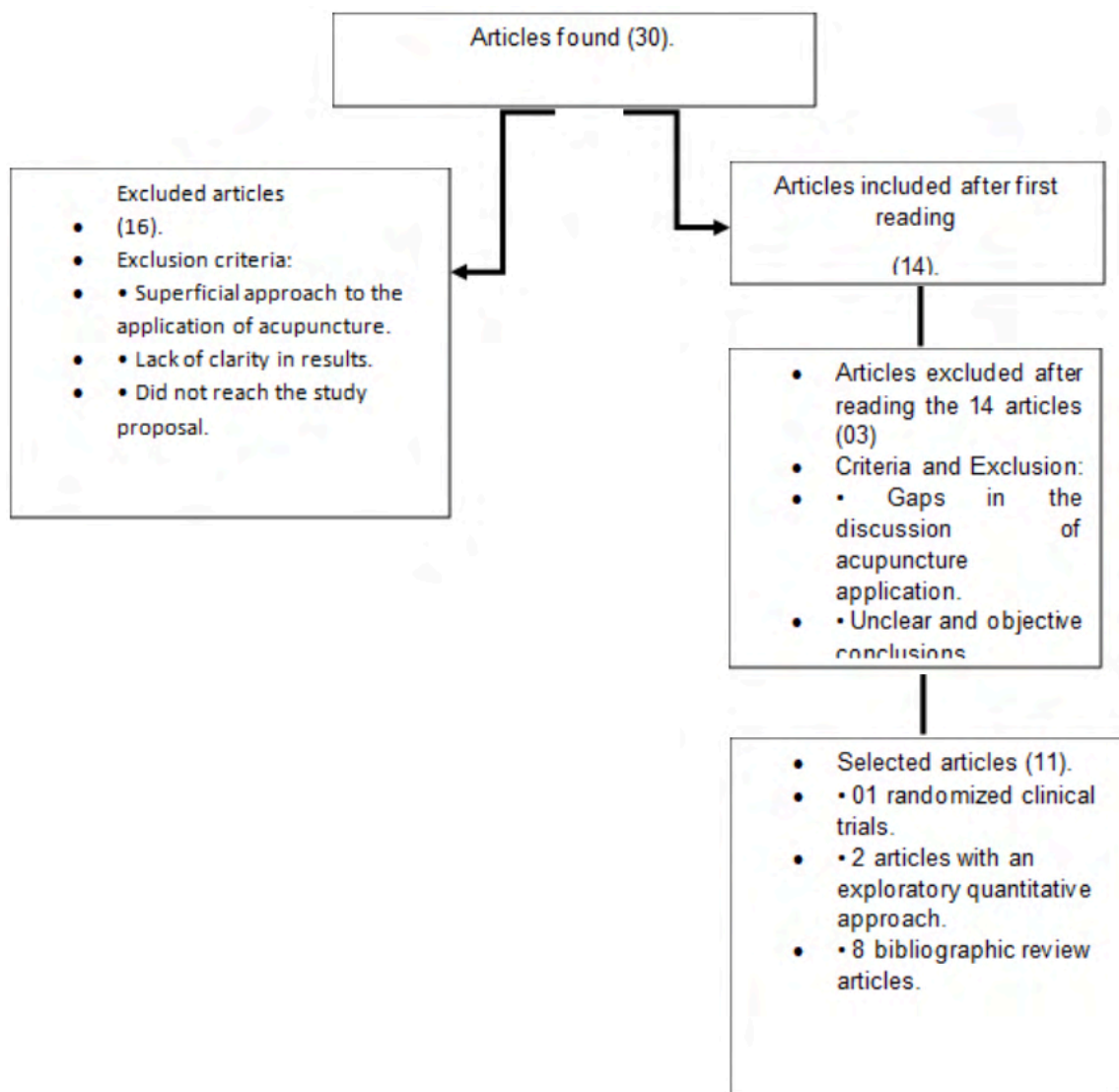


Figure 1. Selection of published studies. Application of Acupuncture for common mental disorders, according to the type of study.

to 202, most in the field of psychology and psychiatry.

Regarding the type of study, there was a predominance of bibliographic research. 08 articles were literature reviews that analyzed the importance of applying acupuncture for anxiety and depression treatments.

In some articles, the authors describe the conditions of anxiety, stress and depression as well as the importance of applying Traditional Chinese Medicine TCM and its contribution also combined with conventional treatments.

The importance of TCM in the scope of Primary Health Care - APS is perceived, since the Ministry of Health - MS itself authorized the application of Complementary Integrative Practices - PICs in the Unified Health System - SUS, enabling its application, for trained professionals who are part of the PHC.

A greater effectiveness of acupuncture was observed in relation to other PICs, which demonstrates that acupuncture is an ancient therapy and that it contributes to the improvement of quality of life in all aspects, especially in people with emotional disorders.

In the time and pandemic of COVID 19 and other pathologies that plague humanity and that have been producing so many emotional disorders, it is necessary to bet on PICs as a means to enhance the well-being of communities, care for life and the production of knowledge to strengthen the health assistance.

CONCLUSION

Acupuncture is part of Traditional Chinese Medicine, a technique applied to health care from remote times with the aim of restoring the balance of physical and mental health.

The articles analyzed were unanimous in describing the efficiency of acupuncture in the treatment of emotional disorders, in all age groups and in the most different types of pathologies.

Complementary Integrative Practices authorized by the Ministry of Health to be applied within the scope of the Unified Health System collaborates for practices of comprehensive health care, since people assisted in Primary Health Care are bioipsosocial beings and need a “holistic view””. And Traditional Chinese Medicine meets this need.

Therefore, there is a need for training for professionals working in the SUS so that they can apply the PICs and contribute to quality health care, uniting Traditional Chinese Medicine/Acupuncture with Conventional Medicine, favoring greater knowledge and applicability of the themselves to the community.

REFERENCES

- AQUINO. J.G. Transtornos Emocionais na Escola: da Consternação à Inclusão. Disponível em <https://books.google.com.br/books?hl=pt-&lr=&id=wQDKNWfpXjwC&oi=fnd&pg=PA19&dq=transtornos+emocionais&ots=w2HPLQ0M8D&sig=cKVYjtYysQJQ8ZmLN2FH0kyLnKU#v=onepage&q=transtornos%20emocionais&f=false>
- ANDRADE. J. T. COSTA. E. L. F. A, “Medicina complementar no SUS: práticas integrativas sob a luz da antropologia médica,” *Saúde e Sociedade*, São Paulo, vol. 19, no.3, pp. 497-508, 2010.
- BORIM. F. S. BARROS. M. B. BOTEGA. N. J., “Transtorno mental comum na população idosa: pesquisa de base populacional no Município de Campinas, São Paulo, Brasil,” *Cad Saúde Coletiva*, vol. 29, no. 7, pp.1415-26, 2013.
- CARVALHO. J. S. C. CARVALHO. A. C. CARVALHO. A. L. SAJES. Aplicação da Acupuntura em Transtornos Emocionais – Revista da Saúde da AJES, Juína/MT, v. 7, n. 14, p. 12 – 22, Jul/Dez. 2021.
- CHANG, B. H.; SOMMERS, E. Acupuncture and relaxation response for craving and anxiety reduction among military veterans in recovery from substance use disorder. **The american journal on addictions**, v. 23, n.2, p. 129-136, abr. 2016.
- GREENHALGH T., “Artigos que resumem outros artigos (revisões sistemáticas e metanálises,” in *Como ler artigos científicos: fundamentos da medicina baseada em evidências*, T. Greenhalgh, Porto Alegre: ArtMed, pp. 134-150, 3rd edition, 2008.
- FIORIM. S.R. WEIDE. J. N. C.VICENTINI. E. C. ARAÚJO. M. S. MACHADO. V. L. Enfrentando o Estresse em Tempos de Pandemia: Proposição de uma Cartilha. *Estud. psicol. I Campinas I 37 I e200065* 2020.
- GONÇAÇALVES. A. M. C. TEIXEIRA. M. T. B. GAMA. J. R. A. SILVA. G. A. GAMARRA. C. J. DUQUEL. K. C. D. MACHADO. M. L. S. M. Prevalência de Depressão e Fatores Associados em Mulheres Atendidas pela Estratégia de Saúde da Família. *J Bras Psiquiatr.* 2018;67(2):101-9. SP.
- PEREIRA. A.M.T.B. GONÇAÇVES. M.B. Transtornos emocionais e a formação em Medicina: um estudo longitudinal. *Revista Brasileira de Educação médica.* 33 (1) : 10 – 23 ; 2009 I
- SILVA. J. BRITO. A. OLIVEIRA. C. VIANA. M. MACIEL. A. Transtornos Emocionais em Acadêmicos de Saúde: Qual a Incidência? *Revista Inspirada Movimento e Saúde.* Edição 49 | Volume 19 | Número 1 JAN/FEV/MAR | 2019
- SHERMAN. K. J. LUDMAN. E. J. COOK. A. J. HAWKES R. J. P. P Effectiveness of therapeutic massage for generalized anxiety disorder: a randomized controlled trial, *Depression and Anxiety*, vol. 27, no. 5, pp. 441–450, 2010.
- WANG. H. WANG Qi, B. Y. ZHU. RONG. Cui, L.,Z. CHEN H.,“Is acupuncture beneficial in depression: a meta-analysis of 8 randomized controlled trials?” *Journal of Affective Disorders*, vol. 111, no. 2-3, pp.125–34, 2014