

Auricular Acupuncture And PTSD Veterans

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The key purpose of this study is to make sure how feasible and acceptable is the usage of [auricular acupuncture](#) for veterans. The key thing that would be looked at during the research is what are some of the problems that are faced during the course of auricular acupuncture when it is provided to veterans, as well as the sort of impact it has over the long-term health of the patients who seem to be suffering from the Post Traumatic disorder. Looking at the host of literature that is available on the subject on the subject goes to show the fact that what was the result of the wrist actigraphy on the patients and veterans.

Literature Review

Historical Perspective Of The Current Study

With the passage of time, there was an increasing perception that the traditional Western techniques needed to be used with some other techniques to make sure that better results are achieved when it comes to some of the issues that are faced by the veterans (Zawril & Saulon, 2015). As a matter of fact, there was a degree of scepticism when it came to the utility of Acupuncture as a treatment method. The key problem that was witnessed during the whole time period was how some of the traditional methods were not effective when it came to the problems faced by the veterans (Zawril & Saulon, 2015). As the awareness increased, Auricular acupuncture emerged as the technique that is considered to be effective when it comes to the resolution of the problem (Zawril & Saulon, 2015).

Relationship between the Previous Research and Current Research

In the past, not enough thought and consideration have been put into the fact that how some of the non-conventional techniques have provided relief to patients and veterans who are suffering from PTSD. With the passage of time, it was realized that some of the more common methods of treatment were ineffective when it comes to the overall treatment. When the current research was carried out on the ailment, it showed how it can offer improvement in some of the symptoms, such as headaches and musculoskeletal pain (Zawril & Saulon, 2015).

Evaluation of the Methodology and Some of the Key Studies

With the passage of time, growing evidence has been mounted that has pointed toward the fact that how auricular acupuncture is going to be effective when it comes to sorting out some of the traditional issues that are faced by veterans who are suffering from PTSD (Zawril & Saulon, 2015). For

instance, when the study was carried out using the qualitative research methodology, the idea was to make sure that the thematic content analysis was being used when employing auricular acupuncture for the treatment of veterans (Hernández et al. 2016). About seventeen active veterans provided written comments about the study as well as the feasibility of auricular acupuncture (Zawril & Saulon, 2015). The key thing that was observed during the whole thing was how there was a significant improvement in the symptoms after the three-week time period (Zawril & Saulon, 2015). The initial concern during the earlier phase of the study was the concern that how the patients were going to respond to the auricular acupuncture and whether the whole procedure was going to be comfortable for them. Contrary to the common perception, the positive thing was that more or less all the recipients of the treatment were extremely receptive to the way it was carried out (Hernández et al. 2016).

Comparing And Contrasting Different Findings

Looking at some of the studies, there is a certain point of difference regarding whether auricular acupuncture is supposed to be used in conjunction with other Western techniques. There is some literature that supports the notion that auricular acupuncture is supposed to be used alone as it is good enough to provide results. On the other hand, there are instances when it has been witnessed how using it in synch with other Western methods of treatment is likely to provide improved results. Thus it is one of the areas where there exists a certain degree of inconsistency (Boon et al. 2016).

Discussion

The key thing that needs to be noted here is how auricular acupuncture has provided good results to patients who are suffering from PTSD (Boon et al. 2016). The other thing that is very encouraging with regard to the results is that the veterans were very receptive to the overall treatment, and there was a significant improvement in their condition (Boon et al. 2016). Some of the other techniques had also been used, such as medications and psychotherapy was one of the methods which were used in combination with auricular acupuncture, and the results at the initial level were encouraging, to say the least (Boon et al. 2016).

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