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Acupuncture east-west from chronobiology to neuroscience

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The last decade a multimodal bio-psychosocial management of pain has been proposed. For patients with chronic pain and/or chronic pain refractory to conservative treatment, it is important to assess all factors involved with chronicity. The principles of traditional Chinese medicine link three major themes: nutrition and microbiome, neuroplasticity, and homeostasis while considering the side effects of medication. The improved biological, genetic and epigenetic knowledge has contributed to a better understanding of the acupuncture mechanism. Neuroimaging demonstrate the brain regions activated by acupuncture and also illustrates the differences with sham or placebo. These brain areas are associated with a pain matrix. In the field of acupuncture research, there is a need for a bidirectional approach to acupuncture research, where basic science studies and clinical trials each inform the other. From the recently published case reports on the management of chronic refractory pain management, we highlight, the diagnostic steps, the reasoning of the traditional Chinese medicine that is integrated with the chronobiology purpose and the epigenetics factors involved, thus allowing a strategy for acupuncture that addresses the chronicity and the modified parameters such as sleep, nutrition, reactive depression and the different vicious circles induced by chronic pain (peripheral and central sensitization). A strategy integrating pharmaco-nutritional and acupuncture approach shows as described in literature a better response and tolerance of the treatment, a dose reduction and a significant improvement of the parameters involved with the chronicity.

Biography

A Mazic de Sonis MD., is specialized in pain medicine since 30years. First trained in France, after a specialization in gynecology and obstetrics, the interest in the bio psychosocial management of chronic disease and pain treatment allowed a multidisciplinary training involving TCM acupuncture pharmaconutritional and pain medicine. In 1990 a pain clinic project has been created in CHIREC Brussels involving all processes in pain treatment and integrative approach. a clinical research on refractory pain treatment, drug tolerance or side effect ,efficacy close to acupuncture has been performed since the field of acupuncture research there is a need for a bidirectional approach, where basic science studies and clinical trials each inform the other. She is involved as pain medicine professor and acupuncture in Brussels and Paris. In charge of a special interest group integrative pain medicine supported by Belgian pain society(IASP) the project is evaluation and systematization in a translational way.

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