

Disorders covered under acupuncture:

- ◆ Shoulder, knee, heel, neck,
- ◆ Back pain (Disc prolapse / sciatica)
- ◆ Arthritis / Gout
- ◆ Migraine / Sinusitis Allergy
- ◆ Asthma
- ◆ Pain Management
- ◆ Frozen shoulder
- ◆ Tennis Elbow polio
- ◆ Slip Disc
- ◆ Hyper Acidity
- ◆ Indigestion, constipation
- ◆ Infertility
- ◆ Gynecological problems
- ◆ Menstrual Disorders
- ◆ Hormonal imbalance
- ◆ Paralysis, Bell's palsy
- ◆ Anxiety , Stress, Depression
- ◆ Psychological Problems
- ◆ Insomnia (sleep Disorder)
- ◆ Weight loss & Body Shaping
- ◆ Psoriasis, eczema, rashes
- ◆ Allergies - Dust, skin, perfume, food
- ◆ Eye disorders, Fluctuating vision
- ◆ Concentration, memory
- ◆ Height increase
- ◆ Cosmetic treatments
- ◆ Scars, Anti-aging, Detox

And the list goes on...

Our Experts

Dr. Shripad Chodankar, Ph.D. (Acupuncture)

Dr. Shripad is a renowned expert in Infertility with a Ph.D. in Acupuncture, possesses a diverse skill set. He is a licensed acupuncture practitioner and certified Laser therapist.

With expertise in Laser therapy, teaching, writing, blogging, and researcher; Dr. Shripad plays multiple roles. As the founder of Panacea Point- Acupuncture & Laser Clinic, he has over 25 years of experience in Fertility Acupuncture and his research papers are published worldwide, helping countless couples achieve their dream of parenthood. He is author of more than 20 books on acupuncture.



Ms. Sanjeevani Chodankar, LAc

Ms. Sanjeevani is licensed Acupuncture practitioner & certified laser practitioner with expertise in aesthetics. She specializes in skin, nail, and hair care, that gives holistic solutions for your beauty needs.

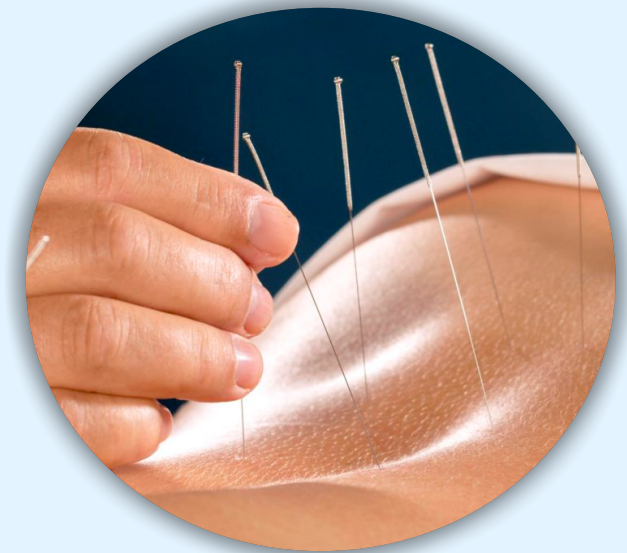
As an Acu-Yoga and elemental diet practitioner, she combines ancient healing practices with modern techniques to enhance your overall well-being. She is also a Lifestyle Coach and an MCA approved teacher, guiding individuals towards a balanced and healthy lifestyle. She shares insightful tips and knowledge through health and wellness blogs to empower others on their wellness journey.



Panacea Point

Acupuncture & Laser Clinic

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Mind & Body Harmony Center

Book an Appointment

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“Health is a state of optimal physical, mental and emotional well-being and not merely the absence of disease and infirmity.”

What is Acupuncture?

Acupuncture is an effective form of medical treatment that has evolved into a complete holistic health care system. The practitioners of acupuncture have used this drugless treatment method to help millions of people become well and stay well. Acupuncture promotes natural healing. It can enhance recuperative power and immunity, support physical, emotional health, improve bodily functions and well-being. It is safe, painless & effective way to treat wide variety of medical problems.

What is Qi?

At the core of this ancient medicine is the philosophy that Qi or Life Energy, flows throughout the body. Qi circulate throughout the body to nourish it and protects it from illness, pain and disease. A person's health is influenced by the quality, quantity & balance of Qi.

How does Qi move?

Qi flows through specific pathway called meridian. There are 14 main meridians inside the body. Each of these is connected to specific organ, gland, tissue and sense organs. Meridian pathways are like river flowing inside the body. When river flows it transports life-giving water that provides nourishment to the land, plants and people. Similarly, where meridian flow, they bring life-giving Qi that provide nourishment to every cell, organ, gland, tissue and muscle in the body.



An obstruction to the flow of the Qi is like a dam. When Qi becomes blocked up in one part of the body, the flow becomes restricted in other parts. This blockage of the flow of Qi can be detrimental to the person's health, cutting off vital nourishment to the body, organs, glands and tissues.

How Qi is disrupted?

Physical and emotional trauma, stress, lack of exercise, overexertion, seasonal changes, poor diet, excessive activity, prolonged illness or accidents/trauma are among the many things that can influence the quality, quantity and balance of Qi.

Normally, when a blockage or imbalance of Qi occurs the body easily bounces back, returning to a state of health & well-being. However, when disruption is prolonged or excessive, or if the body is in a weakened state; an illness, pain, or disease can set in.

What does an Acupuncturist do?

During the initial exam a full health history is taken. Questions are asked regarding health, symptoms and life-style. An appropriate physical exam is conducted, including pulse and tongue diagnosis. Gathering this information enables the practitioner to effectively diagnose and detect any specific imbalance of Qi that may have contributed to a person's health problems. The practitioner can then design a well-structured treatment plan and place fine, sterile acupuncture needles at specific acupoints along meridian pathways.

This safe and painless of the needles can unblock the obstruction and balance Qi where it has become unbalanced. Once this is done, Qi can freely circulate throughout the body, providing adequate nourishment to cells, organs, glands, tissues & muscles. This can eliminate pain and restore balance & harmony, as well as the body's ability to heal itself, ultimately leading to optimal health and well-being.



Is Acupuncture Safe?

Acupuncture is safe, effective and drug-free therapy that can help address a wide variety common as well as complicated ailments and problems.

What is scope of acupuncture?

The acupuncture science can influence three areas of health care:

- ✦ Promotion of health & well Being
- ✦ Prevention of illness
- ✦ Treatments of various medical conditions

Acupuncture is often associated with pain control in the hands of well-trained practitioner. The WHO recognizes the use of acupuncture in the treatment of a wide range of medical problems viz. digestive, respiratory, neurological, muscular and reproductive problems.