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Introduction

Acupuncture is a therapeutic technique that involves the insertion of thin needles into specific points on the body, known as acupuncture points or acupoints, to stimulate physiological responses. Originating from ancient Chinese medicine, acupuncture has been practiced for thousands of years and is now widely used worldwide as a complementary or alternative treatment for various medical conditions [1]. The therapeutic effects of acupuncture are thought to be mediated by complex interactions between sensory nerves, endogenous opioids, neurotransmitters, and other biological pathways. While acupuncture has been traditionally used for pain relief, its applications have expanded to include the management of a wide range of health conditions, from musculoskeletal disorders to neurological and psychological disorders [2].

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