



Keywords: Herbal Medicine; Intervertebral Herniation; Mind-Body Connection; Acupuncture; Chinese Herbal Medicine; Natural Remedies; Wellness Practice

Introduction

Pain, a ubiquitous experience, often hinders the quality of life. Herbal medicine, a traditional practice, offers a holistic approach to pain management. This study explores the efficacy of various herbal remedies in alleviating pain, focusing on the mind-body connection and the role of acupuncture. The research aims to provide evidence-based insights into the effectiveness of these natural remedies, contributing to the development of integrative pain management strategies.

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