Institute of Natural Medicine

30 - 60 minutes

Acupuncture Service



The word “Acupuncture” means (Acu = Needle) and (Punge = Pricking). Acupuncture is done by inserting fine needles at specific points in the body to treat various diseases or for positive promotion of health. Acupressure is a therapeutic technique that involves application of manual pressure to specific points on the body using fingers, hands, elbows, or specialized tools to stimulate the points. Both acupuncture and acupressure are rooted in TCM (Traditional Chinese Medicine) and has been practiced for over 2,000 years.

Acupuncture Therapy in Nepal – Natural Healing for Pain, Stress & Energy Balance

Institute of Natural Medicine

Holistic Acupuncture Treatment at Institute of Natural Medicine, Nepal

At the **Institute of Natural Medicine** in Nepal, our **Acupuncture Therapy** offers a safe, natural, and time-tested way to relieve pain, reduce stress, and restore the body's natural energy balance. The word *"Acupuncture"* comes from Latin roots: *Acu* meaning "needle" and *Pungere* meaning "to prick." This ancient healing method works by inserting ultra-fine, sterile needles into specific points on the body known as **acupoints**, which help to restore the smooth flow of **Qi (vital energy)**.

According to Traditional Chinese Medicine (TCM), illness or discomfort occurs when the flow of Qi becomes blocked or unbalanced. By stimulating precise points along energy meridians, acupuncture encourages natural healing, improves circulation, and supports the body's internal harmony.

Our experienced practitioner, **Dr. Dharma Raj Karki (BNYS)**, combines modern scientific understanding with ancient wisdom to ensure safe, personalized treatments for each client.

Benefits of Acupuncture Therapy

- **Pain Relief:** Alleviates headaches, back pain, neck pain, and joint discomfort.
- **Improved Mobility:** Reduces stiffness and enhances range of motion.
- **Stress & Anxiety Reduction:** Promotes relaxation and emotional balance.
- **Enhanced Circulation & Immunity:** Supports faster recovery and overall wellness.
- **Better Sleep Quality:** Helps with insomnia and sleep disturbances.

Many clients combine acupuncture with our Massage Therapy or Sound Healing Sessions for deeper relaxation and energy alignment.

Therapeutic Uses of Acupuncture

- Sciatica and nerve pain
- Cervical or lumbar spondylosis
- Osteoarthritis and muscle stiffness
- Stress, anxiety, and depression
- Headaches, migraines, and tension pain
- Menstrual cramps (PMS) and hormonal imbalance
- Digestive issues like IBS and constipation
- Carpal Tunnel Syndrome and repetitive strain injuries
- Sleep disorders such as insomnia

For holistic results, many clients also explore our Yoga Classes and Reiki Healing to enhance their healing journey naturally.

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Session Duration & Pricing of Acupuncture in Kathmandu

Each acupuncture session is tailored to your health condition and comfort level.

- **30-minute session:** USD 20
- **60-minute session:** USD 30

Sessions may be done in *supine, prone, or sitting positions*, depending on the treatment area and desired outcome.

Why Choose Institute of Natural Medicine, Nepal

- Led by **Dr. Dharma Raj Karki (BNYS)** – Certified Naturopathy & Acupuncture Expert
- Over 20 years of combined holistic healing experience
- Peaceful environment ideal for natural healing and rejuvenation
- Integrative care approach with Yoga, Meditation, Ayurveda, Massage, and Sound Healing.

Experience natural pain relief and energy balance with our Acupuncture Therapy in Nepal — a gentle path to health, harmony, and vitality.

Book your session today or combine it with Massage Therapy or Yoga Retreats for complete body-mind wellness.

Reviews

Dr. Darma was brilliant! It was our (boyfriend and I) first acupuncture session and it was a very enjoyable, fun and stress free one. Thanks Dr. Darma & the whole team!
E
Eliza Goodfellow

Frequently Asked Questions

What is acupuncture and how does it work?

Acupuncture is a natural healing therapy that uses thin, sterile needles to stimulate specific points on the body. It helps balance the flow of energy (Qi), improves circulation, reduces pain, and promotes overall wellness.

Is acupuncture safe for everyone?

Yes. When performed by a certified practitioner at the Institute of Natural Medicine in Thamel, acupuncture is safe, hygienic, and effective for people of all ages.

Does acupuncture hurt?

Most clients feel only a slight tingling or warmth when the needles are inserted. The sensation is minimal and many find the treatment deeply relaxing.

How many acupuncture sessions do I need?

The number of Acupuncture sessions depends on your condition. Some clients experience relief after one or two treatments, while chronic issues may require several sessions for lasting improvement.

What conditions can acupuncture help with?

Acupuncture is effective for pain relief, stress, anxiety, insomnia, digestive disorders, menstrual cramps, arthritis, migraines, and many other chronic and lifestyle-related conditions.

How long does each acupuncture session last?

Acupuncture Sessions typically last 30 to 60 minutes, depending on your health condition and treatment plan.

Who performs acupuncture at your center in Thamel?

All acupuncture treatments are performed by **Dr. Dharma Raj Karki (BNYS)**, a certified naturopath and acupuncture expert with years of clinical experience.

Can I combine acupuncture with other natural therapies?

Absolutely. Many guests combine acupuncture with **Massage Therapy**, **Yoga**, **Sound Healing**, or **Reiki Healing** at our center in Kathmandu for deeper and faster healing results.

Is acupuncture good for stress and anxiety relief?

Yes. Acupuncture helps calm the nervous system, balance hormones, and release natural endorphins — reducing anxiety, depression, and stress naturally.

How is acupuncture different from acupressure?

Acupuncture uses fine needles to stimulate points, while acupressure uses gentle manual pressure with fingers or tools. Both are based on Traditional Chinese Medicine and aim to balance energy flow.

Do you offer acupuncture for back pain or sciatica in Kathmandu?

Yes, our acupuncture therapy in Thamel is highly effective for relieving back pain, sciatica, and neck or shoulder stiffness by improving blood flow and reducing inflammation.

Can acupuncture help with sleep problems or insomnia?

Definitely. Acupuncture improves sleep quality by relaxing the mind, reducing stress, and balancing internal energy. Many clients report better sleep after just a few sessions.

How much does acupuncture cost in Kathmandu?

At our center, acupuncture sessions start at **USD 15 for 30 minutes** and **USD 25 for 60 minutes**, depending on your condition and treatment duration.

Is acupuncture effective for digestive problems like IBS or constipation?

Institute of Natural Medicine

Yes. Acupuncture can regulate the digestive system and relieve symptoms of IBS, constipation, and bloating by harmonizing the body’s internal energy flow.

Where can I get the best acupuncture therapy in Thamel, Kathmandu?

You can visit the **Institute of Natural Medicine** in Thamel — one of the most trusted **holistic healing** centers in Nepal offering acupuncture, yoga, massage, and naturopathy under expert care.

Price:

30 min US$ 20

60 min US$ 30

Book Now