

Research Progress on the Mechanism of Acupuncture Regulating Exosome-Mediated Neuro-Immune Network

Guanhu Yang

This presentation will discuss recent advances in understanding how acupuncture regulates exosome-mediated signaling within the neuro-immune network. It will introduce a proposed “Trigger-Carrier-Network-Effector” framework, explaining how local acupuncture stimulation may induce exosome release, reshape molecular cargo such as miRNAs, and mediate long-distance communication across organs and biological barriers. The session will also highlight the implications of these findings for inflammation resolution, neurovascular repair, biomarker discovery, and the future development of acupuncture-based precision medicine.