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What care should we have in a puerperal woman according to ancient medical traditions?

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Introduction: There are differences in the treatment of puerperal patients between Western and traditional Chinese medicine and one of the main differences is the exposition of the external pathogenic factors.

The purpose of this study is to show how Western medicine treats puerperal patients and does not take into account the influences of external pathogenic factors such as Wind and Cold.

Methods: I am describing one case of 11 days of puerperal patient of 26 years old with low-grade fever, lack of appetite, and pallor. She said that the temperature in the hospital was very low and also, in her hospital room where they turn on air conditioning and ask them to drink iced water. It was orientated to her all the precautions to do not expose to Wind and Cold, to use clothes to cover all her skin, to drink lukewarm water, and to avoid the ingestion of raw food.

Results: she improved very well after doing all these precautions and she was able to eat normally and the fever disappeared.

Conclusion of this study is that patients with puerperal phase need to be secluded at home to avoid the entrance of the external pathogenic factors to do not have diseases caused by this exposition to external pathogenic factors such as Cold and Wind.

Biography

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, a General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. Once in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress in 1998. Since 1997, she works with the approach and treatment of all chronic diseases in a holistic way, with treatment guided through the teachings of Traditional Chinese Medicine and Hippocrates. Researcher in the University of São Paulo, in the Ophthalmology department from 2012 to 2013. Author of the theory Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine. Author of more than 100 publications about treatment of variety of diseases rebalancing the internal energy using Hippocrates thoughts.