

Infection Prevention 2020: Is it possible to treat candida fungus infection without the use of anti-fungicides medication?- Huang Wei Ling- Medical Acupuncture and Pain Management Clinic

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Introduction: The treatment in Western medicine for infections is focused on the pathogen, while in traditional Chinese medicine, the treatment is focused on fortifying and rebalancing the internal energies, increasing immunity and helping the body to overcome the infection naturally. According to Hippocrates, infections in general are associated with phlegm accumulation inside the body. In this study, it will be demonstrated that candida is associated with phlegm accumulation in TCM, and rebalancing the energies through Chinese dietary counseling, acupuncture, and correcting the energy of the chakras, there will be a diminution of the phlegm accumulation, leading to the disappearance of the factors that were proportionating the fungus increase on the vagina. In this way, treating the root of the imbalance, that was leading to the accumulation of phlegm and not only the symptom there will be a better result, without the necessity of using anti-fungicide medications. Several studies demonstrate there are fungus which are resistant to the medication.

Objectives: To demonstrate that it is possible to treat vaginal candidiasis without the use of anti-fungicide medication.

Methods: Review of literature of diagnosis and treatment of candida in Western and in traditional Chinese medicine. Two case reports were also used. The first patient is named T.C.T.A, 21-years-old female. Her symptom was white vaginal discharge. She was tested by her gynecologist and diagnosed with vaginal candidiasis. She started treatment for vaginal candidiasis with anti-fungicides with improvement, but the symptoms of vaginal discharge would return once the medication was withdrawn. In traditional Chinese medicine, she was diagnosed with Blood deficiency (no daily bowel movement), deficiency of Kidney Yang and Heat retention.

The second patient is named A.G.S., 26-year-old female. Her symptom was white vaginal discharge. She also performed exams which showed she had vaginal candidiasis. She performed treatment for vaginal candidiasis with anti-fungicides with no improvement. In traditional Chinese medicine, she was diagnosed with deficiency of Blood, deficiency of Kidney Yang and Heat retention.

Both patients received treatment based on ancient medical tools. The first step of the treatment was Chinese dietary reorientation. They were advised to withdrawn dairy products, raw food, sweets and cold beverages. They were oriented to drink lukewarm water, and eat boiled or grilled food, including vegetables and fruits. They were also oriented to avoid: fried food, eggs, coconut, honey, alcoholic beverages and chocolate. They were also oriented to avoid soda, coffee and matte tea.

The second step of the treatment was auricular acupuncture with apex ear bloodletting twice a week. The auricular acupuncture points used were: Shen men, Kidney, Liver, Spleen, Large Intestine, Lung, Occiput, Hunger Point, Endocrine Point.

Results: The first patient perceived improvement within 10 days of treatment, and the second patient perceived improvement within one week. After the first acupuncture session, both patients perceived diminution and then disappearance of the vaginal discharge.

After the treatment, as both patients were overweight, it was suggested the measurement of the chakra's energy centers. The result showed that both patients had energy only on the seventh chakra (spiritual) and have no energy from the chakras 1 to 6.

Discussion: According to Hippocrates is more important to know what kind of patient has a disease than what kind of disease a person has. For this reason, when treating any kind of patient, the author focusing on understanding in depth the energy level of the *Yin, Yang, Qi*, Blood, as well as the level of Heat retention.

Hippocrates also states "Make your food your medicine, and your medicine your food". This is why the first step of treatment is always to change the diet of the patient.

According to Hippocrates, infections are related to phlegm, and the author, through the rebalancing of energy imbalances, achieved the cure of the disease without the necessity of using any anti-fungicide medication.

Also according to Hippocrates, natural forces within us are the true healers of the disease, therefore, no medication was necessary to cure the pathology the both patients had (vaginal candidiasis), because what was causing these symptoms was the energy imbalances, and when these energies were balanced, the candida had no proper environment to grow, what lead to an improvement on the symptoms.

The patients improved with diet and acupuncture, but after the treatment, they received measurement of the chakras, which showed they were both deficient of the energy of the chakras. After the first part of treatment, they also received homeopathy based on the theory developed by the author entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*, and crystal-based medications, to replenish the energy of the chakras. The medications were recommended to be taken during the period of one year or more. After this year, a new measurement of the energy of the chakras centers is usually done.

Conclusion: The conclusion of this study is that it is possible to treat candida vaginal infection without the use of anti-fungicides. To achieve this aim, it is important to correct all energy imbalances that is leading to the formation of phlegm, correcting the diet through Chinese dietary counseling, and rebalancing the internal energy through auricular acupuncture.

Keywords: Candida, Antifungicide medication, Diet, Energy, Traditional Chinese Medicine.