

The Treatment of Asthma Based on Traditional Chinese Medicine and Homeopathy

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Abstract:

Introduction:

Asthma is a disease that affects the breathing passages of the lungs (bronchioles). Asthma is caused by chronic inflammation of these passages. Because asthma causes resistance, or obstruction, to exhaled air, it is called an obstructive lung disease. The treatments with Traditional Chinese Medicine (TCM), acupuncture, herbal and nutrient medicine provide a better control of the disease and overall daily wellbeing.

Purpose:

The purpose of this study is to demonstrate that the asthma symptom may not be caused by a lung problem but by energy imbalance in other organs, according to teachings of TCM, the treatment can be done without the use of corticosteroids and bronchodilators.

Methods:

A case report of a twelve-year-old boy, S.B.M., that presented chronic short of breath since 2009, especially at nighttime, which improved symptomatically with the use of inhaled bronchodilator, but there was recurrence of the condition constantly. The parents, seeking a different approach for his disease, especially because of his young age, began treatment with acupuncture sessions about two years ago, associated with Chinese dietary counselling and homeopathic medication.

Results:

The patient controlled his condition with acupuncture sessions, dietary counselling, increased water intake and use of homeopathic medication to tone his whole energy, in this case, the Kidney.

Discussion:

This article entitled The Treatment of Asthma Based on Traditional Chinese Medicine and Homeopathy, already published in the Journal of Pediatrics and Infants in May 2018, will be the subject of this publication.

This study was based on the thinking of Hippocrates who states that “we should consider older medicines, before this current medicine, practice nowadays”. In addition, another phrase was used by him, which is “make your food your medicine and your medicine your food”. The third sentence said by him and used in this study is that “natural forces within us are the true healers of the disease”.

Unlike the Western medicine reasoning in which the affected organ is treated in isolation, the traditional Chinese medicine reasoning is different in the sense that all internal massive organs (Lung, Kidney, Liver, Heart and Spleen) are energetically interconnected through theory of the five elements by the generation cycle and the control cycle and Yin and Yang theory.

The author, in several works published by her, uses the figure of the tree to demonstrate the different perspectives of Western medicine and traditional Chinese medicine. Asthma, considered a disease, is treated at the leaf level in this representation of the tree in the branch of pulmonology specialty. The view of traditional Chinese medicine aims to address the root of the problem that is below the ground at the root of the tree, represented by the Yin and Yang theory and the theory of the five elements. In addition, TCM values the influence of external pathogenic factors represented by Wind, Cold, Heat, Dryness and Humidity in the induction and formation of diseases, currently little valued by Western medicine.

In this article, through the clinical case described, where the patient was using highly concentrated drugs to control asthma attacks, under the TCM point of view, the patient was experiencing symptoms of shortness of breath due to a condition of deficiency of the Kidney Yang energy, which is characterized by being colder, mainly in the extremities. This patient did not feel the necessity of drinking water and rarely drink water on his daily life, which is one of the causes of Kidney energy deficiency, which depends on the adequate intake of sufficient water to maintain adequate energy. Using the reasoning of

traditional Chinese medicine, the author used, through the Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine Theory, to treat Kidney energy deficiency using the homeopathic medicine Natrium muriaticum and thereby improved the symptom of shortness of breath presented by the patient. In the pathophysiology of the transmission of energy from one organ to another, the Lung is the organ responsible for sending energy to the Kidney but when the energy of the Kidney is weakened, this transmission of energy from the Lung to the Kidney is impaired, causing the symptoms of shortness of breath. The replenishment of Kidney energy through highly diluted medication (Natrium muriaticum) made it possible to normalize the transmission of energy from the Lung to the Kidney, thus improving the symptoms presented by the patient.

According to Arndt Schultz's Law, if we use highly concentrated medication in this patient, who already have energy deficiency (Kidney Yang deficiency), we can worsen the energy deficiencies, leading to the aggravation of the symptoms presented by the patient, confirmed by the case report presented in this study.

Conclusion: Based on the theory of the Five Elements, weakness in Kidney energy can affect Lung energy. Symptom of asthma may not correspond to pathologies in the lungs and the treatment without the use of corticosteroids and bronchodilators may be possible, using traditional Chinese medicine reasoning, replenishing the internal organs energy, in this case Kidney energy with highly diluted medication (Natrium muriaticum) to improve the Lung symptom.

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