



Is it Possible to Treat Community and Nosocomial Bacterial Infections, Herpes Virus Infections, Dengue Virus, Fungus Infections and Leptospirosis with the Same Method and Without the Use of Any Drugs?

Huang WL*

Infectious Diseases, General Practice, Nutrition, Acupuncture and Pain Management Specialist, Resident in Pain Management Clinic, Franca, São Paulo, Brazil

***Corresponding Author:** Huang WL, Infectious Diseases, General Practice, Nutrition, Acupuncture and Pain Management Specialist, Resident in Pain Management Clinic, Franca, São Paulo, Brazil.

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Abstract

Background: The microorganisms that cause infectious diseases were the principal cause of mortality in ancient societies. Nowadays, different pathogens are treated with different medications. The current medicine is focused in the pathogenic agent responsible for the disease, and because of that, diseases originated from different pathogens are treated with different medications.

Purpose: To demonstrate that it is possible to treat different types of infection (Community and Nosocomial Bacterial Infections, Herpes Virus Infections, Dengue Virus, Fungus Infections and Leptospirosis) with the same method and without using drugs.

Methods: Based on 8 case reports of patients with different types of infection (Community and Nosocomial Bacterial Infections, Herpes Virus Infections, Dengue Virus, Fungus Infections and Leptospirosis). All these patients were being treated with specific medications without significant improvement. These 10 patients were submitted to Chinese dietary counseling, auricular acupuncture with apex ear bloodletting, and orientation regarding external factors (Heat, Dryness, Dampness, Cold and Wind). The Chinese dietary counseling consisted in withdrawn of dairy products, frying, eggs, chocolate, coconut, honey and alcoholic beverages, besides withdrawn of cold water, raw food and sweets.

Results: All the 10 patients with different types of infection presented clinic significant improvement, only with the method used, and without the use of any specific drugs.

Conclusions: It is possible to treat different kinds of infection with the same method and without using any drugs. For this aim, it is important to see the patient in an individualized way, considering systemic energy imbalances caused by emotional, dietary and external pathogenic factors.

Keywords: Community, nosocomial bacterial infection, herpes virus infection, dengue, fungus, leptospirosis, medication, traditional Chinese medicine, external pathogenic factor, Chinese dietary nutrition, acupuncture.

Introduction

It is declared that diseases arose due to microorganisms that could be transmitted from person to person, according to informa-

tion collected in expeditions since the middle ages that witnessed the spread of diseases. In Western medicine, infectious diseases can be treated focusing in the agent that is causing the disease (bac-

terial, fungus, virus) and the use of drugs to attack the pathogen but these treatments are hindered by resistance to multiple drugs nowadays. Due to the development of drug resistance by infectious agents, several researchers have developed drug delivery systems for the treatment of infectious diseases [1].

In traditional Chinese medicine, the pathogens are considered external pathogenic factors and the treatment aims to firstly take out these externals pathogenic factors (Cold, Wind, Humidity, Heat and Dryness) and secondary, strengthen the internal energies (Yin, Yang, Qi and Blood) and taking out the Heat retention that is common in these kind of infections [2].

The author of this article has published several studies, all aiming to acknowledge the effectiveness ancient traditions, such as traditional Chinese medicine, Ayurveda medicine and other ancient traditions in the diagnosis and treatment of the most varied pathologies in diverse specialties. This study is based on Hippocrates oaths that said it needs to consider other ancient medical traditions prior to the knowledge the medical schools have nowadays. Another quote used by him is important to use the food as our medicine and the medicine as our food. The third Hippocrates' quote used by the author to construct her treatments is natural forces within us are the true healers of disease [3,4].

Purpose

To demonstrate that it is possible to treat community and nosocomial bacterial infections, herpes virus infections, dengue virus, fungus infections and leptospirosis with the same method and without the use of any drugs.

Methodology and Results

In this article, the author will explain how she treated eight different patients with eight different symptoms (tonsillitis, sinus infection, post-surgical staphylococcus aureus infection, recurrent periocular zoster herpes virus, leptospirosis, dengue, herpes simplex virus type 2 and vaginal candidiasis) using the same method and without the use of any drugs.

The treatment performed in the cases studied today was based on an efficacious treatment the author had with one specific pa-

tient thirteen years ago. After the successful results, the author saw in this a potential to reveal a new era in the treatment of infectious diseases.

Case Study Base

It all started in two thousand and six, when the author received in her clinic an Afro-descendent patient, about 70- year-old, who came up with a symptom of pain in both legs for about six months. He was using anti-inflammatory drugs without any improvement.

This patient reported feeling cold in the lower limbs, had normal daily bowel habit, did not present sweating and had no dry mouth or itching in the body, or any other symptoms. The physical examination was apparently normal. These informations are very important in the diagnosis and treatment of traditional Chinese medicine.

According to traditional Chinese medicine, he was diagnosed with Kidney-Yang deficiency, being the main indicative factor the cold in the lower limbs the patient complained about, especially in his legs. The patient was prescribed to receive acupuncture twice a week, during 10 sessions.

He improved from his condition and returned one month after the last session to be reevaluated. When he was interviewed, to know if there were any interurrences, he reported that he had gone to his ophthalmologist, and that the doctor was surprised about his intraocular pressure. During the treatment, the patient had not reported to the author that he had a glaucoma condition, and was receiving treatment for his eyes for about 40 years. The pressure levels of his eyes would never lower, always above 40 mmHg. But after a visit to his ophthalmologist, he discovered that, for the first time in his life, the pressure was about 17 mmHg.

Surprised, the ophthalmologist asked the patient what he had done differently since his last consultation that resulted in the lowering pressure of his affected eye; the patient revealed that the only different procedure he had done was acupuncture and Chinese-medicine-based dietary counseling.

When the author started the acupuncture treatment, she was not aware of the patient's glaucoma. However, as she was treating the energy imbalances, responsible for the pain in the legs also improved the patient's glaucoma condition, as according to TCM, the energy imbalances of the patient are the root of all his health problems, despite the location affected.

In the case of the glaucoma patient, the health issues were a reflection of imbalances he had in his root: the energy imbalances. This idea can also justify why the patient was not responding well to the treatments he was receiving for his glaucoma or for his pain in the legs.

Therefore, the treatment of the patient's energy imbalance, led to the improvement of many other symptoms and/or diseases, which the author did not know about when performed the acupuncture and dietary counseling.

As the author had great success in the treatment of the patient with pain in the legs and glaucoma, she decided to present this case at the American Association of Medical Acupuncture Congress in Baltimore, United States, in 2007, and from this study, she developed several other studies in the most varied specialties, all involving the root treatment of the problem, which is the energy imbalance and not only the symptom.

This case was also presented at the Society of Acupuncture Research Congress, which took place in Boston, in Harvard University, United States, in 2015, entitled Acupuncture Viewed Holistically Can Treat All the Patient's Diseases Simultaneously.

Also after this case, the author also started as a researcher, firstly supported by the University of São Paulo, in Ribeirão Preto, Brazil, in the Ophthalmology Department, in the Glaucoma section, to demonstrate that the treatment of energy imbalances can cause a decrease in intraocular pressure.

The author used this same reasoning to treat eight different patients with eight different symptoms of Tonsillitis, Sinus Infection, Post-Surgical Staphylococcus Aureus Infection, Recurrent Periocular Zoster Herpes Virus, Leptospirosis, Dengue, Herpes Simplex Virus Type 2 and Candidiasis.

Case report one and two

The first and second case reports are of a community infection: respiratory tract infection in kids. Two children sought the author's clinic, both with constant tonsillitis and sinusitis, had been

intaking several antibiotics during years with severe relapses when the medications were withdrawn.

They searched for treatment with TCM, and the diagnoses were Kidney Yang deficiency, Blood deficiency and Heat retention for both patients. The doctor oriented them to withdrawn dairy products, replacing it by goat's milk, protect themselves from external Cold pathogenic factors: they were told not to not walk barefoot, sleep with wet hair, close the doors when taking baths and avoid air streams when not properly dressed.

It was performed in both patients the radiesthesia procedure to measure the chakras energy meridians. Both patients were completely depleted in energy in all chakras, with the exception of the seventh chakra, that was normal.

The author also performed treatment sessions of auricular acupuncture with apex ear bloodletting.

At no moment under the author's care the children were prescribed antibiotics.

Case report one and two – results

Both patients recovered fast and their parents have not reported any relapses. Why were the children able to recover from their symptoms without the use of antibiotics and in the absence of any relapse.

After the infections symptoms were completely recovered, the author prescribed homeopathic medication for their symptoms according to the Constitutional Homeopathy of Five Elements Based on Traditional Chinese Medicine also written by the author, to replenish the chakras energy meridians [5].

The homeopathies prescribed were: Sulphur 30CHXX-20 (single dose), Calcarea carbonica 30CHXX-20 (single dose), Silicea 30CHXX-20 (single dose), Natrium muriaticum 30CHXX-20 (single dose), Phosphorus 30CHXX-20. The homeopathies were prescribed to be taken in a single dose with a hiatus of three days between the medications, necessarily on the sequence described. Two months later, a new sequence of treatment was started, with the same medications taken on the same order, but now with 200CHXX-20 instead of 30CHXX-20. Two months later, a new sequence of treatment was started, with the same medications taken on the same order, but now with 1000CHXX-20 instead of 200CHXX-20. Two months later, a new sequence of treatment was started, as the others, with the same medications taken on the same order, now with 10,000CHXX-20 instead of 1000CHXX-20. Two months later, a new

sequence of treatment was started, as the others, with the same medications taken on the same order, now with 50,000CHXX-20 instead of 10,000CHXX-20.

These cases reports were already published by the Pediatric Research and Child Health Journal in the article entitled Can We Treat Children with Chronic Respiratory Tract Infections Without Using Antibiotics? on May, 2020 [6].

Case report three

The third case report is from a patient who was suffering from nosocomial post-surgical cellulitis.

D. S., a 36-year-old male, broke his leg in a motorcycle accident. He was riding through the mountains of Serra da Canastra, in Brazil, along with his friend, who was riding in another motorcycle. D.S. fell, and in his accident, his leg buckled and it was possible to see the piece of bone beginning to point beneath the skin.

As he had fallen in a place inaccessible to cars or ambulances and without cellphone sign, he was taken directly to a hospital in Franca, the city in Brazil where he lives. Franca was three hours away from the accident site, which means he suffered from his broken leg for three hours before any care could be administered.

At the hospital, he was admitted for a week, underwent a surgical procedure to fix the bone using a tibia intramedullary rod. A prophylactic antibiotic was routinely prescribed, as well as anti-inflammatory medication to be used continuously.

Two weeks later after his release from the hospital, the patient started to feel pain, hyperemia, edema and a purulent secretion in the surgical scar. Despite several antibiotics prescribed (cephalexin, cephalexin plus, garamycin and ciprofloxacin), the infection would not stop progressing.

Laboratorial exams were collected and presented *Staphylococcus aureus* in the secretion generated by the incision's infection.

The patient's doctors at the time were very concerned about the patient's infection and even considered the possibility of the removal of the intramedullary rod placed to fix the fracture.

D.S. was an accountant and sought for the author through the indication of a friend.

At our first consult, he described the whole process from the accident to the surgery and his hospitalizations, and affirmed that the pain, the swelling, the discharge from the purulent secretion, was only getting worse with the current treatment.

After understanding the whole process, the author diagnosed him with Kidney *Yin* deficiency, Spleen deficiency and Heat retention, according to TCM. She oriented him to stop taking all allopathic medication, anti-inflammatory and/or antibiotic. Using the teachings of TCM, the author assembled a diet in which the patient was advised to avoid the intake of all dairy products, mainly when the cheese was melted; it was indicated for the patient to avoid chocolate, fried foods, eggs, honey, coconut, pepper and alcoholic beverages. In addition, the author advised him to avoid taking cold beverages and eating raw foods. He was also submitted to the radiesthesia procedure to measure the chakras energy meridians. The result of this measure was that six of the seven chakras were completely depleted in energy, rated one out eight, being one the lowest level and eight the normal level.

The patient had the habit of ingesting all the foods mentioned and used to drink beer frequently. In addition, from the no intake of allopathic medication, the Chinese based dietary counseling, the author administered sessions of auricular acupuncture with the insertion of mustard seeds fixed by small pieces of adhesive tapes.

Homeopathic medications (Sulphur 6CH, *Staphylococcinum* 200CH, *Arnica montana* 6CH were also prescribed using apple vinegar as a diluent instead of alcohol or sugar pearls).

The patient left the author's clinic in the first appointment feeling an improvement with his first acupuncture session, having a reduction of pain, redness and swelling.

After each session, during a period of only two weeks, the appearance of the leg and the symptoms were progressively improved, until the operated leg area had no appearance or symptoms of edema, pain, hyperemia or discharge of purulent secretion.

Whenever he missed the acupuncture sessions or disregarded his diet recommendations, the same symptoms usually reappear. He normally then returns to the acupuncture sessions, homeopathic medications and diet to once again achieve total improvement of his symptoms.

Case report three – results

The patient continues with his acupuncture sessions to consolidate and maintain the improvement while also maintaining the recommended eating habits. Therefore, the second surgery, for removal of the rod was not necessary.

After the complete improvement of the infection symptom, the author begins to tone the energy of the six chakras that were deficient in energy. The medications used were according to Constitutional Homeopathy of Five Elements Based on Traditional Chinese Medicine, the same used in the case report one and two [5].

The study associated to this case was published on August, 2018, by the Acta Scientific Microbiology Journal under the title Could Postsurgical Nosocomial Cellulitis be Treated without the Use of Antibiotics? [7].

Case report four

The next case report is of a child patient suffering from the herpes virus. The patient C.M was at the time two-years-old, diagnosed with recurrent periocular herpes zoster, very close to her right eye.

The patient's main symptom was excruciating painful red rashes on her face. The family's main concern due to the symptom's recurrence was the possibility of the right eye's blindness.

Bullied at school, the child's pediatrician advised the mother to get the child a psychological treatment, worrying that the symptoms could be emotional.

Four years later, the now six-year-old patient started treatment with the author. The child's mother reported that the patient would experience around six crises of herpes within a year. The prescribed medication, Zovirax in pills and topical, was not offering any cure.

The author prescribed two sessions of auricular acupuncture associated with apex ear bloodletting per week, during times of crises, and once per week after the crises was resolved. The treatment was associated with Chinese dietary counseling, the same of the previous case study, but with the addition of also avoiding the consumption of cinnamon, ginger and cloves.

Case report four - results

The acupuncture treatment not only helped to prevent herpes attacks in the periocular region but also brought peacefulness to the child who was having anxiety problems due to her parents' divorce. According to her mother, the TCM treatment provided stability to the child's physical and emotional development. C.M. did not have any crisis in the last 10 years.

Case report five

The fifth case report also lines with herpes symptoms. S.E., is

a 68-year-old woman, had a diagnose of recurrent genital herpes simplex virus type 2 infection.

With the use of the several antiviral medications the patient was never able to see complete improvement of the symptoms, and for four years the patient was constantly suffering with the emergence and reoccurrence of genital herpes type two virus. The pathology caused great discomfort to the patient, along with symptoms of pain, itching and redness.

After several treatments with high concentrate medications, with no remarkable results, the patient decided to start treatment at the author's clinic. The diagnoses according to TCM were Kidney Yin and Yang deficiency, Blood deficiency and Heat retention. The treatment prescribed was Chinese based dietary counseling and acupuncture sessions associated with apex ear bloodletting, much like the previous case reports.

The additional point in this case is that the patient had the habit of drinking beer every weekend, which in TCM is a major indicator of why the patient's symptoms were persistent.

Case report five - results

Following the author's prescribed treatment, the patient reported back that in a three-week period the disease disappeared completely and did not relapse, until right now, a year and half later.

After the complete improvement of herpes infection symptom, the author begins to tone the energy of the six chakras that were deficient in energy. The medications used were according to Constitutional Homeopathy of Five Elements Based on Traditional Chinese Medicine, the same used in the case report one and two [5].

The patient described feeling "free of the pain and discomfort caused by herpes, and completely thankful to the method used".

These latter two case reports were part of a study published by the Acta Scientific Medical Sciences Journal in 2019, in the article entitled How Can we Treat Recurrent Herpes Virus Infection Without the Use of Antiviral Drugs? [8].

Case report six

The sixth case report is of a 23-year-old female patient, called T. The patient first sought the author's clinic with initial diagnoses by Western medicine of Candidiasis. She complained about vaginal discharge that did not completely disappear with antifungal treatments, despite various attempts and topical and intravaginal ointment. The patient says that for certain periods of time there was a symptomatic improvement, but as soon as the antifungal medication was stopped the symptoms would return.

The patient sought for another kind of treatment on traditional Chinese medicine. The diagnoses on TCM were: Kidney Yang deficiency, Blood deficiency and Heat retention. She had the measurement of the chakras energies meridian by radiesthesia procedure and the result were that all chakras were completely depleted in energy (rated 1 out of 8, being one the lowest level and eight the normal level) with the exception of the seventh that was normal.

The first measure of the author's treatment was the discontinuation of any and all antifungal drugs. As in the previous cases, the patient was referred to a Chinese based diet, focusing again on the suspension of dairy products, raw foods, cold beverages and

sweets. Following the recommended diet and discontinuation of allopathic medications, the author also suggested and applied acupuncture sessions for the improvement of symptoms.

Case report six - results

The patient's feedback to the author of this study is that with the treatment applied, she got completely cured, healthy and happy, for all the vaginal discharge was gone.

After the complete improvement of the vaginal infection symptom, the author begins to tone the energy of six chakras that were deficient in energy. The medications used were according to Constitutional Homeopathy of Five Elements Based on Traditional Chinese Medicine, the same used in the case report one and two [5].

Case report seven

The seventh case study is from a 23-year-old white woman who sought the author with the following symptoms: three days of generalized pain all over her body, especially in her muscles, mainly the calves of her legs, fever, headache, light pain when touching muscles, especially calves and little trembling.

Her initial physical examination showed arterial pressure to be 120x80mm Hg, temperature 40 Celsius, but no jaundice.

The patient was a veterinarian doctor and was responsible for the care of a farm. It seemed that she was contaminated by an infectious disease, which could be dengue fever or leptospirosis. Her diagnoses in TCM was Kidney Yang deficiency and Blood deficiency.

As the patient had many symptoms of pain throughout her body, it was suggested that she did an acupuncture session and was observed until the next day to avoid hospitalization.

The acupuncture points used were LR3; LI4; LI11; GB20. Auricular acupuncture was associated with small pieces of adhesive plaster glued with two mustard seeds to some points of the patient's ear. The points used were: Shen-Men; Large Intestine, Liver, Lung, Occiput and Kidney and Bladder points.

With this patient the author also assembled a Chinese based dietary counseling, much like the previous presented diets of the former presented case studies.

This patient was furthermore instructed to avoid ingesting cold beverages, raw foods and dairy products, as they could increase the pain and cause a possible fever, according to traditional Chinese medicine. Blood and serology exams were collected afterwards, and it was verified there was no need for hospitalization after the first acupuncture session.

Case report seven - results

The patient recovered very well after five acupuncture sessions once a day. A month later, she came back with the results of her serology. It was positive for leptospirosis IgM and negative IgG.

This is another study already published by this author in the Journal of Clinical Review and Case Reports' on May, 2018, entitled Can Leptospirosis Be Treated without Any Kind of Medication? [9].

Case report eight

The eight case report is of 62-year-old woman, named D.B. The author started treatment due to initial symptoms of intense pain in her legs and fever, in March, 2019. The symptoms were only getting worse from day to day, as she was also starting experiencing nausea, lack of appetite, insomnia and excessive sweating during the whole week. The only symptom to disappear between these days was the fever.

D.B. was already the author's patient and her diagnoses were Kidney Yin and Yang deficiency, Blood deficiency, Qi deficiency and Heat retention. She had measured her seven chakras energy meridian previously to this current symptom and all her chakras were completely depleted in energy (one out of eight), with the exception of the seventh chakra that was normal (eight). She was undergoing acupuncture sessions and already making use of prophylactic homeopathy medication (Eupatorium perfoliatum 30 CH, Phosphorus 30 CH, Crotalus horridus 30 CH diluted in apple vinegar) for dengue (five drops per week). The prophylactic medication was

prescribed after the patient’s son had very strong dengue fever.

A few weeks after the beginning of the prophylactic homeopathy for dengue, the patient started to present the symptoms. The doctor orientated the patient to increase the use of the homeopathy medication to five drops four times a day until the symptoms were completely resolved. With the use of the Chinese dietary counseling, acupuncture and homeopathy, the patient improved way faster and her symptoms were weaker compared to the symptoms her son had.

After the improvement of the patient, the dengue was confirmed through a IgM positive serology.

Case report eight – results

The patient recovery very fast in few days using this kind of treatment because she had a son who had a dengue infection one month before her and he received only treatment recommended by Western physician using medications to reduce fever and pain. She said his recovery last more than fifteen days and need hospitalization for a week. compared to her that was quicker (five days) and did not need hospitalization.

Discussion

The strategies of anti-pathogens used by modern medicine might not function appropriately because the abuse in antibiotic and antiviral medication use had led to refractory infections. This occurred in case report one and two where they had been treated for upper respiratory tract infection without improvement, only for a short period during the use of antibiotic medication, recurring after the withdraw of medication.

There are several advantages when the physician use TCM reasoning in the treatment of infectious diseases, improving the cure when used with Western medicine medications, reducing drug resistance and promoting the recuperation of all energy imbalances that lead to infections symptoms.

The treatment in traditional Chinese medicine concerning infectious diseases are individualized and based on syndrome differentiation. The pathological signs of the body are usually collected

by anamneses (when the physician listen and observe the patient) and physical examination (smelling, palpation and pulse-taking). Using these tools, the traditional Chinese medicine physician is able identify the etiology, nature, location of the disease, correlating the different external pathogenic factor that could be influencing the development of the disease and the state of the internal energies (Yin, Yang, Qi, Blood and Heat retention) [10]. The basic principle in traditional Chinese medicine reasoning in the treatment of infectious diseases is first treat the entrance of the external pathogenic factors expelling them or taking out from the body and in the second phase, treat the energy imbalances that lead to the weakness of the Zheng Qi, that is the energy responsible for keeping the body resistant to the invasion of the external pathogenic factors. Zheng Qi is the amount of the energy inherited and acquired and they believe that if a person is full of positive force, an external pathogenic energy will not attack [2].

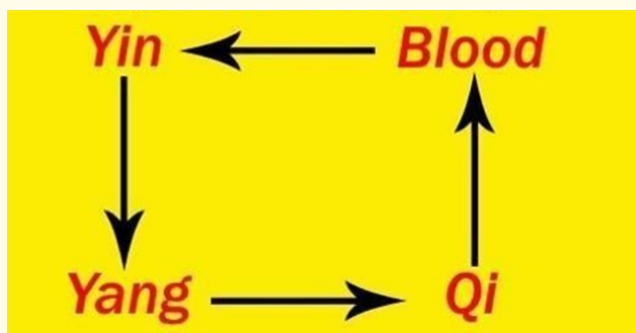


Figure 1: Schematic relationship between Qi, Blood, Yin and Yang.

There are four types of energy inside the body: Yin, Yang, Qi and Blood, responsible for maintenance of health, that are illustrate in figure 1.

When these four energies are imbalanced, diseases and symptoms appear. In figure a, the author demonstrates the questions that are usually done in the first appointment to search for which are the energy that could be imbalanced [10].

The imbalances also lead to the formation of internal Heat, re-

Question	Does the patient have a daily bowel movement?	Does the patient have excessive sweating during day?	Does the patient feel cold mainly in the extremities of the body? (Cold feet or hands)	Does the patient feel hot mainly in the extremities?	Does the patient has dry mouth, bleeding gums, bad breath, acne and/or redness in the skin, abdominal pain, micro hematuria, or itching?
Meaning	The lack of daily bowel movements can mean Blood deficiency. *	This could be a symptom of Qi deficiency.	Commonly, this is a sign of Yang deficiency.	Commonly a sign of Yin deficiency	Commonly this is a sign of Heat retention.

*Blood deficiency can be understood as anemia in the energy level. As Blood deficiency may take years to appear in the laboratory exams, the patient with constipation and a normal complete blood count (CBC) can still be considered a patient with Blood deficiency, according to TCM.

Figure a: Questions to diagnoses Yin, Yang, Qi, Blood and Heat retention status.

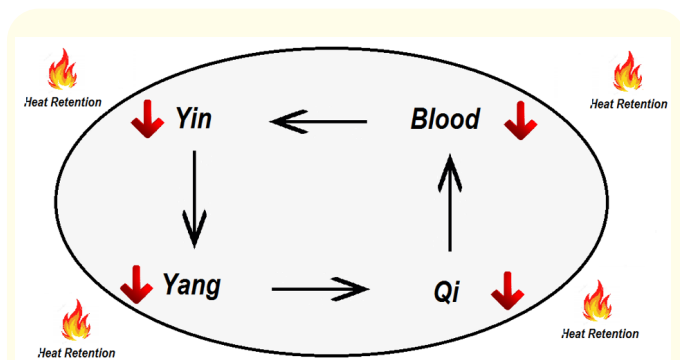


Figure 2: The lack of energy of Yin, Yang, Qi and Blood can lead to the formation of internal Heat inside the body.

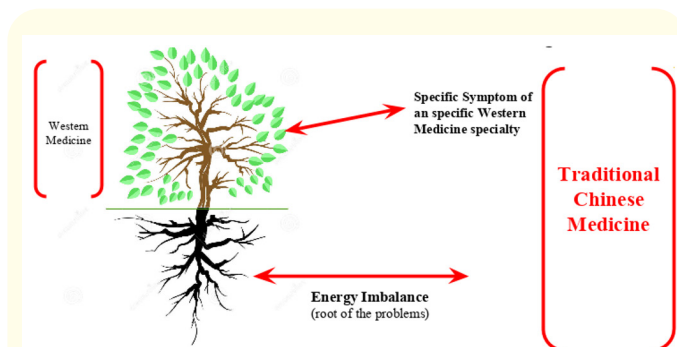


Figure 3: The tree metaphor.

responsible for several emotional and physical symptoms, and in the case of infectious diseases, internal Heat can be the cause of hyperemia and yellow color of the secretion, as shown in figure 2.

One of the cornerstones of traditional Chinese medicine is the Theory of the Yin and Yang. The Yin and Yang are the two opposite forces present in everything in the universe and inside the body. Their balance is of major importance for the body's health.

TCM seeks for an integral view of the patient, deepening up to the level of its Yin and Yang energy, to understand, all the possible phenomena associated with the sick patient, including also the environment where its inserted, which are the external factors that

may start the imbalance. External pathogenic factors, according to figure 3, surround the tree that represents the human being and interfere with the life of the tree and the human being.

This figure of a tree is a metaphor the author has been using for a while to explain the differences and integration between TCM and Western medicine. The tree has a trunk with several branches. Each branch represents one medical specialty and each leaf coming out of each branch represents the symptoms and diseases of each specialty and are the visible part of study and practice by Western medicine physician.

The roots of the tree represent the Theory of the Five Elements

and Yin and Yang.

Traditional Chinese medicine sees the individual as a whole, considering the influence of internal and external factors. Internal-

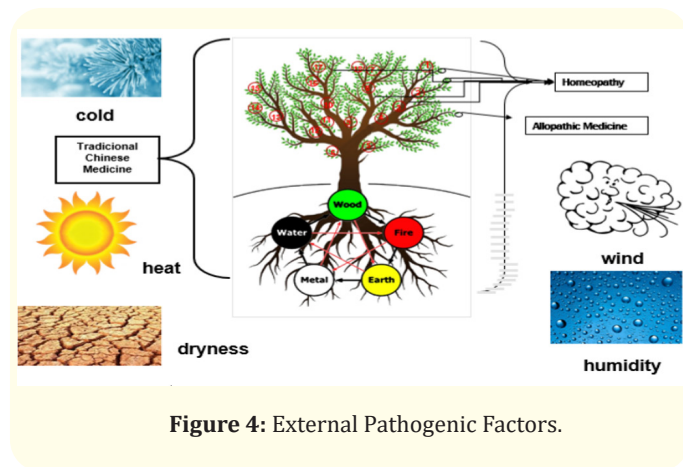


Figure 4: External Pathogenic Factors.

ly, the emotions, externally, the external pathogenic factors, such as Cold, Wind, Heat, Dryness and Humidity that are indicated in figure 4 [2].

All patients from the eight case reports received dietary counseling. According to Hippocrates, the diet of the patient is part of the process of healing, and has to be considered in all phases of diagnosis and treatment.

In the book Hippocratic Corpus by Elizabeth Craik, she analyzes the work of Hippocrates, in some chapters approaching his teachings regarding food and nutrition. One of Hippocrates's most famous quotes, amongst others regarding nutrition, is "Let food be your medicine and medicine be your food" [4].

According to Hippocrates, the power of nutriment is said to extern (and influence) all parts of the body. Just to expose an example, we have the work of Hsiao-chih Chang, entitled Understand the Food Cure With Chinese Yin-Yang Theory, in which she correlates the concept of balance, energies and Yin and Yang. Chang states: "In the Chinese culture, there is no definition clearly separating food from medicine because the Chinese diet is mainly grains and vegetables while the medicines are mostly herbs" [11].

According to Hippocrates, dietary prescriptions are omnipresent, and their aim is to alter the body's constitution. For all the case studies here presented, the wrong eating habits were common [4].

The Western custom of drinking cold water causes a deficiency in the energy of Spleen-Pancreas, leading to a decreased absorption of nutrients, which leads to lower blood production and consequently to the formation of heat. The cold water also is considered an external pathogenic factor due to the cold being the most external factor to induce the beginning of the energy imbalances to induce infections symptoms [12].

Secretion is Spleen-Pancreas Deficiency. Therefore, often, when withdrawn from the diet cow's milk, cold water and raw food, mucus formation and secretion decrease, without the use of antibiotics.

Often doctors understand secretion as a symptom of the infectious process, only recommending more antibiotics, which also further worsen the patient's energy, leading to the formation of more internal heat, worsening the symptoms presented.

Western medicine usually does not consider the influence of external pathogenic factors inducing diseases and this could be a factor maintaining the disease process because the physician usually did not advice the patient to avoid the exposition to these factors when they are sick or to prevent them to became sick.

In the cases reports one, two, seven and eight, they all have one thing in common: the entrance of external pathogenic factor inducing the beginning of the disease process. In these cases, the physician need to expel the external pathogenic factor first using Chinese dietary counseling (for example: drinking warm water or hot garlic tea) to induce sweet, acupuncture to expel these pathogenic factor and only tone the energy deficiencies after these external factors were completely treated, to avoid worsening the symptoms, instead of improve.

In the cases reports three, four and five, what they have in common is that the infectious process was due to internal energy imbalances. The case three, the symptoms of hyperemia in the surgical incision were due to excessive use of high concentrated medication in a patient with energy deficiencies and Heat retention prior to the hospitalization. The excessive use of anti-inflammatory and antibiotic medications induced a reduction in the vital energy, leading to the internal Heat formation, leading to hyperemia symptoms. For this reason, the withdraw of high concentrated medications were important to reduce the internal Heat formation and the acupuncture.

ture procedure taking out Heat retention through apex ear blood-letting and the use of homeopathy medication to take out the Heat to treat this nosocomial infection without using any antibiotics.

In the cases four and five, about herpes infection, the symptoms were due to the retention of Heat in the Gallbladder meridian owing to the energies deficiencies presented by both patients and worsened with the wrong eating habit and emotional imbalances. That is why the herpes symptoms improved only changing the dietary habits and with acupuncture sessions associated with apex ear bloodletting to take out the Heat.

In the case report six, the patient with vaginal candida infection was with Spleen-pancreas deficiency leading to formation of Phlegm, leading to discharge of secretion in the vaginal. The humidity environment caused by wrong eating habits were propitious for the fungus grow and development and the correction of the diet of the patient, correcting the Spleen-pancreas deficiency and the use of acupuncture were important to treat the excess of Phlegm formation, giving no more conditions for the growth of the fungus.

In Western medicine’s perspective, several scientific studies demonstrated the effectiveness of acupuncture in fortifying immunity and promoting health to the whole organism, as exposed, for example, in the study by Fengxia Liang, entitled “acupuncture and Immunity” [13].

Acupuncture is considered a medical specialty in Brazil since 1995. Auricular acupuncture, specifically, has the goal of diagnose and treat any medical condition in different areas of the body using acupuncture points on the external ear surface.

The auricular acupuncture with mustard seeds method used with the case report patients, can rebalance the Yin and Yang energies, so Qi and Blood could flow freer in the body, rebalancing other chronic energy deficiencies.

Western medicine usually does not consider the influence of external factors inducing diseases in patients, but this subject has been extensively described both in the Hippocratic Corpus and in classic books of traditional Chinese medicine, such as The Yellow Emperor’s Classic of Medicine, written in Tang dynasty and Ling-Shu, originally written in France [14].

As in the Hippocratic Corpus, there is a chapter entitled On Airs, Waters and Places exclusively focused in the influence of external

factors.

To better understand these similarities between these eight case studies and how these patients had a more successfully treatment without the use of Western medicine’s usually prescribed drugs. According to traditional Chinese medicine, the symptoms of all these pathologies, presented by all the patients are caused by Internal Energy Disharmony, sometimes caused by the invasion of external pathogenic factors, leading to internal Heat formation [14].

This disharmony can be caused by wrong eating habits, emotional distress, invasion of external factors, and excessive consumption of high-concentrated prescription drugs [15].

According to the Arndt-Schultz’s Law, all drugs in high concentrations cause a reduction of vital energy [12]. In traditional Chi-

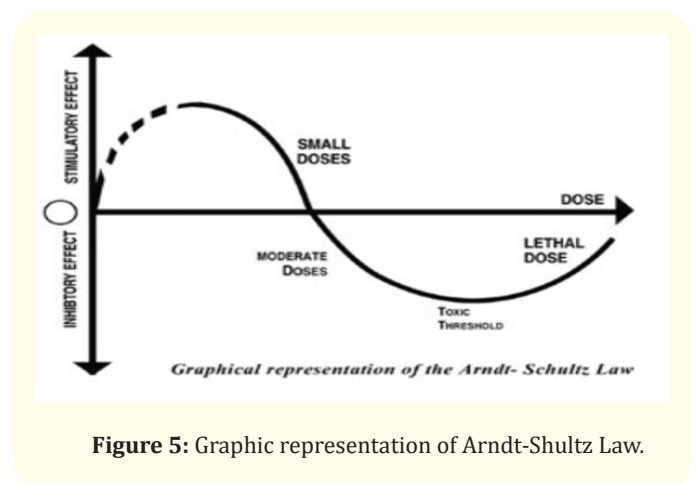


Figure 5: Graphic representation of Arndt-Shultz Law.

nese medicine, as previously said, the energies are believed to be the root of the health of a subject; therefore, any medications or substances that harm the energy of the patients should thus be avoided.

Their constant use, according to the TCM ancient theories would injury the Liver energy, leading to Internal Heat. They can also decrease vital energy, thus, generating more internal Heat, and contributing to the maintenance of the symptoms.

In a lecture presented by the author entitled “Energy Alterations and Chakras Energy Deficiencies and Propensity to Coronavirus Infection” in the Webinar on Novel COVID-19 and its impacts on the Healthcare System on July 15, 2020, in a study she did in her acupuncture clinic in Brazil, from 2015 to 2020 measuring the chakras energy meridians of a thousand patients, in a sample of this group,

she concluded that more than 90% of these patients were completely deficient in energy in all five massive organs (Liver, Heart, Spleen, Lung and Kidney) in the Five Elements theory, correlating these organs with the chakras energy meridians used in Ayurvedic medicine, using the radiesthesia procedure.

The patients whom already had energy imbalances and deficiencies caused by a wrong diet, external pathogenic factors invasion or emotional factors, with the use of high concentrated drugs, common in all presented case studies today, would cause the patient's vital energy to further weaken, which could lead to presentation and maintenance of symptoms that could be interpreted as an infectious disease.

In all reported patients, with the exception of cases five and seven, all patients measured the energy of the chakras, being treated all together or after the infectious condition, to treat the energy imbalance that contributes to the weakening of the patient, leading to recurrence of the and preventing the formation of other diseases in the future such as diabetes, high blood pressure, myocardial infarction, cancer, etc.

The treatment to replenish the chakra energy is explained in

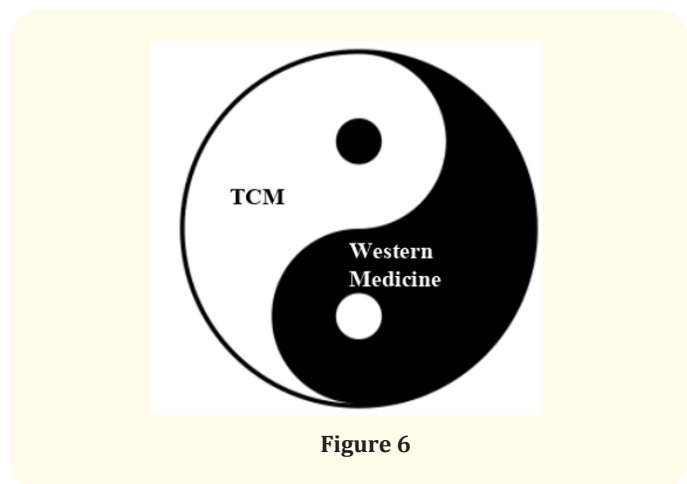


Figure 6

the articles Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine and Why Are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Antiglycemic Medication and Insulin? [15,16].

Traditional Chinese medicine and western medicine

This figure is a symbol of Yin and Yang as a metaphor for the two kinds of medicine that are nowadays separated and are needed to understand that they are different but yet complementary, and one cannot exist without the other.

Traditional Chinese medicine can be considered as Yang energy and is a focused-on energy, and Western medicine is considered Yin energy, what the author comprehend as the energy already materialized. Therefore, together, they form a unit, that should be comprehended in its totality to treat patients in a more comprehensive point of view.

Conclusion

The conclusion of this study is that according to the eight case reports of patients with symptoms of Tonsillitis, Sinus Infection, Post-Surgical Staphylococcus Aureus Infection, Recurrent Periocular Zoster Herpes Virus, Leptospirosis, Dengue, Herpes Simplex Virus Type 2 and Candidiasis can be treated without the use of any high-concentrated drugs, such as antibiotics, antifungal, antiviral and anti-inflammatory medications, commonly used nowadays in the treatment of all these diseases.

These are all initial studies, and more studies have to be carried on using more patients with different infectious diseases process to corroborate with this hypothesis.

It is important to treat the patient as a whole, deepening to the root-level, considering the external pathogenic factors as the elements in the environment that is inducing the beginning of the infectious diseases process and the treatment to take out these external pathogenic factors is the major importance to the treatment of these patients. The correction of the energy imbalances that was weak is the second step used by the author to prevent the recurrence of the infectious disease process always orientating the pa-

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