

ACUPUNCTURE AND HERBAL MEDICINE FOR ASTHMA

In China, research on the efficacy of acupuncture and herbal medicine in the treatment of asthma shows that traditional Chinese medicine compares favorably with standard Western treatment, and provides an alternative approach for those who want to strengthen their bodies' natural defenses and avoid the long-term use of drugs.

Acupuncture can have a remarkable effect in stopping an acute asthma attack. Many patients experience immediate relief after an acupuncture treatment, feeling that the airway blockage was simply removed. Because bronchospasms result from over-stimulation of the parasympathetic nervous system, some traditional acupuncture points for "calming the spirit" are widely used for asthma. Stimulation of these points can relieve both physical and emotional stress, possibly because they trigger the release of neurotransmitters in the brain. The patient can therefore experience both a physical release from his bronchial constriction, and also an emotional or psychological release from the fear of constriction and suffocation.

In Chinese medicine, man is seen as an integral part of nature. The fact that allergen-induced asthma attacks are strongly seasonal, with the most devastating attacks occurring in winter and spring, leads Chinese medicine practitioners to coordinate their treatment of asthma sufferers with the seasons. In the winter and spring, during attacks, the emphasis is on dispersing the pathogenic factors of Wind, Cold, and Heat. In the summer, attention is turned to tonifying the Deficiency condition of the Lungs and Kidneys, and stimulating the body to increase its reserves of Defensive Chi. Because summer is the most Yang time of the year, the energy of the season is used to build up the body's supply of Yang energy.

In our clinic, we only use acupuncture and herbal medicine to treat asthma, most of them stopped the attack, some of them got rid of the hormone, and some young people with asthma will be recovery in 6-12 months continuous treatment.

For more information please visit www.kinesiskvardcentral.se or contact us at info@kinesiskvardcentral.se