

# 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.

**Conclusion:** Based on the theory of the Five Elements, weakness in Kidney energy can affect Lung energy, based on the theory that the child's pathologies in the Kidney (Son) can affect the Mother (Lung). Symptom of asthma may not correspond to pathologies in the lungs and the treatment without the use of corticosteroids and bronchodilators may be possible.

**Keywords:** Asthma, Corticosteroids, Bronchodilator, Traditional Chinese Medicine, Five Elements, Diet, Kidney, Water, Hippocrates.

## Introduction

Asthma, and chronic obstructive pulmonary disease (COPD), which includes chronic asthma and bronchitis, or airway inflammation, are a spectrum of syndromes that include diseases of the lung which lead to a variety of symptoms, such as chest tightness, shortness of breath, dyspnea, wheezing and cough. Wheezing is type of breathing difficulty where the narrowed trachea and bronchioles produce a whistling, squeaking, puffing or musical sound as the air passes [1]. Dyspnea is the subjective shortness of breath perceived when airway narrowing creates distress or alarm, and may occur with exertion, on either inspiration or expiration of breath, and may be purely subjective, without apparent physical cause. This feeling of respiratory distress is perhaps the most problematic part of asthma and COPD, and sometimes the airway is so

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narrowed that it is life threatening [2].

Factors that contribute to the development of asthma include exposure to irritating chemicals inside and outside the home (pollen, dust, mold, chemical products, house-cleaning agents), cigarette smoke (including secondhand smoke), diets high in sugar and fat, emotional stress, and an inherited predisposition. House dust is a common cause, especially for people who live in cramped, crowded conditions with little fresh air to breathe. Because stress, nervous tension and emotional problems often contribute to the severity and frequency of the attacks, asthma has long been considered a psychosomatic (psychologically induced) disease. Strenuous exercise can also induce attacks (exercise-induced asthma, or EIA) [3].

When an asthma attack occurs, you experience difficulty exhaling the air trapped in your Lungs, a process that in traditional Chinese medicine is described as “the Kidney *Qi* unable to grasp the Lung *Qi*”. Asthma is considered a deficiency of both Lung and Kidney *Qi*; the weakened Kidney *Qi* doesn’t have the strength to grab hold of the Lung *Qi*, and the energy circulates without being replenished, eventually stagnating in the Lungs. In allergic asthmatic reactions the Chinese would look to an imbalance in Liver *Qi* [3].

## Purpose

The aim of this study is to demonstrate that in order to treat asthma, one must understand the functioning of the human body as a whole, in its energy level. To this end, Oriental Medicine theories such as *Yin* and *Yang* and Five Elements, aligned with homeopathy were used to achieve treatment success.

## Methods

One case report of a young twelve-year-old boy, S.B.M., started in 2009 with dust and pets allergies. He was taken to a homeopathic physician that started a treatment with Nux Vomica homeopathy 30CH, Belladonna, and complex dust and grime. However, the kid still suffered from shortness of breath at night, full chest and catarrh. The treatment was made daily with saline, Berotec and Atrovent, but his chest remained always full and he could not breathe. As the disease worsen, antibiotics and corticosteroids were prescribed to be inhaled.

“This kind of medication is a momentary palliative, it’s successful only in emergency cases, in which the person is suffocating”, tells S.B.M.’s parents, “but it does not act as an effective treatment”. “When he was nervous or stressed, the breathing problems would worsen, he would feel chest pain and headaches, he wouldn’t sleep and his body temperature would go higher than normal”, they add. “The medications were very expensive”, the parents also mentions, “And our family routine had to change; we removed carpets, curtains and started to avoid dairy products”.

Between the years of 2015 and 2017, the patient was being treated with inhalable antibiotics and the parents started to persue different approaches for his disease, since the treatment with allopathic medicines were, as they describe, “slow, expensive and with a risk of addiction,

offering significantly less chances of a real and complete improvement of the disease and quality of his life”. S.B.M. then started swimming lessons, acupuncture sessions and homeopathy (Natrium muriaticum 30CH) and after these changes, the parents declared there was “a rapid response, improvement in breathing and emotional stability, the disappearance of cough and high body temperature. We also remember he had very little desire of drinking water, and he significantly improved his intake after medical recommendation and avoidance of all dairy products. He was also advised not to go without a sweater in front of the window at night (to avoid catching cold wind), avoid drinking cold water and walking barefoot on the floor.

## Results

Nowadays he has more disposition for daily activities, better sleep and shows an overall progress to a better lifestyle”. Finally, they affirm that “These days our son feels like the crises have diminished. His spirit, emotional state and health are much better. Acupuncture allied to homeopathy and exercises have resulted in a practical, low-cost improvement of his life”.

## Discussion

### Asthma and Western Medicine

Increasingly, standard medicine has relied on a prescription of multiple medications to control the symptoms of asthma, with just one type of medication, such as the standard albuterol inhaler, insufficient over time, as the condition continues to worsen despite the treatment controlling acute symptoms [2]. Besides, large studies now confirm that asthma medications lose effectiveness over time and with overuse [2]. Combination drug therapies give greater results in controlling the symptom of asthma, even though the underlying health may not be improving [2]. Complementary and Integrative Medicine (CIM/TCM) not only addresses the underlying health of the patient to improve the condition and eventually decrease the dependency on symptom controlling drugs, but for many, may be an effective and safe addition to the symptom controlling regimen.

There is no reason to ignore chronic side effects of asthma medication overuse, such as the numerous reports of anxiety and depressive mood disorders, tremors, and cognitive and behavioral changes [2]. A number of factors are tied to this persistent prevalence of the disease, including air pollution, diet, lifestyle, and persistent use of medications that impair immune function, such as corticosteroids and NSAIDS, and overuse of antibiotics. Ironically, corticosteroids are very successful at treating acute COPD exacerbations, yet chronic use of corticosteroids has been shown to contribute to the progression of the condition. A systematic protocol of restoring lung health and function has been left out of the treatment strategy in standard medicine, and this is proven to be a big mistake.

The notion that asthma medications are entirely benign and can be used as often as you want without consequences is totally false [2]. With chronic use of synthetic corticosteroids

and adrenergic inhibitors there is always the problem of ill effects on our adrenal system. Adrenal insufficiency leads to a host of chronic symptoms and contributes to many common chronic diseases [2]. Adrenal suppression, even in mild circumstance, may lead to decreased cortisol levels, which affect the body's ability to fight infection, control inflammatory increases, and affect the sleep quality and general energy patterns [2]. When the need for asthma inhalers and oral medications increases, this is the time to explore a more holistic approach to treatment.

### Asthma and Traditional Chinese Medicine

Since asthma and COPD involves much inherent anxiety, generated by the alarming symptoms, the treatment plan may proceed slowly, and often the initial therapy in TCM helps provide increased calm and ability to cope with, and adapt to, various types of stress, both physical, mental, and emotional. The adoption of a more holistic and proactive approach to these diseases and symptoms helps the patient achieve a better quality of life and sense of security [2]. Integration of Complementary Medicine, in the form of the Licensed Acupuncturist and herbalist, fills this gap in treatment strategy, working to restore healthy respiratory health and function [2].

In Traditional Chinese Medicine, Wind is considered the most important pathogenic force in asthma. When the Lung and Kidney Qi are deficient, Wind penetrates the surface through the Wind points on the neck and shoulders, causing colds, chills, fevers, migrating aches and pains, and sinusitis. If the weakened Wei Qi is unable to evict the intruder, Wind eventually penetrates deeper, infiltrating the Lungs and causing the wheezing, difficult breathing, coughing, fear, and panic associated with asthma [3].

According to TCM, the emotions play an extremely important role in every disease and disorder, and the complex interconnections between emotional and physical factors are given careful attention. Metal energy, which is closely aligned with the emotion of grief, governs the Lungs, while the Kidneys (Water) are associated with Fear and the Liver (Wood) with anger. Extreme grief, fear, or anger is considered injurious to these vital organs, and treatment will always involve helping patients identify the underlying source of their emotional distress and discover ways to express their emotions, thus dissipating their negative effects [3]. The Lungs are governed by Metal energy, which is closely aligned with the experience of grief. Practitioners of TCM believe that extreme grief is damaging to the Lungs [3]. Fear is the emotion connected with the Kidneys. Excess fear can weaken the Kidneys to the point that they are unable to "grasp the Lung Qi" and replenish it, which can lead to asthma [3].

This course of therapy is not undertaken lightly, and depends upon a good understanding of the disease, therapies, and issues involved [2]. Early intervention with a more holistic and thorough treatment strategy is the key to success[2]. At the end of treatment, after having tried various types of usual treatments without having obtained much lasting clinical improvement, there was an improvement in the symptom of asthma but also of the whole physical

picture (as a whole), mental and emotional, since the doctor who treated him in this last phase, allied the teachings of Traditional Chinese Medicine, using the theory of the Five Elements and the Yin and Yang theory.

### Yin and Yang

The symmetrical arrangement of the dark Yin and the light Yang (Figure 1) is not static. It is a rotational symmetry that eloquently suggests a continuous cyclic movement: the Yang cyclically returns to its beginning, the Yin reaches its apogee and yields its place to the Yang. The two points in the diagram symbolize the idea that every time each force reaches its extreme point, it manifests within itself the seed of its opposite. The Chinese wisemen represented this complement of opposites by the archetypal pair, Yin and Yang, considering their dynamic interaction as the essence of all-natural phenomena and all human situations [4,5]. Opposites are complementary. To be healthy, we aim for a state of equilibrium between the Yin and Yang energies [5].

If there are imbalances between these two energies, the appearance of symptoms occurs, and if not properly treated, consolidates the disease in the future, being diagnosed at the laboratory or radiological level. In this representation (Figure 2), each specialty is represented by a branch, and the

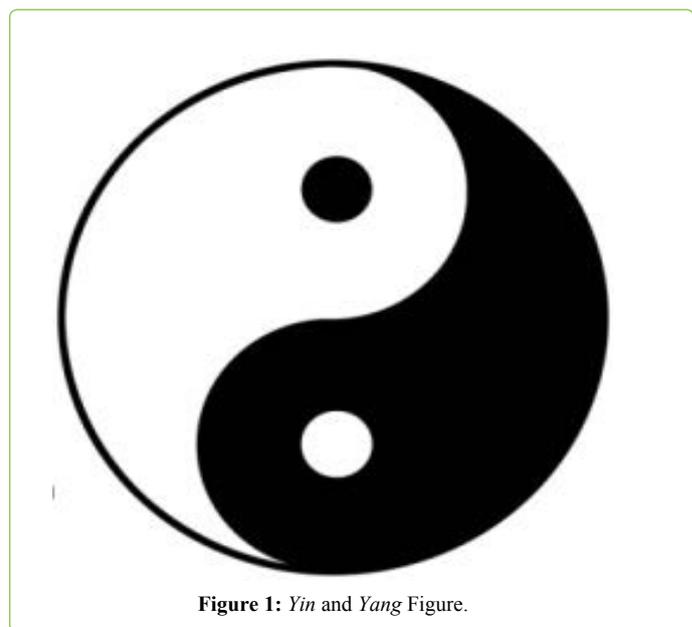


Figure 1: Yin and Yang Figure.

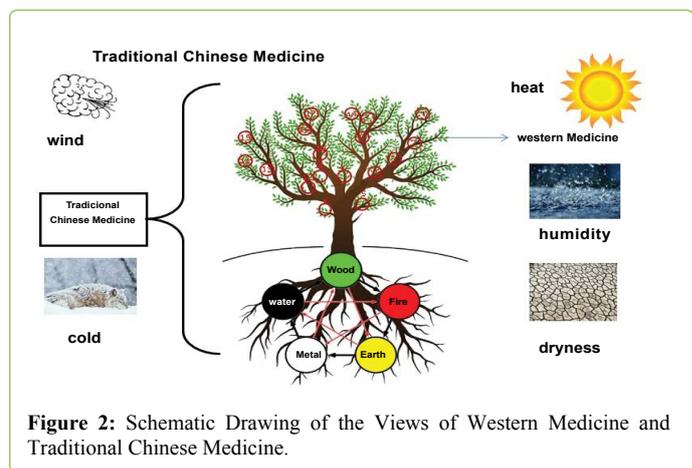


Figure 2: Schematic Drawing of the Views of Western Medicine and Traditional Chinese Medicine.

leaves of each branch represent the symptoms and diseases of each specialty. In the schematic figure of the tree Western Allopathic medicine is shown by each leaf in each specialty, that is to say, the treatment is focused on the patient symptom. Allopathic medicine does not address several symptoms at the same time in various specialties and does not treat the root of the problem.

In traditional Chinese medicine, various symptoms of different specialties can be treated at the same time, as long as it addresses the root of the problem that lies below the ground, invisible to the naked eye. In the schematic drawing of the tree the roots are invisible to the naked eye, and they represent the theory of five elements and *Yin* and *Yang*. The part above the ground corresponds to the treatment of various symptoms of various specialties at the same time.

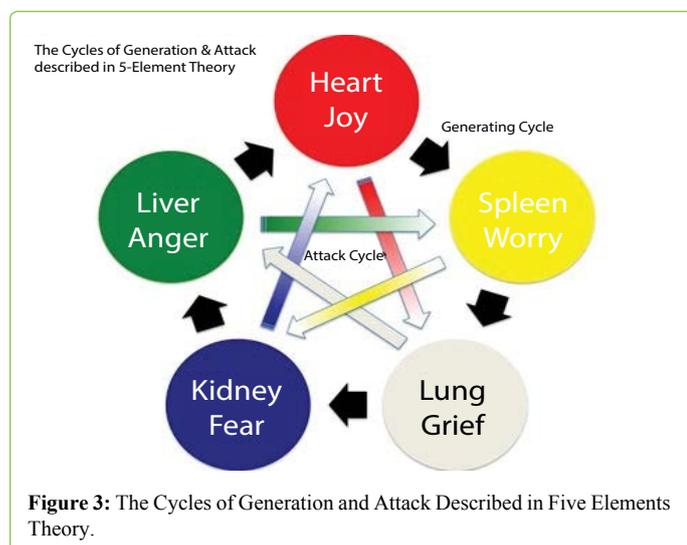
The tree can represent the body of the human being, and is subject to environmental factors or external factors, which are Wind, Cold, Humidity, Heat and Dryness.

### Five Elements

The Five Elements Theory is an essential part of Chinese Medicine, which incorporates medical, philosophical and religious knowledge from various sources over the centuries, being highlighted by the intervention of the most famous of the Chinese emperors, known as the Yellow Emperor [6].

The five elements are produced and controlled among themselves - In two constant cycles (Figure 3). The Generation Cycle (Figure 3), besides producing them mutually, favor their respective growth – Wood produces Fire, Fire produces Earth; Earth produces Metal; Metal produces Water and Water produces Wood. There is a successive generation in an uninterrupted cycle. In the Cycle of Control (Figure 3), the elements govern and restrict themselves - Wood dominates the Earth; earth dominates the Water; Water dominates the Fire; Fire dominates Metal and Metal dominates Wood [7]. Under certain circumstances each element is always generated (child) and other the generator (mother), this is known as the “mother-and-child” relationship of the Five Elements [8].

Water represents winter, cold, fear, Kidneys and Bladder.



When we talk about the positive cycle, the water interacts and supplies the Wood. Wood governs spring, sour, dryness, anger, Liver and Gall bladder [6]. Wood feeds the Fire, which is responsible for the summer, the heat, the joy, the Heart and the Small intestine [6]. The Earth element favors sweetness, moisture, concern that centers on the Spleen, the Pancreas and the Stomach [6]. The Earth element brings in its entrails and generates the Metal. Metal has the difficult task of loosening the elements for autumn, the winds, it is spicy, dry, gives the feeling of sadness, affects Lungs and Large intestine. These conditions are what propitiate the beginning of a new cycle: the Water [6].

The cycle of the Five Elements would not be possible without there being an electrical network known as Meridians. There are 12 major Meridians that function connected with the seven major Chakras and over a thousand energy points and connections that Acupuncture has known for millennia. Asthma is a Metal (Lung) condition sometimes with an underlying psychological component of grief or sadness. From a TCM perspective, Asthma may present as a phlegm-damp condition. Following the five element theory, then, we see that the Earth (Spleen) may be weak (phlegm-damp coming from poor digestion, etc.) and not supporting Metal (Lung) resulting in an Asthmatic condition [9].

Lung diseases, for example, may be caused by pathological changes in the Lungs, but may also be due to a disorder of the Spleen, which can be explained as “the disorder of the mother affecting the child” if the cause is any disorder, it is explained how “the disorder of a child affects the mother”, but sometimes the disease of the Lung is caused by the disorder of the Heart, so it is said that “Fire is in excess-dominance over the Metal”, if the Lung disease is caused by Liver disorder, it is termed as “the Wood is in counter-dominance over the Metal” [8].

According to these theories, all internal massive organs are energetically interconnected where one organ depends on the energy of another organ and can be controlled or control the function of the other organs. TCM also looks at the influence of external climatic factors: such as Wind, Cold, Humidity, Heat, Dryness. To properly treat an individual with the asthma symptom, we must understand which is the energy mechanism that is unbalancing the energy of the Lung. In the case of S.B.M., the patient did not feel like drinking water, causing a deficiency of Kidney energy. The kidney, in the Theory of the Five Elements, is the Son of the Lung. Therefore, the organ that was sick was the Kidney, causing pulmonary symptoms. After being instructed to drink more water, which is essential to replenish the energy of the Kidney, allied to homeopathy medications that contribute to toning the energy of the Kidney, the patient also had auricular acupuncture sessions, which had the intention to balance the energy *Yin*, *Yang*, *Qi* and Blood of all organs and not only the Lungs, contributing to an overall improvement of the patient and his emotional aspects, and not only of the pulmonary symptom.

In the schematic drawing of the tree, we can see that the root is under the earth, normally invisible to the naked eye, and the trunk with its various branches and each branch with its leaves.

## Auricular Acupuncture

Auricular acupuncture is a diagnostic and treatment system based on normalizing the body's dysfunction through stimulation of points on the ear. Resulting amelioration of pain and illness is believed to be through the reticular formation and the sympathetic and parasympathetic nervous systems [10].

Auricular acupuncture, is an acupuncture technique similar to reflexology, and is speculated that the technique works because groups of pluripotent cells contain information from the whole organism and create regional organization centers representing different parts of the body, through recruitment of more cortex cells dedicated to specific areas of the body. Thus stimulation of a reflex point in the ear can relieve symptoms of distant pathology with a reliable duration [10].

Points are treated to help the energy imbalance (Figure 4): Shen-Men, Kidney to treat the *Yin* and *Yang*, Liver, Lung, Spleen to treat the Blood deficiency, Large Intestine, Hunger, and Anxiety. If the *Yin/Yang* and Blood deficiencies are treated, the patients with the *Qi* deficiency will be treated automatically. The treatment is usually done twice a week in the first ten sessions, and then maintained once a week for more or less ten more sessions. The patient needs to press the auricular points with his finger down on the mustard seeds three times a day for around one minute each time. Being instructed to take out these seeds on the same day of the next session to allow the ear to rest before this session, cleaning with alcohol.

In Brazil, acupuncture has been considered a medical specialty by the Federal Medical Council since 1995.

### Diet

The dietary counselling in this case was also important: there was to be avoided the intake of foods that could further worsen the energy of the Kidney, such as soft drinks,

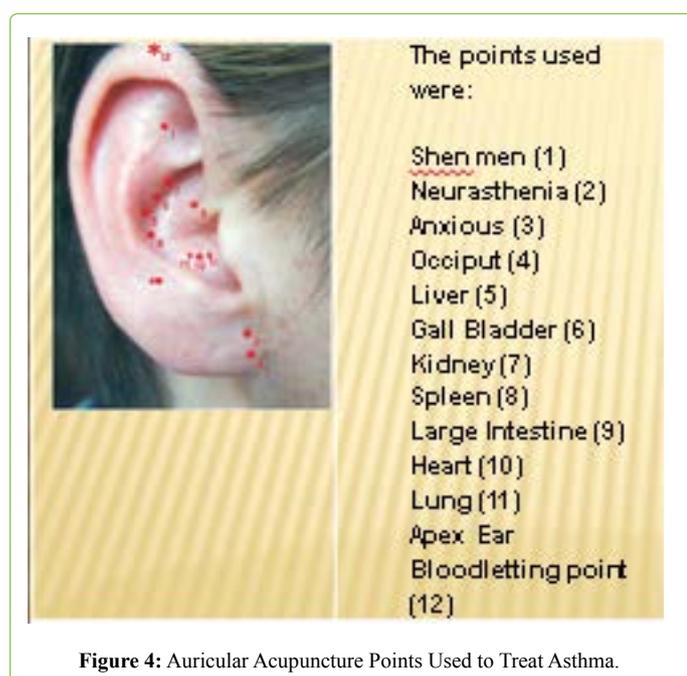


Figure 4: Auricular Acupuncture Points Used to Treat Asthma.

coffee and matte tea. *Yang* deficiency was also presented when the patient complained he felt cold in his extremities, which indicates in TCM that he has deficiency of Kidney *Yang*. In this case, it is recommended that the patient avoids raw foods, such as vegetables and raw fruits (except apples, papaya and lemon, which are neutral fruits).

This patient in question had little desire to drink water. One of the explanations for this is that he probably had a Spleen / Pancreas energy deficiencies by almost daily intake of yogurt, leading to an abnormal retention of fluid in the body, leading to a negative feedback mechanism, causing the body not ask for water because it was already filled up. Therefore, there was a weakening of the energy of the Kidney, as much by the lack of water intake as by the deficiency of the energy of the Spleen.

Foods that restore the smooth and even flow of energy in the Lung, Kidney, and Liver are highly recommended [3]. Since dairy products (milk, butter, cheese, yogurt, cottage cheese, and ice cream), eggs, and wheat products (bread, cereal, gravies, crackers, cookies) are the most common food allergens, eliminate these foods first. Other common food allergens include egg products, chocolate, citrus fruits and juices (particularly oranges and orange juice), soy products, peanuts and other nuts, shellfish, and yeast [3]. Even if you aren't allergic to dairy products, they should be restricted because they cause mucus to build up in the upper respiratory system, aggravating and intensifying the distressing symptoms of asthma [3].

Temperature - Within each categorization foods have differing temperature qualities which, while generally good for that element, may not be used during certain seasons or conditions. For example, if you had a common cold (Metal, Lung) condition you would decrease your intake of some of the foods which are generally cooling within the Metal element such as the fruits.

Season - The current season will also play a role in which foods you may choose to eat. In the summer (fire, hot) we require more cooling foods and in the winter (water, cold) we require more warming, deeply nourishing foods.

These factors along with the categorizations are worked into a person's diagnosis and general constitution to establish food groupings which overall help to strengthen the individual [9].

### Exercise

Exercise is essential to strengthen the Lungs and Kidneys; however, the specific amount of exercise you can tolerate is highly individual. As always, moderation is the key. When asthma symptoms are not bothering you, feel free to exercise as much and as often as you want. Aerobic exercises that require you to breathe deeply and regularly are particularly beneficial for the Lungs. Brisk walking, swimming (unless chlorine irritates your skin or lungs), and bicycling are all excellent choices. Yoga and Tai Chi exercises will also increase your energy and resilience. In general, try to exercise for twenty to thirty minutes every other day [3]. During asthma attacks, avoid exercise and take time to rest and relax [3].

## Arndt Schultz's Law

Over a century ago, Schultz's experiments (1888) showed that many chemical agents had the effect of stimulating the growth and respiration of yeast. The phenomenon became known as the Arndt-Schultz's Law and was widely referred to in the pharmacological literature for over 30 years and became one of the scientific principles [11].

This law was proposed by two professors, Professor Arndt and Professor Schultz, and provides parallel evidence (Figure 5) about the effectiveness of the small dilutions that are employed in homeopathic treatment [12]. High concentrations kill; medium concentrations suppress or inhibit; and low, or minute concentrations stimulate [11]. In other words, the effect of the drug bears an inverse relation to its concentration. This explains the biphasic effect of some medications, which stimulate in a certain amount, then in a higher amount decrease function and in a higher amount still destroy function [13].

The Law of Least Action, formulated by Maupertius, the French mathematician, states: "The quantity of action necessary to affect any change in nature is the least possible; the decisive amount is always a minimum, an infinitesimal". Health is a theme of ideal equilibrium, perfect balance, trivial circumstances may persuade it, and so may it be balanced by the least possible medication [11].

The second Law is the most controversial: use the infinitesimal dose, a dose so small that no molecules are left in the substance resulting in a gentle speedy, cure, with no side effects, allergic reactions or toxic after effects [11]. Arndt-Schultz says that, "Minimal doses of a drug stimulate, medium doses inhibit or suppress and large doses destroy cellular activity". Pasteur should have known this when he introduced his rabies vaccination, killing thousands of innocent people before he finally reduced the doses. This was 1888 and unfortunately, he did not learn from the genius of Hahnemann who already 100 years before Pasteur and Koch, cured epidemics of scarlatina, typhoid, cholera, syphilis, gonorrhoea and TB. That success alone has given Hahnemann his well-deserved place in history [11].

However, the potency of homeopathic medicines is believed to increase with their dilution over many orders of magnitude, rather than restricted to a narrow range of concentrations like hormesis [11].

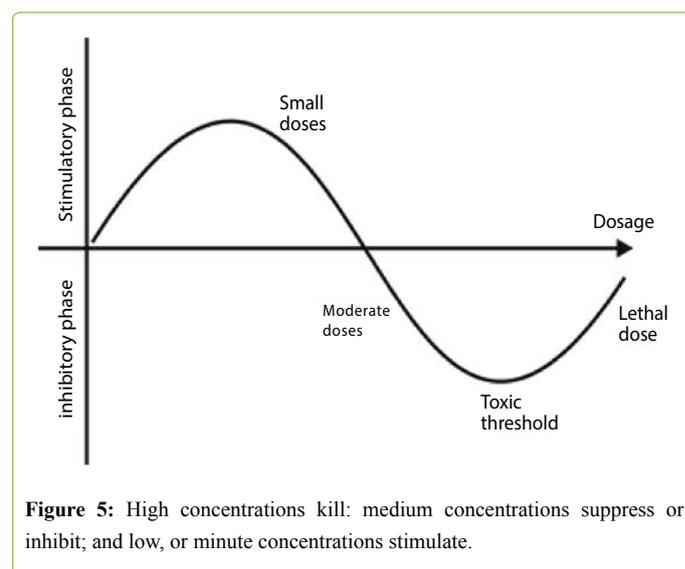
## Homeopathy

Homeopathy is a holistic medicine which uses specially prepared, highly diluted substances (given mainly in tablet form) with the aim of triggering the body's own healing mechanisms [14]. A homeopath will prescribe medicines according to the patient's specific set of symptoms, and how they experience them, taking into account their overall level of health. Homeopathy is based on the principle of "like treats like" – that is, a substance which can cause symptoms when taken in large doses, can be used in small amounts to treat similar symptoms [14].

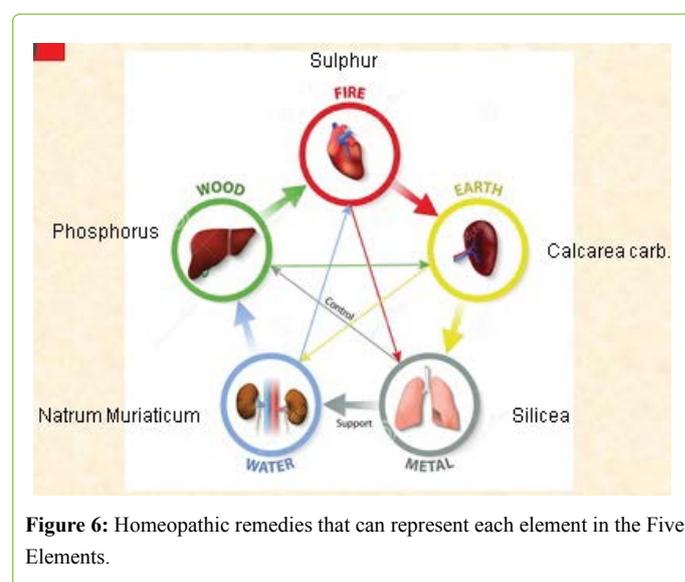
**Constitutional Homeopathy of the Five Elements:** The homeopathy used at the beginning of his treatment may

not have been as effective as perhaps the physician who prescribed it previously did not use the reasoning of the Five Elements. This theory, "Constitutional Homeopathy of the Five Elements" (Figure 6) based on Traditional Chinese Medicine, is being elaborated by me and already presented at the World Congress of Homeopathy (LMHI) in Buenos Aires, Argentina, in August 2016 and also at the European Congress of Homeopathy in November 2016 in Vienna, Austria.

According to this new way of thinking, when we use homeopathy, we will be dealing with the root of the problem and not just the symptom. According to Arndt Schultz's law, the use of medication in high concentrations causes a decrease in vital energy, which could be lethal, and therefore, the use of drugs in high concentrations at the beginning of the treatment was not as effective as it led to an energy decrease in the whole body. When the use of homeopathic medication with appropriate clinical reasoning was introduced, the patient obtained a clinical improvement not only of the symptom of asthma but of all its physical and emotional aspect, because according to a study I presented in 2015, at the Acupuncture Research Congress at Harvard,



**Figure 5:** High concentrations kill: medium concentrations suppress or inhibit; and low, or minute concentrations stimulate.



**Figure 6:** Homeopathic remedies that can represent each element in the Five Elements.

Boston, USA, when we address the roots of the problem, all symptoms and diseases of all specialties improve at the same time, even if the physician does not yet know that the patient had a problem.

In this case, homeopathic medication was prescribed because the use of high drug concentration medication was avoided, for it could affect the patient's vital energy, according to the Arndt Schultz's Law. Natrium Muriaticum was prescribed in order to tone the energy of the Kidney, which was weakened, causing the pulmonary symptoms. As soon as the Kidney energy was improving, the patient's coughing and shortness of breath symptoms (especially at night) disappeared completely.

## Hippocrates

Hippocrates of Kos (460-377 Before Common Era, BCE) is universally recognized as the father of modern medicine, which is based on observation of clinical signs and rational conclusions. His contribution in clinical medicine is immense [15], for he saw the physician as the servant and facilitator of Nature. All medical treatment was aimed at enabling the natural resistance of the organism to prevail and overcome the disease, to bring about recovery [16]. Hippocrates collected data and conducted experiments to show that disease was a natural process; that the signs and symptoms of a disease were caused by the natural reactions of the body to the disease process; and that the chief role of the physician was to aid the natural resistance of the body to overcome the metabolic imbalance and restore health and harmony to the organism [16].

Hippocratic medicine was influenced by the Pythagorean theory that Nature was made of four elements (water, earth, wind and fire), and therefore, in an analogous way, the body consisted of four fluids or 'humors' (black bile, yellow bile, phlegm and blood). The physician had to reinstate the healthy balance of these humors by facilitating the healing work of 'benevolent Nature' [15]. Hippocrates conceived that the human body functioned as one unified organism, or physis, and must be treated, in health and disease, as one coherent, integrated whole [16].

Hippocrates placed great emphasis on strengthening and building up the body's inherent resistance to disease. For this, he prescribed diet, gymnastics, exercise, massage, hydrotherapy and sea bathing [16]. Hippocrates was a great believer in dietary measures in the treatment of disease. He prescribed a very slender, light diet during the crisis stage of an acute illness, and a liquid diet during the treatment of fevers and wounds [16]. Hippocratic medicine

was constitutionally based, so its approach to diagnosis and treatment was quite flexible. As a holistic healing system, Hippocratic medicine treated the patient, and not just the disease [16].

## Conclusion

The conclusion of this study is that to treat the symptoms of Asthma, we must treat the root of the problem, which in this specific case of S.B.M., it was a deficiency of the energy of the Kidney, causing pulmonary symptoms. The use of medication in high concentrations (bronchodilators and corticosteroids) according to the Arndt Shultz's Law causes a decrease in vital energy, consequently leading to worsening of general energy of the organ (Kidney) that was leading to the symptom of shortness of breath, interpreted as Asthma. The use of homeopathic medicine, allied to acupuncture sessions, exercises and dietary counselling in this case, besides offering no side effects and being much less expensive than the allopathic treatment, contributed very successfully to the improvement in the symptoms of Asthma. This study reinforces Hippocrates' theory that the "natural forces within us are the true healers of the disease".

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