

ALLERGIES!

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Living Well Naturally Series

Bastyr University

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- Hello! and introductions
- What is traditional Chinese medicine (TCM), and how does it differ from Western medicine?
 - History
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- Immune basics
- TCM diagnostic categories
- Tongue diagnosis (group exercise)
- Acupuncture demonstration (if sufficient time)
- Questions?

Intro

- Hi! I'm Kathleen Lumiere DAOM, LAC, an Assistant Professor in the Department of Acupuncture and East Asian Medicine at Bastyr University.
- Please tell me a bit about yourself. What do you know, not know, or want to know about Chinese medicine?

History of acupuncture

- First known written record is The Yellow Emperor's Classic of Internal Medicine compiled in 200 BCE.
- Otzi, a glaciated mummy found in the Italian Alps shows tattoos on acupoints (80% correspondence with modern points) appropriate for the early hunter's conditions. Dates from 3,200 BCE.
- Descriptions of what may be acupuncture meridians are found in early Indian and Egyptian literature.



<http://ancient-iceman.blogspot.com/>

THAT'S ODD... MY NECK SUDDENLY FEELS BETTER...



EARLY ACUPUNCTURE

www.funny-city.com

off the mark

MarkPivrajpat.com

TCM and acupuncture

- TCM stands for traditional Chinese medicine, a holistic medical system which includes acupuncture as one therapeutic method.
- Other methods include individualized herbal formulations, moxibustion (a heat therapy on acupoints or areas), tuina (massage), qi gong and tai qi (movement therapies), and dietary therapy.
- In China, the majority of people using TCM are treated with herbal therapy as opposed to acupuncture. The opposite is true in the US. At present, ~1% of the US population has used acupuncture.

TCM philosophy

- TCM is based on the idea of the body as a set of fluid, functional relationships, in contrast to a static anatomical view.
 - Example: the Lung channel and organ system
- TCM systematizes the energetic, functional relationships of the body internally, and externally to others, the external environment, and to the seasons.

Immune basics, very basic

- Immune system an invaluable, friendly protector
 - Protects against external pathogens, like bacteria, viruses, and parasites
 - Protects against internal pathogens like cancer
- When a good system goes bad...
 - Autoimmune conditions
 - Immune cells are confused and target self, friendly fire
 - Allergies
 - Too excitable

What to do?

- If possible, the best approach is not to suppress immunity, and lose the benefits of our most powerful defense
 - Antihistamines, in the case of allergies
- Instead the goal is to recalibrate, or modulate immune response

How to do it?

- TCM offers some time tested, effective approaches to improve immune health.
 - Dependent on **individual TCM diagnosis** (according to signs and symptoms which are categorized differently than in Western medicine)
 - **Acupuncture**
 - **Herbal therapy**
 - **Dietary therapy**
 - **Lifestyle recommendations**

Features of TCM

- Health is a balance of yin (nourishing substances such as blood and body fluids) and yang (action, energy).
- The body is a interwoven framework of 12 main channels, or meridians, which include interrelated acupuncture points and the organs they pass through and are named after.
- Obstructions of the flow of qi and blood in the channels cause pain and other dysfunction.
- Acupuncture uses needles and other means to restore flow through the channels.

TCM diagnoses associated with allergic rhinitis

- The upper respiratory system is an extension of the lung channel in TCM.
- The lung organ system in Chinese medicine not only controls breathing, it also moves energy throughout the body, controls the skin, and provides protective, or wei qi. According to TCM, allergic rhinitis is primarily due to
 - an invasion of **wind cold** or **wind heat** (external pathogens)
 - with an underlying **deficiency of lung qi** that may be complicated by
 - **spleen** (digestive) and/or **kidney** (hereditary) **qi deficiency**.
 - Stress, commonly diagnosed as **liver qi stagnation** is a further diagnostic factor.

Allergic Rhinitis due to Wind Cold

- Wind diagnoses arise of conditions involving external pathogenic factors, in this case pollen or other airborne allergens.
- Wind cold:
 - Sneezing
 - Profuse runny nose with clear or white discharge
 - Stuffy nose
 - Slight headache
 - No thirst
 - Tongue and pulse:
 - Tongue: may be puffy, white coat
 - Pulse: floating

Allergic Rhinitis due to Wind Heat

- Wind heat:
 - Sneezing
 - Runny nose with clear or white discharge
 - Sore and/or itchy throat
 - Sore and/or itchy eyes
 - Slight thirst
 - Tongue and pulse:
 - Tongue: may be puffy, reddish body, yellow coat
 - Pulse: floating

Lung Qi Deficiency

- Can be hereditary, or due to lung disorders, too much or too exercise.
- Worsened by grief or sadness.
- Also linked to greater susceptibility to illness, in TCM a wei (defensive) qi deficiency
- Symptoms: fatigue, apathy, reluctance to speak, pale complexion, spontaneous sweating, tendency to catch colds
- Tongue and pulse:
 - Tongue: pale, puffy near the tip or hollowed
 - Pulse: weak, thin, or floating

Spleen Qi Deficiency

- Main digestive organ. “Spleen” may be more accurately translated as “pancreas.”
- The spleen directly supports the health of the lung organ system.
- Food sensitivities a trigger
- Dampness, runny nose, clogged sinuses often relate to impaired digestive function
- Symptoms: rhinitis may be worse after eating, fatigue, gas and bloating, loose stool
- Tongue and pulse:
 - Tongue: pale, puffy, scalloped edges
 - Pulse: weak, soft, slippery

The Spleen continued...

- The spleen loves:
 - Routine
 - Calm, sit-down meals
 - Warm food
 - Naturally sweet food, like rice or chicken (not processed or concentrated sweet food, which overwhelm the spleen)
- The spleen is damaged by:
 - Eating when stressed
 - Greasy, heavy foods
 - Processed food, especially processed grains and sugars
 - Cold food

Kidney Qi Deficiency

- Kidney deficiency may be due to hereditary conditions, chronic illness, aging, overwork, or shock.
- Childhood allergies are kidney related.
- The kidney is the source of all qi in the body.
- May include asthma or eczema, which are usually concurrent with lung, spleen, and/or liver diagnoses.
- Symptoms: Sore or weak lower back, tendency to catch colds
- Tongue and pulse:
 - Tongue: pale, puffy, scalloped edges
 - Pulse: weak, deep

Liver Qi Stagnation

- Stress!
 - Symptoms are worse with stress
- Occurs when the smooth flow of qi through the body is blocked by
 - Physical inactivity
 - Emotions
- Symptoms: irritability, itching (along with Wind), discomfort in the ribs, frequent sighing
- Tongue and pulse:
 - Tongue: may be pale, slightly purple, thin white coat
 - Pulse: thready or wiry

Treatment guidelines

- **Treat the root cause on the off-season, the branch during acute episodes**
 - Immediate relief for a few hours to a few days following acupuncture is common. However, **effects of acupuncture are cumulative**, and the period of symptomatic relief should lengthen over time.
- **Dietary therapy is key.** Identify and eliminate foods which increase symptoms, and eat foods which are especially suited for your body.
- **Herbal prescriptions** based on individual diagnoses may be very helpful.
- Reduce stress. **Move your qi!** Qi gong and tai chi are great ways to do this.

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- Seattle, WA 98103

- Appointment line:
- 206-349-0583

- Website:
- <http://www.bastyrcenter.org/>

Research and resources

- Guo H., Liu MP. *Mechanism of traditional Chinese medicine in the treatment of allergic rhinitis* Chin Med J (Engl). 2013 Feb;126(4):756-60.
 - Link to full text of above article:
http://www.cmj.org/ch/reader/view_abstract.aspx?volume=126&issue=4&start_page=756
- Hou et al. Treating Autoimmune Disease with Chinese Medicine 2011 Churchill Livingstone
- G. Maciocia. The Practice of Chinese Medicine: the Treatment of Diseases with Acupuncture and Chinese Herbs 1994 Churchill Livingstone.