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CAN AUTOIMMUNE HEPATITIS BE TREATED WITHOUT THE USE OF CORTICOSTEROIDS AND IMMUNOSUPPRESSIVE DRUGS?

Huang Wei Ling

Medical Acupuncture and Pain Management Clinic, Brazil

Introduction: Autoimmune hepatitis (AIH) occurs when the liver is attacked by rogue immune cells that mistake it for foreign tissue or pathogen, causing inflammation, being the goal of the treatment to slow or stop the immune system attack on the liver. Treatment with prednisone is generally used initially and a second medication, azathioprine may be recommended as well. Prednisone, especially when taken long term, can cause a wide range of serious side effects, including diabetes, thinning bones (osteoporosis), broken bones (osteonecrosis), high blood pressure, cataracts, glaucoma and weight gain. Most people need to continue taking the prednisone for at least eighteen to twenty four months, and many remain on it for life. Although the patient may experience remission a few years after starting treatment, the disease often returns if the drug is discontinued. In traditional Chinese medicine (TCM) Yin deficiency plays a central role in autoimmune disease.

Purpose: The purpose of this study is to demonstrate that autoimmune hepatitis can be treated without the use of corticosteroids.

Methods: An autoimmune hepatitis treatment literature review has been done through earlier medicinal theories such as traditional Chinese medicine.

Results: The general principle in TCM is to eliminate pathogenic

heat from the blood, remove blood stasis, nourish liver and kidney yin. The treatment is based neither on Chinese herbal treatment and acupuncture nor ever including corticosteroids and immunosuppressive drugs.

Conclusion: The conclusion of this study is that autoimmune hepatitis can be treated without the use of corticosteroids and immunosuppressive drugs according to the teachings of traditional Chinese medicine, reducing the side effects caused by these drugs.

Biography

Huang Wei Ling has graduated in Medicine in Brazil, specializing in infectious and parasitic disease, a General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. She was in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication, and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress in 1998. She was coordinator of both the Infection Control and the Nutritional Support Committee in Sao Joaquim Hospital in Franca, and also worked at the infectious Sexually Transmitted Disease Reference Center. She is the owner of the Medical Acupuncture and Pain Management Clinic, and since 1997 she has been presenting her work worldwide concerning the treatment of various diseases using techniques based on several medical traditions around the world.

weilingmg@gmail.com