



Can we Treat Urinary Tract Infections without Using Any Antibiotics?

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Abstract:

Introduction: Several studies point out urinary tract infections as a widely common pathology worldwide. In traditional Chinese medicine, the physiopathology of the disease is Kidney Yin deficiency, Blood deficiency and Heat Retention.

Purpose: The purpose of this study is to demonstrate the possibility of treating urinary tract infections without using antibiotics.

Methods: The interpretation and analysis of recent articles regarding the treatment of urinary tract infections in Western medicine, traditional Chinese medicine and Hippocratic medicine. The description and analysis of two case-reports. The first from a 75-year-old woman and the second from a 45-year-old female patient both with symptoms of dysuria and diagnosed with urinary tract infection, with positive urine culture for bacteria (more than a hundred thousand colonies per ml).

Results: All patients presented improvement of the symptoms and urine cultures positive for bacteria before the treatment and negative urine culture after the treatment only with Chinese dietary counseling, acupuncture and apex ear bloodletting, not requiring antibiotics use in neither of the cases. Both patients presented complete improvement of urinary tract infections with one session of auricular acupuncture with apex ear bloodletting. The result for both cases appeared in a few days.

Conclusion: It is possible to treat urinary tract infections without using antibiotics, according to these two case reports. For this aim, it is important to treat the patient through an integral pathway, focusing the treatment in the energy disturbances, the underlying cause of the symptoms.



Biography

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. Once 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 (1998). Since 1997, she works with the approach and treatment of all chronic diseases in a holistic way, with treatment guided through teachings of Traditional Chinese Medicine and Hippocrates.

Publications:

- 1) Ning Zhang, Liuyu Huang, Shiwei Liu, Yufei Wang, Yanlan Luo etc. Traditional Chinese Medicine: An Alternative Treatment Option for Refractory Recurrent Urinary Tract Infections. *Clinical Infectious Diseases*, Volume 56, Issue 9, 1 May 2013, Page 1355, <https://doi.org/10.1093/cid/cit029>
- 2) Yan Qing Tong, Yan Leng, and Jing Li Bai. Chinese Herbal Medicine: A Safe Alternative Therapy for Urinary Tract infection in Patients with Renal Insufficiency. *Afr J Tradit Complement Altern Med*. 2012; 9(2): 266-270. Published online 2011 Dec 29.

Webinar on Epidemiology-Infectious Diseases and Public Health, 05th October 2020

Citation: Huang Wei Ling, Can we Treat Urinary Tract Infections without Using Any Antibiotics?, Webinar on Epidemiology-Infectious Diseases and Public Health, 05th October 2020