



Five Millennia of History: the contributions of Traditional Chinese Medicine to manage Autoimmune Diseases

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Abstract:

More than 80 diseases occur as a result of the immune system attacking the body's own organs, tissues and cells. Some of the more common autoimmune diseases include type 1 diabetes, rheumatoid arthritis, systemic lupus erythematosus, and inflammatory bowel disease. Although the causes of many autoimmune diseases remain unknown, a person's genes in combination with infections and other environmental exposures are likely to play a significant role in disease development. With unusual autoimmune diseases, patients may suffer years before getting a proper diagnosis. Most of these diseases have no cure. Some require lifelong treatment to ease symptoms.¹ The study of these diseases has intensified within the past two decades, paralleling the virtual explosion of information and research conducted on the immune system. With an increased understanding of innate immunity, adaptive immune recognition, lymphocyte activation and the principles of immune tolerance, the tools are in place for creative approaches to the prevention treatment and remission of autoimmune diseases.² Despite having different understandings and treatment methods from Scientific Modern Medicine, Traditional Chinese Medicine has one of the most ancient histories of all medical theory bases, with clinical techniques that have been used, adapted and modified over a 5000-year period. Happily, the discoveries made by classical Chinese Medicine and from its modern scientific research have led to greater knowledge and the best techniques to be applied by practitioners to prevent, treat and recover patient's health. It's undeniable that Acupuncture is the best-known therapeutic resource in the West. Yet, the use of dry extracts made from natural substances (algae, fungi, plants, minerals and animals) along with Dietetic Therapy are two of the strongest pillars in this ancient medicine. Nowadays, the available scientific literature provides a solid basis for these substances to be used safely and effectively in many patients. Part of what is not



known concerns to some drug-to-drug interactions and molecular actions mechanisms - in part due to the high number of compounds present in these ingredients, the speed of detailed studies and publications with a large sample is perfectly understandable.

Biography:

Dr. Eleonora Comucci is a Dietitian with Bachelor's degree from Federal University of Ouro Preto (UFOP), Master and Ph.D. Student post-graduated from Faculty of Medical Sciences - University of Campinas (FCM/Unicamp) in Internal Medicine with emphasis on metabolic studies, diabetes and bariatric surgery. Traditional Chinese Medicine and Acupuncture Doctor, is TCM Post-Graduation Professor, especially on Traditional Chinese Pharmacotherapy and Dietetic Therapy. Currently is Speaker and Coordinator of Traditional Chinese Medicine Products at VITAFOR Nutrients (Brazil). Founder and Chief Academic Officer (CAO) at MTCBox (Brazil).

Publication of speakers:

1. NIAID - NIH. Autoimmune Diseases. Available in: www.niaid.nih.gov/diseases-conditions/autoimmune-diseases.
2. Whitacre CC. Sex differences in autoimmune disease. *Nature immunology*. 2001 Sep 1;2(9):777

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