



## Mini review can we treat urinary tract infections without using any antibiotics

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Received: July 16, 2020; Accepted: August 1, 2020; Published: August 10, 2020

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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.

**Keywords:**

Urinary tract infection; Chinese nutritional therapy; auricular acupuncture; apex ear bloodletting; traditional Chinese medicine

### Mini Review

The study entitled Can we Treat Urinary Tract Infections Without Using Any Antibiotics, published by Archives of Infectious Diseases and Therapy journal will be discussed in this review. The reasoning used on this study was based on one specific patient of the author, in 2007, who's story has been extensively described and discussed in other articles of the author [1]. The patient looked for treatment for pain in the legs, and had improvement of glaucoma, after the treatment for the pain in the legs was concluded, presenting diminution of his intraocular pressure from 40 mmHg to 17 mmHg, even though the doctor was not aware of that the patient had glaucoma. He was performing treatment with eye drops for 40 years with no improvement of his intraocular pressure. Based on this study, the author started a research treating patients with several other diseases from the energy point of view. In this case, she is demonstrating if the treatment for urinary tract infections could reach the results of negativating urine culture without using antibiotics.

Other studies of the author point out the possibility of treating different types of infection, including nosocomial infections, without using antibiotics. Several studies were published under these themes, analyzing different diseases and patients. Some of them would be the one entitled Is it Possible to Treat Community-Acquired and Nosocomial Infections with the Same Method, Without the Use of Antibiotics. Other example would be Can Recurrent Furunculosis be Treated without the Use of Antibiotics [2]. Another example would be the study entitled Could Postsurgical Nosocomial Cellulitis be Treated without the Use of Antibiotics. In all these studies the treatment with corrections of energy imbalances, correction of the diet, through Chinese dietary counseling, and rebalancing *Yin, Yang, Qi* and Blood energies through auricular acupuncture and apex ear bloodletting to take out Heat retention, that is the causative factor in the symptoms of infection, according to traditional Chinese medicine reasoning [3].

Studies point that the treatment of this kind of infection is getting more complicated, as the bacteria constantly becomes resistant, and it is hard for new antibiotics to be produced on the same speed as resistance occurs.

The author aims to treat integrating Western medicine and traditional Chinese medicine treatment, basing her ideas on the reasoning of Hippocrates, who talks about the importance of considering ancient traditions prior to the knowledge we have nowadays. As the main focus of the author's research is to address the importance treat the root of the problem and not just the symptom, it was searched for a treatment on the energy point of view.

In traditional Chinese medicine, urinary tract infection is a symptom of a deeper problem, the energy imbalances, generated by several factors (emotions, wrong diet, exposure to external pathogenic factors, etc). For the individual to be healthy, according to traditional Chinese medicine, there must be balance among the four energies *Yin, Yang, Qi* and Blood [4]. The imbalance of these four energies would lead to formation of a new imbalance, called internal Heat. The internal Heat, on the lower burner, when achieving the Bladder, can cause urinary tract infection symptoms. According to literature, the disease may also be related to stagnation of *Qi* energy in the lower burner and Heat retention. The theory of the importance of *Yin, Yang, Qi* and Blood energies to treat any kind of physical and emotional symptoms, even when the doctor is not aware of the symptoms presented by the patient. This idea has been presented by the author in Boston, USA, at the Conference of Acupuncture Research in Harvard University, in 2015.

Through this study, the author demonstrates that to the bacteria has adherence to the bladder cells, there is presence of energy imbalances and Heat retention, behind the symptoms of infection. When this internal Heat is treated, through Chinese dietary counseling, auricular acupuncture, apex ear bloodletting and helix bloodletting, it is probable that the bacteria adhering the bladder cells, has no condition of adherence any longer [5]. Therefore, it is probable that for the occurrence of urinary tract infection there is an energy imbalance on the background, and even when the patient received treatment with antibiotics, the ideal would be to perform treatment for the energy imbalances as well, that lead to that infection.

The treatment proposed in Western medicine, even though important to treat patients with urgency, saving several lives, under the energy point of view, may harm the vital energy of the treated patients. Nowadays, Western medicine does not address this harm, because this imbalance is on the energy level, being invisible to the naked eye. According to the Arndt-Schultz law, the concentration of the medication will influence the outcome of the treatment. The high-

diluted medications would stimulate the vital energy, moderate doses would inhibit these processes and high-concentrated medications would harm the vital energy [6]. Therefore, according to this law, the use of high-concentrated medications, such as the antibiotics used for treatment of urinary tract infections would harm the vital energy of the treated patients, causing more energy imbalances, and more internal Heat formation. This could be the cause of the resistance to the treatment presented by one of the patients described on the article [7]. Sometimes, this resistance is not associated with bacterial resistance, but to the energy imbalances presented by the patient, related to the medication used, causing more internal Heat formation, in a patient that already had internal Heat due to the infection itself, and perpetuating symptoms. Vital energy, in traditional Chinese medicine would be of major importance for all the functioning of the body (having energy, avoid chronic diseases such as diabetes, myocardial infarction, hypertension, influence memory, focus, growth, aging, sexual performance, etc.). Other studies of the author point out that an energy based treatment could improve and prevent several chronic diseases, including cancer. As the author is an infectious disease specialist, is familiarized with the importance of the antibiotics use as a therapeutic tool to save lives, but proposes that there are other options, that would have less side effects and not harm the patient, leaving the antibiotics for cases when there is risk of life. Hippocrates also stated "First, do no harm".

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