

Can we Treat Urinary Tract Infections Without Using Any Antibiotics?

Huang WL

Infectious Diseases, General Practice, Nutrition, Medical Acupuncture and Pain Management Specialist. Medical Acupuncture and Pain Management Clinic, Franca, Sao Paulo, Brazil

*Corresponding author

Huang Wei Ling, MD, Rua Homero Pacheco Alves, 1929, Franca, Sao Paulo, 14400-010, Brazil, Phone: (+55 16) 3721-2437, E-mail: weilingmg@gmail.com

Submitted: 06 Aug 2019; Accepted: 12 Aug 2019; Published: 27 Aug 2019

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.

Results: All patients presented improvement of the symptoms and urine cultures positive for bacteria before the treatment and negative after the treatment only with acupuncture, Chinese dietary counseling 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. 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.

Introduction

Several studies point out urinary tract infections as a widely common pathology worldwide [1-3]. Urinary tract infections or UTI's affect around 150 million of people annually [1], being 30 times more likely to appear in women [2].

The UTI's can be classified as uncomplicated and complicated, and there are several other subdivisions and branches of diagnosis and treatment, mainly considering the different pathogens responsible for the infection. A study from Flores-Meireles from 2016 analyzed and categorized the different types of pathogens, as well as their adherence and colonization in the urinary tract [1].

The study of Flores-Meireles, in conjunction with several other studies in the field, demonstrated an increase in the resistance to antibiotics when treating UTI's and addressed the importance of considering this issue when developing diagnosis and treatments for this pathology [4-6].

Nickel, in review on the 17th European Congress of Clinical Microbiology and Infectious Diseases (ECCMID), stated that physicians tend to ignore the importance of the UTI's in the hospitals

worldwide, many times not perceiving the significant prevalence, cost and morbidity linked to the disease [6].

This study was developed focusing in this issue, and in an attempt to propose a new way of treatment for UTI's. Several patients with recurrent urinary tract infections make use of different kinds of therapies when antibiotics use does not present significant results. Unfortunately, the numbers of patients who suffer from resistance to antibiotics when treating UTI's have been increasing severely. In a study done with 850 Turkish patients, the numbers of patients with resistance was alarming [5].

Some studies and small trials started to demonstrate how acupuncture can be effective in the treatment of UTI's. Concurrently, there are also several studies on the significance of Chinese Herbs use in the treatment of this condition.

This study is an attempt to compile this information, organizing them together to better comprehend the importance and effectiveness of this kind of method for UTI's treatment. To achieve this goal, it was important to understand the energy imbalances leading to urinary tract infections. Also, to analyze several other studies and trials, as

well as reviews and statistics, to establish the pathways of diagnosis a treatment for this condition.

Purpose

The purpose of this study is first, to demonstrate the possibility of treating urinary tract infections without using antibiotics. For achieving these main goals, a smaller goal is to discuss the use of ancient medical traditions on medical daily-practice, such as considering the importance the emotions, diet and environment (external pathogenic factors) in the general state of health, considering the patient as a whole.

Another significant purpose of this article, is to, as in other articles of the author, demonstrate the importance of the treatment in the *root-level* of the metaphor of the tree (better exposed in the Discussion section), addressing the importance of energy alterations that could be leading to the underlying cause of urinary tract infection. In all the treatment of all the patients of the author, with different pathologies, one of the main goals is to cause no harm. According to the studies presented by the author in the past 12 years, the majority of the chronic diseases are caused by deficiency of vital energy. With the constant use of high-concentrated medication, in the case of urinary tract infections, antibiotics the doctor would contribute for the formation or worsening of any condition the patient may already have, causing more harm than benefit to the patient, if he could be treated with this way of treatment, described in this article.

Methods

The methodology used to develop this study was focused in two pathways: 1. The interpretation and analysis of recent articles regarding the treatment of urinary tract infections both in Western Medicine or with the use of some ancient medical tools of logic (systemic acupuncture, auricular acupuncture, apex ear bloodletting and Chinese dietary counseling); 2. The description and analysis of two case-reports. The first from a 75-year-old patient and the second from a 45-year-old patient, both women. All patients presented improvement of the symptoms and urine cultures positive for bacteria before the treatment and negative after the treatment.

All the articles analyzed were included in the *Pubmed* references, including the articles of the author.

It is important to state that the two case reports in this study are women, and that the results still needs to be tested in man. In the beginning of this study, the author started the treatment with a male elderly patient with diagnosis of nosocomial urinary tract infection after placement of urethral tube. However, his treatment suffered influence from other doctor, and was not possible to include it in the study.

Case Report 1

The patient, named L.A., a 45-year-old woman started presenting acute symptoms of urinary tract infection in October of 2018. She started feeling pain and discomfort to urinate. The amount of urine was very few, and she would feel lots of pain, even though drinking the recommended amount of water. She performed treatment with antibiotics, and went several times to emergencies to treat these symptoms, with no improvement. She started treatment with an infectious disease specialist with background in Traditional Chinese Medicine in 2019, on January 17, who performed treatment of this condition with auricular acupuncture associated with apex ear

bloodletting and Chinese dietary counseling. In her diet, she was oriented to avoid frying, chocolate, eggs, honey, alcoholic beverages and dairy products, especially when the cheese is melted. As well as avoid drinking cold water.

Case Report 2

A 75-year-old woman, married with an 85-year man for years, presented symptoms of UTI's after having sexual intercourse after years of abstinence. The symptoms she was presenting were pain to urinate and dysuria. She performed a laboratorial exam that detected the bacteria *Escherichia coli*. She started treatment with auricular acupuncture, apex ear bloodletting, and received Chinese dietary counseling.

Results

Both patients presented complete improvement of UTI's with one session of auricular acupuncture associated with apex ear bloodletting and Chinese dietary counseling. In the case of the first patient, the improvement appeared in a few days after the first session. In the second case report, the improvement of the symptoms happened a few minutes after the first auricular acupuncture session. The use of antibiotics was not necessary in neither of the cases.

In the first case, the patient had previously intake two or more rounds of antibiotics before the treatment, with no results or improvement of the symptoms. The first patient still had a positive urine culture after the treatment with antibiotics. Both patients are still being accompanied by the infectious disease specialist and did not present any relapses. Both patients presented negative urine cultures after the auricular acupuncture and apex ear bloodletting treatment performed.

Discussion

The treatment of these two patients, as well as all other patients of the author, was based on the analysis of one specific case the author had in 2007. The patient that the author uses as a cornerstone for all her research, presented symptoms of pain in the legs, and received treatment with auricular acupuncture and systemic acupuncture associated with apex ear bloodletting and Chinese Dietary counseling to treat these symptoms, according to his energy disturbances. In the specific case of this patient, Kidney *Yang* deficiency [14-17].

The patient then presented improvement of his pain in the legs after 10 sessions, and returned to the office to be evaluated. In this occasion, he reveled to the author that he also had major improvement in a symptom the author was not aware he had: he was being treated for Glaucoma in the last 40 years. The treatment for Kidney *Yang* deficiency not only improved his symptoms of pain in the legs, but diminished his intraocular pressure, from 40mmHg to 17mmHg [14-17].

The analysis of this case report demonstrated for the author that the energy imbalances were the underlying cause of both conditions, the pain in the legs and the intra ocular high pressure. This case represented the first step in the many articles and treatments the author would develop in the following years, anchored in the same proposition: the treatment of energy imbalances can treat different symptoms from varied pathologies simultaneously [14-17].

This study was developed using the two case reports as a cornerstone. As both patients presented very fast recovery from the UTI's symptoms within a few days of treatment, requiring the use of

apex ear bloodletting, auricular acupuncture and Chinese dietary counselling, without the use of antibiotics. many questions were broad up. To comprehend better why the treatment with ancient medical traditional tools was effective for UTI's symptoms it was important to first comprehend what is currently done to treat this pathology in Western medical schools and hospitals.

Statistically, the majority of the patients are treated with oral antibiotics. However, this treatment is not effective for many patients, resistance to antibiotics has been increasing, and several patients reported to have relapses after the withdrawn of antibiotics [1, 4-6]. The patients in the two case reports were treated with auricular acupuncture associated with apex ear bloodletting and Chinese Dietary Counseling. Both patients presented successful recovery, fast. When searching for literature regarding the use of apex ear bloodletting, auricular acupuncture and systemic acupuncture, it was possible to perceive small trials and case reports already demonstrate that acupuncture can be effective for treating UTI's [7, 9-13].

The second step was to comprehend how Traditional Chinese Medicine and Hippocratic Medicine comprehend the symptoms of UTI's and how these tools could be effective in the daily practice of doctors around the world. Great part of what is here stated regarding Traditional Chinese Medicine has been already exposed by the author in previous articles [14-17].

Western Medicine Treatment and Pathways

According to a study from Ahmand Al-Badr and Ghadeer Al-Shaikh urinary tract infections account for nearly 25% of bacterial infections in women. According to the same study, 50-60% of women will develop urinary tract infections at least once in their lives [3]. The diagnosis of UTI's can be divided into complicated and uncomplicated [1-6]. An uncomplicated UTI happens when the disease is not linked to any other condition. In theory, this type of UTI will respond better to standard treatment, and will be easier to be treated [2, 4, 6].

Complicated UTI can be defined as an infection linked to other condition of different origin, such as a functional abnormality or a genetic trace, as well as the presence of other pathologies and diseases. These factors will increase the risk of a more serious UTI's, as these risks factors can compromise the effectiveness of the treatment performed [2]. UTI's can also become recurrent. To be considered recurrent, the symptoms have to come back after the resolution of the first episode, even with the use of appropriated treatment [2]. The diagnosis is done through the identification of the pathogen in the presence of clinical symptoms. The pathogen is detected by urine cultures. Some recent studies demonstrate that is not interesting to perform treatment with antibiotics depending on the count of the bacterial colony in the urine [18].

The *Clinical Practice Guidelines for the Antibiotic Treatment of Community-Acquired Urinary Tract Infections* developed by a group of scholars from Seoul, Korea, states that the antibiotics have to be used only for those patients that will benefit from it [18]. However, the standard treatment is done with antibiotics, and in several hospitals around the world, UTI's are exclusively treated with antibiotics [1-7].

In general, the studies analyzed would focus in the different pathogens and origins of the disease, classifying the disease in

several subdivisions and proposing an empirical therapy for each specific type of UTI. All the treatment proposed included the use of antibiotics [19].

In the article *Adhesion of Escherichia coli in urinary tract infection*, written by Edén CS, Hagberg L, Hansom LA, Korhonen T, Leffler H and Olling S, the authors will establish the relationship between the colonization of *E. Coli* bacteria and adherence. According to the study, the ability to attach to the mucosal surface is essential for the colonization and maintenance of the bacteria in the urinary tract [20, 21]. However, local antibodies may interfere in bacterial attachment [20].

Traditional Chinese Medicine and UTI's

To comprehend why this treatment is effective is important to address the mechanism of the formation of urinary tract infection in the energy point view. Traditional Chinese Medicine comprehends diseases as imbalances in the *Yin, Yang, Qi* and Blood energies [22]. The energy imbalances present inside the body are, in this perspective, responsible for the formation of symptoms and disease [14-17, 22].

A book entitled *Curso Básico de Acupuncture e Medicina Tradicional Chinesa*, written by Li Shih Min, Maryangela Lopes Darella and Otávio Augusto Albino Pereira, states that observe the urine of the patient is very important for the diagnosis in Traditional Chinese Medicine. According to these authors, pain before and during urination is mainly linked to Stagnation of *Qi* energy in the Lower Burner and Heat retention [28].

In another book, entitled *Treating Pain with Traditional Chinese Medicine* from Dagmar Riley, the author associated the pain when urinating and the burning sensation with Heat retention passing from one meridian to the other in the Five Elements Theory, better explained above, where the Heart Fire influence the Small Intestine Meridian, that finally, influences the Bladder meridian, causing urinary tract infection symptoms [29].

One of the other possible causes of urinary infection is the formation of Damp-Heat. The concept of dampness is one of the five external pathogenic factors, and is linked to several imbalances. The major causative factor of dampness in the body is the consumption of dairy products. In the book *Chinese Medicine in Fertility Disorders*, from Andreas A. Noll and Sabine Wilms, these is brought up as one of the possible causes of urinary infections being Damp-Heat in the Lower Burner, with Blood Heat also [30].

In the book *Teoria Básica da Medicina Tradicional Chinesa*, written by Yin Hui He and Zhang Bai Ne, the dysfunctions of the Bladder meridian can be also linked to *Yang* deficiency or excess. The Kidney and Bladder meridian are responsible for the control and health of the urine, and when they are imbalanced, urinary tract infection symptoms may appear [32].

Several studies demonstrate the effectiveness of the use of Chinese Herbs in the treatment of urinary tract infections [7-10]. On Traditional Chinese Medicine, the symptoms are caused by Heat retention. In Western Medicine, the symptoms of urinary tract infection are attributed to the adherence of the bacteria. When taking out Heat retention through apex and helix ear bloodletting, it is possible to notice improvement of symptoms. Therefore, it may be possible to

enquire if the adherence of the bacteria is linked to Heat retention.

Regarding this possibility, a study entitled *Anti-inflammatory and Antimicrobial Effects of Heat-Clearing Chinese Herbs: A Current Review*, written in 2014 by Rekik A. Muluye, Yuhong Bian and Paulos N. Alemu, observed that the Chinese Herbs used to clear Heat were responsible to diminish the adherence of bacteria on the observed patients [33].

According to TCM, the Heat retention appears due to energy imbalances [14-22, 33]. Therefore, the treatment has to treat *Yin*, *Yang*, *Qi* and Blood, to diminish the formation of Heat retention [22, 29-33]. With this diminution, the adherence of the bacteria may diminish, justifying the improvement of the symptoms. This is a hypothesis created by the author to explain why the two patients described in the case reports had so impressive improvement in such

a small amount of time, without the use of any antibiotics. According to Hippocrates (460 B.C. to 370 B.C), in the book *Aforismos*, bloodletting can cure dysuria, as it opens the internal veins.

The phases of the disease progression

Before a disease is diagnosed at the laboratory, through the radiological level or by complementary tests, there has already been an alteration in energy levels, the patients have symptoms but the tests are still normal [Table 1].

The disease progresses in various phases in a healthy body. During phases 1 to 3, only a slowing of the organ functions occurs because of energy imbalances, and the patient has and complains of symptoms, but the results of laboratory exams are normal [Table 1]. At phase 4 the laboratory exams show some alterations, and the disease is still curable, and at phase 5, the exams are very altered, and the cellular damage is irreversible and the disease incurable [Table 1].

Table 1: Progression of Health to Disease

	Organ	Exams	Energy Reserve	Sympton
Phase 1	Slowing Down of Organ Functions	Normal	Energy Reserves-Normal	Without Clinical Symptoms
Phase 2	Slowing Down of Organ Functions	Normal	Consumption of Internal Energy Reserves	With Symptom in Other Organ
Phase 3	Slowing Down of Organ Functions	Normal	Consumption of External Energy Reserves	With Symptom in Same Organ
Phase 4	Reversible Cellular Lesion	Little Alteration	Consumption of Blood Reserves	Curable Disease
Phase 5	Irreversible Cellular Lesion	Excessive Alteration	Metabolic Exhaustion	Incurable Disease

Traditional Chinese Medicine Main Principles: Justifying the Treatment Qi Energy

The energy concepts are the base of TCM. The proposition of TCM is that all things are formed by energy. As matter is formed of atoms in constant cycle of motion, matter is formed by energy. Matter and energy, for TCM are only two forms of energy. Matter can be seen and energy is invisible. The human body, in the same way of the stars and nature, is made by energy [7, 6].

The energy present in the body is similar to electricity, battery energy or power from a gas cylinder [7]. The term energy in Chinese medicine or *Qi* is represented as the idea of steam rising from a pot of cooking rice. The steam represents *Qi*, also called life energy, life force, prana, and bio-energy. For thousands of years, this energy has been known to every culture in almost all parts of the world. Some cultures explored these ideas and concepts, and discovered a new way to treat and cure pathologies [7, 6]. According to Traditional Chinese Medicine, inside the body there are *Yin*, *Yang*, and *Qi* and Blood energies. These energies suffer external, emotional and dietary influences, which may cause energy imbalances, developing the pathologies. In this situation, the imbalance of these energies leads to another condition, which is the Internal Heat or Fire [7, 6].

Five Elements Theory

The second main theory basing Traditional Chinese Medicine is the Five Elements Theory. The Five Elements Theory states that there are five elements present in everything in the world, including our bodies. These elements are Water, Wood, Fire, Earth and Metal. Inside our bodies, these elements will be represented by specific organs. These organs are considered the massive organs, and they

have extreme important parts in the well-functioning of the body [5, 9, 11, 16]. The Wood element corresponds to the Liver, the Fire element corresponds to the Heart, the Earth element corresponds to the Spleen, the Metal element corresponds to the Lungs, and the Water element corresponds to the Kidney, as represented in Figure 5.

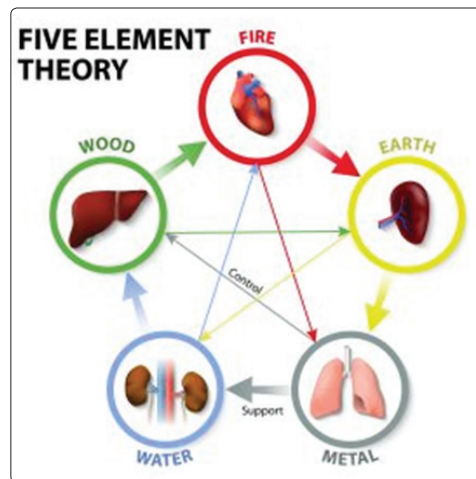


Figure 1: Five Elements Theory

These main organs will support and control each other in the Five Elements cycles. There are two important cycles in the relation of the Five Elements; they are the Cycle of Generation and the Cycle of Control [5, 9, 11, 16]. In the Generating Cycle, the generating interaction of the elements is exposed. As showed in Figure 1 and 6, Wood fuels Fire, Fire forms Earth (volcanoes, ash, etc.), Earth contains Metal, Metal carries Water (buckets, pipes, etc.), Water

feeds Wood (trees, plants, etc.) [5, 9, 11, 16].

The Wood element corresponds to the Liver, and has the eye as its external sensory organ, being responsible for vision. The emotion that unbalances the Liver is anger. The taste of the Wood element is sour [5, 9, 11, 16]. The Fire Element corresponds to the Heart, representing the tongue and subsequently language. The emotion that unbalances the Heart is excessive joy. The taste of the Fire element is bitter [5, 9, 11, 16].

The Earth Element corresponds to the Spleen, representing the mouth and being responsible for taste. The emotion that unbalances the Spleen is excessive worry. The taste of the Earth element is sweet [5, 9, 11, 16]. The Air Element corresponds to the Lungs, represents the nose, being responsible for the sense of smell. The emotion that unbalances the Lungs is grief. The taste of the Air element is spicy [5, 9, 11, 16]. Finally, the Water Element corresponds to the Kidney and represents the ears and hearing. The emotion that unbalances the Kidney is fear. The taste of the Water element is salty [5, 9, 11, 16]. All these relationships are described in Figure 1 and 2.

According to Traditional Chinese Medicine, and other ancient traditions the elements or massive organs of the body are all connected. this theory goes against what was said by Galen, who considered the organs as independent. According to Galenic principles of medicine, the treatment of a disease has always to be localized to the damaged part. According to Traditional Chinese Medicine, the body works systemically, therefore, an alteration in the urinary tract can be only a reflection of imbalances in other massive organs of the body, in the energy point of view.

When the author orientates the patient to change their diet according to the Chinese Nutritional Therapy, she is trying to avoid the formation of more deficiencies or imbalances in the energies of the massive organs, that imbalanced, can induce the formation of Heat and in the case of the urinary tract infection, Heat localized in the Lower-Burner.

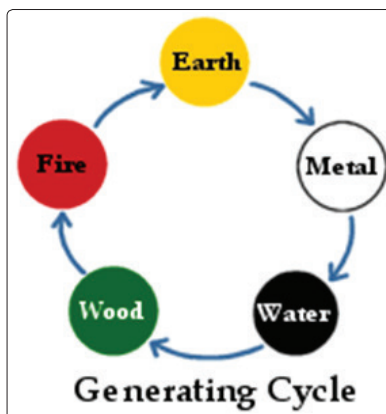


Figure 2: The Generating Cycle

How to Diagnose Energy Imbalances?

To diagnose the energy imbalances, the patient is submitted to a questionnaire. It is important to ask about the following sentences:

Table 2: How to Diagnose Yin, Yang, Qi, Blood and Heat Retention Imbalances?

Question	Does the patient have a daily bowel movement?	Does the patient have excessive sweating during day?	Does the patient feel cold in the extremities of the body? (Cold feet or hands)	Does the patient feel hot in the extremities?	Does the patient has dry mouth, bleeding gums, bad breath, acne and/or redness in the skin, abdominal pain, micro hematuria, or itching?
Meaning	The lack of daily bowel movements can mean Blood deficiency.*	This could be a symptom of Qi deficiency.	Commonly, this is a sign of Yang deficiency.	Commonly a sign of Yin deficiency.	Commonly this is a sign of Heat retention.

*Blood deficiency can be understood as anemia in the energy level. As Blood deficiency may take years to appear in the laboratory exams, the patient with constipation and a normal complete blood count (CBC) can still be considered a patient with Blood deficiency, according to TCM.

Main Causes of Energy Deficiencies Eating Habits

As everything in the world is made of energy, different foods will have different energies as well. In Western traditional diets, the studies regarding food will be focused in the matter of the food, the formation of the food, its nutritional value regarding proteins, carbohydrate, etc. For Traditional Chinese Medicine, there is another factor, of similar significance, the energy of the food, that could imbalance

internal energy, and if not properly chosen for each patient, can lead or aggravate energy imbalances that are leading to formation of Heat retention in the Lower-Burner, contributing to aggravate the urinary tract infections symptoms. [7, 6].

As Hippocrates stated: “Make your food your medicine and your medicine your food”. This sentence emphasizes the importance of a correct diet to maintain a healthy body, and to even cure diseases. In the same way there are diets responsible for energy imbalances, there are also diets able to rebalance and restore the health of the body [7].

Foods that cause Spleen-pancreas deficiency are very common in Western eating habits, such as ingestion of cold water, raw foods, dairy products and excessive sugar [7].

The Spleen-pancreas is responsible for nutrient absorption. When Spleen-pancreas is deficient, the nutrient absorption is compromised, affecting the blood production, generating Blood deficiency and in the future, leading to Heat retention on the lower burner and symptoms of UTI’s.

Food that has hot energy may increase the chance of Internal Heat build-up. They are fried foods, eggs, chocolate, honey, coconut, alcoholic beverages, pepper, ginger, clove, cinnamon, dairy products especially when the cheese is melted, etc [7]. The intake of soda, matte tea and coffee can induce a Kidney deficiency. All these imbalances are ruled by the relationship of the *Qi, Yin, Yang* and Blood, that has to be balanced. The imbalances in their relationship lead to Heat retention in the lower burner, which may appear as a UTI’s symptoms.

Relationship between *Yin, Yang, Qi* and Blood

This theory was presented by the author in 2015 at an Acupuncture Research Conference at Harvard Medical School, in Boston, USA. The summary of this study is: Treating all energy imbalances, all patients’ symptoms will be treated simultaneously, even symptoms not previously reported to the doctor. With this type of reasoning, we will be able to treat all diseases of all specialties at the same time, as we treat in this case, the root of the problem and not only the symptoms.

In order to treat these energy imbalances, it is important to consider the relationship between *Yin, Yang, Qi* and Blood. A deficiency in one of these four elements, for example, a *Yin* deficiency, as we can see in Figure 3, will generate other imbalances in the other three factors, in the future generating the formation of internal Heat.

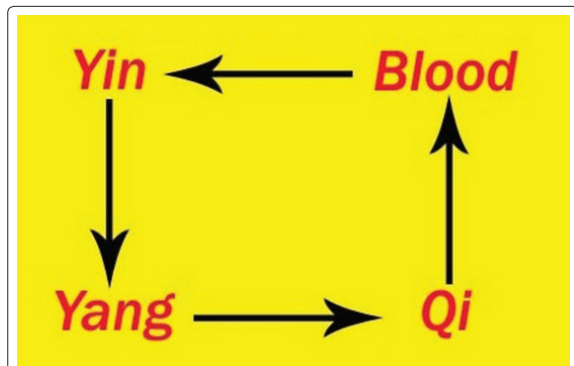


Figure 3: Schematic Relationship

Emotional

Energy imbalances are also caused by emotional problems [6]. Different organs are affected in different ways by different emotions [2]. These emotions, when affecting the patient chronically and not treated, in the future, may consolidate an organic lesion in the organ that corresponds to theAdicionar frase com relação a urinary tract infection.

The problematic of the Standard Treatment for UTI’s The Arndt-Schultz Law

When considering the problems of the standard treatment for UTI’s, done, mainly with high-concentrated drugs, it is important to address the importance of the Arndt-Schultz law. The law was developed in 1888, by two scholars, who analyzed the action of varied substances depending on their concentration. The full state of the law was: High concentrations kill; medium concentrations suppress or inhibit; and low or minute concentrations stimulate [20], Figure 4. Their experiments demonstrated how chemical agents can affect the organism. The phenomenon became known as the Arndt-Schultz Law and was widely referred to in the pharmacological literature for over 30 years and became one of the scientific principles [22, 23].

According to Arndt-Schultz’s law, the use of medication in high concentrations decreases the vital energy. The concept of vital energy can be better comprehended when discussing Traditional Chinese Medicine, and is intrinsically linked to the main origin of urinary tract infections. The Arndt-Schultz law was previously exposed in other articles of the author [9-12].

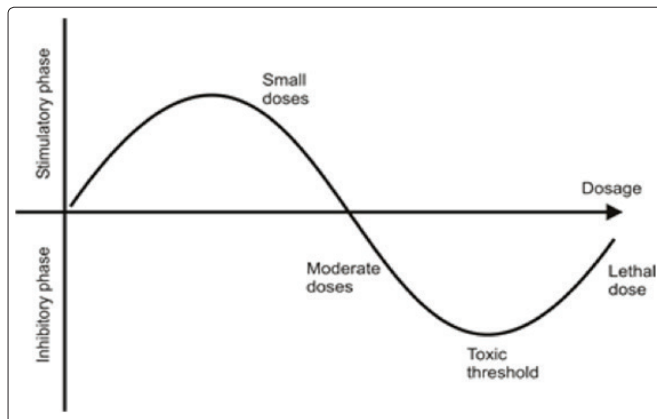


Figure 4: The Arndt Schultz’s Law

In Western Medicine, the use of antibiotics to treat Urinary Tract Infections is common, and those are high-concentrated medications. Therefore, according to the Arndt-Schultz law, they will cause reduction in the vital energy, leading to the formation of internal Heat, could maintain the urinary tract infection symptoms, in a vicious cycle,in the energy level.

The Importance of an Individualized Treatment

Several studies in the last five or less years have been demonstrated how a personalized or individualized treatment can change the standard way of treating the majority of pathologies [21-23]. Some specific scholars even promote the personalized medicine as the future of all medicine. According to a study of Akosoa Adom Agyeman and Richard Oferi- Assenson, the traditional path of drug development, conventionally an influence to the medicine practice, has been based on identifying therapies which target an

entire population. Within times, while our society change as whole, more personalized treatment are aimed [23].

The proposes of personalized medicine is to go against standard treatment, equal for all populations with the same symptoms and to address earlier diagnoses, risk assessments, and optimal treatments. With the proposal of in that way, proposing more effective solutions and reducing costs [22].

The studies in this field started to appear after the conclusion that different patients will respond different for the same medications, even having the same pathology or condition, and requiring the same type of treatment, as demonstrated by a study from Sweeney GD, entitled *Virability in the human drug response* [24].

While the personalized medicine has been presented in several articles as something revolutionary and new, Traditional Chinese Medicine and Hippocratic Medicine have been using this same concept thousands of years for the development of other ways of diagnosis and treatment, once that considers the body of the patient as a whole, the flow of energy as unique and the patient as an individual [24].

Another important reason for consider the individualized or personalized treatment in the treatment of UTI's is the diminishing of the development of antibiotic resistance related to this specific pathology. As said before, UTI's are widely common around the world, and the treatments are often similar. Because of that, the resistances to antibiotics have been increasing in the last decade, specifically for UTI's, where the antibiotics are more broadly used [6-8].

According to the author's experience, the reduction of the vital energy due to the use of high-concentrated drugs, in this case the use of antibiotics, may lead to other chronic diseases in the future, such as hypertension, diabetes, anxiety, myocardial infarction and cancer among other pathologies. In her studies of Traditional Chinese Medicine, Hippocratic Medicine and other ancient medical perspectives, the lack of vital energy seems to appear in the *root-level* of varied pathologies [14-17].

Acupuncture and Auricular Acupuncture

Another important feature of Traditional Chinese Medicine is Acupuncture. According to TCM, the diseases are associated with perturbations in the flow of *Qi* energy. The goal of acupuncture is to restore balance, correcting perturbations in the flow, using points close to the skin. Acupuncture is an important part of Traditional Chinese Medicine for more than 2,500 years [10].

Acupuncture has been considered a medical specialty in Brazil by the Federal Medical Council since 1995. Auricular acupuncture has the goal of diagnosing and treating any medical condition in different areas of the body using acupuncture points on the external ear surface [10]. According to the neuroscientist Wilder Penfield, there is a map of the body in the surface on the brain, which is projected to different areas of the body, creating Microsystems on many parts of it. The ear is one of these Microsystems [10].

Auricular acupuncture was developed in Western Europe in the 1950s, and has grown during the decades that followed in Germany and in the rest of the world. It is based on the stimulation of the

acupuncture points above mentioned, found on the external ear surface. The ear map has the form of an inverted fetus, representing both the anatomical and emotional body, and auricular acupuncture uses these representations and this microsystem to treat a wide range of diseases [10]. If the treatment is done in this case, for the treatment of urinary tract infection, without using the apex ear bloodletting, the patient's condition may worsen [4, 7]. The points used are Figure 5.



Figure 5: Auricular Acupuncture Points Used

Apex and Helix Ear Bloodletting

The practice of bloodletting started 3000 years ago in Egypt. It was continued in many parts of the world and spread through Europe in the Middle Ages, reaching its peak in the 19th century but after this, its use is restricted to some traditions, such as Traditional Chinese Medicine [6].

The practice is done on the ear apex in this case, it was also used the are of the helix, described in the Figure 6. helix, and it treats different conditions. According to TCM, the procedure discharges the Heat from the body, relaxing tension and relieving pain. The point used to treat urinary tract infection is described in Figure 6 [35]. According to Hippocrates (460 B.C. to 370 B.C), in the book *Aforismos*, bloodletting can cure dysuria, as it opens the internal veins [34].

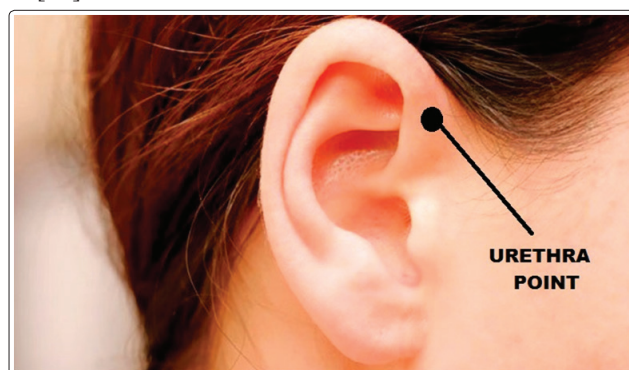


Figure 6: The point used for bloodletting to take out the Heat that was leading to Urinary Tract Infection

Integral Perspective

To better understand the differences between the perspectives of Western Medicine and Traditional Chinese Medicine, the schematic drawing of a tree will be used. Subscription: Schematic Relationship Between Western Medicine and Traditional Chinese Medicine. Coming out of each of these branches, leaves [7]. The schematic

drawing can be used as a metaphor for the relation between Western and Traditional Chinese Medicine. In this representation, each medical specialty is represented by a branch, and the leaves of each branch represent the symptoms and diseases related to each specialty. In the metaphor, the diagnosis and treatment in Western medicine is focused in the leaves level, therefore, treatment is centered on the patient's symptoms.

Traditional Chinese Medicine would treat the whole tree. Looking from a different perspective, TCM is able to see the roots of the tree, usually invisible to the naked eye. In Figure 7, the *Yin and Yang* symbol and the Five Element Theory appear in the roots, representing the energy level. Prioritizing the energy imbalances, various symptoms of different specialties can be treated at the same time, once the energy imbalances are the root of the problem [9].

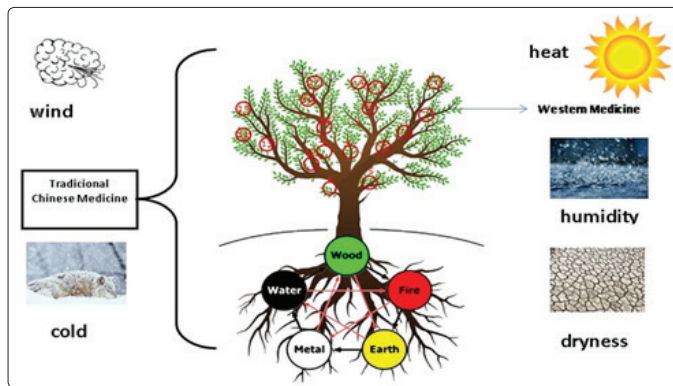


Figure 7: Schematic Relationship Between Western and Traditional Chinese Medicine

It is possible to create a metaphor of *Yin and Yang* to compare Western and Traditional Chinese Medicine, Figure 8. It may be important to have knowledge of both medicines to understand better the condition of the patient, hence, to perform a treatment that is integrated, looking at the energy level, that is the root of all matter.

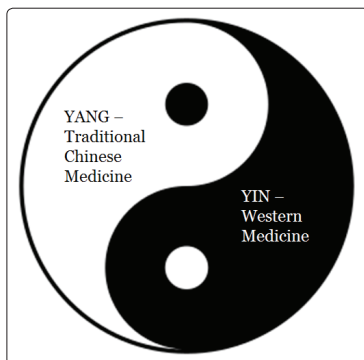


Figure 8: Western and Traditional Chinese Medicine *Yin and Yang* Metaphor

Conclusion

The conclusion of this study is that we can treat urinary tract infections without using any antibiotics, according to these two case reports. For this aim, we need to understand the physiopathology of the formation of the energy imbalances that are leading to UTI's symptoms, correct these imbalances using ancient medical tools to balance *Yin, Yang, Qi* and Blood energies and take out Heat. The correction of these imbalances and taking out Heat retention is the

cornerstone of this modality of treatment. More studies need to be done with more patients, to evaluate the real effectiveness of this kind of treatment.

References

1. Ana L Flores-Mireles, Jennifer N Walker, Michael Caparon, Scott J Hultgren (2015) Urinary tract infections: epidemiology, mechanisms of infection and treatment options. *Nat Rev Microbiol* 13: 269-284.
2. Chee Wei Tan, Maciej Piotr Chlebicki (2016) Urinary tract infections in adults. *Singapore Med J* 57: 485-490.
3. Ahmed Al-Badr, Ghadeer Al-Shaikh (2013) Recurrent Urinary Tract Infections Management in Women: A review. *Sultan Qaboos Univ Med J* 13: 359-367.
4. Suzan Gunduz, Hatice Uludağ Altun (2018) Antibiotic resistance patterns of urinary tract pathogens in Turkish children. *Glob Health Res Policy* 3: 10.
5. Thomas A Waller, Sally Ann L Pantin, Ashley L Yenior, George GA Pujalte (2008) Urinary Tract Infection Antibiotic Resistance in the United States 45: 455-466.
6. J Curtis Nickel (2007) Urinary Tract Infections and Resistant Bacteria Highlights of a Symposium at the Combined Meeting of the 25th International Congress of Chemotherapy (ICC) and the 17th European Congress of Clinical Microbiology and Infectious Diseases (ECCMID), *Rev Urol*. Spring 9: 78-80.
7. Jillian L Capodice, Zhezhen Jin, Debra L Bemis, David Samadi, Brian A Stone, et al. (2007) A pilot study on acupuncture for lower urinary tract symptoms related to chronic prostatitis/chronic pelvic pain. *Chin Med* 2: 01.
8. Yang JL, Chen TL, Yeh CC, Hu CJ, Liao CC, et al. (2019) Acupuncture treatment and the risk of urinary tract infection in stroke patients: a nationwide matched cohort study. *Acupunct Med* 37: 175-183
9. Terje Alraek, Liv Inger Fosli Soedal, Siri Urnes Fagerheim, Asbjørn Digranes, Anders Baerheim (2002) Acupuncture Treatment in the Prevention of Uncomplicated Recurrent Lower Urinary Tract Infections in Adult Women. *Am J Public Health* 92: 1609-1611.
10. Alan R Katz (2003) URINARY TRACT INFECTIONS AND ACUPUNCTURE. *Am J Public Health* 93: 702.
11. Ning Zhang, Liuyu Huang, Shiwei Liu, Yufei Wang, Yanlan Luo, et al. (2013) Traditional Chinese Medicine: An Alternative Treatment Option for Refractory Recurrent Urinary Tract Infections. *Clinical Infectious Diseases* 56: 1355.
12. YanQing Tong, Yan Leng, and JingLi Bai (2012) Chinese Herbal Medicine: A Safe Alternative Therapy for Urinary Tract infection in Patients with Renal Insufficiency. *Afr J Tradit Complement Altern Med* 9: 266-270.
13. Chen Zhang, Ming-jun Chen, Zhan-Qi Tong (2018) Efficacy of Chinese herbal medicine in a case of geriatric urinary tract infections with pain of episiotomy scar inflammation. *Medicine (Baltimore)* 97: e13695.
14. Huang Wei Ling. Why are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Antglycemic Medication and Insulin? *International Journal of Diabetes & Metabolic Disorders* 4: 1-14
15. Huang Wei Ling (2018) "Can Recurrent Furunculosis be Treated without the Use of Antibiotics?" *Acta Scientific Microbiology* 1: 04-12.
16. Huang Wei Ling (2018) "Could Postsurgical Nosocomial Cellulitis be treated without the Use of Antibiotics?" *Acta*

- Scientific Microbiology 1: 09.
17. Huang WL (2018) Can Hospital Osteomyelitis Be Treated Without the Use of Antibiotics? *Int J Microbiol Infect Dis* 2: 01-06.
 18. Cheol-In Kang, Jieun Kim, Dae Won Park, Baek-Nam Kim, U-Syn Ha, et al. (2018) Clinical Practice Guidelines for the Antibiotic Treatment of Community-Acquired Urinary Tract Infections. *Infect Chemother* 50: 67-100.
 19. M Grabe, TE Bjerklund-Johansen, H Botto, M Çek, KG Naber, et al. (2010) DIRETRIZES PARA INFECÇÕES UROLÓGICAS. *Infecções Neurológicas, Brasil*.
 20. Edén CS, Hagberg L, Hansom LA, Korhonen T, Leffler H, et al. (1981) Adhesion of *Escherichia coli* in urinary tract infection. *Ciba Found Symp* 80: 161-187.
 21. Schaeffer AJ (1993) The role of bacterial adhesion in urinary tract infections. *Urologe A* 32: 07-15.
 22. OuYang B, Gu Z (1996) *Essentials of Traditional Chinese Medicine*. Shandong, Science and Technology Press.
 23. Elmore S (2007) Apoptosis: A Review of Programmed Cell Death. *Toxicol Pathol* 35: 495-516.
 24. Sunil Mathur , Joseph Sutton (2007) Personalized medicine could transform healthcare. *Biomed Rep* 7: 3-5.
 25. F Randy Vogenberg, Carol Isaacson Barash, Michael Pursel (2010) Personalized Medicine. Part 1: Evolution and Development into Theranostics. *P T* 35: 560-576.
 26. Akosua Adom Agyeman, Richard Ofori-Asenso (2015) Perspective: Does personalized medicine hold the future for medicine? *J Pharm Bioallied Sci* 7: 239-244.
 27. Sweeney GD (1983) Variability in the human drug response. *Thromb Res Suppl* 4: 03-15.
 28. Li Shih Min, Maryangela Lopres Darella, Otávio Augusto Ablino Pereira. *Curso Básico: Acupuntura e Medicina Tradicional Chinesa*. Instituto de Pesquisa e Ensino Medicina Tradicional Chinesa.
 29. Dagmar Riley, *Treating Pain with Traditional Chinese Medicine*. Paradigm Publications.
 30. Andreas A Noll, Sabine Wilms, *Chinese Medicine in Fertility Disorders*. Thieme Publisher.
 31. Yan Shi-Lin, Li Zheng-Hua, *Pathomechanisms of the Kidney Shen Bing Zhi Bing Ji*. Edited by Nigel Wiseman and Anthony Vennuti.
 32. Yin Hui He. *Teoria Básica da Medicina Tradicional Chinesa*.
 33. Rekik A Muluye, Yuhong Bian, Paulos N Alemu (2014) Anti-inflammatory and Antimicrobial Effects of Heat-Clearing Chinese Herbs: A Current Review. *J Tradit Complement Med* 4: 93-98.
 34. Hippocrates, *Aforismos* (2008) GEHSP “Benoit Mure”.
 35. Li-Chun Huang MD (2005) *Auricular Medicine: The new Era of Medicine & Healing*.

Copyright: ©2019 Huang Wei Ling. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.