

**Chapter 1 : Traditional Chinese Medicine/TCM and Immune Deficiency**

*Traditional Chinese Medicine for Immune Deficiency Nothing is more important to your health than a well-functioning immune system. Such ailments and diseases as the common cold, infections, asthma, food allergies, rheumatoid arthritis, and even cancer are all related to immune system dysfunction.*

Received Jul 5; Accepted Jul 5. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited. This article has been cited by other articles in PMC. As a traditional therapy applied for thousands of years, acupuncture has recently been attracting more and more investigators throughout the world. In the theory of traditional Chinese medicine, it is proposed that acupuncture can strengthen the human body to resist diseases by puncturing needles at certain points. The characteristic that acupuncture enhances resistance is closely related with the immune system, which functions in defense, homeostasis, and surveillance. More and more research has revealed that acupuncture can regulate immunity, for example, to enhance anticancer and antistress immune function and exert anti-inflammation effects. This may be the basis of acupuncture in preventing and treating later diseases. This special issue was developed to stimulate the continuing efforts in promoting the research on acupuncture and immunity. The acupuncture point ST36 Zusanli is widely applied in immune-related diseases. It was reported that herb-partitioned moxibustion modulated the excessive local immune response by inhibiting TLR2 signaling, thereby promoting the repair of damaged colonic mucosa. Researches with new advances which demonstrated that acupuncture activated a novel cholinergic anti-inflammatory pathway and chemokine-mediated proliferation of opioid-containing macrophages in inflamed tissues were also included. The results indicated that PJPS significantly improved the immune function of mice processed by cyclophosphamide and PJPS did not work on the five kinds of human cancer cells. In summary, this issue provides different evidence presented by diverse authors covering several topics related to advances in acupuncture for inflammation or immune diseases. As inflammation is the coherent pathophysiologic progress in many kinds of diseases, immune system and response of the human body are influenced in diseases such as cancer; the anti-inflammation effect of acupuncture may be a very important underlying mechanism of acupuncture in treating diseases. Moreover, TCM focuses on the theory that prevention before the onset of the diseases or intervening in an early stage of diseases is much better than treating after the onset. Preconditioning by acupuncture which means stimulation with acupuncture before the onset of diseases has been widely applied from ancient time to present clinical practice, proposing a potential field in preventing diseases. Acupoints selection, combination of the acupoints, or different methods of stimulation of acupuncture may result in quite different effects on immune system. Further research is urgently essential to elucidate the relation between acupuncture and immune responses and what kind of stimulation might induce the best effect. Of course, the selected topics and papers are not a comprehensive representation of the area of this special issue. Nonetheless, they represent many-faceted evidence that we have the pleasure of sharing with the readers. Acknowledgments We would like to express appreciation to the authors for their excellent contributions and patience in assisting us. Finally, the fundamental work of all reviewers on these papers is also very greatly acknowledged.

**Chapter 2 : Immune System and Traditional Chinese Medicine | Costigan Acupuncture, New York**

*In the simplest terms, immunity in Chinese medicine is a bit like a protective shield, or force, that protects you from the viruses, bacteria, and pollen that make you sick. We call this protective force Wei Qi, and it needs to be strong in order to do its job in keeping you healthy.*

In this paper, the immune modulating effects of the Chinese herbal formula consisting of *Astragalus membranaceus*, *Epimedium brevicornum*, *Paeoniae Alba Radix* and *Radix Ophiopogonis* were studied. The herbal formula contains active components of polysaccharide, saponin, flavonoids and other active ingredients which have been shown to activate immune system and immunocytes. The Chinese herbal recipe was formulated on the base of modern theories of Veterinary Medicine and Science compatibility, by administrating different doses of the recipes to observe the effect of immunologic enhancement in ICR mice. Under synergies of Macrophage and T-lymphocytes, activated B-cells proliferate and differentiate into plasma cells when exposed to antigen stimulation synthesis. These plasma cells excrete into blood or tissue fluid, therefore activating the humoral immune reaction. In the humoral immune effect stage, antigen recognition is mediated by binding the secretion of antibodies and antigens Xue, ; Yang, Splenocyte suspension, SRBC and serum from Guinea pigs were reacted in liquid phase medium, QHS- quantify hemolysis spectrophotometric analysis was a commonly used method. Immune splenocytes, sheep red blood cells SRBC and complement were reacted in a liquid medium to observe the release of hemoglobin content and then extrapolated the amount of antibody secretion of AFC. This paper demonstrated that the middle and high-dose groups could significantly counterminimize the lowering of AFC function by Hydrocortisone Hy. It was shown that the humoral immunity function was related to the secretion of AFC in mice. Then the content of haemolysin was observed by measuring the value of HC From the above experimental data, we knew low, middle and high dose groups could significantly enhance the level of serum hemolysin in immunosuppressive mice. The results reported by other researchers Cao et al. In addition, *Epimedium* polysaccharide and icariin could counterminimize mice spleen diminution and the reduction of antibody formation. Especially, the effect was better than when they were combined. The Chinese herbal medicine prescription was made up of *Epimedium*, *Astragalus* and so on. This demonstrated that the prescription had the function of enhancing humoral immunity. They could be further classified into Th1 and Th2, both of which play an important role in regulating the immune response. Ts could restrain B cells to produce immunoglobulin, and simultaneously restrain the reaction of T-lymphocyte to mixed lymphocytes. However, Th cells could maintain a normal immunological balance by assisting B cells to produce immunoglobulin. Other studies have indicated that the emergence and development of gallbladder cancer was closely related to T-cell function. This was in accordance with the report by Hong et al. In addition, some literatures Song et al. Other findings also confirmed this view point Sheng and Hong, ; Lodon and Lanier, ; Cormary et al. From the above results, we come to the conclusions that Chinese herbal recipes may be a good immunoenhancer, especially in immune suppression mice. It can promote T-lymphocytes proliferation, cause metabolism activation, enhance the function of cellular and humoral immunity, and defend immunization against traumatise and immunologic injury recovery. Chin J Anim Vet Sci. Chi X, Wu D. Talking about the Progress of Chinese herbal medicine immunostimulants. Induction of T-Cell antitumor immunity and protection against tumor growth by secretion of soluble human CD70 molecules. Enhancement of vaccine-mediated ant tumor immunity in cancer patients after depletion of regulatory T cells. Attenuation of T-lymphocyte demargination and adhesion molecule expression in response to moderate exercise in physically fit individuals. Viral modulation of NK cell immunity. Effect of total polysaccharide from Chinese herbal recipe on the immunity function in mice. J Tradit Chin Vet Med. Research application and prospects of Chinese medicine immunostimulaters. J Anim Sci and Vet Med. Cytokine response to anti-gen stimulation of whole blood from patients with *Mycobacterium ulcerans* disease compared to that from patients with tuberculosis. Shan Y, Pu J. Experiments of propolis on mice immune function. Hydrocortisone dosage choice on the model of Yang asthenia in mouse. Sheng J, Hong T. Lishizhen Med and Materia Medica Research. Effect of astragalus polysaccharides in regulating the lymphocyte subgroup of healthy physical examinees.

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**Chapter 3 : Effects of Chinese Herbal Recipes on Immunity in Immunosuppressive Mice**

*>>Modern Immunology >> Traditional Chinese Medicine Theory and Immunity >> The Material Basis of TCM Immunology: Zang Organs >> The Modulation Effect of Chinese Medicines The.*

Posted at March 5, under: A healthy immune system is able to distinguish between harmful and non-harmful agents so that the body has an appropriate response. It is incredibly adaptable and can remember past pathogens in order to prepare for future threats by building antibodies, for instance. When the immune system responds, an elaborate network of events takes place to neutralize or destroy the harmful pathogen, and in so doing, symptoms may become evident. For instance, when a cold virus invades the body and the immune system tries to ward it off, a runny nose, cough and other symptoms emerge. These symptoms are a sign that the body is struggling to fight the virus. Traditional Chinese Medicine TCM developed thousands of years ago before anyone knew what a germ was and before any understanding of immune system mechanisms. Simply put, qi is the vital energy that animates all living things. In TCM, this energy is divided into sub-categories: One type of acquired qi is called Wei Qi, or defensive qi. Wei qi is derived from the air we breathe and the food we eat and it is known as defensive qi because it acts to protect the body against pathogens. Defensive qi courses through the body not inside the meridians, but between the skin and muscle. It protects the surface of the body and is responsible for the opening and closing of pores, and thus, controls sweating and body temperature. It also nourishes the organs, muscles, skin and hair. While the heart, spleen, kidneys and liver all play a role in the immune system and wei qi, it is dominated by the lungs. If the defensive qi is weakened, the immune system is compromised and the body is very susceptible to illness, for instance the cold or flu. If the defensive qi is extremely weakened, a serious illness may develop affecting the internal organs. Defensive qi can be weakened by a number of things: Herbs like Astragalus also known as Huang qi can boost the immune system and strengthen the constitution. Acupuncture points such as stomach 36 below the knee and large intestine 4 between the thumb and forefinger are also good at tweaking the immune system. I usually also tell patients to get more rest and to take supplements containing zinc and vitamin C, as well as eat healthy, hearty meals. Mushrooms such as maitake and shiitake are also supposed to boost immunity. TCM emphasizes moderation in all things, and a lifestyle of adequate sleep, exercise and a varied, wholesome diet while avoiding extremes excessive alcohol, drugs, too little or too much sleep, over-work, high stress, consumption of junk food, lack of exercise can keep the wei qi strong and ward of illnesses.

**Chapter 4 : Immunity and Chinese Medicine - Vickery Health & Wellness**

*According to the tenets of Chinese medicine, the human immune system has three primary centres: the thymus (where immune cells are produced), the adrenals and the spine. Many traditional practices support the immune system with small daily measures, to naturally improve your health and increase your resistance to disease.*

Helps lower pain, improve hormonal balance and combat stress  
Cupping therapy: Used for pain management, improving immunity and helping with digestion  
Herbal medicine: For preventing deficiencies, boosting energy and improving detoxification  
Exercise: Including Qi gong or tai chi for flexibility, strength and concentration  
Massage: Soft tissue manipulation for improving blood flow, one of which is called tui na  
Moxibustion: Since Eastern practices, such as yoga, meditation, tai chi and acupuncture, started to gain notoriety in the media during this time period, hundreds of studies have investigated the health effects of such modalities. Qi is said to circulate throughout the body along pathways called meridians, and proper Qi is needed to keep all systems in balance. Meridians are believed to be connected to specific organ systems, and therefore focusing on certain meridians helps resolve specific symptoms. Who can benefit most from Chinese herbal medicines? The goal of herbal therapy is to bring the body back into a state of homeostasis balance and restore proper energy also called Qi. Patients with many different symptoms can be treated with herbs, including those with frequent colds or the flu, fatigue, chronic respiratory issues, infertility, allergies, chronic pain, anxiety or depression, trouble sleeping, menopausal symptoms and even people recovering from cancer or chemotherapy. Following an exam with the herbalist, customized herbs almost always more than one are recommended. Sometimes herbs are used as a complement to another treatment, such as acupuncture. Chinese herbal therapy is usually not covered by insurance, but in some cases a referral from a physician can help lower the cost. Inflammation is at the root of most diseases and tied to the majority of common health problems, including cancer, heart disease, autoimmune disorders, cognitive impairment and diabetes. TCM treatments, including acupuncture, acupressure and herbal treatments, can also help patients overcome a variety of harmful lifestyle habits related to inflammation, such as cigarette smoking, overeating, resisting chronic pain, chronic stress and alcohol-induced liver damage. Several herbal remedies that have been found to help lower oxidative stress include: Acupuncture is a practice that is more than 3,000 years old. Studies have found that acupuncture, especially when combined with other Traditional Chinese Medicine methods like tai chi and a healthy diet, can be valuable, non-pharmacological tools for patients suffering from frequent chronic tension headaches. Even in the West, massage therapy has been recommended for diabetes for over years, and various studies have found it can help with other hormone-related conditions by inducing relaxation, raising energy levels, helping people become more active, reducing emotional eating, improving diet quality and improving sleep. Acupuncture seems to work by modulating the central and peripheral nervous systems, the neuro-endocrine and endocrine systems, ovarian blood flow, and metabolism. Improves Liver Health Herbal medicine and nutrition are important aspects of TCM, since a poor diet can directly contribute to liver damage and the liver is one of the focal organs in Eastern medicine. It is the organ that is most affected by excess stress or emotions. Stress reduction, exercise, sleeping proper amounts and many herbal medicines are used to treat liver problems. Acupressure massage is also used to stimulate the liver, improve blood flow and relieve tension caused by stress. A study published in the International Journal of Medicinal Mushrooms found that reishi induces hepatoprotective effects on acute liver injury because it contains antioxidant properties. Alcohol, processed carbohydrates, sugary snacks or drinks, synthetic ingredients, fried foods, and refined oils or fats are all damaging to the liver and therefore usually reduced or eliminated when working with a TCM practitioner. Protects Cognitive Health By way of reducing inflammation and oxidative stress, Chinese herbs can help protect brain health and memory. Medicinal mushrooms have also been shown to help decrease the amount of toxins or heavy metals that can accumulate within the body, therefore promoting higher energy levels, better concentration, improved memory and better quality sleep all important for a sharp mind and mood control. Coupled with other holistic treatments that promote well-being, they may help prevent and treat many common age-related cognitive disorders. Acupuncture and tai chi can also be very helpful for managing

stress. Preserves Muscle Strength, Flexibility and Balance Harvard Medical School reports that a regular tai chi practice can help address several core benefits of exercise: Massage practices rooted in TCM date back thousands of years, and ancient medical texts show that practitioners living in pre-dynasty China used massage to alleviate common aches and pains and improve the flow of Qi energy. Some massages rooted in TCM also utilize other mind-body practices like visualization, meditation and deep breathing to calm the nervous system. More effort than ever before is being made to regulate training and certifications of TCM practitioners. Significant efforts have been made in validating the quality, effectiveness, and safety of TCM interventions evidenced by a growing number of published trials and systematic reviews. There are now more than 50 Eastern training programs offered at universities and accredited organizations throughout the U. That being said, keep these points in mind regarding safety of TCM: Look for a facility that displays certifications, and in the case of acupuncture, make sure needles are new and sterile. Chinese herbal products manufactured outside of the U. Look for high-quality, pure products made from trusted and certified retailers, or work directly with an herbalist. To help you locate a qualified practitioner in your area, check listings from the following organizations:

**Chapter 5 : 8 Herbs That Boost Immunity, According To Traditional Chinese Medicine - mindbodygreen**

*In western medicine and eastern medicine, the immune system is a functional system that includes a symphony of organs and interrelated functions. Chinese medicine focuses on maintaining balance throughout the human organism to maintain a healthy Wei Qi.*

Chinese Herbs for Flu Season: Boost Immunity and Stimulate Healthy Digestion! Flu season is notorious for keeping us in bed when we would rather be actively enjoying the early months of the New Year. Master Herbalist George Lamoureux Body Ecology met up with Master Herbalist George Lamoureux to discuss the relationship of digestion to immunity and find out the best Chinese herbs to combat the flu bug. If you have been on the Body Ecology Diet for any length of time, then you know how important the health of the gut is to health of the immune system. In fact, a large mass of lymphoid tissue sits just beneath the intestinal mucosal barrier. The digestive system and the immune system have a clear and strong relationship to one another. As it turns out, the same holds true in Chinese Medicine. Having a really good digestive system is part of your immune system. It coincides with what the Spleen and Stomach are, the Earth being the center, that neutral point where everything goes out from it. Wei qi is the Chinese Medicine understanding of an energetic force that circulates on the exterior surface of the body. Whether it is flu season or not, you are not going to have to worry about your body being susceptible to pathogens. In other words, it is what we choose to eat and drink. According to Five Element theory, it is central, and all phases return to and depart from the Earth element. Not only is the Earth element central to Five Element theory, it is also the mother of Metal, which is dominated by the Lung organ system. This means that Earth supports Metal, as a mother nourishes her son, and that their relationship is very interconnected. George tells us that it is "probably one of the most important herbs that there is because of the two organ systems that it enters. It is the number one herb for strengthening the immune system during anytime of the year, during the summer time or during the winter time. Not only does Astragalus boost the defenses, it also boosts the offensive line of protection in the body: Another herb that enters both the Lung and Spleen organ systems is a root called Codonopsis. Has been found to be adaptogenic, meaning that it both stimulates and inhibits the immune system as necessary during times of stress. Stimulates the immune system by increasing the number of macrophages. Do immune mushrooms feed fungus? As George explains, "The active ingredients in the medicinal mushrooms are the polysaccharides, those long-chained sugars. The most commonly known are the beta-glucans. These are not the kind of mushrooms that feed disease conditions; these are actually the kind of mushrooms that fight against those kinds of conditions. Try this multiple mushroom formula to stimulate a healthy immune system and even inhibit the growth of cancer cells in your body! Well, why do we do that? Each mushroom is going to create a unique beta-glucans structure. The different mushrooms trigger different receptor sites of the various immune cells. You may have some polysaccharides that are going to increase natural killer NK cell activity, and others that increase the production of T-cells from the thymus. Other than for cold and flu season, we know that medicinal mushrooms are very powerful in their ability to inhibit the protein synthesis of cancer cells or to change the physiological condition of cancer cells to inhibit the growth and the transference of cancerous cells. The great thing about Reishi is the double-directional activity that it has. It has the ability to distinguish between an immune system that is deficient and an immune system that is overreacting to pathogens that it should not be reacting to. So it has the ability to suppress or bring down the immune response. Reishi is a great herb to take because it will regulate the immune system, rather than just stimulating the immune system. Not only shown to inhibit cancer cell activity, it has been shown to boost the phagocytic activity of macrophages. Dilates and relaxes the bronchial muscles of the lungs. Supports the adrenal glands. George tells us, "One of the reasons why I love this formula so much is that it tonifies the Lung and Spleen organ systems, the post-natal qi. Every herb in this formula does that. This formula alone is excellent for someone who has a weak immune system or gets frequent colds. Many herbs that boost immune function also play a role in digestive health. Incorporating key tonic herbs with Body Ecology principles will fortify your defenses during the chilly winter season, as well as bring balance to your digestive system.

**Chapter 6 : Autoimmune Diseases and the potential role of Chinese Herbal Medicine**

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There can be remission of symptomsâ€”spontaneously or as the result of applied therapiesâ€”but the potential for return of the disease remains in almost all cases. The characteristic of these diseases is immune system targeting of body components, so that these components are damaged, either temporarily or permanently, or their activities are altered. The autoimmune diseases almost always have a significant genetic component; in addition many of the diseases in this category appear to have a viral or other infectious agent as a trigger for onset of the autoimmune status. There may be a variety of other factors that are important to finally set off a pattern of symptomatic disease so that its first manifestation may be after age 20 there are also late-onset autoimmune diseases. In fact, if the disease appears much earlier than that i. There are dozens of diseases that are classified as involving autoimmune responses or suspected of having an autoimmune basis. In many of the diseases, there is a significant difference in incidence among men and women; overall, women are about 3 times as likely as men to suffer from autoimmune disorders however, in some disorders, such as MS, men appear to have a more severe disease pattern. If the initial symptoms are mild or if the disease progresses slowly or develops its symptoms in an unusual pattern, diagnosis is difficult. Some patients relay experiences of pursuing medical diagnosis and treatment for a decade before getting a definitive disease name. A greater number of tests that can suggest or confirm presence of an autoimmune disease have become available so that it is now easier to make a diagnosis than ever before, but some disorders suspected of being autoimmune diseases still lack reliable tests, especially for their early stages. The incidence of autoimmune diseases in the U. Societies representing people suffering from autoimmune diseases consistently over-report the incidence rates, using the upper limits from the highest estimate ranges; thus, the incidence rates given in these circumstancesâ€”often relayed by the news mediaâ€”must be interpreted cautiously. Some of the common autoimmune disorders are outlined below.

**Connective Tissue Diseases** The most prevalent autoimmune disorders are connective tissue diseases, accounting for nearly half of all the cases; rheumatoid arthritis is the dominant one. The main connective tissue diseases are: The incidence in women is far higher than men for younger individuals, but the difference is less with disease onset after age It is up to 9 times more common in women than men and occurs in black women 3 times as often as white women. Exposure to UV light can promote the disease process. It affects women three times more often than men overall, but increases to a rate 15 times greater for women during childbearing years, and appears to be more common among black women. Skin thickening follows a few months later. Other symptoms include skin ulcers on the fingers, joint stiffness in the hands, pain, sore throat, and diarrhea. It can occur alone or with rheumatoid arthritis, scleroderma, or SLE. Dryness of the eyes and mouth, swollen neck glands, difficulty swallowing or talking, unusual tastes or smells, thirst, tongue ulcers, and severe dental caries which occur because of the lack of saliva. The other autoimmune diseases fall into several groupings, among the most common are these:

**Neuromuscular Diseases** The neuromuscular diseases are mainly those involving immune attack affecting the nerves, which has the result of impairing muscle responses. MS is the leading cause of disability among young adults, and it causes irreversible scarring of the myelin sheath to varying extents. Numbness, weakness, tingling or paralysis in one or more limbs, impaired vision and eye pain, tremor, lack of coordination or unsteady gait, and loss of control of urination. Drooping eyelids, double vision, and difficulty breathing, talking, chewing, and swallowing. It is primarily a disease suffered by women 50 times more often than men. Low levels of thyroid hormone cause mental and physical slowing, greater sensitivity to cold, weight gain, coarsening of the skin, and goiter a swelling of the neck due to an enlarged thyroid gland. S, frequently appearing during childhood, and affecting women 7 times as often as men. Weight loss due to increased energy expenditure; increased appetite, heart rate, and blood pressure; tremors, nervousness and sweating; frequent bowel movements. The disease usually occurs in children and young adults differentiated from Type 2 diabetes that does not originate from

autoimmune processes, and most often affects those who are obese, and affects boys and girls at about the same rate, a slightly higher incidence in boys. Increased thirst, increased urination, weight loss, fatigue, nausea, frequent infections. These occur in roughly equal rates for men and women. Persistent diarrhea, abdominal pain, and general fatigue. Symptoms of ulcerative colitis: Bloody diarrhea, pain, urgent bowel movements, joint pains, and skin lesions. In both diseases, there is a risk of significant weight loss and malnutrition. In autoimmune hemolytic anemia, red blood cells are prematurely destroyed by antibodies; in thrombocytopenic purpura usually described as ITP, the immune system attacks the platelets, and in autoimmune neutropenia destroying a group of white blood cells, neutrophils. These diseases often occur in children and are believed to be triggered by a viral infection in many instances. In fact, this depiction is misleading. Thus, even if the immune system is in all other ways normal, this response gives rise to the disease symptoms. And, a discovery for significantly prolonging remission may result in developing strategies for addressing other, more consistently active autoimmune diseases. The medical method of treating many of these diseases that has been available for about a century is with potent anti-inflammatory and immune-inhibiting drugs. The therapy usually provides a very quick beneficial result noted within hours of the first dose but then there is the conundrum that most of these drugs are not well suited to long-term therapy, so there has been a difficult risk-benefit balancing to help keep people symptom free to the extent possible without them suffering too many side-effects or adverse events. Overall, the results have been remarkably good, but far from satisfactory. Modern research has aimed at two ways of addressing the basic problem: Other approaches to treatment will develop with genetic engineering, use of stem cells, and upcoming techniques yet to be evaluated. This treatment is based on extraction of human blood plasma, which is rich in immunoglobulins that interfere with the destruction of platelets by the autoimmune process. The treatment is fast acting, but does not cure the disease, and little is known about its mechanism. IVIG is currently very expensive and reserved for emergency cases, though its use is becoming more prevalent with favorable experience. The standard therapy is to use prednisone, which is inexpensive, also has quick response, but can not be maintained long term spleen removal also helps reduce the severity of the disease, but rarely halts its progression for long. Another example is an experimental approach to treating MS in early stages of investigation. In this disease, T-cells are involved in the attack against the myelin sheath of the nerves of the central nervous system. The T-cells appear to be controlled by exposure to large amounts of the myelin proteins they normally would attack, so by intravenous administration of these proteins, the MS attacks might be impaired. If there is success in the endeavors to interrupt the autoimmune attacks, patients may not need to turn to Chinese medicine as a potential method of alleviating autoimmune responses. However, medical research is several years away from finding reliable treatments, and even where some success has been attained, there are limitations. Thus, patients with these diseases will for many years be seeking help through adjunctive methods, such as traditional Chinese medicine. Possibly the closest concept was related to the idea of trapping a pathogenic force inside the body for example, by closing the pores rather than dispelling pathogens through sweating, or by providing conditions that would invite such a pathogen to remain in the body. He also mentions a situation where a disease appears to have been cured, but then suddenly it seems to come back and may even end in death; he likens the situation to a fight between two tigers, where one wins that is, the body wins; the pathogen is defeated, but in doing so, it has exhausted all his strength and eventually succumbs as well. This can remind us of a remitting and relapsing autoimmune disease. Although there are some intriguing parallels with autoimmunity in these kinds of stories, the fact is that the ancient Chinese depictions are too general for us to use in any practical way. Generally, the traditional Chinese medical ideas became fixed upon the concept of external pathogens which can be climactic influences, such as cold and wind entering the body; they might then be successfully expelled. Most times, the description of diseases in the preth century literature of China gives us insufficient information to associate them with specific modern diseases. That is because the literature would often leave out key elements we need to make the correlation, such as how long the disease has lasted and how it has varied over time months. More typically the descriptions in the Chinese texts involve the immediate situation: Then, it is impossible to know if this was a case of exacerbation of an autoimmune disease, or if it was an infectious disease, or some other

condition. Still, we are able to turn to the centuries of Chinese medical experience for insights into at least one of the autoimmune diseases: It seems evident from the Chinese literature that this disease existed in the past; we have the traditional descriptions which show a distinct overlap<sup>1</sup> in terms of symptoms and disease progression<sup>2</sup> with the modern depiction. The textual evidence points to rheumatoid arthritis among other painful disorders of the joints, muscles, tendons, ligaments, blood vessels, and other tissues: During the 20th century, Chinese doctors began routinely incorporating modern medical diagnostics into the field of traditional medicine. Chinese publications in the late s and into the s showed awareness of immune system components in the autoimmune diseases, but there was lack of clarity as to what role they might play. Then, during the s, as Western literature was more readily accessed, Chinese studies began to concentrate on specific immune system components and the role of mediators of immune responses, which brings us to the current situation. Thus, for example, a report on treating rheumatoid arthritis might involve patients with several different diseases that could have been distinguished by modern means, because the focus of attention was on the Chinese medicine syndromes. Also, the claims of resulting improvements as the result of treatment were not reliable due to a number of political, social, and educational factors prevalent during this period. An example of a report from this field may suffice to reveal the difficulties. This is how the disease was described: Rheumatoid arthritis is a generalized chronic disorder. It usually has a prolonged course with complicated manifestations. The existence of hot, cold, excess, deficiency and the persistence of the bi entity eventually involve the yin, yang, qi, blood, and the five solid organs [zang]. In the struggle between the evil and normal qi of both the hot and cold types of rheumatoid arthritis, the flourishing of either of the evils will generate a state of deficiency. The pertinent tonification of the deficiency, supporting the normal qi, and the dissipating of the evil are critical in a proper treatment. Clinically, it is recognized that there is qi deficiency, blood deficiency, and deficiency of the organs. For qi deficiency, herbs for tonifying qi are used; for blood deficiency, herbs for tonifying blood are used; for yin deficiency, the principle used is to moisten the yin; for yang deficiency the principle used is to tonify the yang From the wholistic point of view, although rheumatoid arthritis usually manifests as a local lesion, the disease process is intimately related to the entire integrated defense mechanism of the body, which is explained by the following: The internal existence of normal qi will prevent the interference by the evil. If the external factor is the contraction of cold in the winter, then the cold evil can take the opportunity to enter the weak and deficient body and to directly strike at the ligaments and the bones, thus causing: The prolongation of the disease course will cause the cold evil to transform into heat and form toxins; thus, there will be the appearance of both cold and hot, and the existence of both deficiency and excess symptoms which creates a very complicated situation. This description fits the generally recognized theories of traditional Chinese medicine. This seeming state of disarray or lack of focus in the description of the disease, its pathology, and its treatment, reflects two important features of traditional Chinese medicine: The tradition developed in the absence of modern analysis of disease. Attempting to apply the traditional concepts to a modern disease category such as rheumatoid arthritis is very difficult because the origins and nature of the descriptions are so different. There are claims often made by Western practitioners of Chinese medicine that they are able to target the underlying problem to resolve the disease while modern medicine can only suppress symptoms , because they identify the syndrome and target it. In fact, it is a complicated matter to pin down a specific pattern, as displayed in the above description, and many times practitioners rely instead on selecting from a small number of set formulas for the disease; perhaps one for people sensitive to cold, another for those with joints that feel hot, one for upper body manifestation, and another for the lower body. While Traditional Chinese medicine presents therapeutic methods that correspond directly to the diagnostic categories hence; the comments by the above quoted author: Instead, Chinese authors would usually simply state that for a certain syndrome one should apply a certain corresponding remedy. Thus, it is possible that these treatments might be given with only moderate or temporary improvements. Then, as medical doctors and researchers began treating patients in the modern setting, they found that the responses were not as clear cut as hoped, so that they would express the fact that the situation was complicated.

**Chapter 7 : MINDBODY: Boost Your Winter Immunity with Chinese Medicine**

*Moringa capsules. Moringa has an impressive range of medicinal uses with high nutritional value. The research in controlled experiment shows that Moringa: is a potent antioxidant helps lowering blood cholesterol, blood pressure helps blood circulation to relief of joint and muscle pain.*

Although the terminology came later than Western medicine, their concrete context was different. However, TCM already knew about the theory and practice of immunology and infectious diseases from earlier dynasties. In chapter 72 of the Suwen The Book of Plain Questions , when the Yellow Emperor asked about the seasonal epidemic diseases, his chief advisor Qi Bo answered that in order to defend against those diseases, one should always keep his healthy energy abundant, and the evils will not invade. The dialogue clearly shows that TCM regards "healthy energy" as the general defense mechanism against infectious diseases. Since then, it has abundant experience in various related aspects, with studies concentrating on wenbing , shanghan , liqi pestilential evils and measures of variolation inoculation against smallpox in the 16th century which was very progressive for the time. TCM immunology has its own unique characteristics listed below: The concept of holism is a main characteristic of TCM immunology. From the beginning, TCM has employed holistic approaches; because, it sees the human body as an organic whole. The correlations between the organs and tissues, as well as the human person and the living environments, are organized according to specific orders, which give rise to mutual balance between each physiological function. This integral stability and harmony is the root of disease defense and health maintenance. Any disturbances in this equilibrium will cause disease. Every part of the body such as qi vital energy , blood , body fluids , organs and the meridians has its own particular function. Under normal circumstances, the body depends on the immune system to fight against various infections and to clear up harmful materials in order to keep a clean internal environment. When the immune system functions normally, health can be maintained; otherwise disharmony will occur and give rise to illness. Similar to Western medicine, TCM also holds that the body has its own disease defense ability due to the existence of healthy energy zheng qi. Occasionally, other TCM terms such as primordial qi , genuine qi or protective qi also refer to this kind of resistance. Immune modulation effects are an important part of immune functioning. TCM holds that when healthy energy zheng qi is abundant, evil forces cannot prevail. Keeping yin and yang in equilibrium is an essential factor to carry on normal life activities. Once this equilibrium is disturbed, disease will result. Resuming yin and yang harmony is the universal treatment goal of TCM. The overall therapeutic strategy is to replenish deficiencies and remove excesses of yin or yang. The approaches are usually focused on holistic regulation and possession of dual modulation effects, which as stated above, are to remove excesses and replenish deficiencies. The dual modulation or immune modulation effects of TCM have the following characteristics. TCM focuses on mobilizing our own innate healing power; most of its remedies work on the whole being, not just on specific systems. Their healing power is far beyond the physical level; they can also work on the level of qi vital energy that empowers us. Even when the body seems healthy and there are no outward symptoms, immune function can be affected with symptoms present internally. Herbal remedies can find and fix these imbalances even when they are not obvious to us. They can rehabilitate the body to go from a hyper-functioning state to a normal state or from an under-functioning level back to a normal state. TCM has unique theories about this, categorizing the regulating properties into four actions; "to depress when stimulated", "to rise when collapsed", "to subdue when overwhelming" and "to nourish when deficient. A complementary relationship is formed that reinforces healthy energy and repels evils. TCM therapeutic methods are usually focused on holistic regulation and possession of dual modulation effects.

**Chapter 8 : The Benefits of Traditional Chinese Medicine - Dr. Axe**

*Emma Suttie, theinnatdunvilla.com, AP. Acupuncture and everything that falls under the umbrella of Chinese medicine - including herbs, food therapy, cupping and moxibustion - was designed as a medicine of prevention.*

Traditional Chinese Medicine for Immune Deficiency Nothing is more important to your health than a well-functioning immune system. Such ailments and diseases as the common cold, infections, asthma, food allergies, rheumatoid arthritis, and even cancer are all related to immune system dysfunction. Immuno-deficiency is a condition in which the immune system is suppressed by certain factors, making you vulnerable to disease and infection. It is one of many disorders related to the immune system. It is clear from Chinese medicine textbooks that Chinese medicine practitioners have been dealing with immune system disorders for thousands of years. The symptoms that are described are those of immune deficiency, allergic reactions, and auto-immune disease. Effective treatments included natural herbs, dietary therapy, acupuncture, and Tai Chi. In this article I will deal primarily with how Chinese medicine treats immune deficiency. You can often hear someone complaining in the following fashion: One day, a patient came to my clinic looking for help. She had had pneumonia three times in the past six months, and had been taking antibiotics for quite a while, switching from one to another. Sometimes her health was better for a few weeks, but then the infection came back. She was very tired and stressed by her situation, and had no other solution than to continue taking the antibiotics. After she began receiving regular acupuncture treatments, combined with Chinese herbal therapy and diet modifications to support her immune system, her health improved dramatically. As noted above, preventing disease and maintaining wellness are deeply rooted in the philosophy of traditional Chinese medicine. There, you will see people drinking ginseng herbal tea with their breakfast, having astragalus chicken soup in a restaurant for lunch, and cooking a shiitake mushroom stir-fry for their dinner. It is not unusual for Chinese people to get regular acupuncture treatments for the purpose of enhancing their immune systems. Diet and Nutrition Shiitake mushroom is one of the leading foods recommended by Chinese medicine practitioners for enhancing immunity. It contains lentinan, an anti-viral substance which has a strong immuno-stimulating activity. These brown, beefy-tasting mushrooms are used as a substitute for meat in the Chinese diet. A mushroom and vegetable stir-fry makes the most delicious vegetarian dish. Besides shiitake mushrooms, other foods that are wonderful for our immune systems are garlic, sesame seeds, yogurt, and certain fruits and vegetables. The micro-nutrients beta carotene, zinc, and vitamins A, E, and C are also key elements in strengthening our immune system. A diet rich in these foods and nutrients and low in fat is very beneficial. Astragalus is very well-known for its powerful "non-specific" immune system stimulating capacity, which works by increasing the numbers and activity of roving white blood cells. A study conducted at the University of Texas Medical Center in Houston showed that astragalus extracts were able to completely restore the function of immune cells in cancer patients. The immune system can certainly be tonified, or even completely restored, by using this herb. This sweet-tasting root is often sliced and simmered in chicken broth, or cooked with vegetable soup. As effective as astragalus is by itself, Chinese herbal formulas actually achieve a much stronger effect than single herbs. An herbal formula is not only more powerful than a single herb, but can cover a wider range of symptoms. Astragalus is the chief herb in this formula.

**Chapter 9 : Acupuncture and Immunity**

*Chinese herbal medicine is part of wider healthcare complex known as Traditional Chinese Medicine (TCM). TCM is a rich and complex system of healthcare practices with great diversity and application. TCM is comprised of three main treatment components which are: herbal medicine, acupuncture and cupping.*

Boosting immunity is the key to alleviating these symptoms. They may already be in full allergy misery, or simply anticipating the coming season. Regardless of which symptoms they have, each and every one is suffering. It starts like any other run of the mill cold, but at some point, it drops down and becomes a heavy chest cold with a chronic cough. They do their best to take care of their health, but it never fails when the creeping crud or the galloping flu is in town, they always get it. In every instance, getting sick is no fun, and these patients want to know what they can do to boost their immunity and have turned to Chinese medicine and acupuncture for help. In the simplest terms, immunity in Chinese medicine is a bit like a protective shield, or force, that protects you from the viruses, bacteria, and pollen that make you sick. We call this protective force Wei Qi, and it needs to be strong in order to do its job in keeping you healthy. The question then, is what can you do to have strong Wei Qi? The answer is to look at the function of Qi, or energy, in general. Your body, and the entire universe for that matter, is fueled by an energy that the Chinese call Qi. In your body Qi keeps you warm, moves your muscles and the blood through your vessels, transforms food into nutrients, and protects you from outside invaders like the flu bug. Knowing that the strength of your energy is the key to strong immunity, your best strategy is to build up your Qi. One of the most efficient ways to do that is by getting the most out of your diet. The Chinese believe that food is medicine you get to eat three times a day, and each meal is an opportunity to improve your health. Here then, are some tips, using both diet and lifestyle, that can help you build up your Wei Qi: This means making sure you get enough plant based foods that are a variety of colors. A simple rule of thumb is to eat real food not packaged, mostly vegetables, with a little whole grain and protein. How you digest your food also counts. Symptoms like heartburn, stomachaches, gas, bloating, loose stools, or constipation is your body telling you that your digestion needs some help. Avoid very heavy, greasy foods, lots of sugar, and very cold drinks. In addition, get some help in the form of acupuncture, which can put your digestion right fairly quickly. Your lungs are also an important part of your immunity. Think about it; when you get sick, some part of your respiratory system is usually the first place it shows up. Taking care of your lungs by practicing deep relaxing breathing, avoiding smoke and other pollutants, and avoiding breathing really cold air, are some simple strategies to keep your lungs healthy. Sleep is also critical. Your body heals and rejuvenates while you are sleeping. Good sleep builds good Qi, so if the quality of your sleep is poor, your immunity will also suffer. Aim for hours each night, turn off all lit screens well before bedtime, and get some help again acupuncture is good if insomnia is a problem. There is a direct link between stress and immunity, in that when you are stressed your fight or flight response is engaged. Get some Vitamin D. If you predominantly work indoors, chances are that your Vitamin D levels are low. Vitamin D is important for a whole range of health issues, and low levels can decrease your immunity. At your next physical, ask your doctor to run a Vitamin D test with your other bloodwork. If your Vitamin D is low, we have supplements. The usual supplements are 1, to 2, i. Understand that your body is programmed to heal itself, but that seemingly unrelated things can affect that process. If you are sick or injured, experiencing a loss, going through a life transition, recovering from childbirth or surgery, or are run down in some way, your immunity is compromised because recovering from any of those things takes vital energy, leaving a deficit in Wei Qi. While this is not Chinese medicine, wash your hands frequently, especially if you have been around sick people. And keep your hands away from your face. Chinese medicine can help here, too! Both acupuncture and Chinese herbs are an effective way to strengthen your protective defenses, decrease stress, promote good sleep, and strengthen your lungs. If you feel like you are catching every little thing that is going around, think about acupuncture to fortify your Wei Qi.