

## BRONCHIAL ASTHMA

Bronchial Asthma is typically an episodic and remittent lung disorder characterized by narrowing of the large and small airways due to spasm of the smooth muscles of the bronchi, edema, inflammation of the bronchial mucosa, and production of tenacious mucus. A great deal of bronchial asthma is allergic in nature. Recurrent attacks range from mild to life-threatening, and unfortunately some forms of it get worse during the spring and summer seasons. Between attacks, some patients might be completely asymptomatic, while other patients experience mild coughing and wheezing much of the time, punctuated by severe exacerbations following exposure to allergens. Fortunately, relief can be obtained with acupuncture and Chinese herbs.

Acupuncture appears to act on the nervous system by relieving the excitation of the parasympathetic nerves while raising the level of excitation of sympathetic nerves. This causes the bronchioles to expand and mucous membranes to contract, leading to improved breathing.

### Treatment Principles

In China, various treatments are used during the remission stage to lessen and prevent future attacks. The most commonly used and convenient acupuncture principles are as follows:

- ◆ Distal Point Therapy – allows mobilization and manual therapy to be performed at the same time and is performed away from the point of discomfort
- ◆ Local Point Therapy – stimulates a point near the affected area for a short period of time and may prevent flare-up
- ◆ Chinese Herbal Medicine – various Chinese Medicines used either topically or taken orally to control the symptoms and ease discomfort
- ◆ Summer Moxibustion – a technique used during the summer months that effectively prevents asthma attacks when cones of moxa are placed on sliced, uncooked ginger just over the skin at each selected point
- ◆ Cupping – sliding cupping is used along several points until the skin becomes dark red to help make breathing easier

### Results of Acupuncture Treatment

Acupuncture treatments help patients to breath easier, stop coughing, and clear mucus while reducing the frequency and severity of asthma attacks. In our clinic, patients see a 90% improvement in their condition. We believe people who get early treatment can get a much better result.

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