

## Can autoimmune hepatitis be treated without the use of corticosteroids and immunosuppressive drugs?

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### Abstract

**Introduction:** Autoimmune hepatitis (AIH) occurs when the liver is attacked by immune cells that mistake it for foreign tissue or pathogen, causing inflammation. Treatment with prednisone is generally used initially and a second medication, azathioprine may be recommended as well. Prednisone, especially when taken long term, can cause a wide range of serious side effects, including diabetes, thinning bones (osteoporosis) and osteonecrosis. Most people need to continue taking the prednisone for at least eighteen to twenty-four months, and many remain on it for life. The disease often returns if the drug is discontinued. In traditional Chinese medicine (TCM), Yin deficiency plays a central role in autoimmune disease. The purpose of this study is to demonstrate that autoimmune hepatitis can be treated without the use of corticosteroids or immunosuppressive drugs. **Methods:** A case report of a female patient who had severe headache in the parietal region, as a symptom. According to TCM, this region corresponds to Liver meridian disharmony. Auricular acupuncture with apex ear bloodletting sessions were started, as well as Chinese dietary counselling. Laboratory tests revealed low prothrombin time and the presence of antinuclear antibody. **Results:** After one month of treatment, the exams were repeated and the antinuclear antibody was negative. **Conclusion:** The conclusion of this study is that autoimmune hepatitis can be treated without the use of corticosteroids and immunosuppressive drugs according to this case report. To achieve this goal, it is important to see the patient as a whole in the energy point of view.



### Biography:

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. Once in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress (1998). Since 1997, she works with the approach and treatment of all chronic diseases in a holistic way, with treatment guided through teachings of Traditional Chinese Medicine and Hippocrates.

### Speaker Publications:

1. "Treatment for Smoking Addiction without the Use of Any Medication."
2. "Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine"
3. "Chakras and energy alterations in patients with oligospermia"
4. "Is it Possible to Treat Community-Acquired and Nosocomial Infections with the Same Method, Without the Use of Antibiotics?"

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