

Energy Alterations and Treatment in Systemic Lupus Erythematosus Patients with Altered Proteinuria

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Abstract

Introduction: Systemic Lupus Erythematosus (SLE) is a disease of unknown etiology affecting many organ systems [1]. Clinical evidence of renal disease is present in about 50% of SLE patients and persistent proteinuria occurs in about half of them [1]. According to Traditional Chinese Medicine (TCM), all autoimmune diseases are linked with Yindeficiency.

Purpose: Show that acupuncture was efficient in the treatment of proteinuria in a SLE patient.

Methods: M.M.P., 20-year-old, female, had been treated for SLE since 2001 (swelling and pains in her knuckles). In 2003, her symptoms worsened and she was hospitalized (pleural effusion, pericarditis, kidney insufficiency, leukocyte at a low count and secondary septicemia). 2004: pulsotherapy with methylprednisolone. 2005: treatment with cyclophosphamide and azathioprine because of a kidney disease. 2007: pulsotherapy with cyclophosphamide because the kidney disease worsened. January/2008: she had 3540 mg/24 hours of proteinuria. July/2008: Kidney biopsy showed Diffuse Proliferate Glomerulonephritis and Membranous Glomerulonephritis. August 2008: acupuncture treatment twice a week. Points used: CV4, CV12, Ext5, GB34, GV20, HT7, KI3, KI7, LR3, LU9, PC6, ST36, SP6. Auricular points: Apex ear bloodletting; Kidney; Spleen; Lung; Diaphragm; Intestine; Lung; Shen men; Hunger point; Neurasthenic.

Results: After 20 sessions of acupuncture her proteinuria fell to 697mg/24 hours. **Conclusions:** Acupuncture has shown to be a good method in controlling proteinuria for this SLE patient. To achieve this treatment it is important to see the patient as whole treating energy imbalances of Yin, Yang, Qi and Blood and Heat retention.

Keywords: Lupus, Acupuncture, Traditional Chinese Medicine, Auricular Acupuncture.

1. INTRODUCTION

Systemic Lupus Erythematosus is a chronic disease, defined as a malfunction of the immune system. In a health body, the immune system protects the body from external pathogens. The autoimmune diseases, as lupus, happen when the immune system attack itself, confusing health cells for external pathogens. [1,2]

The disease causes inflammation in the connective tissues, causing pain the joints. The symptoms vary when comparing patients. [1,2]

The disease has a silently progress, being hard to diagnose in the first years. The main potential symptoms of Lupus are: fatigue, pain in the joints, swelling in the joints, headaches, rashes in the cheek and nose (butterfly rashes), hair loss, anemia and blood clotting issues. [1,2]

Western Medicine comprehends the causes as genetical and environmental. Genetically speaking, despite not being linked to a specific gene, the disease tends to run in families. Regarding the environment, exposure to ultraviolet rays, physical and emotional traumas, and certain medications are associated to the causes. [1,2] Other less common symptoms may be calcinosis or vasculitis. [1,2]

The disease is more common in women, and some studies proposes there is an influence of estrogen in the appearance of lupus. [1,2]

In Western Medicine, the disease is considered uncurable, and the treatment includes the chronic intake of medication for the rest of the patient's life. However, the main goal of the treatment is to ease the symptoms and pursue a better quality of life for the patient only. [1,2]

The treatment includes anti-inflammatories to the joints and the stiffness of the body. Steroid creams for the rashes, corticosteroids to minimize the immune response, and different medications to “fight” the immune system. [1,2]

According to TCM, all autoimmune diseases are originated by *Yin* deficiency, including SLE. The inflammation caused by apoptosis is defined as internal Heat caused by *Yin* deficiency. The internal Heat will further impair the massive organs of the Five Elements theory, first the Liver, Spleen and/or Kidney, aggravating the disease process. [24]

2. PURPOSE

The purpose of this study is to demonstrate that SLE is originated by an energy alteration and that the treatment of this condition could be improved associating TCM tools such as Chinese dietary counselling, auricular acupuncture and systemic acupuncture, with the treatment done by Western Medicine.

3. METHODOLOGY: CASE REPORT

This article uses one case report from a patient with SLE disease, who were being treated with the conventional treatment by Western Medicine, and presented several complications, and started with Traditional Chinese Medicine and other ancient medical tools, and presented improvement of life quality, reduction of the side effects of the medication and proteinuria reduction.

The patient is called M.M.P., a 20-year-old, female. She started treatment for SLE in 2001, after she seek a rheumatologist because she was feeling pain and swelling in her joints.

In 2003, her symptoms worsened and she was hospitalized with pleural effusion, pericarditis, kidney insufficiency, leukocyte at a low count and secondary septicemia.

In 2004, the patient passed through treatment with pulsotherapy with methylprednisolone.

In 2005 the patient was treated with cyclophosphamide and azathioprine because of a kidney disease.

In 2007, the patient was once again submitted to pulsotherapy with cyclophosphamide because the kidney disease worsened.

In January of 2008, the patient had 3540 mg/24 hours of proteinuria.

In July of 2008, the patient passed through a Kidney biopsy, which showed Diffuse

Proliferate Glomerulonephritis and Membranous Glomerulonephritis. The patient started to present improvement after leaving the hospital, and it was observed that a more healthy and varied diet presented great effect in the exams of the patient. Despite the laboratorial improvement, the patient was still feeling lots of pain. According to the rheumatologist accompanying the pain, there was not much to be done regarding the pain before fortifying the organism of the patient, with corticosteroids and pulsotherapy.

Besides it, the patient was feeling deeply depressed, lack of energy and no energy to work. In addition, the patient had significant hair loss, which showed a negative effect in her self-esteem.

In August of 2008, the patient searched for a different kind of treatment, in order to control her pain, depression and make her hair grow again, because the conventional treatment presented no other options for her case.

The patient was diagnosed with deficiencies of *Yin*, *Yang*, *Qi* and Blood energies, as well as Heat retention, according to Traditional Chinese Medicine, the proper way of diagnosis is better described in the Discussion section.

Initially, she was oriented to change her diet, avoiding all dairy products, raw food, cold beverages specially water, sweets and to initiate acupuncture sessions twice a week.

The systemic acupuncture points used were CV4, CV12, Ext5, GB34, GV20, HT7, KI3, KI7, LR3, LU9, PC6, ST36, SP6.

The auricular points used were: Apex ear bloodletting; Kidney; Spleen; Lung; Diaphragm; Intestine; Lung; Shen men; Hunger point; Neurasthenic.

4. RESULTS

It was possible to observe that the treatment with auricular acupuncture, apex ear bloodletting and other ancient medical tools showed great results in the treatment of the case report patient. The treatment showed to fortify the patients general mental state, stopped her hair from falling and mainly, relieved pain.

Many times, the patient would arrive to the clinic with lots of difficulty in walking and moving, due to the strong pain in the knee joints. After the sessions, she would be able to leave walking normally.

After 20 sessions of acupuncture, her proteinuria fell from 3540 mg/24 hours to 697mg/24 hours.

5. DISCUSSION

5.1. Western Lupus Treatment

The treatment for Lupus is usually done with different drugs, to diminish the different symptoms suffered by the patient. Despite being studied for a long time, since the 50's in Western Medicine and a lot before in other medical traditions such as Traditional Chinese Medicine, lupus cannot be cured by the Western Medicine current treatment. [1-4]

As it is an autoimmune disease, it affects different patients in different ways, and the treatment is based on the specific pain of each patient. However, the range of medications use is not huge, and as the patient reported in her case, the main objective is to "restore the health of the organism" before worry *Ying* about the pain. [1-4]

A same patient can experience different treatments and react in different ways to a certain combination of drugs.

The main drugs used are:

- *NSAID'S*, anti-inflammatory medicine to relieve lupus symptoms by reducing the inflammation causing pain in the tissues. They may be take alone or together with other treatment.
- *Anti-malarial drugs*, there are some doctors with see the anti-malarial medications as a great long-term lupus controlling treatment. It increases the life quality and extensivity.
- *The corticosteroids* are also used as treatment, as they reduce the swelling, warmth and pain, associated with lupus. However, they cause different side effects, so they usually are prescribed in combination with other medication (mainly NSAID's).
- *Immunosuppressive Medications* are also used in order to suppress the immune system. These medications started being used in patients with transplanted organs to help the body to accept the new organ. After, they started being used for the treatment of different autoimmune diseases, including lupus.
- The *DHEA* is a mild male hormone. It is effective to treat some symptoms of moderate lupus, including the hair loss, joint pain, cognitive dysfunction and fatigue. [3,4]

Western Medicine divides lupus in four different types. The Systemic Lupus Erythematosus (SLE) reported by the patient. This type is the most common form of lupus, and as said before, it may affect the joints, skin, blood, vessels, and organs. [3,4]

The disease may start with red rashes, extreme fatigue and fever. The diagnosis is done with anti-nuclear antibody blood tests to identify the autoantibodies that attach the body's own tissues and cells. [3,4]

However, the diagnosis is not done only through a positive exam; it only opens the possibility for the complex diagnosis of lupus. In the case of the specific patient described, her first exam was in 2001, and she was only diagnosed with SLE in 2004, after a severe worsening of her symptoms. [1-4]

The second type is the drug-induced Lupus. The symptoms are similar to the SLE, but in this cause the symptoms are brought by certain types of drug used. Drug-induced lupus is reversible once the drug is discontinued and the symptoms usually go away after six months. Around 10% of the cases are drug-induced Lupus. [5]

Many drugs are known to be the cause of the disease, they are mainly anti-inflammatories, anticonvulsants, or drugs used to treat chronic conditions as heart diseases, thyroid disease and hypertension. The main drugs associated with this type of Lupus are procainamide - used to treat heart arrhythmias, hydralazine - used to treat hypertension, isoniazid - used to treat tuberculosis and cutaneous lupus. [1-4]

The third manifestation of lupus is when the symptoms only manifest in the skin. The patient is usually diagnosed with cutaneous lupus, the lesions are common in SLE patients, but sometimes, they may appear alone. As in the other form of lupus, the cause is the own body attacking the normal skin. The cause is unknown, but women are more likely to develop the disease. [6]

The last type is the neonatal lupus, and it is a rare form of temporary lupus, which affects fetus or newborns. It is not true lupus; it occurs when the mother's autoantibodies are passed to her child in the uterus. These antibodies affect the skin, the heart and blood of the baby. They do not have any increased risk of developing SLE. Usually, they have rashes at birth, and they disappear in two to five months. The condition disappears as the mother antibodies leave the baby's body. [7]

5.2. Ancient Medical Traditions and Western Medicine, the Different between the Perspectives

For starters, is important to understand the logic used by the author during the treatment performed with ancient medical tools. To better understand this logic, it is important to take two factors into consideration. These factors are the case that created the logic in the treatment, and the metaphor of the tree. [14]

The case that originated the logic of the treatment, as previously stated in other studies of the author, was from a patient that presented symptoms of leg pain. This patient arrived to the author's clinic after performing treatment with general anti-inflammatories for the pain without any improvement. The author then started a treatment with Chinese dietary counselling, systemic and auricular acupuncture, and performed the diagnosis of the patient in Traditional Chinese Medicine.

The patient was diagnosed with Kidney-*Yang* deficiency, and the treatment was started for treating this energy imbalance. [8-14]

After 10 sessions of acupuncture, the patient returned to be reevaluated, and told the author he had perceived great improvement not only of his leg pain symptoms, but also great diminution in his intraocular pressure. The author was not aware, but the patient was bearer of glaucoma,

and was performing treatment with Western Medicine drugs and eye drops for 40 years, without significant improvement in his condition, always with the intraocular pressure appearing around 40mmHg. After the 10 sessions of acupuncture, his intraocular pressure diminished to 17mmHg, for the first time in his life. [8-14]

The author observed the results in this patient, and used it in the treatment of several other patients and pathologies. To do so, she used the metaphor of the tree. [8-14]

The metaphor of the tree comprehends the medicine as the whole tree. The tree has a trunk with several branches. Each branch represents one medical specialty and each leaf coming out of each branch represent the symptoms and diseases of each specialty. The leaves and the branches are the visible part and the object of study and practice in the western medical profession. The focus is to treat each leaf in each specialty. The treatment proposed by the author aims to treat the whole tree, through the root, that is invisible to the naked eye. [8-14]

There, in this root, there is energy that when balanced can generate health to the whole tree. The reason of this study is to address which are the energy alterations present in the root level, responsible for SLE and all the symptoms the patient in the case report was presenting. [8-14]

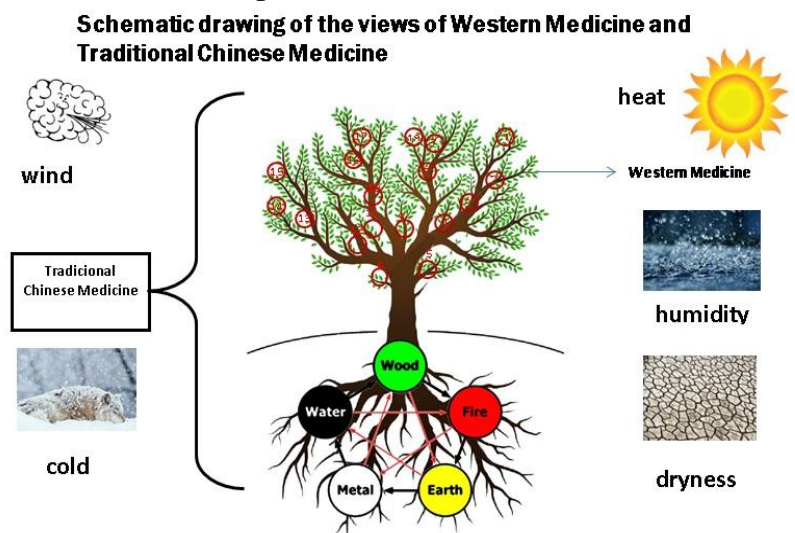


Figure1: Schematic Drawing of the Views of Western and Traditional Chinese Medicine

The main proposal of the author is to approach the diseases from the energy imbalances first, considering the root first, or seeing the tree upside down. The root of the tree represents the *Yin* and *Yang* and Five Elements theory in Traditional Chinese Medicine.

In the book *The Tao of Physics: An Exploration of the Parallels Between Modern Physics and Eastern Mysticism* from FritjofCappra, the author says that there is a great change in the world vision happening, that is happening in science and in society, a change that is the

unfolding of a new way of seeing the reality. The physicists do not need the mysticism, the mysticism do not need the physics, but the humanity needs both. [23]

5.3. Traditional Chinese Medicine General Principles

As the main principles of Traditional Chinese Medicine can be often hard to understand for those that are not used with the concepts basing these treatment perspectives, it might be useful to expose the main principles in the background of the treatments the author perform in her daily practice. These specific principles explanation are also present in other of articles of the author, such as “Why Patients Still Catch Hospital Infections despite the Control Programs and Prevention?”, and others. [8-14]

As they are the base of the Traditional Chinese Medicine diagnosis and treatments, they remain relevant for different doctors around the world, with the main goal of clarifying the effectiveness and cornerstones of this other tradition. [8-14]

5.3.1. Yin and Yang

Firstly, Traditional Chinese main cornerstone are the concepts of *Yin* and *Yang*. The *Yin* and *Yang* symbol originated from Oriental cultures and it represents the main source of opposites behaving in a cycle. According to TCM, everything existing in the world is ruled by the main principles of *Yin* and *Yang*. These two

energy forces would be present in everything including our body, and more specifically our organs. [8-14]

There is a symmetrical relationship between them, as they are opposite and completely complementary: *Yin* represents darkness, earth, and cold, the passive and female energy. *Yang* represents light, heaven, active energy and male energy. [8-14]

The cycle suggests continuous movement, and these can be clearly understood in the Figure 1. *Yang* cyclically returns to its beginning; the *Yin* reaches its apogee and yields its place to the *Yang*. [8-14]

In order to achieve health, the main principle is the balance of *Yin* and *Yang* energies present inside our bodies. These energies can be influenced by many other factors, but their balance is the only way to seek complete health. [8-14]

According to the Fritjof Capra, in the Chinese conception, the manifestations of Tao are generated by the two dynamic forces of *Yin* and *Yang*. This idea is old and several generation considered the archetype of *Yin* and *Yang*, until it became to be the major concept of the Chinese perspective. The original *Yin* and *Yang* meaning would correspond to the sides shadowed and sunny of a mountain, meaning the relativity of both concepts. [23]

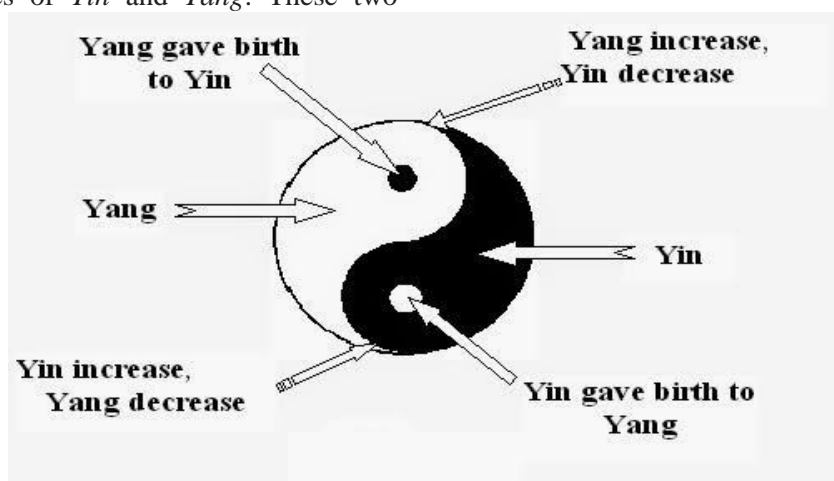


Figure1: Yin and Yang scheme

5.3.2. Five Elements Theory

The other cornerstone of TCM is the Five Elements theory. According to this theory, there is a relationship between Fire, Earth, Metal, Water and Wood. This energy is present inside our bodies and is associated with specific organs, entitled the massive organs.

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 2. [8-14]

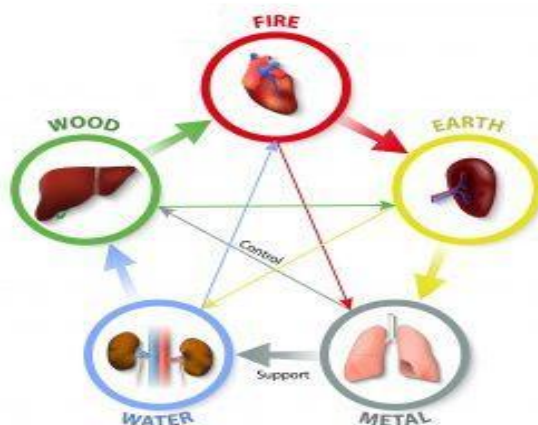


Figure2: Five Elements Theory and Five Massive Organs

These organs, as well as the elements in the theory are ruled by two cycles. The generation cycle and control cycle. In the generation cycle, as represented in Figure 2, Fire generates Earth, Earth generates Metal, Metal generates Water, Water generates Wood and Wood generates Fire. In the control cycle Fire controls Metal, Metal controls Wood, Wood controls Earth, and Earth controls Fire.

In the cycles, all organs have the same importance, and they will control themselves in order to maintain health and equilibrium.

There is also another relationship of major importance when understanding the Five Elements theory.

The main objective of this scheme of relationship between the organs, for the TCM physician is the comprehension of the body and the patient as whole. As can be seen in the

following section, everything around the patient will influence their energy health. When the Five Elements scheme is comprehended, the physician will finally be able to see the body as whole, with interconnections between the organs, receiving external and internal influence, and, with this knowledge in hands, it will become easier to develop new ways of treatment.

Liver has the eye as external sensory organ, and is responsible for vision. Heart is responsible for the tongue, and subsequently language. Spleen represents the mouth and is responsible for taste. Lungs has the nose as external sensory organ and is responsible for the sense of smell. Kidney represent the ear and is responsible for the sense of hearing. The other organs relationship is described in the scheme presented in Figure 3. [8-14]

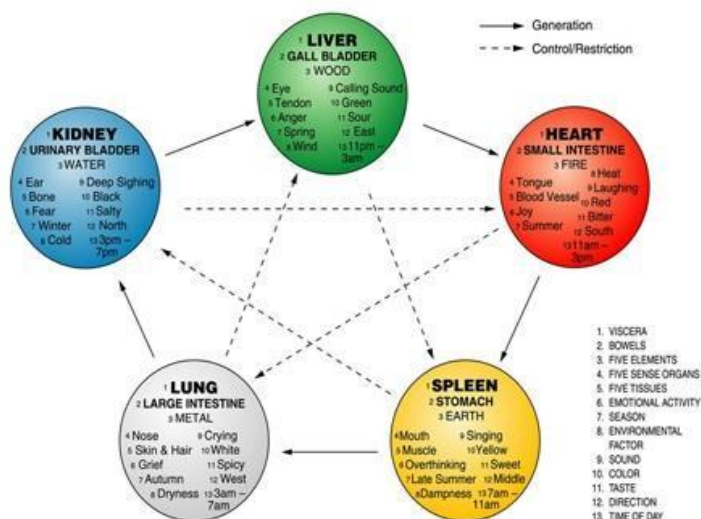


Figure3: Organs Classifications Based on the Five Element Theory

5.3.3. Qi Energy

When explaining these concepts and ideas, it might be hard to comprehend the level in which this interconnections and relationships happen inside the body. The answer for this questioning is in the Qienergy concept. [15]

All parts of our bodies and atoms are formed by energy. Matter, from which everything in the world is formed is an arrangement of atoms energy, organized in particles in constant state of motion. Everything we can see and touch is formed by matter, and all this matter is created by energy.[15]

This energy, present in the body, works in the same way of electricity, or the energy from a battery or the power of a gas cylinder or gasoline. It has major importance to keep the body in motion and working properly. A car, even with all the engine working properly, will not function without gasoline. The body is not different.[15]

When a disease happens, this show an unbalance in these energies, such as SLE. [15]

According to Traditional Chinese Medicine, inside the body there are Yin, Yang, Qi and Blood energies. These energies suffer internal influences from emotional factors and external influences by climatic factors such as Heat, Wind, Cold, Humidity and Dryness, as well as influence from the diet. Traditional Chinese Medicine considers the origin of the pathologies in chronic emotional states not properly treated that later will lead to energy imbalances, that may lead to a disease in the future, as stated in the Table 1 regarding the phases of the disease. Western medicine performs the diagnosis in phases 4 and 5, when there is laboratorial alteration. The phases 1 to 3 are energy alterations, who not shown in the exams, but the patient already complains of symptoms. The diagnosis in Western Medicine is delayed because it may take more than 5 years for the energy imbalances reflect themselves as alterations in the laboratorial exams.

Table1: Phases of the Disease

PROGRESSION OF HEALTH TO DISEASE				
	Organ	Exams	Energy Reserve	Symptom
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 symptoms 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

5.4. Diagnosis and Main Causes of Energy Deficiencies

5.4.1. Diagnosis

In order to make an energy deficiency diagnosis, the patient is submitted to a questionnaire in the first appointment. The questions are described in Table 2. Making these five questions is

possible for the physician to diagnose the energy deficiencies of the patient. If he has Yin, Yang, Qi and Blood energy deficiencies and Heat retention. Through these questionings the doctor, will adequate first the diet of the patient, and after he can be submitted to acupuncture sessions to rebalance the imbalanced system. [8-14]

Table2: 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 mainly in the extremities of the body? (Cold feet or	Does the patient feel hot mainly in the extremities?	Does the patient has dry mouth, bleeding gums, bad breath, acne and/or redness in the skin, abdominal pain, micro

			hands)		hematuria, or itching?
<i>Meaning</i>	The lack of daily bowel movements can mean Blood deficiency.*	This could be a symptom of <i>Qi</i> deficiency.	Commonly, this is a sign of <i>Yang</i> deficiency.	Commonly a sign of <i>Yin</i> deficiency.	Commonly this is a sign of Heat retention.

5.5. Main Causes of Energy Imbalances

5.5.1. Eating Habits

Everything that is formed by matter is made by energy, as already discussed above. Therefore, foods will have their own energy as well. As in Western common diets there is no conscience of the importance of the energy present in the foods, many times, our eating habits are the first source of energy imbalances inside the body. Some diseases can be easily cured only making diet changes. [8-14]

As Hippocrates stated: “Make your food your medicine, and your medicine your food”. This sentence emphasizes the importance of a correct diet to maintain the health of the body, and to even cure diseases. As there are foods causing energy imbalances, there are also diets that can rebalance and restore the health of the body. [8-14]

The Spleen-pancreas meridian is the most important meridian regarding diet, as it is responsible for the absorption of nutrients. When the Spleen-pancreas meridian is deficient, no matter the diet the patient has, he will not absorb nutrients properly, not forming proper Blood energy, not being able to replenish the energy of other organs and systems. 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. This is why the patient in the case report was oriented to avoid all these foods, to improve the absorptions of nutrients. It was recommended for her to drink lukewarm water, and eat boiled food, to try to rebalance the Spleen-pancreas, form proper Blood and improve the general state of energy [8-14]

The patient had depression and hair loss, both symptoms related to Blood deficiency, this is why the diet changes were recommended, to produce more Blood and fortify the massive organs, mainly Liver and Kidney. When fortifying the Kidney, there would be an increase in the Yin and Yang energy production. The Liver is responsible for distribution of

energy in the body would also become stronger and there would be an increase in the general energy state. [15]

Other factor that was contributing to maintain the energy deficiencies of this patient was the use of medications in high-concentration for long periods, as it will be better explained in the Arndt-Schultz law section. [8-14]

To avoid the worsening of the Kidney energy, through the diet was also recommended the avoidance of matte, soda and coffee, and to avoid a bigger imbalance of the Liver, it was recommended to avoid fried foods, eggs, chocolate, honey, coconut, alcoholic beverage, dairy products especially when the cheese is melted. [8-14]

This dietary recommendation, besides improving the physical and emotional state, was important to control the proteinuria of the patient. Because the proteinuria, in Traditional Chinese Medicine, is linked to dampness Heat. The dampness is formed in the Spleen-pancreas meridian when this meridian is imbalanced. The imbalance occurs through the wrong diet previously described (raw food, sweets, dairy products and cold water) and the emotion of excessive worry. The Heat formed when there is a condition of energy deficiency is called Empty Heat, and the Heat formed when there is an excess of energy is called Excess Heat. The food that cause excessive Heat are fried foods, eggs, chocolate, honey, coconut, alcoholic beverage, pepper, cinnamon, ginger, clove, dairy products especially when the cheese is melted.

This way of treatment is different to what is proposed in Western Medicine and from the ideas of Galen; because the affected organ causing the proteinuria is generated by the energy alterations are in other organs and not specifically in the Kidney.

The dietary alterations are from the energy point of view, not considering calories or vitamins, and have the main goal of avoiding the energy imbalance of all the organs, so they would not affect the Kidney.

Another important factor is to avoid the consumption of dairy products to reduce pain, especially when the pain is in the joints. All the pain in the joints is linked to dairy products consumption, according to the Acupuncture Institute of Rio de Janeiro (IARJ), in class of Chinese dietary counselling. Another reason why she presented improvement was the withdrawn of dairy products, besides the caution with external pathogenic factors and the use of acupuncture sessions.

5.5.2. Emotional

Emotional problems will also influence the body. Different organs are affected in different ways by different energies. The lungs for example, are affected by grief or sadness. When feeling too sad, pathologies regarding the respiration system may appear. Spleen pancreas is affected by excessive worry. The heart is mostly affected by stress and anger. Liver is affected by frustration. Kidney is affected by fear, anxiety and depression. As according to the Five Element theory all organs are related to other hollow organ, the emotions will influence the health of the whole body. [8-14]

The patient of the case report had a clinical case of depression, linked to a general deficiency in all the energies meridians. After treating the energy deficiencies of *Yin*, *Yang*, *Qi* and Blood presented by the patient, she started to present great improvement of her physical and emotional state, having more will to perform her daily activities and work.

5.5.3. External Factors

External factors also are believed to have a major influence in the body's health. It is important to be careful to avoid the entrance of these external energies in the body. The patient in question was oriented to avoid to be exposed to Wind and cold, which are important factors to cause pain in the joints and in the body. She was oriented to avoid fans, air conditions, walk barefoot or open the fridge, because in Traditional Chinese Medicine these factors are considered of major importance in the development of pain and diseases, not usually considered in the Western Medicine diagnosis and treatment.

Besides it, she was also oriented to dry her hair, as soon as getting out of the bath, and when taking baths closing doors and windows, to avoid air currents, because this could contribute to the worsening of the symptoms. With the avoidance of the external factors exposure, it

would be possible for the patient to take fewer medications for the pain, as the medications had very strong side effects, contributing the worsening of her condition.

5.6. Traditional Chinese Medicine and Treatment of Lupus

Traditional Chinese Medicine is aware of lupus back to the Qing Dynasty, back in 1645. The traditional texts show the studies of different TCM physicians that associated the disease with a blood-based heat toxin, that, when aggravated by the sunlight heat, would result in the specific red patches associated with the disease. In Western Medicine, these rashes are entitled the butterfly rashes and they are associated with the lupus disease. [17-19]

In the book entitled *Treating Autoimmune Disease with Chinese Medicine*, written by Wanzhu Hou, Guangpi Xu and Hanjie Wang, it is stated that all autoimmune diseases are associated with Yin deficiency according to Traditional Chinese Medicine. [20]

The treatment in TCM recommends treating the specific features in order to restore three specific energy imbalances:

- Control heat by nourishing *Yin*.
- Control the effects of “damp heat” experienced during late summer.
- Clear out toxins and heat from the body. [17-19]

Today, Traditional Chinese Medicine and many of its tools (as acupuncture) are world-wide used in an integrative approach, putting together the Western Treatment and the different therapies of TCM. Different clinical trials found that lupus patients treated with TCM responded better to treatment than those treated only with corticosteroids drugs. [17-19]

Patients that received integrative approaches during treatment tend to respond quicker to therapy, requiring less use of drugs. [17-19]

The main goal of TCM's treatment is to restore the energy balance of the body, as already discussed before in the main principles of Traditional Chinese Medicine. *Yang* deficiency is very common in lupus patients. [17-19]

The lupus symptoms are usually related to the *Yin* and *Yang* imbalance, which is known for cause many of the lupus symptoms, such as hair loss, sweating during the day, intolerance to cold, loss of menstruation, kidney *Yang* deficiency. [17-19]

A study showed that TCM might improve the survival in SLE patients, after analyzing more than 23.000 different lupus cases. The study also suggests that TCM may be used as an integral element of a therapy for SLE. [17-19]

The Chinese herbal medication and acupuncture are excellent in reducing the reliance on medications. TCM'S had a significant progress in the treatment of lupus in the last few years. In China, the different integrative therapies showed strong effectiveness.

As said before, TCM's treatment are highly individual, the general aim of treatment is always to nourish the body, for the body achieve its own cure. [17-19]

5.7. Arndt-Schultz's Law

Another process commonly prescribed that might create energy worsening is the consumption of high-concentrated medication. The Arndt-Schultz law was used by the author to justify this decision. The study was originally formulated in 1888, stating the effects of different drug concentrations in an individual. The brothers would develop a rule, which would state for all substances: "*Small doses stimulate, moderate doses inhibit and overdoses kill*" (ARNDT-SCHULTZ, 1888)

Based on the use of this law, drugs with high dilution can improve organic processes, while drugs too concentrated will harm health. Arndt-Schultz law is similar to the proposal of homeopathy, developed by Maturana and Varela, two Chilean researchers, who have proved this law and more, regarding dose sizes, and their role in stimulating or inhibiting the vitalities of living beings. [8-14]

The second proposed law of Arndt-Schultz's places the use of an infinitesimal dose, which would be so small, no molecules would be left in the substance and the results would be a gentle and fast cure of the pathology, with no side effects, allergic reactions or toxicity effects of any sort. [8-14]

In the case of the patient, she had been taking several types of high-concentrated medications and had a wrong diet for years. With the treatment proposed, the goal was to diminish all the factors inducing more energy alterations. All the corticosteroid and medications the patient was taking would contribute for the generation of more internal Heat leading to more Yin deficiencies, which are the major cause of all autoimmune diseases. In this case, SLE. In the

article entitled "*Can Autoimmune Hepatitis Be Treated without the Use of Corticosteroids and Immunosuppressive Drugs?*", the author exposes a case of a patient who had great improvement of autoimmune hepatitis after performing an energy-based treatment with Chinese dietary counselling, auricular acupuncture and apex ear bloodletting. The treatment done only with these tools and without high-concentrated drugs (corticosteroids and/or immunosuppressive medications), lead to a negative result for all laboratory exams markers for autoimmune hepatitis in one month of treatment.

6. CONCLUSION

The conclusion of this study is that it is important to understand the energy alterations involved in the formation of SLE disease and its symptoms, considering the external pathogenic factors (climatic factors), pathogenic internal factors (the emotions) and diet. When involving the loss of protein in the urine, there is a need of observing the emotional and dietary aspects from the energy point of view, and the vision that all internal organs are interlinked, and that the manifestation of proteinuria is a result of the imbalance of other massive organs. There is a need for a more broad view of the organism as a whole, not only focusing in the organ affected, to create a more successful treatment with less side effects. It is also important to reduce the necessity of using so many high-concentrated drugs that could lead to more energy imbalances, worsening the energy alterations leading to this autoimmune disease and its complications, at the root level.

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