



RESEARCH ARTICLE

Can We Treat Children With Chronic Respiratory Tract Infections Without Using Antibiotics?

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Abstract

Introduction: Acute respiratory infections (ARIs) are classified as upper respiratory tract infections (URIs) or lower respiratory tract infections (LRIs). The upper respiratory tract consists of the airways from the nostrils to the vocal cords in the larynx, including the paranasal sinuses and the middle ear. For the treatment of sinusitis and tonsillitis, the treatment done in Western Medicine constantly consists of antibiotics use. In Traditional Chinese Medicine (TCM), the pathophysiology of these kinds of infections is linked to invasion of external pathogenic factors (Wind, Cold, Heat, Dampness or Dryness).

Purpose: To demonstrate that it is possible to treat children with acute respiratory tract infections without using antibiotics.

Methods: Two case reports. The first was a 2-year-old girl the second was a 2-year-old boy. They had constant tonsillitis and sinusitis, and had done several antibiotics treatments during years, but the symptoms would only disappear during the antibiotic treatment and return after the withdrawn of the antibiotic drugs. The parents searched for treatment with Traditional Chinese Medicine and received Chinese dietary counseling, as well as an advisement to protect themselves from the external pathogenic factors, such as not walk barefoot or sleep with the hair wet. They were also submitted to auricular acupuncture and apex ear bloodletting.

Results: Both patients never had a recurrence of the upper respiratory tract infections with this treatment. No antibiotics were required at any time of the treatment.

Conclusion: It is possible to treat children with acute respiratory tract infections without the use of antibiotics. To achieve this aim, it is important to treat the patient as a whole, understanding that the symptoms could be caused by the invasion of external pathogenic factors, and proper orientation for preventing this invasion is important for the recovery of the patient.

Keywords: Respiratory Tract Infections, Antibiotics, External Pathogenic Factors, Chinese Dietary Counseling, Acupuncture, Traditional Chinese Medicine, Homeopathy.

Introduction

According to Western Medicine, rhinoviruses, influenza viruses (during annual winter epidemics), parainfluenza viruses, respiratory syncytial virus, enteroviruses, coronaviruses, and certain strains of adenovirus are the main causes of viral respiratory infections in children [1-3]. On Western Medicine, doctors and parents recognize respiratory tract infections by their typical symptoms. Generally, otherwise healthy children with mild upper respiratory tract symptoms do not need to see a doctor unless they have trouble breathing, having difficulty drinking liquids or have a fever for more than two days. X-rays of the neck and chest may be taken in children who have difficulty breathing, stridor, or wheezing or if the doctor can hear the congestion in the lungs. Blood tests and tests of respiratory secretions are rarely helpful. In Traditional Chinese Medicine, upper respiratory tract infections are associated with invasion of pathogenic external factors of Cold and Wind. In the study of 2019, entitled *Prevention and treatment of infectious diseases by traditional Chinese*

medicine: a commentary, the external pathogenic factors are associated with the major cause of upper respiratory tract infections [4]. The difference between Western and Traditional Chinese Medicine is that Western medicine does not address the influence of the external pathogenic factors as a cause of respiratory tract infections. The author proposes a wider perspective and demonstrates that the deep comprehension of the origin of the diseases on the energy level is important for proper orientation of the patient, treating and preventing new episodes [5-10].

Purpose:

The main purpose of this study is to demonstrate that it is

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possible to treat children with acute respiratory tract infections without using antibiotics. To achieve this aim, it is necessary to understand the importance of considering the invasion of external pathogenic factors such as Cold or Wind as starter factors on the development of this disease. After solving the infectious condition, a second goal is to address the importance of treating energy imbalances (*Yin, Yang, Qi*, and Blood) of each child and making individualized treatment and treating the deficiency of the chakras energy when the measurement is available, to avoid the recurrence of the conditions and treat other diseases that may appear on the future.

Methods:

The methodology of this study was based on the analysis of different articles found regarding the subject of respiratory tract infection, comprehending the current treatments and comprehension of the disease. Two case reports were also used.

Case Report 1:

The first patient is a girl named H.D.F (2 years old), who had chronic sinusitis. Her symptoms were yellow secretion on the nose, constant coughing. The background of the patient showed that she was taken to several pediatricians who recommended treatment with antibiotics. She would perform the treatment and had no significant improvement. The mother, a veterinarian, had a friend who had a child with the same symptoms and had improvement with a different kind of treatment, which not required antibiotics and the patient decided to try. On the consultation, the patient was diagnosed according to TCM with Kidney-*Yin* deficiency, because she felt warm on the body, had a normal daily bowel movement, no sweat during day or night, and have no symptoms of dry mouth, bad breath, etc. The patient's parents were oriented to avoid the exposition of the child to Wild and Cold, for example: avoid walking barefoot, close the windows and doors of the bathroom when taking showers and changing clothes, avoid cold water, dry the hair after showering. The patient had the habit of drinking lots of cow's milk, so she was oriented to replace it with goat's milk, as according to the doctor, the milk was responsible for the production of constant mucus of sinusitis. The patient also received auricular acupuncture. With this treatment, the patient had complete improvement, but the mother asked for the measurement of the chakras of all the family, including her. To address with more certainty the imbalances of the patient, she received the procedure of radiesthesia, to measure her chakras energy level. The seventh chakra was in level 8 (normal). All the other six chakras were measured in level 1 (minimum). After the measurement, the patient started treatment with homeopathy and crystal-based medication, according to the theory of the author entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*.

Result Case Report 1:

With the treatment done, the patient improved and had no necessity of using antibiotics.

Case Report 2:

A patient named F.A.S.R, a 2-year-old boy, who had constant tonsillitis and sinusitis, and have been taking several antibiotics during years, having a partial improvement of the symptoms during the treatment with antibiotics, but relapses when the antibiotics were withdrawn. Their parents searched for another kind of treatment, with Traditional Chinese Medicine tools. First, the patient received Chinese Dietary Counselling, being oriented to withdrawn dairy products, replacing it with goat's milk, avoid cold water, raw food, including fruits (except apple, papaya, and lemons) and vegetables. Second, the parents were oriented to protect the child of the influence of external pathogenic factors, the same orientations received on the first case (avoid walking barefoot, to take baths with windows and doors closed, do not stay with the hair wet after showering, avoid opening fridges, not playing on the cold ground, etc). He was also submitted to auricular acupuncture and apex ear bloodletting twice a week.

Results Case 2:

The patient recovered fast and did not have any relapses in the condition until now. With the treatment the patient had significant improvement in the first weeks of treatment, there was a substantial diminution of the secretion on the lungs, and the child started appearing more active and with more energy. The use of antibiotics was not necessary.

Discussion

Western Medicine and Respiratory Tract Infection

According to Western Medicine, respiratory tract infections are the most common infections in children. They are even more common in children that go into daycare and/or have siblings. The common symptoms are runny nose, sore throat, red eyes, hoarseness, coughing, fever, and swollen lymph nodes. Some children with a viral respiratory tract infection also develop an infection of the middle ear (otitis media) or the lung tissue (pneumonia). Otitis media and pneumonia may be caused by the virus itself or by a bacterial infection that develops because the inflammation caused by the virus makes the tissue more susceptible to invasion by other germs. In children with asthma, respiratory tract infections often lead to an asthma attack. Respiratory tract infections in children can be upper or lower. Upper when the symptoms are on the ears, nose, and throat, and lower when it achieves the airways and lungs. In Western medicine, for the treatment of viral infections, it is recommended rest and fluids as well as medication for fever and pain. Children with respiratory tract infections need additional rest and should maintain normal fluid intake. Acetaminophen or nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, can be given for fever and aches. School-aged children may take a nonprescription decongestant for nasal congestion, although it often does not help. Infants and younger children are particularly sensitive to the side effects of decongestants and may experience agitation, confusion, hallucinations, lethargy, and rapid heart rate and should not take these drugs.

Traditional Chinese Medicine: The main differences between the two approaches

Traditional Chinese Medicine explains the functioning of the human body through a holistic view. Therefore, external factors such as Wind, Cold, Heat, Dryness, Humidity, and internal factors such as emotions may have an influence on the wellbeing, as well as the diet. The metaphor of the tree is a resource, widely used by the author, to create a parallel on how diseases are treated today from the point of view of Western medicine and according to TCM. In other articles, the author stated the importance of this metaphor, in order to address how Western and Ancient perspectives could work together. The tree has a trunk with several branches. Each branch represents each medical specialty and each leaf that comes out of each branch represents the symptoms and diseases of each specialty. This visible part is the object of study and practice in the Western medical profession because of the curriculum offered in medical schools around the world. The focus is to treat each leaf in each specialty. The tree is inserted in an environment and submitted to the external pathogenic factors (Wind, Cold, Heat, Dryness, and Humidity). The part of the tree that is below the earth - invisible to the naked eye - are the roots of the tree. This part remains unknown to Western medicine mainly because its existence is not recognized or discussed in the medical faculties. The nutrients that the tree received on the root are a representation of the patient's diet. It can influence the energy of the patient on the deepest level, determining health or disease.

Traditional Chinese Medicine Treatment of Respiratory Tract Infections

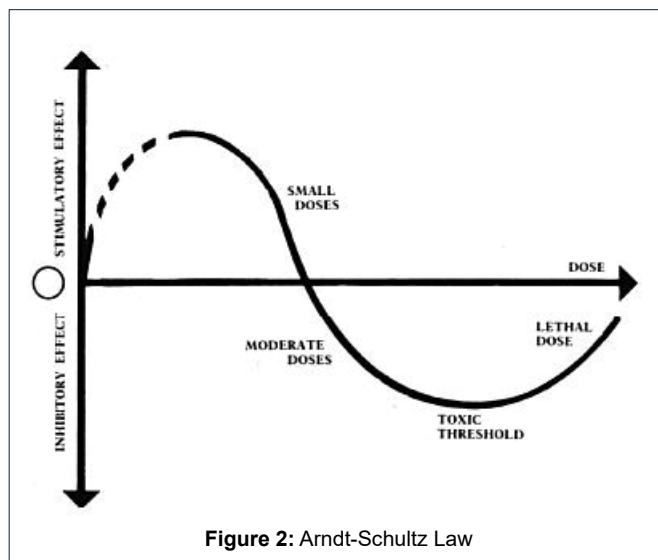
Traditional Chinese Medicine and other ancient medical traditions comprehend the concepts of health and wellness based on individual matters of internal energy balance. To achieve this general state of balance between the energies of the body, several factors have to be well managed [4-11]. A study from 2017, entitled *How Do You Treat Upper Respiratory Infections in the Elderly in Your Practice?* presents the prevention of exposition to Cold and Wind as a way of treatment and prevention of upper respiratory tract infections. The Cold itself is the main external pathogenic factor causing respiratory tract infections; for this reason, it is important to orient patients to avoid the ingestion of cold liquids, as it is more common in patients who consume cold beverages as well as patients submitted to the exposition to fans or air-conditioners [12]. Inside the body, the Cold will be transformed into internal Heat. As previously said in two studies of the author, one entitled *Why do Patients Still Catch Hospital Infections Despite the Practice of Infection Prevention and Control Programs?* published by the Acta Scientific Journal in April 2018 and *Is It Possible to Treat Community-Acquired and Nosocomial Infections With The Same Method, Without The Use Of Antibiotics*, both state that, for Traditional Chinese Medicine the major energy influence causing upper respiratory tract infection are the invasion of Cold and Wind, even on the hospital environment. The formation of yellow

secretion and excess of mucus, symptoms commonly present in upper respiratory tract infections are associated with retention of phlegm and Heat retention inside the body. The phlegm accumulation comes from the deficiency of the Spleen-pancreas energy, caused by ingestion of dairy products, raw food and excessive ingestion of sweets. For this reason, the kids on the case reports were oriented to withdrawn dairy products, replacing it with goat's milk, which does not cause imbalance of the Spleen-pancreas energy. The ideal would be to orientate the patient to drink lukewarm water, around 35° and avoid raw food, including fruits, during the period of treatment. As the energy of these foods is Cold, it might maintain the invasion of Cold in the body. The phlegm may have no color on the first days of the disease, becoming yellow, as the Cold energy, which invaded the body, transforms into Heat, demonstrating, according to Traditional Chinese Medicine, an internalization and change of the energy imbalance on the body, and not a sign of infection. According to Hippocrates, this kind of infection is associated with the accumulation of phlegm in the body. For example, in Western medicine tonsillitis is constantly treated with antibiotics, because it is interpreted as an infection of *Streptococcus* [13]. On the experience of the author, according to Traditional Chinese Medicine, the yellow points found on the throat are related to invasion of Cold and Wind on the upper part of the body, and when they internalize it transforms into Heat, forming the yellow points found on the throat. For this reason, it is very common to treat the patients with Heat and invasion of Cold and Wind, with the use of Chinese dietary counselling, acupuncture [14] or homeopathy, not requiring the use of antibiotics. This happens because, on this treatment, there are methods used to take off the invasion of Wind and Cold, through several tools. In this way, the patients recover without the necessity of antibiotics use. A patient who has tonsillitis or other upper respiratory tract infections and performs treatment with antibiotics may not have the expected result. The reason for it might be interpreted as antibiotic resistance, in Western medicine, but it may be related with the lack of orientations regarding the prevention of exposure to the external pathogenic factors. The reasoning usually used only fights the bacteria and does not consider the invasion of Cold and Wind, the primary cause of the beginning of the disease itself. The diet also has to be adequate during the treatment of the pathology. As the Cold and Wind is the main cause of the formation of upper respiratory tract infection symptoms, according to Chinese Nutrition Therapy, all foods with Cold energy and Cold temperature have to be avoided. For this reason, the patients are oriented not to consume cold and raw foods and are oriented to give preference to boiled and grilled food to neutralize the Cold energy of the food, besides preventing the imbalance of the Spleen-pancreas, previously explained. The treatment for the upper respiratory tract infections done by the author is done in two parts. First, reorientation regarding external pathogenic factors, specifically in this case Wind and Cold and treatment with Chinese dietary counseling and auricular acupuncture associated with apex ear bloodletting to cleanse the energy body from the external pathogenic factor. Second, after the complete recovery of the

infection, it is necessary to treat the energy imbalances of the patient (*Yin, Yang, Qi*, and Blood), which lead to the weak state of the body, leading to the invasion of Cold and Wind who started the condition of respiratory tract infection. This second phase is not well comprehended by Western medicine, because this energy part cannot be seen, but the author gives great importance for this kind of treatment, due to the case of one specific patient the author had in 2006. This patient was a 70-year-old male, who reported pain in the legs and was diagnosed with Kidney-*Yang* deficiency, according to TCM. He received treatment with Chinese dietary counseling, acupuncture and auricular acupuncture associated with apex ear bloodletting. With the treatment done, the pain in the legs diminished and the patient was submitted to an interview after the treatment. In this interview, 30 days after, the patient revealed that his eye pressure had also lowered, as confirmed by his ophthalmologist. During the treatment, the patient had not reported being treating glaucoma in the last 40 years with the small improvement of his condition. With the treatment performed, his pressure lowered from 40 mmHg to 17 mmHg. This clinical case report is the cornerstone for the treatment of all diseases from all specialties, because through this case, it was found that the treating the energy imbalance, the root of the problem, many symptoms and pathologies are treated at the same time. On the case of the children described on the case report, they also have an energy imbalance, which, if not treated, could maintain the symptoms of respiratory tract infection, or lead to the development of other diseases on the future. An imbalance on the energy level is a dynamic process, and if not properly treated, it can cause imbalances on other energies of the body, as a domino effect.

Arndt-Schultz Law

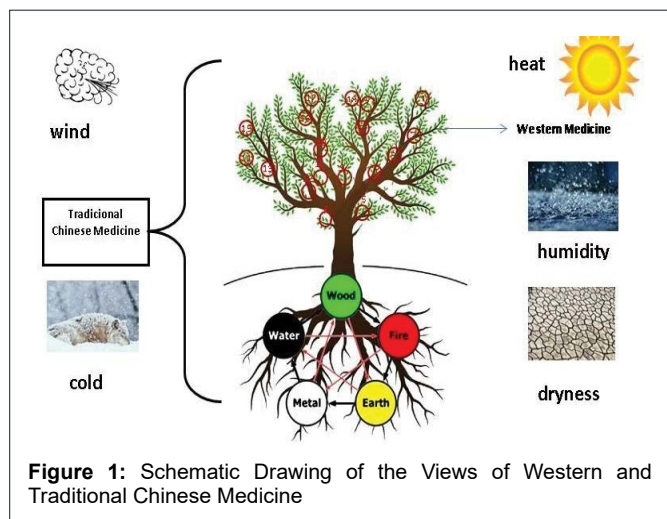
Arndt-Schultz law, originally formulated in 1888, states the effects of different drug concentrations on an individual basis, (Figure 2). The rule states that for all substances, small doses stimulate, moderate doses inhibit and overdoses kill. According to this law, highly diluted drugs improve organic processes, while high concentrations harm health. The prescription of high-concentrated drugs will reduce the vital

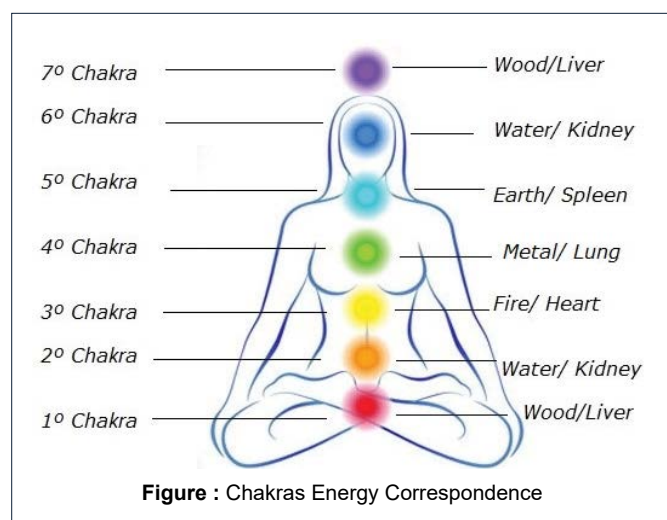


energy, according to this law. Vital energy or *Qi*, according to TCM, is the major force for the well-functioning of the whole body. Harming the vital energy, can lead to propensity for the development of several diseases (such as diabetes, hypertension, myocardial infarction, atopic dermatitis, etc). This is the reason why the author recommended the withdrawn of high-concentrated medications, including antibiotics, using only when it is extremely necessary, in cases where the patient could die, for example. According to the Arndt-Schultz law and the author's experience, all chronic diseases are caused by energy deficiencies. On the author's experience, the main cause for respiratory tract infection is the invasion of Wind and Cold, and the antibiotic does not treat this invasion. This is the reason why several patients do not improve with antibiotic use, because the cause on the energy level is not being treated. Many times, this situation is interpreted as bacterial resistance to the antibiotic, when the cause on the energy level is other. Besides, it is very important to avoid a treatment, which drops the vital energy of the children, as, according to the author, a drop on the vital energy may lead to disturbances in growth, sleep, memory, intelligence, concentration, emotional state, or in other parts of the children development.

Chakras Energy Meridians and Five Elements Theory

In this study and in other articles published by the author, the theory of the chakras, from Ayurvedic medicine was also used. This theory was used because there are some trials in literature demonstrating that there is a correspondence between the theory of the chakras energy meridian and the Five Elements theory [15]. As there are seven chakras and five elements, the seventh chakra is ruled by the first (Wood or Liver), and the sixth chakra is ruled by the second (Water or Kidney). The fifth chakra is ruled by Earth (Spleen-Pancreas), the fourth is ruled by Metal or Lung, the third is ruled by Fire or Heart. The second is ruled by Water or Kidney and the first chakra is ruled by Wood or Liver, as shown in (Figure 3). During childhood, the energy of the chakras is very important for promoting growth, focus and concentration, besides all other





vital functions of all organs of the body. Having severe lack of energy of the chakras during this phase can create propensity for the development of a variety of emotional and physical symptoms, such as anxiety, panic disorder or depression. The development of chronic diseases is also associated with lack of energy of the chakras, such as diabetes, as shown on the article of the author entitled *Why Are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Antiglycemic Medication and Insulin?*, and others. For this reason, the author chose the use of high-diluted medications (homeopathy and crystal-based medication) according to the *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*, with the main goal of not worsening the vital energy of these children, which are in development. Maintaining the use of high-concentrated medication may have influences on the present and the future of the child's development (physical, mental and emotional).

Conclusion

It is possible to treat chronic respiratory tract infection in children without the use of antibiotics, according to these two case reports. To achieve this aim, it is important to consider the whole environment in which the child is inserted including the external pathogenic factors influence, mainly Wind and Cold, associating them as one of the most important causes of the development of respiratory tract infections. Adequate reorientation regarding external pathogenic factors is extremely important for the success of the treatment. In a second moment, after the complete recovery of the upper respiratory infection, it is important to treat the energy imbalances of the patient (*Yin, Yang, Qi*, and Blood) to fortify the internal energies and avoid the recurrence of this and other pathologies on the future. The comprehension of the origin of the diseases is primordial for the reduction of the consumption of antibiotics among children, in this kind of pathology, because, many times, the treatment is not adequate because it is not treating the cause

of the problem, only the symptoms. With this more broad view, comprehending the influence of the environment on the health of the patient, it is possible to achieve a better treatment, diminishing the use of antibiotics for only extreme cases.

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