

How Traditional Chinese Medicine Views Allergy

The seasons are changing, the weather is changing, and so are you. For many people, though, this transition is miserable. Seasonal allergies afflict millions of people, causing them to suffer symptoms such as sneezing, running noses, itching eyes, headaches, skin problems, fatigue, and more.

Is this a lifelong problem, only temporarily relieved by remedies from the drugstore shelf? Or can there be a permanent solution? Traditional Chinese medicine looks at seasonal allergies in a holistic manner, the same as all other ailments.

Why We Have Allergies

Traditional Chinese medicine views a person as a small universe, living within and interacting with nature, the large universe. Allergic reactions are triggered by the environment, an external cause; or by one's own body, an internal cause; or by a combination of both.

Traditional Chinese medicine sees the external factors being wind, cold, heat, dryness, and dampness. These come from nature, according to the seasons. Spring brings more wind, summer more heat and dampness, autumn more dryness and winter more cold. These factors can invade and affect one's body. People have ability to adjust to a changing environment. However, if the body's balance is damaged and we lose the ability to adjust, we cannot follow change. The small universe becomes unbalanced, is not in harmony with the large universe, and disease occurs.

Two seasons - spring with wind, and autumn with dryness - are the major allergy seasons. With some people, when winter gives way to spring, their bodies cannot adjust, and they are affected by the wind. The symptoms of allergic reaction follow. The autumn's change from the heat of summer to more coldness and dryness affects others. Sometimes the body hasn't cleared out the summer's heat, which com-

bined with dryness, can bring on symptoms of allergy.

Treatment for Allergies

Traditional Chinese medicine treats allergies by helping the body clean out the problem and balance the internal environment. The patient must be examined to determine how much the symptoms are caused by internal conditions, and how much by external conditions. Then we must decide what we should do according to the patient's reaction.



Sometimes symptoms indicate dryness or coldness. For example, in autumn when the season is dry, people with a Yin deficiency tend to suffer allergic reactions. The internal universe has a lack of body fluids while the external has more dryness. The treatment is to help the patient regain Yin balance - create more body fluid - to help deal with the outside environment. This is achieved with acupuncture and Chinese herbs.

Other times, patients have conditions that complicate their allergies. They may have a digestive disorder, or be under stress, or be depressed. This should all be diagnosed, and the treatment should be all-inclusive, as traditional Chinese medicine is holistic and all systems are interrelated.

Prevention of Allergies

Sometimes people think prevention is to take medicine. This is not prevention but the treatment of symptoms. While it is possible to quickly relieve allergy symptoms, the problem remains and persistently returns. The best prevention is to bring the body back into balance and eliminate the allergy. With Chinese medicine and acupuncture we can you restore you balance and liberate from allergic problems.