

Acupuncture & Herbs for Lupus Treatment

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RECOMMENDED HERBS

Rehmannia
Chinese Fox Glove
(Di Huang)



Often used in the treatment of autoimmune diseases (such as lupus, arthritis and fibromyalgia) for its anti-inflammatory effect; clears toxic heat and nourishes yin; reduces joint pain and swelling; also useful for treating skin eruptions and asthma.

Moutan Radicis
Chinese Peony
(Mu Dan Pi)



What is Lupus?

Lupus is a chronic, systematic autoimmune disease that causes inflammation and damage to various parts of the body. Lupus is most commonly diagnosed in women & especially among people of color, including African Americans, Latinos, Asians, and Native Americans. Although the exact cause of lupus is unknown, lupus seems to be caused by a malfunction in the autoimmune system.



Antibodies produced by the immune system are supposed to attack bacteria, viruses, parasites, fungi and other substances that invade the body. However, in individuals with lupus, these antibodies attack their own bodies, causing damage to their skin, joints, muscles, nerves, and major organs. Depending on which part of the body is attacked, lupus produces a wide range of symptoms such as:

- skin disorders (acute and chronic), including the classic butterfly rashes on the face, pain and swelling in the cheeks, redness across the skin, especially after exposure to sunlight
- kidney problems
- swelling, pain and redness in joints and muscles
- attacks on internal organs, including pancreatitis, pleuritis, inflammation of blood vessels, and liver disease
- lung problems, including difficulty breathing and discomfort in the chest
- heart issues, such as pericarditis
- nerve and brain damage, including headaches, memory loss, depression and mania
- blood disorders, such as low white blood cell count (causing immune deficiency), low red blood cell count (causing anemia), and low platelets (causing bleeding/bruising)

How Do Acupuncture & Herbs Treat Lupus?

While there is no established cure for lupus, regular and consistent treatment with acupuncture and herbs can greatly improve symptoms of lupus.

Practitioners of Oriental Medicine (OM) believe each person is governed by, among other things, opposing, but complementary forces of Yin and Yang. Yin is dark, passive, feminine, cold and negative while Yang is light, active, masculine, warm and positive. Good health is achieved when the energies of Yin and Yang and balanced.



Clears toxic heat and promotes blood circulation; reduces swelling; useful for skin eruptions and mouth sores.

**Salvia Miltiorrhiza
Red Sage
(Dan Shen)**



Improves blood circulation and opens arteries; fortifies heart and liver; possesses analgesic and anti-inflammatory properties; also effective for diabetes.

From an OM perspective, lupus is caused by an imbalance of Yin and Yang. In people suffering from lupus, there is usually an excess of Yang, deficiency of Yin, or a combination of both. Symptoms of toxic heat (Yang) include classic butterfly rash on the face, fever, ruddy complexion, thirst, constipation and urine. Symptoms of yin deficiency include low grade fever, night sweats, insomnia, fatigue, joint pain, and hair loss.

To treat a lupus patient, OM practitioners focus on balancing the immune system by reducing toxic heat, replenishing yin, and fortifying internal organs through regular, consistent treatment with acupuncture and herbal medicine.

Contact us for an Appointment!

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