

Diagnostics and Treatment Approaches in the Western, Chinese and Bioenergetic Medicines of the Autoimmune Process – Hashimoto` Thyroiditis

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ABSTRACT

The article is the analysis of my personal diagnostics and treatment approach in every day medical practice. The focus will be on the case study of the patients diagnosed with Hashimoto` thyroiditis as well as will demonstrate what is the diagnostic and treatment mentality in the Western, Chinese and Bioenergetic medicines, a point of view of Hashimoto` thyroiditis. Also, the treatment approaches in the Western, Chinese and Bioenergetic medicines will be given – effectiveness of the therapy. The conclusions for the diagnostic and therapy of the autoimmune disease will be suggested.

Keywords

Autoimmune disease, Bioenergy Medicine, Hashimoto` thyroiditis, Traditional Chinese Medicine.

Definition of Hashimoto` thyroiditis in Western, Chinese and Bioenergetic medicine

Western medicine

Hashimoto` thyroiditis is an autoimmune process with slowly developing inflammation of the thyroid gland, leading to hypothyroidism. It is also called lymphadenoid goiter, chronic lymphocytic thyroiditis, and struma lymphomatosis. It is the most common among middle-aged women (incidence is 1 out of 10,000) [1,2].

Chinese medicine

In the Chinese Traditional Medicine, the term “Hashimoto` thyroiditis” not exist, but this is not meaning that the patients with same clinical picture missing in the medical practice. The thyroid gland as the organ and changes in her function that leading to hyper- or hypothyroidism were known many centuries before the Western medicine as the specific syndromes.

Hypothyroidism - Ying Liu. Syndrome differentiation in TCM: 1. Spleen Qi Vacuity Weakness Pattern 2. Spleen-Kidney Yang

Vacuity Pattern 3. Liver Depression Phlegm Nodulation Pattern 4. Phlegm Congelation & Blood Stasis Pattern [2].

In the Chinese Medicine the goiter is categorized as ying liu, ying and ying qi. Fatigue is pi juan or xu lao, obesity is fei pand, constipation is bian bi, joint stiffness is bi zheng, facial edema is mian fu [2].

The etiology factors are natural endowment insufficiency, unregulated eating and drinking, unregulated activity and rest, internal damage by the seven affects, and aging.

Disease mechanisms: Over-eating sugar and sweet, pastas and breads, chilly uncooked foods and drinks, too much thinking, worry, and anxiety, too much fatigue, too little exercise, over use of antibiotics lead to the Spleen Qi vacuity. The Spleen Qi vacuity leads to Spleen Yang vacuity resulting in the fear of cold. Spleen vacuity leads to facial edema (Spleen governs movement and transformation of fluids in the body). The liver depression (from angry and anxiety) leads to damp accumulation that may congeal into phlegm, that causing phlegm nodulation and goiter in the neck and obesity. The Spleen Qi vacuity lets the cold, wind and damp to lodge in the channels and vessels to obstruct the free flow of the Qi and blood that lead to the joint pain and stiffness and

blood stasis. Qi and blood insufficiency are the reason for not well moving, warming and moistening of the intestines that lead to the constipation [2].

Bioenergetic medicine

The Hashimoto` thyroiditis as autoimmune disease is manifested with the specific changes of the physical field of the patient body (esp. physical field of the thyroid gland and spleen). The physical field of patient body includes the Infrared heat emission, Radiothermal waves, and Electric field of the body, Magnetic field of the body, Acoustic waves from the body, Chemiluminescence, and Triboelectricity [4].

Diagnostic methods for Hashimoto` thyroiditis in Western, Chinese and Bioenergetic medicine

Western medicine

Medical history – Present, Past and Family history: The patients with hypothyroidism compliance from slow speech, somnolence, headache, feeling of cold, tiredness, obesity, sallow complexion, constipation, puffy eyes, coarse and dry skin, dry hair, edema of face and legs, joint stiffness, scanty menstrual period or amenorrhea, mental confusion [1,2].

Family history – many of the patients have family history of the thyroid diseases – HLA-DR3 and HLA-DR5 (associated with the atrophic and goitrous forms of Hashimoto` disease).

Physical exam: Inspection, auscultation, palpation and percussion.

Imaging exam – Ultrasonography, EMR, Scintigraphy

Clinic laboratory: serum TSH, T3, T4, thyroid peroxidase antibody - TPO Ab or antithyroid microsomal antibody, thyroglobulin antibody, anti TSH receptor antibody

Chinese medicine

Medical history: In TCM the doctor asks the patient 8 specifically questions: heat/cold; perspiration head/body; chest/abdomen; hunger/thirst; urination/stool; vision/hearing; sleep; reproductive constitution.

The patients with hypothyroidism compliance from slow speech, somnolence, headache, feeling of cold, tiredness, obesity, sallow complexion, constipation, puffy eyes, coarse and dry skin, dry hair, edema of face and legs, joint stiffness, scanty menstrual period or amenorrhea, mental confusion.

Physical exam: The Pulse and Tongue diagnostics are the base diagnostic methods. Inspection, auscultation, palpation and percussion.

Hypothyroidism - Ying Liu. Syndrome differentiation in TCM: Spleen Qi Vacuity Weakness Pattern

Main symptoms: Fatigue, cold hands and feet, obesity, puffy edema, a pale facial complexion, a loose stool; Pulse – weak or

soggy; Tongue – pale color with teeth-marks on the edges and thin, white fur.

Spleen-Kidney Yang Vacuity Pattern

Main symptoms: The all symptoms of the Spleen Qi Vacuity plus dizziness, tinnitus, decreased sexual desire, possible impotence or sterility in men or women, menstrual irregularities, low back and knees weakness and pain, night-time polyuria, colder feet than hands. Pulse – weak or soggy; Tongue – pale color with teeth-marks on the edges and thin, white fur.

Liver Depression Phlegm Nodulation Pattern

Main symptoms: Swollen, painless lumps in the front of the throat, anger, chest oppression, rib-side pain. Pulse – wiry; Tongue – slimy, white fur.

Phlegm Congelation & Blood Stasis Pattern

Main symptoms: Hard goiter as stone, larger sized lumps, pressure and pain, horse voice. Pulse – wiry, choppy; Tongue – thin, slimy, white fur.

Bioenergetic medicine

Medical history: The patients with hypothyroidism compliance from slow speech, somnolence, headache, feeling of cold, tiredness, obesity, sallow complexion, constipation, puffy eyes, coarse and dry skin, dry hair, edema of face and legs, joint stiffness, scanty menstrual period or amenorrhea, mental confusion.

Noncontact physical exam: Noncontact exam of the physical field of the patient body-Bioenergy diagnostic or Qigong hand diagnostic [4]. The sensory characteristics of the thyroid hypofunction using this diagnostic method is presented in Figure 1 and the verification of the sensory images (electrophysiology pattern) is represented in Figure 2.

Hypothyroidism

Tactile sensory characteristics of thyroid gland hypofunction include the following main points:

- Moving forces with a speed greater than 3-4 cm/sec arise from all parts of the patient's body in the direction of the thyroid. Tracing the moving force that outlines the shape, size and spatial location of the gland shows changes in the shape and the size of the thyroid. Depending on the etiology, there may be an increase in the size of the gland (infection, steroid therapy, etc.), a reduction in size (autoimmune process, after a surgical resection, etc.), or a change in the thyroid shape (tumors after radiation, etc.). In cases of thyroid hypofunction, the diagnostician perceives cold thermal sensations, attractive inductive sensations, permanent strong pricking sensations and pressing sensations over the gland. The intensity of the sensation is proportional to the severity of thyroid hypofunction. The sensory characteristic over the gland contrasts sharply with the sensory characteristics of the neighboring tissues, where weak warm thermal sensations, weak repelling inductive sensations, weak pricking sensations and very weak pressing sensations are perceived.

- Between the thyroid and the subsequently damaged tissues and organs, the diagnostician perceives relapsing moving forces with changing direction and speeds greater than 3-4 cm/sec. Tracking these forces is of etiological importance in determining the cause of bradycardia and hypotension, of slow peristalsis in the gastrointestinal tract, of slow metabolism and weight gain, of the delay or absence of menstrual cycle, rapid fatigue and sleepiness, and reduced concentration and memory.

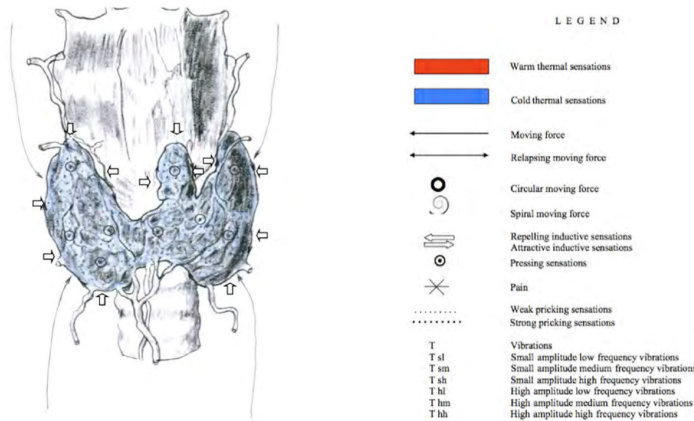


Figure 1: Sensory image of the thyroid gland with hypofunction.

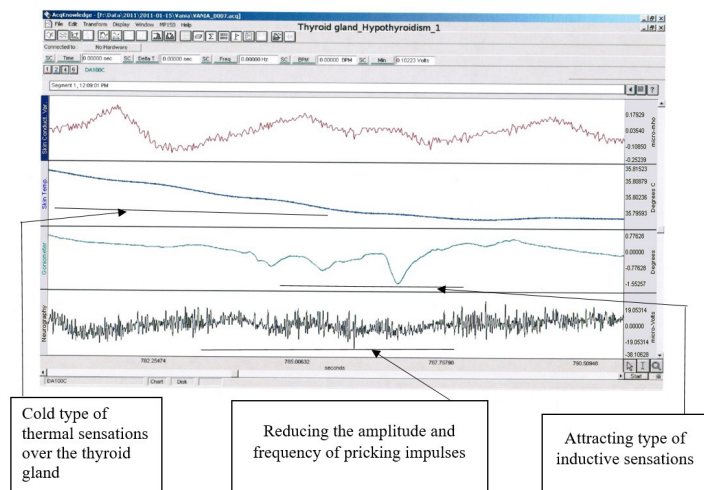


Figure 2: Electrophysiological pattern of underactive thyroid.

Therapy of Hashimoto` thyroiditis in Western, Chinese and Bioenergetic medicine

Western medicine [1]

Replacing hormonal therapy: When the thyroid hormones are in lower amount – Levothyroxine.

Corticosteroid therapy: When the thyroid inflammation is severe short-term corticosteroids are prescribed.

Western treatment of Hashimoto` thyroiditis may only consist of regular monitoring and observation of the thyroid hormones level and inflammation but not lead to cure the autoimmune process.

Chinese medicine

Herbal medications [2,5].

Hypothyroidism - Ying Liu. Syndrome differentiation in TCM: Spleen Qi Vacuity Weakness Pattern

Bu Zhong Yi Qi Tang (Supplement the Center and Boost the Qi Decoction).

Si Jun Zi Tang (Four-Gentlemen Decoction).

Spleen-Kidney Yang Vacuity Pattern

Jia Wei Shen Qi Wan (Kidney Qi Pills)

Si Jun Zi Tang (Four-Gentlemen Decoction)

Ji Sheng Shen Qi Wan (Kidney Qi Pill from Formulas that Aid the Living)

Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)

Si Ni Jia Ren Shen Tang (Frigid Extremities Decoction plus Ginseng)

Liver Depression Phlegm Nodulation Pattern

Si Hai Shu Yu Wan (Four Seas Soothe Depression Pills)

Phlegm Congelation & Blood Stasis Pattern

Hai Zao Yu Hu Tang (Sargassum Jade Flask Decoction)

Acupuncture and Moxa therapy [2]

Spleen Qi Vacuity Weakness Pattern

Main points: St 36 (Zu San Li), Sp 3 (Tai Bai), Sp 6 (San Yin Jiao)

Additional points: Liv 3 (Tai Chong) in Liver depression; Bl17 (Ge Shu) and Bl 20 in blood vacuity; Sp 9 (Yin Ling Quang) and GV 26 (Shui Gou) in facial edema; St 25 (Tian Shu) in constipation; St 12 (Que Pen), St 9 (Ren Ying) or SI 16 (Tian Chuang) in goiter, phlegm nodules; TB 15 (Wai Guan) and Bl 57 (Cheng Shan) in cold hands and feet.

Spleen-Kidney Yang Vacuity Pattern

Main points: Bl 20 (Pi Shu), Bl 23 (Shen Shu), GV 4 (Ming Men), CV 4 (Guan Yuan)

Additional points: Sp 9 (Yin Ling Quang) and GV 26 (Shui Gou) in facial edema; Sp 9 (Yin Ling Quang), CV 9 (Shui Fen) and Sp 6 (San Yin Jiao) in generalized edema; St 25 (Tian Shu) in constipation; St 36 (Zu San Li) in loose stool; GV 14 (Da Zhui), GV 6 (Ji Zhong), and GV 1 (Chang Qiang) in spine and low back pain and coldness; St 36 (Zu San Li) in poor appetite, fatigue and weakness; Liv 3 (Tai Chong) in Liver depression; K 7 (Fu Liu) in yin vacuity; St 12 (Que Pen), St 9 (Ren Ying) or SI 16 (Tian Chuang) in goiter, phlegm nodules; TB 5 (Wai Guan) and Bl 57 (Cheng Shan) in marked cold hands and feet.

Liver Depression Phlegm Nodulation Pattern

Main points: Liv 3 (Tai Chong), St 40 (Feng Long), St 12 (Que Pen), TB 13 (Nao Hui), SI 16 (Tian Chuang)

Additional points: Lu 7 (Lie Que) and Ki 6 (Zhao Hai) in neck discomfort; GB 34 (Yang Ling Quan) and Liv 2 (Xing Jian) in depressive heat; St 36 (Zu San Li) in spleen Qi vacuity; Ki 3 (Tai

Xi) in kidney yang vacuity.

Phlegm Congelation & Blood Stasis Pattern

Main points: LI 4 (He Gu), Sp 6 (San Yin Jiao), LI 17 (Tian Ding), SI 17 (Tian Rong), CV 22 (Tian Tu)

Additional points: Lu 7 (Lie Que) and Ki 6 (Zhao Hai) in neck discomfort; GB 34 (Yang Ling Quan) and Liv 2 (Xing Jian) in depressive heat; St 36 (Zu San Li) in spleen Qi vacuity; Ki 3 (Tai Xi) in kidney yang vacuity.

Qigong - specific pose and movements of the body with specific kind breathing at the meditative brain stage [3].

Spleen Qi vacuity

*Ba Duan Jin - Eight pieces of brocade standing style; HU vocalization (Liu Zi Jue) [3].

Spleen and Kidney Yang deficiency

*Kidney-strengthening and turbidity-elimination Qigong

*Internal Nourishing Qigong

*Life-nurturing Qigong

Stagnation of Qi and Blood and accumulation of phlegm

*Wind breathing and fast walking Qigong; Moderate wind

breathing and with natural walking Qigong (Liu Zi Jue) [3].

TCM methods of the therapy (herbal medications, acupuncture and moxibustion, Qigong, diet) activate the resistant force of the body (immune system, detoxification and purification processes) to neutralize the inflammation as well as restart and support eutrophic mechanisms to rebuild the normal thyroid structure that lead to decrease and stop the autoimmune process.

Bioenergetic medicine

Healing touch: 1-3 course of 5 - 10 procedures - emitting the energy to correct the physical field of the patient. Similar to the Qigong therapy in TCM to emit the external Qi in a therapy of the many diseases.

Treatment result

At the table 1 are presented the patients diagnosed with the Hashimoto` thyroiditis and threatened with the TCM herbal medications (4 females – F, and 2 males – M; age from 29 to 63 years old). For the period of 7 months to 2 years and 8 months tree of the patients fully healed from the autoimmune process – TPO Ab in normal range. For 3 to 4 years two of the patients received 44 to 65 % compensating of the autoimmune process. All patients have had the full compensation of the clinical symptoms.

Patients	Clinical lab at the beginning	Therapy	Clinical lab after years	Clinical symptoms: somnolence, headache, feeling of cold, tiredness, constipation, puffy eyes, coarse and dry skin, dry hair, edema of face and legs, joint stiffness
1. V.V., F, 49 yrs	TSH 11.66 mIU/L (0.40-4.50); T3 total 71L (76-181), T4 total 5.1(4.5-12.0); TPO Ab 435 IU/ml (n 5.0-34.0) (9/27/2014)	Hai Zao Yu Hu Tang (Sargassum Decoction for the Jade Flask); 960 Si Jun Zi Tang (Four-Gentlemen Decoction); Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet); Thyrozol	TSH 6.33 mIU/L; T3 total 3.0 (2.3-4.2), T4 total 1.1(0.8-1.8); TPO Ab 284 IU/ml (5.0-34.0) (11/14/2018)	Compensated
2. A.K., M, 29 yrs	TSH 10.06 mIU/L (0.40-4.50); T3 uptake 32 % (22-33%), T4 total 6.5 mcg/dl (4.5-12.0); TPO Ab 711 IU/ml (n < 9); TG Ab 465 IU/mL (n 10-115); (6/12/2015)	Hai Zao Yu Hu Tang (Sargassum Decoction for the Jade Flask); Si Jun Zi Tang (Four-Gentlemen Decoction); Thyrozol; Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)	TSH 6.15 mIU/L (0.30-5.0); T3 3.6 pg/mL (2.0-4.4), T4 1.09 ng/dl (0.80-1.80); TPO Ab 315.8 IU/ml (n 9.0-34.0); TG Ab 7 IU/mL (n 10-115); (12/14/2018)	Compensated
3. H.P., F, 54 yrs	TSH 2.25 mIU/L (0.40-4.50); T4 free 1.2 ng/dl (0.8-1.8); TPO Ab 247 IU/ml (n < 9); TG Ab 3 IU/mL (n < or = 1); (01/20/2016)	Hai Zao Yu Hu Tang (Sargassum Decoction for the Jade Flask); Si Jun Zi Tang (Four-Gentlemen Decoction); Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)	TSH 2.71 mIU/L (0.40-4.50); T4 free 1.0 ng/dl (0.8-1.8); TPO Ab 133 IU/ml (n < 9); TG Ab 1 IU/mL (n < or = 1); (10/05/2016)	Compensated
4. R.T., F, 63 yrs	TSH 2.7 mIU/L (0.70-5.0); T4 free 1.6 ng/dl (0.7-1.6); T4 total 6.7 mcg/dL (n 4.2-12.0); TPO Ab 627 IU/ml (n 10-75); TG Ab 430 ng/mL (n 2-50); (06/24/2010)	Si Jun Zi Tang (Four-Gentlemen Decoction); Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet); Strumheel	TSH 1.2 mIU/L (0.70-5.0); T4 free 1.5 ng/dl (0.7-1.6); T4 total 8.2 mcg/dL (n 4.2-12.0); TPO Ab 33.9 IU/ml (n 10-75); TG Ab 44.8 ng/mL (n 2-50); (02/12/2013)	Compensated
5. D.H., F, 54 yrs	TSH 13.2 mIU/L (0.4-4.5); T4 free 7.0 ug/dl (n 4.5-12.0); T3 free 154 ng/dL (n 71-180); T3 uptake 26 % (n 24-39); TPO Ab 113 IU/ml (n 0-34); (02/11/2014)	Si Jun Zi Tang (Four-Gentlemen Decoction)	TSH 2.4 mIU/L (0.40-4.5); T4 free 1.32 ng/dl (0.7-1.6); T3 free 3.5 pg/mL (n 2.0-4.4); TPO Ab 19 IU/ml (n 0-34); (09/09/2014)	Compensated
6. N.B., M, 54 yrs	TSH 1.66 mIU/ml (0.30 – 5.00); T3 free 3.5 pg/ml (2.0-4.4); T4 free 1.33 ng/dl (0.8-1.80); TPO Ab 37.7 IU/ml (5.0-34.0); (11/12/2018)	Long Dan Xie Gan Pian (Relieving heat stagnation in the liver); Ban Xia Bai Zhu Tian Ma Tang (Pinellia, Atractylodis Macrocephalae and Gastrodia Decoction)	TSH 1.89 mIU/ml (0.30 – 5.00); T3 free 3.9 pg/ml (2.0-4.4); T4 free 1.42 ng/dl (0.8-1.80); TPO Ab 24.9 IU/ml (5.0-34.0); (06/13/2019)	Compensated

Analyze

Diagnosis

Western medicine gives us the precisely, quality and quantity evaluation of the thyroid structure and function.

TCM gives us the quality, holistic evaluation of the patient condition. Manifested in the specific syndromes.

Bioenergetic medicine gives us the quality, holistic evaluation of the patient condition. Manifested in the specific sensitive images.

Therapy

Western medicine is able to control the level of the thyroid hormones and inflammation, but not to stop the autoimmune process and cure the patient.

TCM is able to stop inflammation, recovered normal structure and function of the thyroid gland, as well as to stop the autoimmune process.

Bioenergetic medicine is able to support outer therapies to stop inflammation, recovered normal structure and function of the thyroid gland, as well as to stop the autoimmune process.

Conclusions

For diagnostic point of view

The intelligent approach in the diagnostic process of the Hashimoto` thyroiditis is the integration of the diagnostic ability of the Western medicine, Traditional Chinese Medicine and Bioenergetic Medicine. This approach will give us the maximal, quality and quantity information of the thyroid gland and whole-body condition.

For therapy point of view

The integrative therapy of the Hashimoto` thyroiditis is the best decision. At the acute stage of the disease suppressing of the inflammation and insufficient hormone production have to be manage with western medications (in many cases TCM and Bioenergetic therapy along are successive) after that the TCM and Bioenergetic therapies are able to fully cleaning of the inflammation and restoring of the hormonal production by recovering the normal

structure of the thyroid gland.

For professional point of view

The principal approach of Hashimoto` thyroiditis therapy is same for all outer autoimmune diseases – Lupus erythematosus disseminates, Dermatomyositis, Sjogren syndrome, Rheumatoid arthritis, Celiac disease and many other. The major point in the therapy is recovering of the normal structure of the organ or tissue to which the immune system produces the antibody and eliminate the etiology factors. The greatest pharmacist and healer is the Nature. We have to be enough smart to study and follow her lessons. The function of the doctor is not to teach the living system how to live, a to help to live.

After 38 years in the medicine I can say that same way how is not exist the alternative or complementary health as same way is not existing the alternative and complementary medicines. All diagnostic and treatment methods in the medicine are classifying as the effective or not effective, as the new or old. As longer one diagnostic or treatment method stay in the medicine as more the patients and doctors are able to trust this method.

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