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**Can autoimmune hepatitis be treated without the use of corticosteroids and immunosuppressive drugs?**

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**Introduction:** Autoimmune Hepatitis (AIH) occurs when the Liver is attacked by immune cells that mistake it for foreign tissue or pathogen, causing inflammation. Treatment with prednisone is generally used initially and a second medication, azathioprine may be recommended as well. Prednisone, especially when taken long term, can cause a wide range of serious side effects, including diabetes, thinning bones (osteoporosis) and osteonecrosis. Most people need to continue taking the prednisone for at least eighteen to twenty-four months, and many remain on it for life. The disease often returns if the drug is discontinued. In Traditional Chinese Medicine (TCM), Yin deficiency plays a central role in Autoimmune Disease.

**Purpose:** The purpose of this study is to demonstrate that Autoimmune Hepatitis can be treated without the use of corticosteroids or immunosuppressive drugs.

**Methods:** A case report of a female patient who had severe headache in the parietal region, as a symptom. According to TCM, this region corresponds to Liver meridian disharmony. Auricular acupuncture sessions were started, as well as dietary counselling according to the teachings of TCM. Laboratory tests revealed low prothrombin time and the presence of antinuclear antibody.

**Results:** After one month of treatment, the exams were repeated and the antinuclear antibody was negative.

**Conclusion:** The conclusion of this study is that Autoimmune Hepatitis can be treated without the use of corticosteroids and Immunosuppressive drugs according to the teachings of Traditional Chinese Medicine, reducing the side effects caused by these drugs.

**Biography**

Huang W L has graduated in medicine in Brazil, specializing in infectious and parasitic diseases, a General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. She is the owner of the Medical Acupuncture and Pain Management Clinic.

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