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Blood deficiency as a cause of postpartum depression on the mother and giant congenital nevus on the baby

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Introduction: In Traditional Chinese Medicine (TCM), blood is one of the four energies necessary for maintaining physical, mental and emotional health. According to TCM, blood deficiency is one of the main causes of postpartum depression (PPD), due to causes such as the labor's blood loss, previous, post or pregnancy-acquired anemia, postpartum blood stasis, etc. Giant congenital nevus, an extremely rare melanocytic lesion presented at 1 in every 20.000 births, is also explained in TCM through blood deficiency. The purpose of this study is to bring attention to the blood deficiencies of pregnant women that can cause common symptoms such as PPD or more extreme symptoms such as the formation of giant congenital nevus on the newborn.

Methods: a case study of 6 month-old baby boy with giant congenital nevus whose mother was hopeless for treatment through Western Medicine's approaches, until a TCM physician associated the baby's condition to a blood deficiency which was also causing the mother PPD's symptoms.

Findings: Through Chinese dietary therapy, acupuncture sessions and quantic medication both mother and baby had their conditions greatly improved. Therefore, the conclusion of this study is that the treatment of a pregnant woman's Blood deficiency can prevent postpartum depression as well as a possible formation of a giant congenital nevus on her baby.

Biography

Huang Wei Ling has 27 years' experience on the clinical and private fields of traditional Chinese medicine practice, hospital infection control, general practice, parenteral and enteral medical nutrition, nowadays owner and practitioner of Franca's only Medical Acupuncture and Pain Management Clinic. Through 1995 to 2005, she was responsible for the control of all antimicrobial medication prescribed within Franca's General Hospital and in 1998 was awarded with best study presented at the Brazilian Hospital Infection Control Congress. Since 2007, she has been travelling worldwide attending conferences as special, keynote and general speaker in a variety of specialties, presenting her exclusive point of view through unique case studies from her experiences, traditional Chinese medicine literature and Hippocrates reasoning.

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