

Can we treat nasal congestion in patients with deviated Septum without performing surgery?

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Abstract

Introduction: The nasal septum is made up of cartilage and bone. This bone can be off center, slightly deviated, and this condition is entitled deviated septum. Traditional Chinese medicine attributes the symptoms associated in Western medicine with nasal deviation to the external pathogens influence. According to them, problems in breathing related to the nose could be associated to invasion of Cold and Wind on the patient's body.

Purpose: This research aims to demonstrate that it is possible to treat nasal congestion in patients with deviated septum without the necessity of surgery. Case Report: A case report of a 50-year-old male patient, in his first appointment he complained of nasal congestion in his left nasal passage especially on cold days, and he said that he was indicated for correction of his nasal septum deviation. He began his treatment with Chinese dietary counseling, auricular acupuncture and systemic acupuncture twice a week, and started to show improvement from the beginning of his treatment. The doctor orientated the patient to avoid drinking cold water, walking barefoot, sleeping undressed, being recommended to use at least one t-shirt for sleeping to cover the thorax.

Results: His treatment began in the winter, and he noticed that his nasal congestion rapidly disappeared and he never experienced the symptoms anymore, which was very different from previous years when during the winter he was severely congested especially on the left side. He is still being treated to maintain his nasal passages clear.

Conclusion: The use of acupuncture and Chinese dietary counseling, as well as awareness regarding the invasion of external pathogenic factors, could be an important option in patients with nasal congestion and deviated septum. The nasal congestion was due to invasion of Cold and Wind, according to traditional Chinese medicine.

Biography

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, a General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. Once in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress in 1998. Since 1997, she has been presenting her work worldwide, working with the approach and treatment of all diseases of all systems of the human body in a holistic way, with treatment guided through the teachings of Traditional Chinese Medicine and Hippocrates.



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