

Infectious Diseases & Endocrinology 2019: Is it possible to treat Candida fungus infection without the use of anti-fungicides medication-Huang Wei Ling- Medical Acupuncture and Pain Management Clinic, Brazil

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Fungi are capable of living in dirt, soil, water, and plants. There are also some fungi living in the human body, naturally. There are helpful fungi and harmful fungi, as do many microbes. When harmful fungi invade the body, they can be hard to kill as they can survive in the environment and reinfect the person who is trying to improve. Fungi are round around us. Their microscopic spores can be found in the air and on the ground. Most of these fungi are harmless but in some people some types can cause severe fungal infections. Fungal infections can occur anywhere in your body but they most often start on your skin. Most can cause some irritation on the skin, such as redness and itching, but can be easily handled with over-the-counter or prescription drugs. Though these skin infections often don't cure and they get worse. When a fungus is inhaled and enters your body, or otherwise introduced into your body, the risk of infection increases, particularly if you have an impaired immune system. People with compromised immune systems are more likely than those with normal immune systems to experience sepsis with fungal infections. Often called blood poisoning wrongly, sepsis is the sometimes, fatal reaction to infection from the body. Sepsis kills and disables millions of people, and requires early suspicion and survival treatment. Sepsis and septic shock, such as pneumonia, influenza or urinary tract infections, can result from an infection anywhere in the body. One third of people worldwide who contract sepsis die. Most survivors experience life-changing symptoms, such as post-traumatic stress disorder (PTSD), debilitating pain and weakness, dysfunction of the organs (organs do not work properly) and/or amputations. One can prevent many fungal infections by taking certain precautions. For example, it's important to keep your feet clean and dry to reduce the risk of developing athlete 's foot. Wear flip flops or sandals to keep your skin from touching the floor when walking in a locker room, pool or shared shower. To lower the risk of infection with the vaginal yeast, it is important to wear "breathable" underwear,

avoid using scented sprays or powders, and practice good hygiene. Wear a mask while working in an environment where fungal spores can be stirred and get into the air you are breathing, such as chicken coops or other places where bird or bat droppings can occur, as well as rotting plants, which can occur while you are working in the garden, to avoid inhalation of spores that can cause lung infection. Fungal infections are treated with anti-fungal drugs that are unique to the particular fungus that caused the infection. These may be used in a form of cream or ointment, suppositories, or pills. Intravenous anti-fungal drugs are used to treat fungal infections which cause sepsis. Regular antibiotics are not used for infections with fungi, as they are not effective. Not every itchy feet is a foot of the athlete result. Doctors usually diagnose the infection by scraping a person's skin off and microscopically inspecting it for evidence of any fungus.

There are a few different fungi which can cause the foot of athletes. Depending on the particular fungus that infects the skin the infection may act differently. Vaginal yeast infections are a common type of women's overgrowth of Candida, typically caused by albicans Candida. An overgrowth of Candida interferes with the normal vaginal balance of bacteria and yeast. This bacterial imbalance may be attributed, among other things, to antibiotics, stress and hormone imbalances or bad eating habits. Infections with candida can also commonly cause infectious toenail fungus. The main signs of a yeast infection promote diagnosis. Doctors might ask about the medical history of the individual, for example any previous yeast infections or sexually transmitted infections (STIs). They might also ask whether the person had been taking antibiotics recently. Treatment of infections with leasts depends on their extent. Normal treatments include creams, pills, or suppositories available by prescription, or over-the-counter, or online. Complicated infections can take complex therapies. Avoiding yeast infections starts with a balanced diet and adequate hygiene. Wearing loose-

fitting garments made of natural fibers can also help prevent infection. Washing undergarments in very hot water and adjusting feminine items will also help avoid fungal growth too. These fungi enjoy warm and humid conditions, and grow in moist body areas such as the groin, buttocks, and inner thighs. Jock itch may be more common in the world's summertime or dry, humid areas. Treatment of infections with leasts depends on their extent. Normal treatments include creams, pills, or suppositories available by prescription, or over-the-counter, or online. Complicated infections can take complex therapies.

Introduction & Aim: Candidiasis is an infection caused by *Candida*, which is already living inside the body (mouth, throat, gut, vagina, skin). Sometimes *Candida* can multiply causing an infection, if the environment changes. The study aims to demonstrate if it is possible to treat *Candida* infection without the anti-fungicides.

Method: The method used was two case reports. In both cases, the patients were being treated for vaginal candidiasis with anti-fungicides and the condition would relapse after the end of the anti-fungicide medication treatment. They were treated with Traditional Chinese medicine approach, using auricular acupuncture with apex ear bloodletting, diet regulation and correction of the emotional factors through acupuncture.

Results: With the use of Traditional Chinese Medicine approach, with diet regulation and seeing the patient as whole, not only focusing the spot of infection, both patients were cured without the use of anti-fungicides. Each patient is seen individually, but the main factor maintaining the fungus was the humidity, caused by the spleen-pancreas deficiency. Correcting the humidity in the body through diet and acupuncture, the factors maintaining the fungus growth were corrected and both cases were cured without the use of any antifungicide medication.

Conclusion: We conclude in this study that *Candida* infections can be treated without the use of antifungicides. For this aim, we need to see the patient as a whole looking to their energy imbalances, changing

the dietary habits and using acupuncture, to restore the balance between the internal energy.