



AUTOIMMUNE DISEASES

Dr Mengkwang Tan

ABOUT AUTOIMMUNE DISEASES

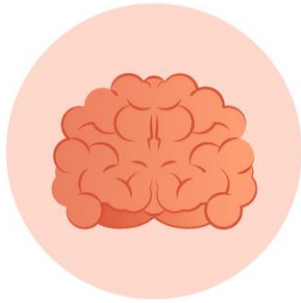
An autoimmune disease is a condition arising from an abnormal immune response to a functioning body part.

At least 80 types of autoimmune diseases have been identified, with some evidence suggesting that there may be more than 100 types.

Accepted Autoimmune Diseases

- Addison's Disease
- Autoimmune Inner Ear Disease (AIED)
- Balo Disease
- Behcet's Disease
- Bullous Pemphigoid
- Chronic Fatigue Immune Dysfunction Syndrome (CFIDS)
- Chronic Inflammatory Demyelinating Polyneuropathy
- Cicatrical Pemphigoid
- Cold Agglutinin Disease
- CREST Syndrome
- Crohns Disease
- Dermatomyositis
- Diabetes Mellitus Type 1
- Goodpasture's Syndrome
- Graves' Disease
- Guillain-Barre Syndrome (GBS)
- Hashimoto's Disease
- Juvenile Arthritis
- Lichen Planus
- Lupus Erythematosus
- Meniere's Disease
- Myasthenia Gravis Narcolepsy
- PANDAS
- Pemphigus Vulgaris
- Pernicious Anemia
- Psoriatic Arthritis
- Polymyositis
- Primary Biliary Cirrhosis
- Rheumatoid Arthritis
- Sjogren's Syndrome
- Ulcerative Colitis
- Vasculitis
- Wegener's Granulomatosi

Most Common Autoimmune Diseases



Multiple Sclerosis



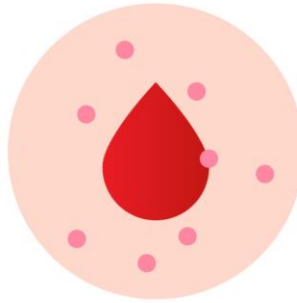
Allergy



Scleroderma



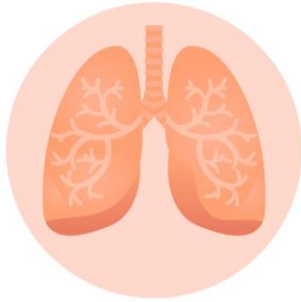
Celiac Disease



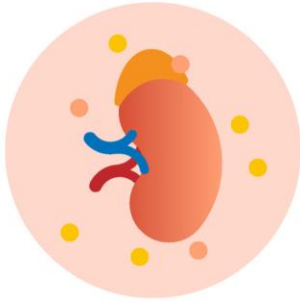
Type 1 Diabetes



Rheumatoid Arthritis



Asthma



Addison's Disease



Psoriasis



Raynaud's Phenomenon



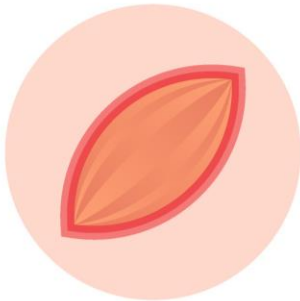
Lupus



Graves Disease



Vitiligo



Polymyalgia Rheumatica



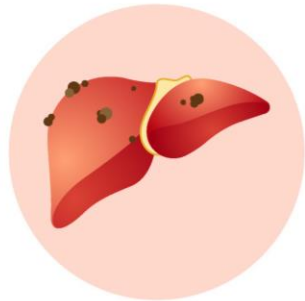
Sarcoidosis



Alopecia



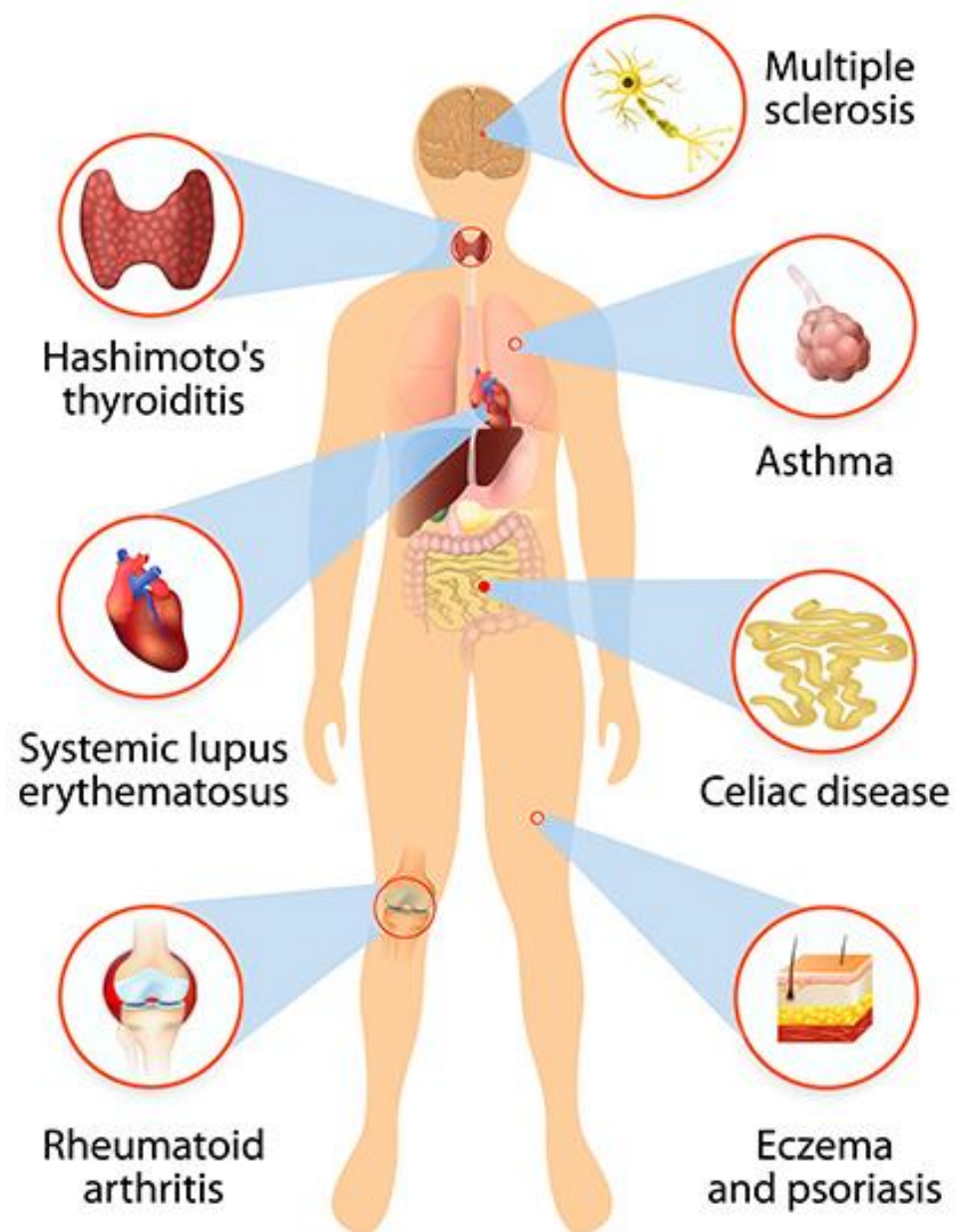
Crohn's Disease



Autoimmune Hepatitis

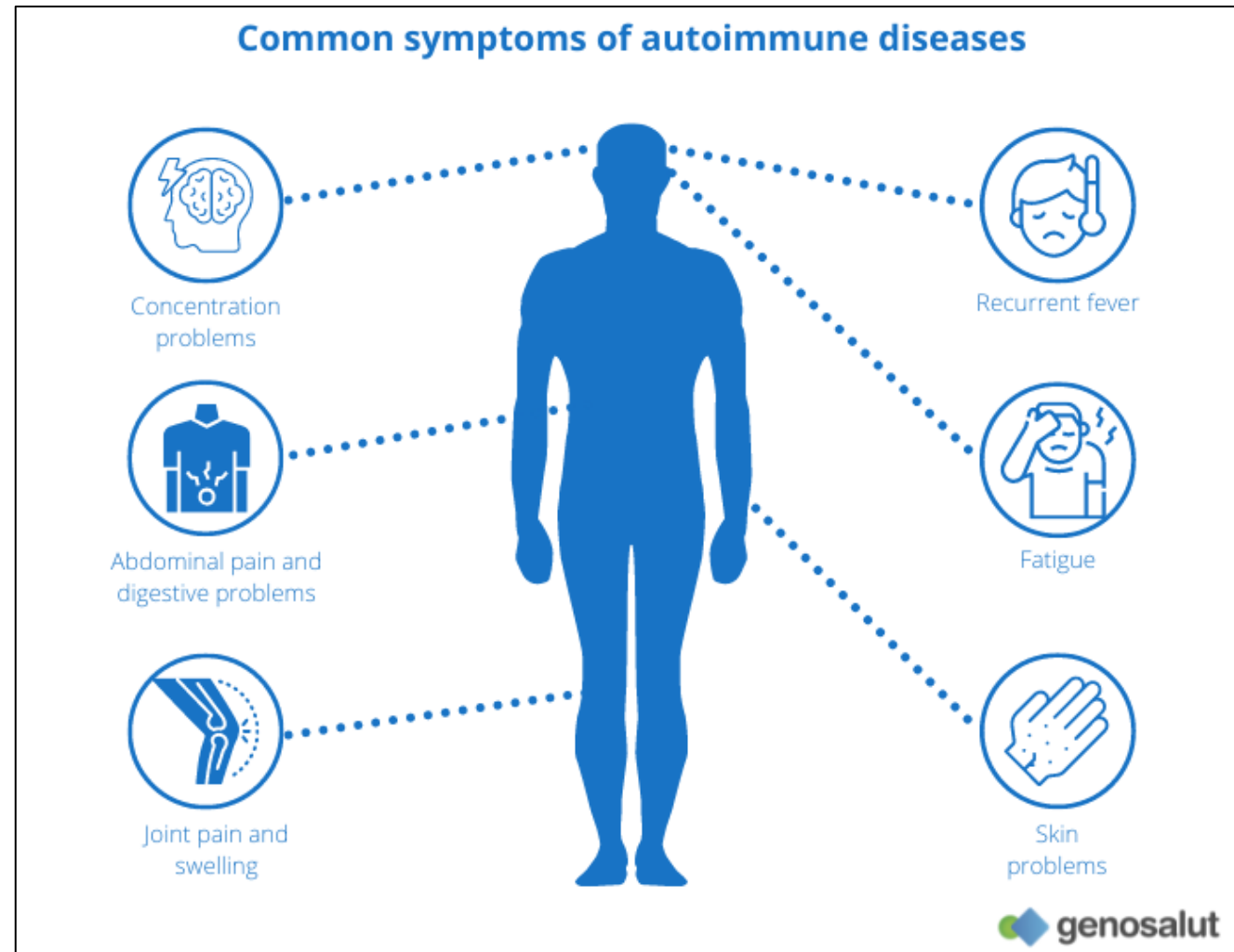
ABOUT AUTOIMMUNE DISEASES

Nearly any body part can be involved.



ABOUT AUTOIMMUNE DISEASES

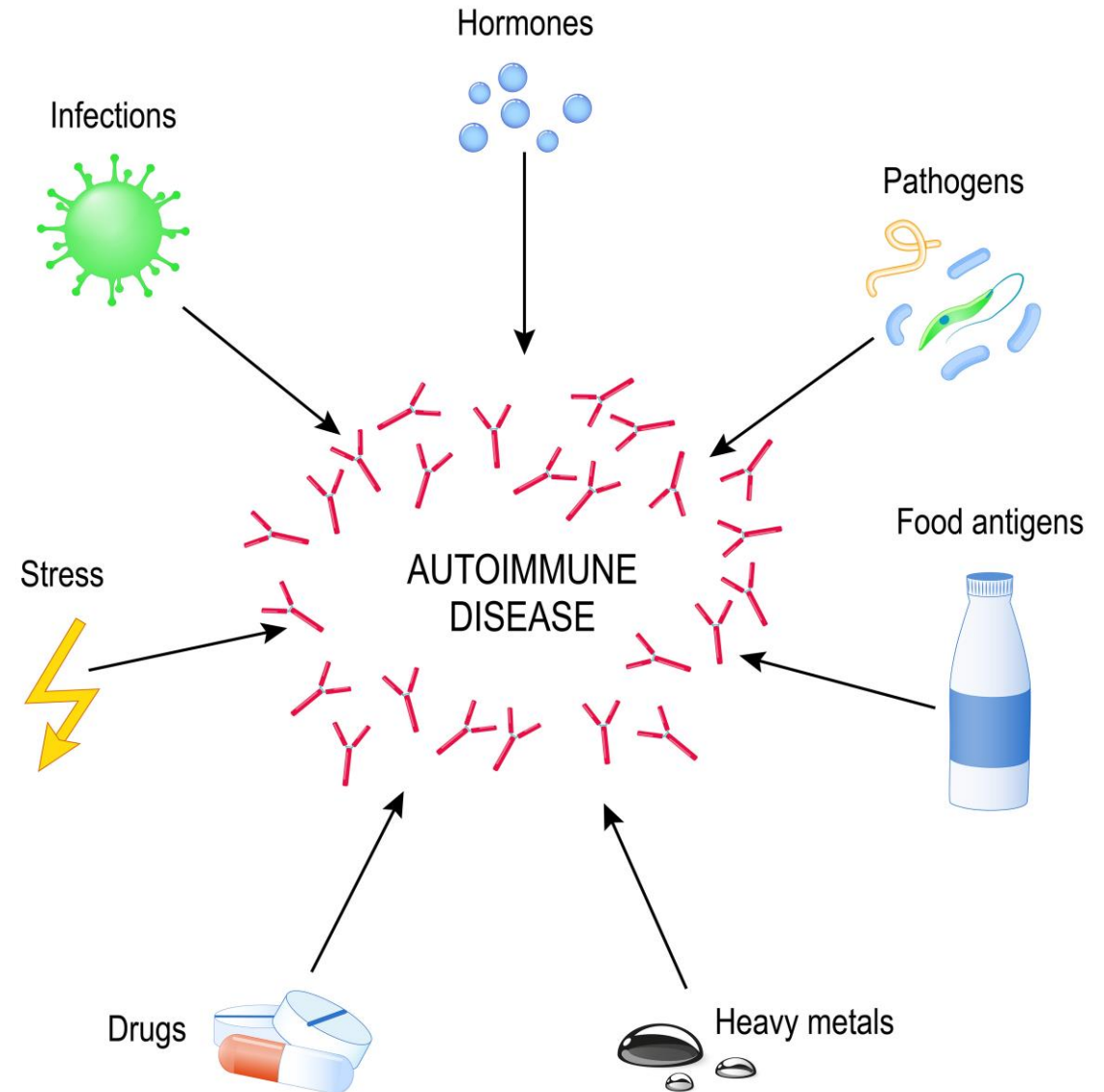
Common symptoms can be diverse and transient, ranging from mild to severe, and generally include low grade fever and feeling tired.



AUTOIMMUNE DISEASES

The cause is unknown, but there are a few common triggers

Triggers for autoimmune diseases



ABOUT AUTOIMMUNE DISEASES

Some autoimmune diseases such as lupus *run in families*, and certain cases may be triggered by *infections* or other *environmental factors*.

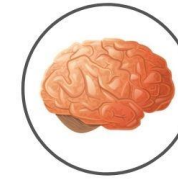
LUPUS CAUSES AND RISK FACTORS



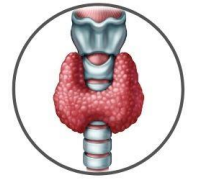
ABOUT AUTOIMMUNE DISEASES

Some common diseases that are generally considered autoimmune include celiac disease, diabetes mellitus type 1, graves' disease, inflammatory bowel disease, multiple sclerosis, alopecia areata, addison's disease, pernicious anemia, psoriasis, rheumatoid arthritis, and systemic lupus erythematosus. The diagnosis can be difficult to determine.

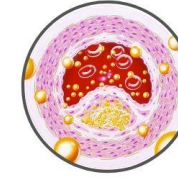
18 COMMON AUTOIMMUNE DISEASES



MULTIPLE SCLEROSIS (MS)



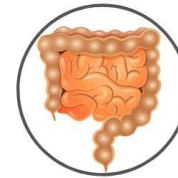
GRAVES' DISEASE
HASHIMOTO'S DISEASE



TYPE 1 DIABETES
HEMOLYTIC ANEMIA
PERNICIOUS ANEMIA
AUTOIMMUNE
VASCULITIS



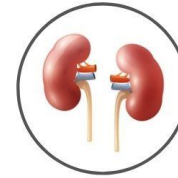
VITILIGO



CELIAC DISEASE



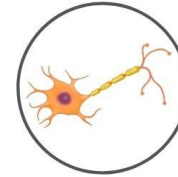
LUPUS



ADDISON'S DISEASE



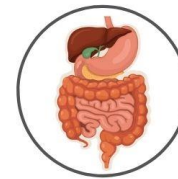
SJÖGREN'S SYNDROME



GUILLAIN-BARRE
MYASTHENIA GRAVIS
CIDP



PSORIASIS



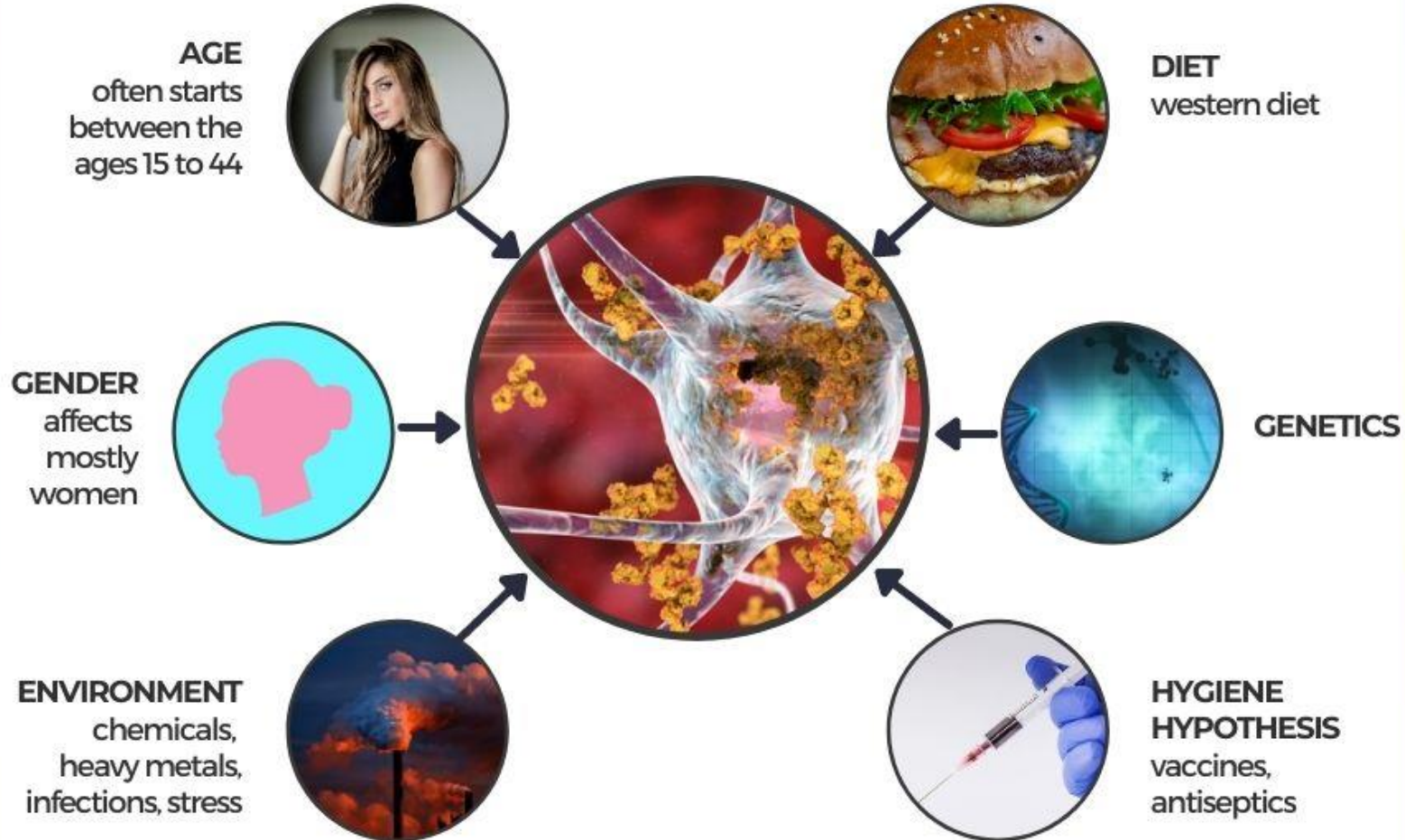
INFLAMMATORY BOWEL DISEASES (IBD)
CROHN'S DISEASE
ULCERATIVE COLITIS



RHEUMATOID ARTHRITIS (RA)

AUTOIMMUNE DISEASES

POSSIBLE CAUSES & RISK FACTORS



Autoimmune diseases impact women more than men

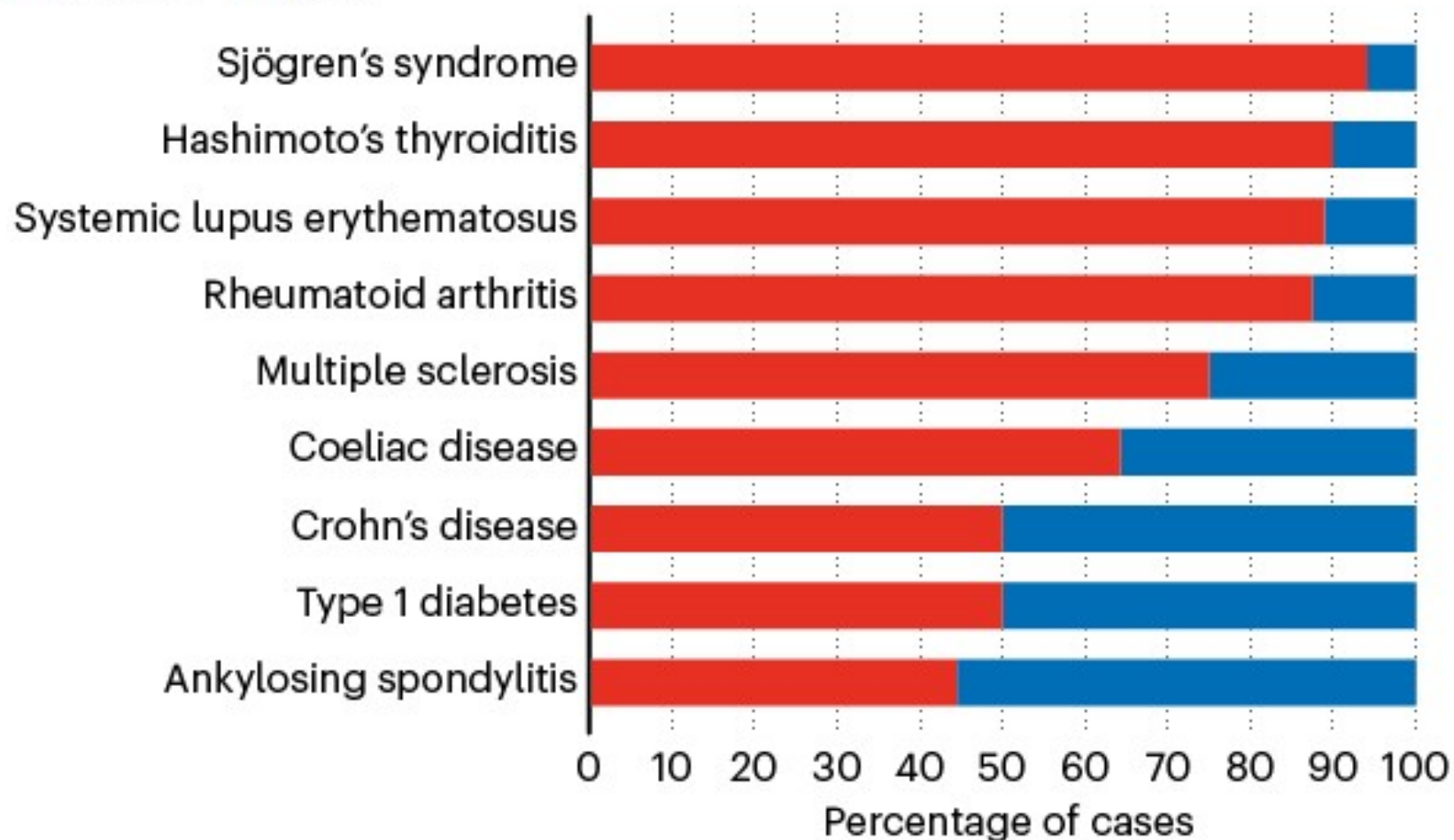


Systemic lupus erythematosus	6:1 (12)
Rheumatoid arthritis (adult)	3:1 (13)
Rheumatoid arthritis (juvenile)	2:1 (14)
Multiple sclerosis	2:1 (15)
Type 1 diabetes mellitus	1:1 (16) 1:2 (17)
Sjögren disease	9:1 (13)
Psoriasis	1:1.44(21)
Autoimmune hepatitis	4:1 (18) 6:1 (19)

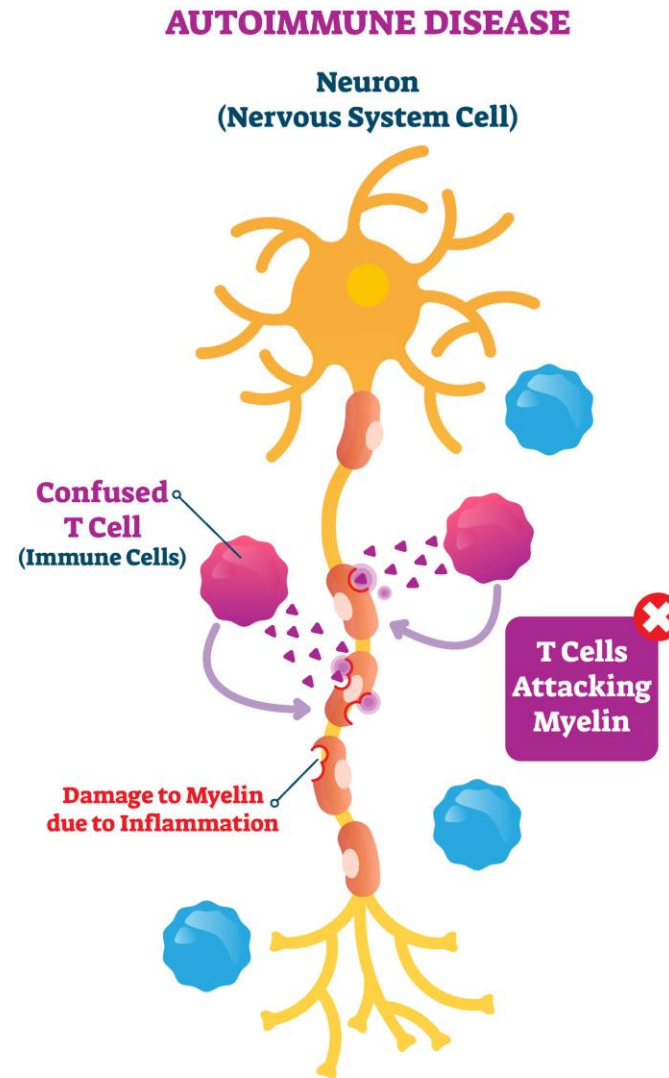
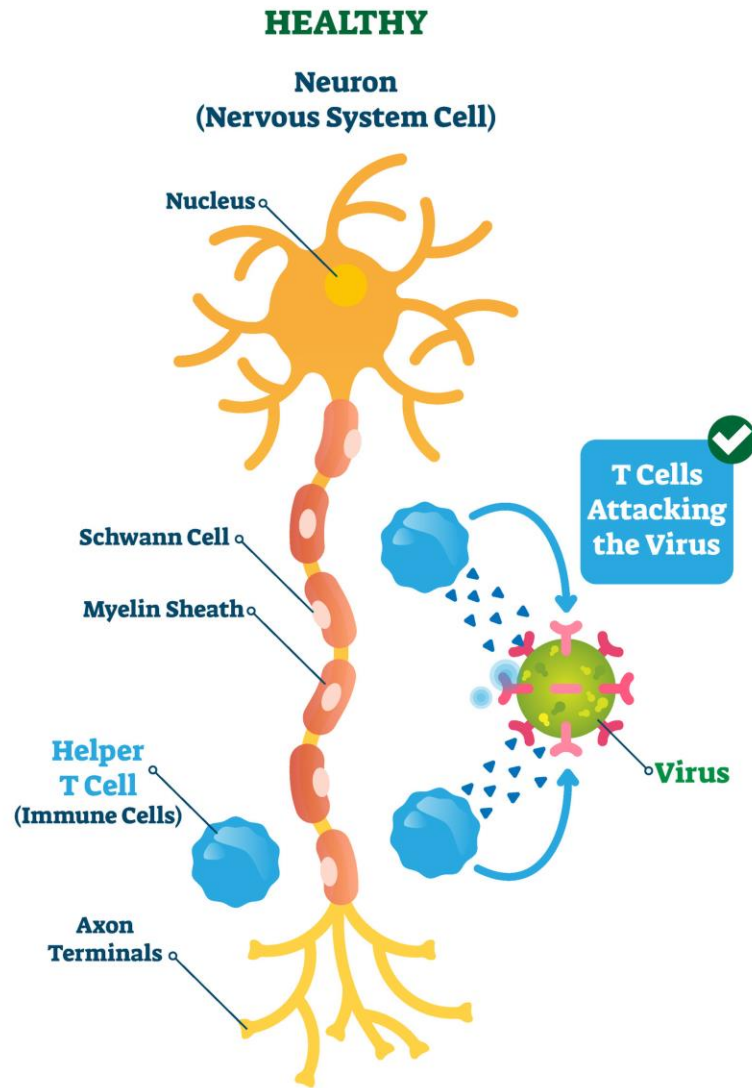
BALANCE OF THE SEXES

Autoimmune diseases are generally more common in women than in men, but the extent of the sex difference varies between diseases. Sjögren's syndrome is 16 times more common in women than men, for instance, whereas Crohn's disease and type 1 diabetes are thought to affect women and men roughly equally.

■ Women ■ Men



Autoimmune Diseases



TREATING AUTOIMMUNE DISEASES

Treatment depends on the type and severity of the condition.

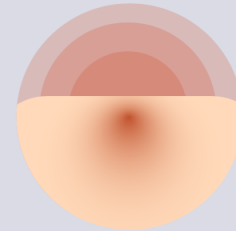
Nonsteroidal anti-inflammatory drugs (NSAIDs) and immunosuppressants are often used. Intravenous immunoglobulin may also occasionally be used.

While treatment usually improves symptoms, they do not typically cure the disease.

Non
Steroidal
Anti
Inflammatory
Drug

Types of NSAIDs

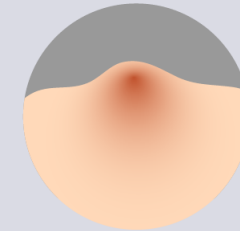
ASPIRIN



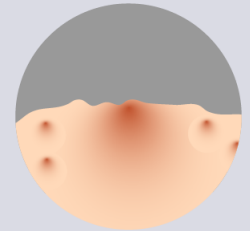
REDUCES
PAIN MODERATELY



REDUCES
FEVER

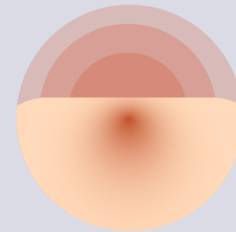


REDUCES
INFLAMMATION



REDUCES
ITCHING

ACETAMINOPHEN

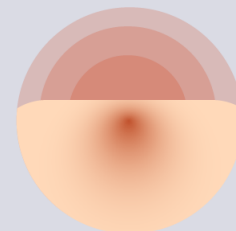


REDUCES
PAIN MODERATELY



REDUCES
FEVER

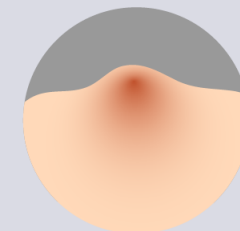
IBUPROFEN



REDUCES
PAIN



REDUCES
FEVER

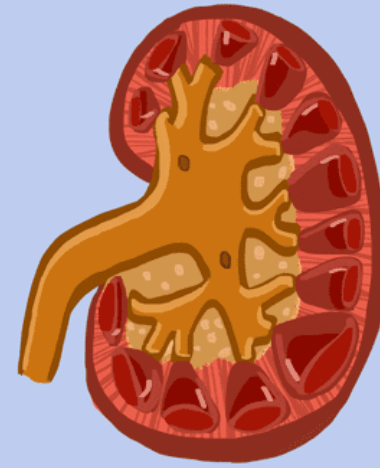


REDUCES
INFLAMMATION

Side Effects of Nonsteroidal Anti-Inflammatory Medications



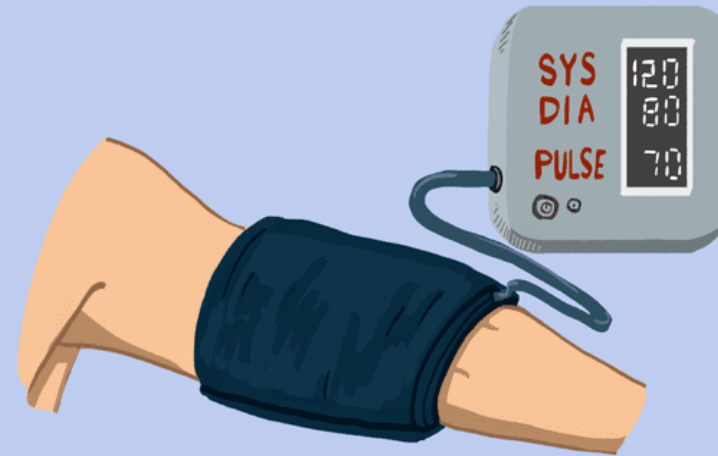
Bleeding risk



Kidney problems



Stomach upset/ulcers



Hypertension/stroke

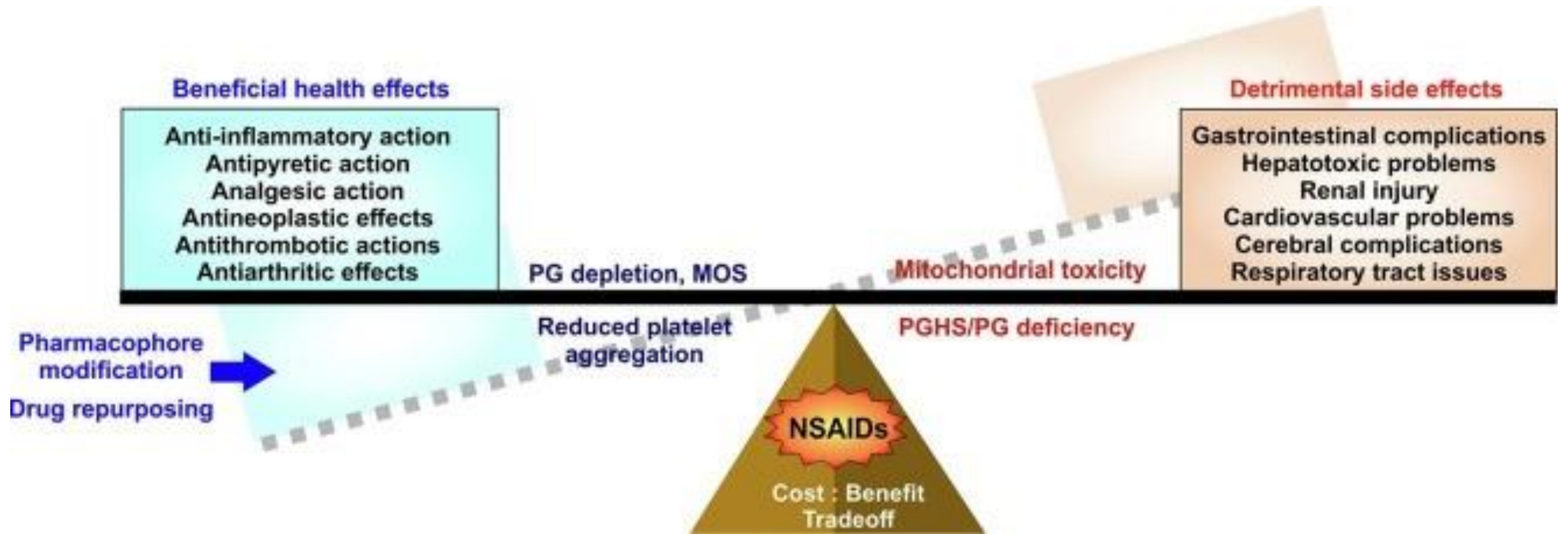
Gastrointestinal toxicity	<ul style="list-style-type: none">• Dyspepsia• Gastroduodenal ulcers• GI bleeding and perforation
Cardiovascular adverse effects	<ul style="list-style-type: none">• Edema• Hypertension• Congestive heart failure• Myocardial infarction• Stroke and other Thrombotic events
Nephrotoxicity	<ul style="list-style-type: none">• Electrolyte imbalance• Sodium retention• Edema• Reduce glomerular filtration rate• Nephrotic syndrome• Acute interstitial nephritis• Renal papillary necrosis• Chronic kidney disease

Serious side effects include:

- heart attack
- stroke
- high blood pressure
- heart failure from body swelling (fluid retention)
- kidney problems including kidney failure
- bleeding and ulcers in the stomach and intestine
- low red blood cells (anemia)
- life-threatening skin reactions
- life-threatening allergic reactions
- liver problems including liver failure
- asthma attacks in people who have asthma

Other side effects include:

- stomach pain
- constipation
- diarrhea
- gas
- heartburn
- nausea
- vomiting
- dizziness



Symptoms of poor digestion



Bloating &
Abdominal discomfort



Nausea & Vomiting



Fatigue & Weakness



Diarrhea or
Constipation



Loss of appetite



Heartburn



Pain



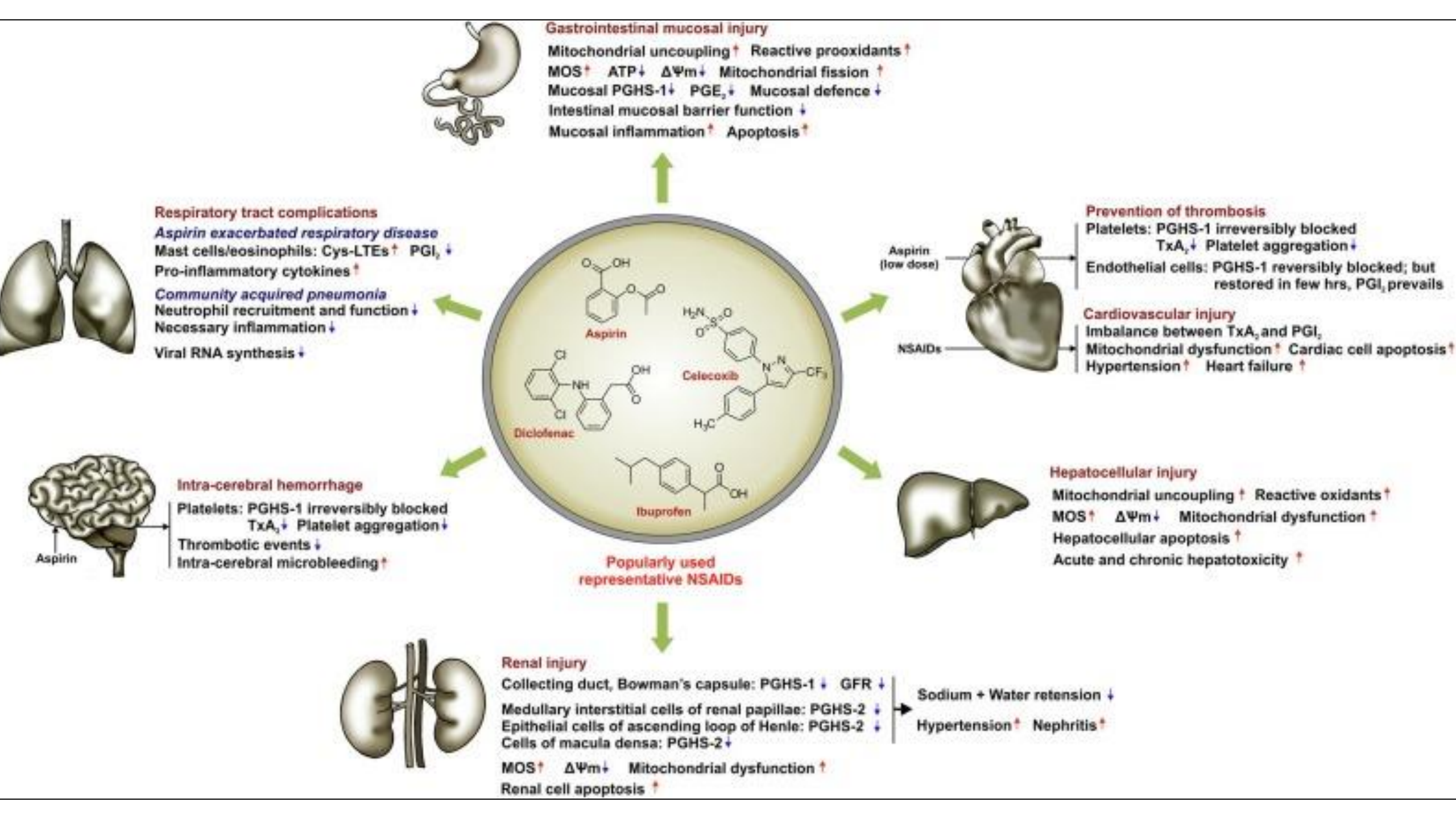
Vomiting



**Lack of
appetite**



Bloating



AUTOIMMUNE DISEASES FROM TCM PERSPECTIVE

TCM takes a holistic, or whole-body approach to healing based on the idea of Qi, or vital energy. Qi flows through pathways called meridians to nourish all of the body's organs, protect us from illness and keep us healthy. *When the flow of Qi becomes diminished or blocked, disease can result.*

氣

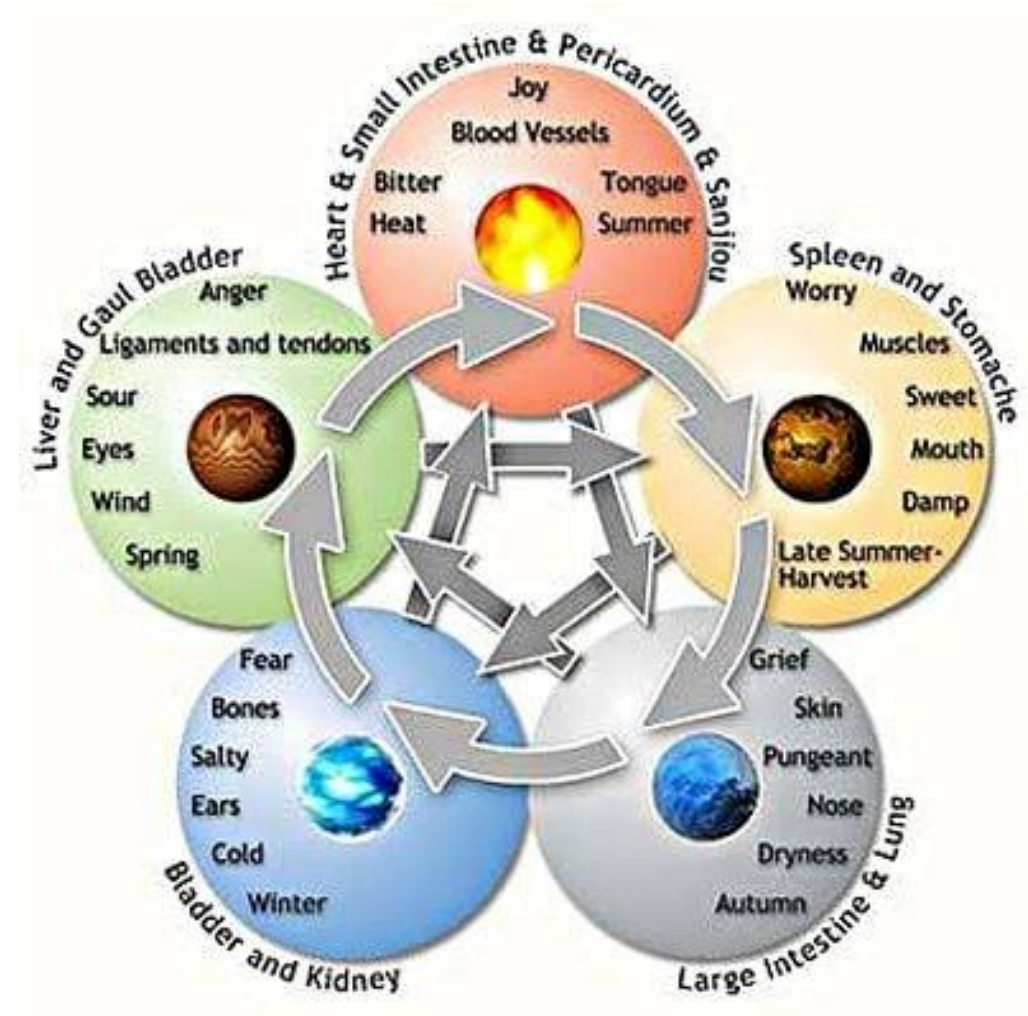


AUTOIMMUNE DISEASES FROM TCM PERSPECTIVE

The goal of treatment will be to find and treat the underlying imbalances that are affecting the flow of Qi.

By addressing the root cause of the disease, TCM helps the body regain balance and help improves overall health.

TCM also helps reduce inflammation, soothe uncomfortable symptoms, relieve side effects from medication, and increase your energy levels.



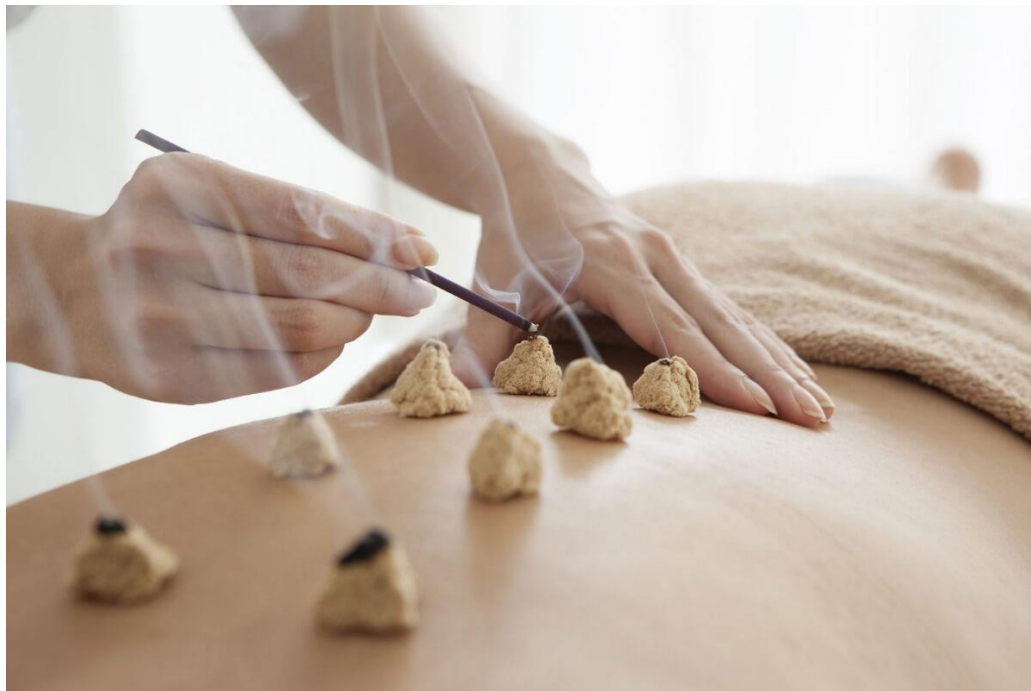
AUTOIMMUNE DISEASES FROM TCM PERSPECTIVE

During treatment, fine, sterile needles will be inserted at specific acupoints to unblock any obstruction and allow Qi to flow freely.



AUTOIMMUNE DISEASES FROM TCM PERSPECTIVE

Alternatively moxa sticks are burnt near specific acupoints to unblock any obstruction and allow Qi to flow freely.



AUTOIMMUNE DISEASES FROM TCM PERSPECTIVE

TCM herbal remedies and supplements designed to support your health and boost the immune system are also used together with the physical modalities.



RHEUMATOID ARTHRITIS IN TCM

This disease is mostly caused by exogenous wind, cold, damp and heat, or improper work and rest, prolonged illness and physical weakness, or improper diet, or injury from falls, resulting in wind, cold, damp, heat, phlegm, blood stasis and other evil qi staying in the limbs, blocking the meridian, qi, etc.

Poor blood circulation causes symptoms such as pain, numbness in the muscles, joints and muscles of the limbs, and poor movement.

TCM Syndrome Classification

Wind-cold-damp arthralgia 风寒湿痹证

Limb joints, muscle pain, flexion and extension difficulties, may involve multiple joints. If it is wind arthralgia, the pain will be migratory. At the beginning, there may be symptoms such as aversion to wind and fever, and the pulse will be floating or slow; The pulse is stringy and tight; if it is damp arthralgia, the limbs and muscles will be severely sore, swelling and loose, the skin will be numb, and the tongue will be weak and the pulse will be slow.

TCM Syndrome Classification

Rheumatic fever arthralgia 风湿热痹证

Migratory joint pain, which may involve one or more joints, local hotness, redness and swelling, relief when cold, subcutaneous nodules or erythema, often accompanied by systemic symptoms such as fever, bad wind, sweating, thirst, red tongue Or yellow greasy, slippery and rapid pulse.

TCM Syndrome Classification

Mixed cold and heat syndrome 寒热错杂证

Burning heat, swelling and pain in the joints, aggravated by cold, or cold pain in the joints, burning sensation in the palms, dry mouth, bitter mouth, yellow urine, red tongue with white coating, stringy or tight pulse.

TCM Syndrome Classification

Syndrome of stagnation of phlegm and blood stasis 痰瘀痹阻证

Arthralgia syndrome over time, muscle and joint tingling, fixed, or joint skin dark purple, swelling, hard to press, or joint stiffness deformation, flexion and extension difficulties, ecchymosis, dark purple tongue, pulse astringent.

TCM Syndrome Classification

Qi and Blood Deficiency Syndrome 气血虚痹证

Joint pain, soreness, sometimes mild and sometimes severe, or climate change, aggravated after labor, body weight loss, mental fatigue, skin numbness, shortness of breath and spontaneous sweating, pale complexion, dizziness, pale tongue with thin coating, thready and weak pulse.

TCM Syndrome Classification

Syndrome of Liver and Kidney Deficiency 肝肾虚痹证

Arthralgia syndrome persists for a long time, joint pain, aggravated fatigue, muscle emaciation, soreness of the waist and knees, or chills, impotence, nocturnal emission, or bone steaming and labor-heat, pale red tongue with thin white fur, deep thready pulse.

Moxibustion Therapy

Moxibustion has the functions of dispelling cold and dehumidification, warming meridians and collaterals, promoting blood circulation and removing blood stasis, relieving numbness and relieving pain, tonifying deficiency and strengthening the body, preventing diseases and health care, etc. As a warming therapy, moxibustion has a wide range of clinical applications.

Acupoints: zusanli, guanyuan, shenshu, ashi

MOXIBUSTION THERAPY FOR RHEUMATOID ARTHRITIS

"Rheumatoid" is a disease similar to rheumatism caused by viscera deficiency.

Manifestations generally start from the liver, spleen, and kidneys

Rather than externally received rheumatism, the two have differences in the formation of rheumatism, but the final result is the same

TCM has a long history and rich experience in treating rheumatoid arthritis

There are various treatment methods, which can relieve the discomfort symptoms of patients and improve the quality of life

The effect is obvious and the safety is higher

MOXIBUSTION THERAPY THERAPY FOR RHEUMATOID ARTHRITIS

Tian Xinwei treated 41 cases of RA patients with warm acupuncture combined with moxibustion, the total effective rate was 90.2%

It can significantly reduce the levels of C-reactive protein, rheumatoid factor and erythrocyte sedimentation rate (ESR), prefabricated immunoglobulin IgA, IgG and IgM expression, and improve its inflammation and immune response.

MOXIBUSTION PLUS WESTERN MEDICINE

Zhang Min et al. observed the clinical efficacy of moxibustion combined with western medicine in the treatment of RA with liver and kidney deficiency

The results showed that the curative effect of moxibustion combined with western medicine in the treatment of RA was significantly higher than that of the conventional treatment group.

Its mechanism may be related to regulating immune inflammatory response, affecting calcium balance, and then inhibiting bone destruction

温针灸治疗类风湿性关节炎临床观察

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【摘要】目的：观察温针灸背部腧穴对类风湿性关节炎(rheumatoid arthritis, RA)的临床疗效。**方法：**将 60 例 RA 患者按随机数字表随机分为 2 组，每组 30 例。观察组采用温针灸背部督脉穴及夹脊穴治疗，对照组采用常规针刺治疗。**结果：**治疗后，两组患者晨僵、关节疼痛指数、关节肿胀指数及红细胞沉降率(erythrocyte sedimentation rate, ESR)都有明显改善，与本组治疗前差异均有统计学意义($P < 0.01$)；观察组与对照组亦有统计学差异($P < 0.05$)。观察组总有效率为 93.3%，对照组为 76.6%，两组总有效率差异有统计学意义($P < 0.01$)。**结论：**温针灸背部督脉穴及夹脊穴治疗 RA 的疗效优于常规针刺治疗。

【关键词】 关节炎, 类风湿; 温针疗法; 针灸疗法; 灸法; 穴, 夹脊; 督脉

INTRODUCTION

RA belongs to the category of "Bi Syndrome" (痹证) in traditional Chinese medicine.

Insufficient righteous qi, weak defenses, unable to resist external evils, wind, cold, damp and other exogenous evils will easily invade the human body, block the meridians, joints, muscles and bones, cause blood blockage, body fluid stop gathering, and blockage of nutrition and defense.

INTRODUCTION

Over time, phlegm and blood stasis will accumulate , leading to the occurrence of this disease.

The pathogenesis of RA can be summarized as "deficiency, evil, and stasis". Therefore, the treatment should focus on strengthening the body. If the body is full of righteousness, it is not easy to feel external evils.

METHOD

RA is treated with warm needling moxibustion on the Governor Vessel and Jiaji points on the back to replenish the Yang Qi of the patient and improve the body's immunity.

60 RA patients equally divided into 2 groups:

- Group 1: warm needling moxibustion on GV and Jiaji acupoints
- Group 2: normal acupuncture

RESULTS

表 2 两组治疗前后临床症状评分和血沉指标比较 ($\bar{x} \pm s$)

组别	<i>n</i>	时间	Stiffness (AM)	Joint Pain Index	Joint Swell Index	ESR (mm/ h)
Experimental	30	before	1.5±0.54	9.7±0.45	6.8±0.51	37.05±11.26
		After	0.2±0.12 ¹⁾²⁾	2.5±0.47 ¹⁾²⁾	2.6±0.62 ¹⁾²⁾	10.35±5.08 ¹⁾²⁾
Control	30	before	1.6±0.41	9.2±0.47	6.6±0.56	38.58±9.05
		After	0.6±0.17 ¹⁾	4.3±0.51 ¹⁾	4.45±0.52 ¹⁾	29.10±12.3 ¹⁾

注：与本组治疗前比较，1) $P < 0.01$ ；与对照组治疗后比较，2) $P < 0.05$

RESULTS

表 3. 两组患者临床疗效比较 (例数)

组别	<i>n</i>	VE	Effective	NE	Overall effectiveness (%)
Experimental	30	25	3	2	93.3 ¹⁾
Control	30	14	9	7	76.6

注：与对照组比较，1) $P < 0.01$

Key: VE – very effective, NE – not effective

DISCUSSION

The Governor Vessel is the "Sea of Yang Vessels", which is the confluence of the Yang Meridians of the human body, which can control and regulate the Yang Qi of the whole body, and invigorate the functions of the whole body.

The Governor Vessel is closely related to the kidneys and the brain, as well as to the viscera and meridians of the whole body.

There is a direct or indirect relationship, so stimulating the Governor Vessel acupoints can adjust the overall body's meridians, qi, blood, and viscera functions

DISCUSSION

Baihui (GV20), dazhui (GV14), shendao (GV11), Zhiyang (GV9), and Mingmen (GV4) are the key points for the gathering of Yang Qi in the Governor Vessel, and Baihui can enhance Yang Qi;

Dazhui (GV14) is the meeting point of the three yang meridians of the hands and feet and the Governor Vessel, which can warm the Yang and dispel cold, and adjust the Yang Qi of the whole body;

Shendao (GV11) strengthens Yang and replenishes Qi, calms the mind and calms the nerves;

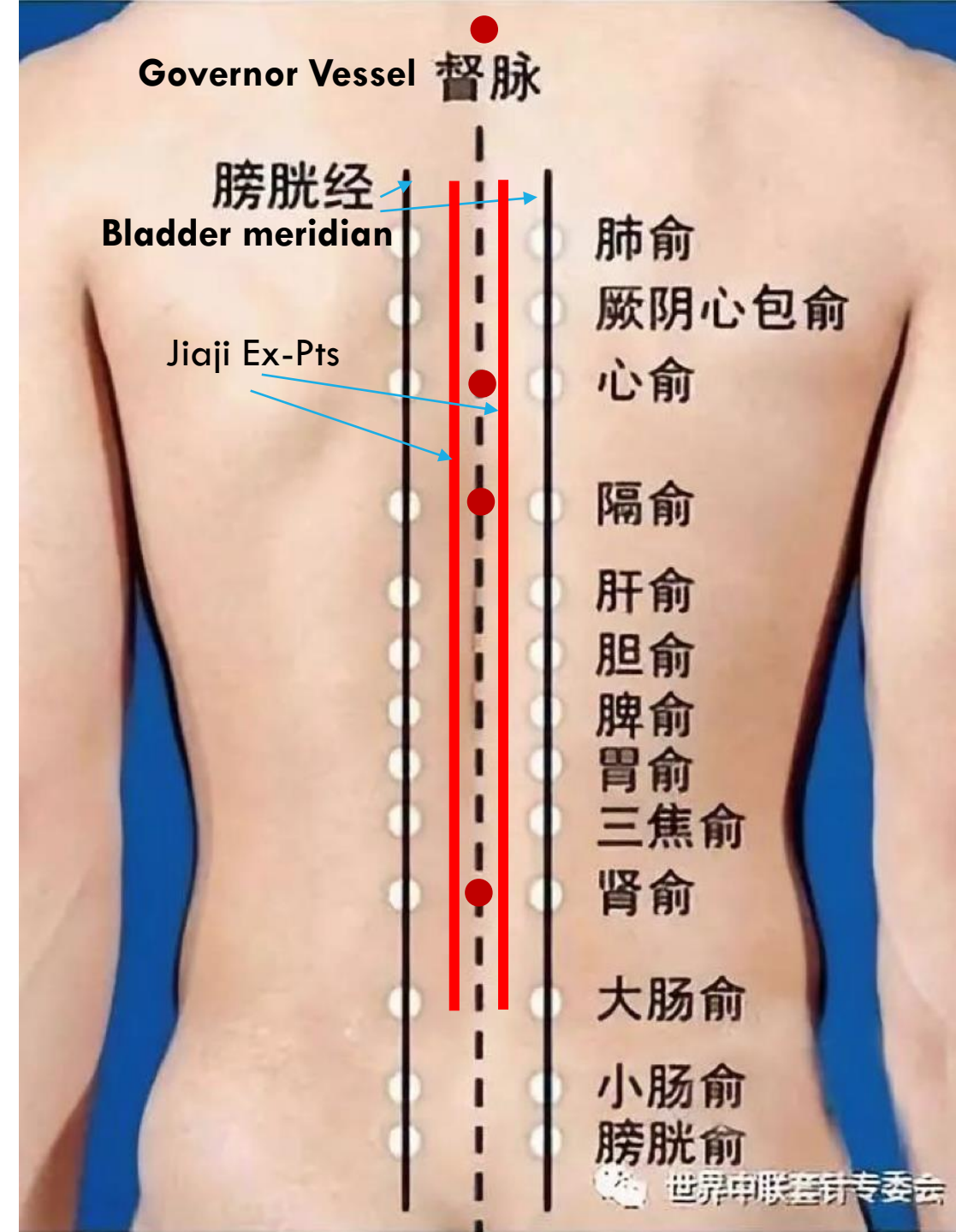
Zhiyang (GV9) nourishes the Yang of the heart and lungs, and nourishes Qi and blood ;

Mingmen (GV4) invigorates the kidney and strengthens Yang, cultivates the yuan and strengthens the foundation.

DISCUSSION

Jiaji points are located between the Governor Vessel and the Bladder Meridian (from T1 to L5) – 17 points

It is also within the chest and abdomen qi cavities, and hence it is connected with the internal organs, brain, marrow, etc. through meridians.



DISCUSSION

From the point of view of modern medicine, the distribution of Jiaji acupoints is closely related to the segments of spinal nerves, and the dorsal branches of spinal nerves pass through the acupoints, which is the main neurophysiological basis for the therapeutic effect of Jiaji acupoints.

Therefore, acupuncture at Jiaji points can not only dredge qi and blood in meridians, but also regulate sensory and motor nerves, and play an overall regulating role.

Fengchi (GB20) is the intersection point of Gallbladder Meridian and Yangwei Vessel, which can dispel wind and clear the brain.

DISCUSSION

When the moxa stick is burning, the heat is transmitted to the skin, muscles, and bones through the acupuncture needles, which can expand the capillaries, accelerate blood and lymph circulation in the acupuncture points, and promote metabolism, so as to dispel cold and dehumidify, warm and replenish qi and blood, activate blood and eliminate numbness.

DISCUSSION

Moxibustion stimulation can also induce the production of heat shock proteins in local muscles, and it is believed that an important aspect of the mechanism of moxibustion is that the heat shock proteins produced at the moxibustion site act as immunogens to activate the immune system.

Warming acupuncture is a method that combines acupuncture and moxibustion. In addition to the effect of acupuncture, warm needling therapy can also use the warming effect of moxibustion to warm the meridians and dispel cold, dredge the meridians and activate the collaterals.

CONCLUSION

The results of this study suggest that warm needling moxibustion at back acupoints can significantly relieve the clinical symptoms of RA patients and improve the immune function of the body, which is superior to conventional acupuncture.