

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/326065860>

# Acupuncture and herbal treatment with Yunnan Baiyao for hyperhidrosis

Poster · May 2018

CITATIONS

0

READS

925

5 authors, including:



**Jihe Zhu**

Center of Traditional Chinese Medicine "Tong Da Tang" Skopje

200 PUBLICATIONS 188 CITATIONS

[SEE PROFILE](#)



**Blagica Arsovska**

Center of Traditional Chinese Medicine "Tong Da Tang" Skopje

193 PUBLICATIONS 164 CITATIONS

[SEE PROFILE](#)



**Kristina K.**

Ss. Cyril and Methodius University in Skopje

177 PUBLICATIONS 151 CITATIONS

[SEE PROFILE](#)

# Acupuncture And Herbal Treatment With Yunnan Baiyao For Hyperhidrosis

Marina Milkovska<sup>1</sup>, Dragana Milkovska<sup>1</sup>, Jihe Zhu<sup>1</sup>, Blagica Arsovska<sup>1 2</sup>, Kristina Kozovska<sup>1</sup>

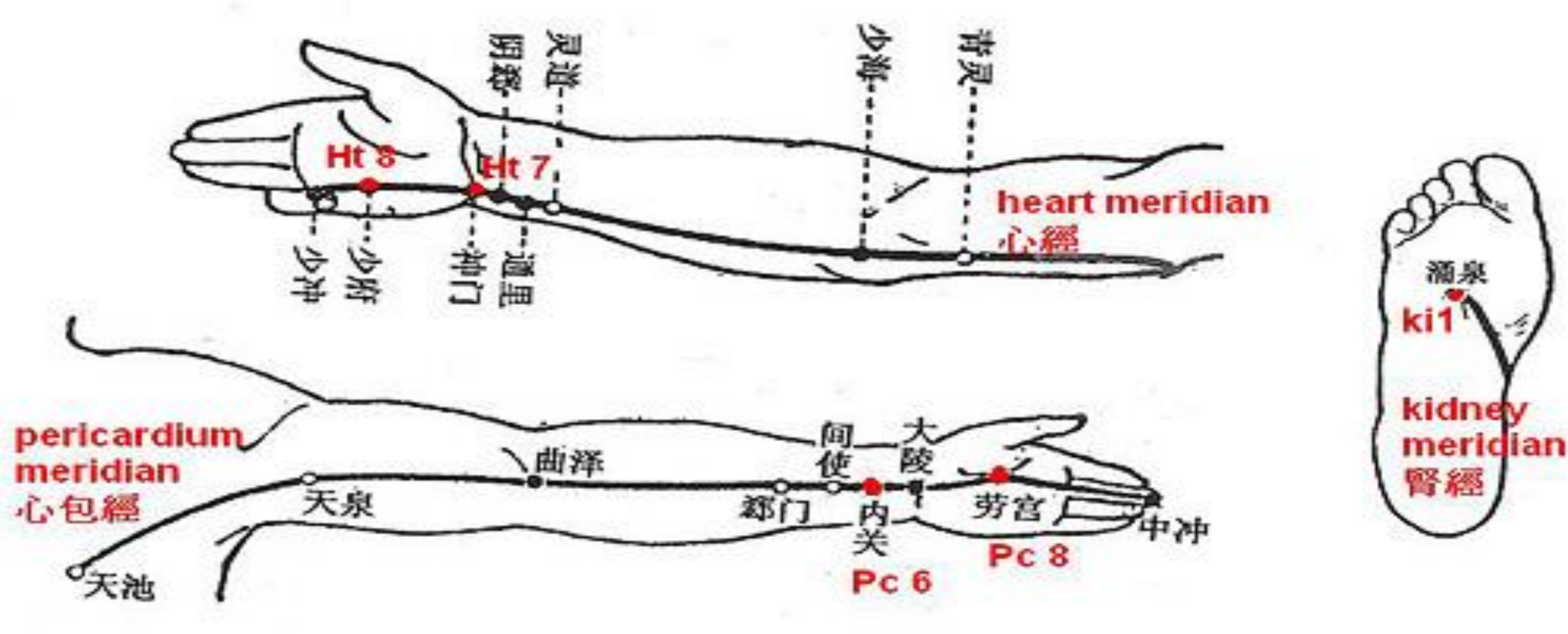
1,3 Faculty Of Medical Sciences, University Goce Delcev – Shtip, Republic Of Macedonia;

2 Institute Of Biology, Faculty Of Natural Sciences And Mathematics – Skopje, Republic Of Macedonia;



## INTRODUCTION

- Hyperhidrosis or excessive sweating is a condition of excessive or increased secretion of the sweat glands on different parts of the body.
- Hyperhidrosis can be divided to focal and general and primary and secondary.
- The first choice for treatment of hyperhidrosis is with acupuncture and herbs.



The TCM sees the condition as a disharmony of the energy in the body that may be results from deficiency of Yang energy, internal weakness, excessive heat in the body or deficient energy that fails to contain body fluids. The acupuncture and herbal treatment can balance the autonomic nervous system, harmonize the energy and help the body to regain its normal internal state.



## MATERIAL AND METHODS

- 16 year old male teenager with excessive sweating on the head, back and stomach.
- The condition started 3 years ago and the sweating increased in the past one year.
- The patient is an active individual, exercises excessively in gym with normal diagnosis and results from the hormonal tests came normal for all hormones including the thyroid.
- The hyperhidrosis is primary and general, with excessive sweating through the day.
- The patient has done 16 acupuncture treatments and while the treatments were done he was drinking Yunnan Baiyao (Ginseng) tea in a capsule form 0,25g in the morning, per day in a period of 6 months.
- Treatments were done once a week, with duration of 30-40 minutes in a closed room on a room temperature.

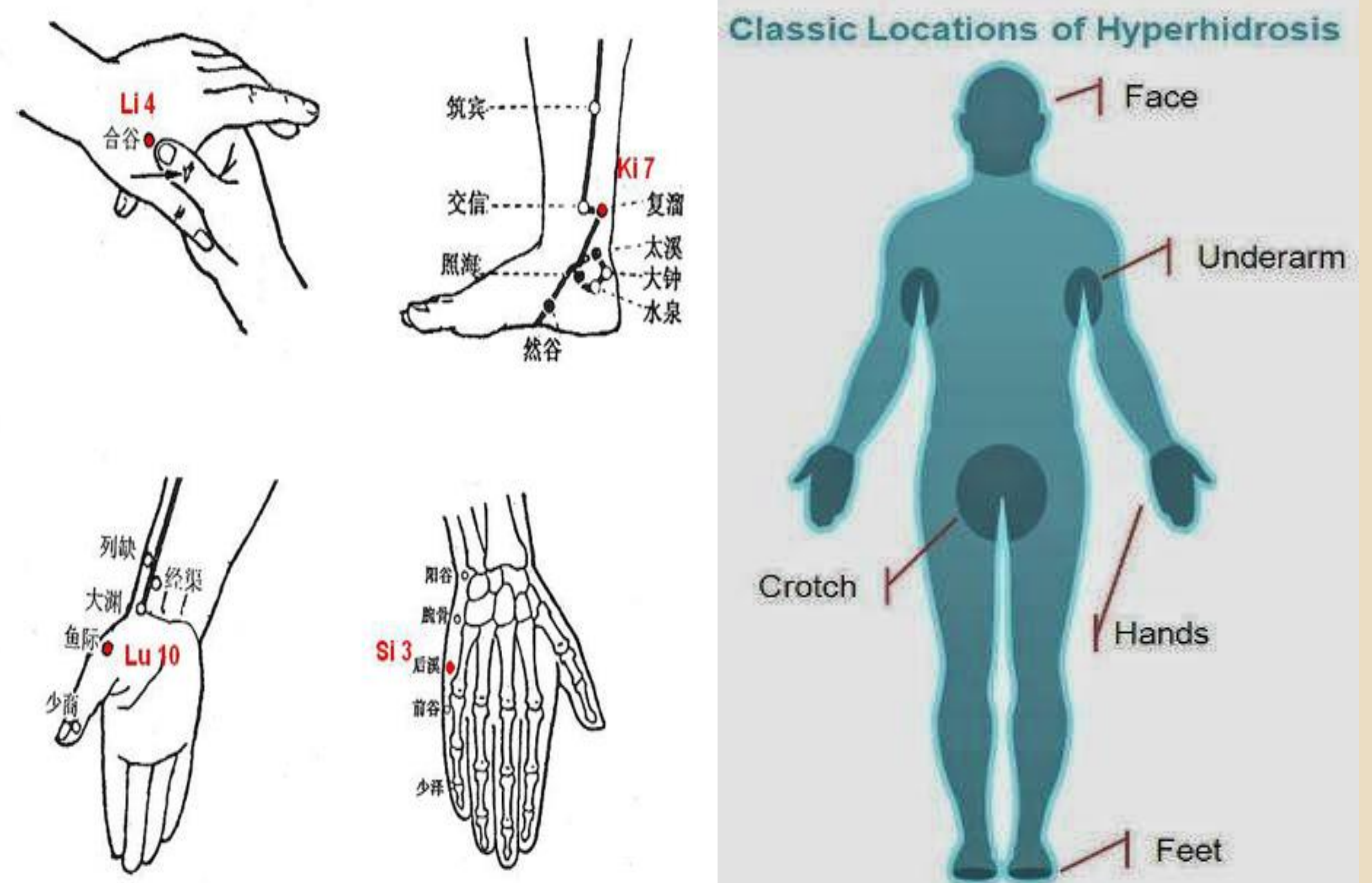
## RESULTS

- Gradually, with the treatments the condition was improved and the body's control of sweating was recovered.
- The treated acupuncture points are located on the meridians of Liver, Bladder, Spleen and Kidney.
- Our theory is that the reasons for the excessive sweating are of some external and internal characters.
- External - too much exercising and very short time of sleeping, which is why were treated the acupoints located on the meridians of Liver, Bladder and Spleen.
- Internal – Fear as a factor that affected the Qi and made it damaged.



## DISCUSSION

- The aim of the treatment was to correct the Qi energy, to balance the energy, to improve the sleeping, stop the excessive sweating and calm the Spirit.
- According to the TCM theory excessive sweating around the area of head, chest and upper body is a result of Yin or Yang deficiency in the Heart, Kidney and Spleen and accumulation of Dump-Heat.



## CONCLUSION

Acupuncture and herbal treatment with Yunnan Baiyao as parts of the TCM are very effective treatments and give positive and satisfying results in the treatment of hyperhidrosis (excessive sweating), improving the condition completely and allowing the body to heal naturally and regain its function.