

Chronic Obstructive Pulmonary Disease

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A new anti-inflammatory therapy for COPD

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COPD is a chronic progressive inflammatory lung disease. It is caused by various stimuli, like smoking, air pollution; all these stimuli can cause small airway and lung tissue injury, which induces an inflammatory reaction. The ongoing inflammation in small airway and lung tissue will continue to cause tissue damage as a result, the lung function in COPD patients will progressively deteriorate. The key in treating COPD is to treat the inflammation. Current treatments of COPD are LAMA, LABA and ICS. LAMA and LABA only treat the symptoms of COPD by dilating the small airway; they do not target the underlying mechanism of COPD (the inflammation). ICS can only temporarily suppress the inflammation in COPD, cannot really terminate the inflammatory reaction and therefore it cannot stop the progression of COPD. Steroid resistance is a big issue in treating COPD and other chronic inflammatory lung diseases, like asthma, pulmonary fibrosis. In order to effectively treat COPD, we must find new anti-inflammatory therapies or developing new anti-inflammatory drugs. I have found that the smoke or tar of burning *Artemisia argyi*; an herb, also called moxa had special anti-inflammatory effect, which is different to steroid. It not only can effectively treat steroid resistant chronic inflammation, but also can terminate chronic self-perpetuating inflammation. I have treated twenty five COPD patients with inhalation of the smoke of burning *Artemisia argyi*. 3 patients did not complete the treatment for various reasons, all the other 22 patients became symptoms free (no breathlessness) after treatment with inhalation of the smoke. They could do their normal routine activities without breathlessness and did not need any further treatment with LABA, LAMA or ICS. Followed up for 6 months to 2 years and no relapse. In this presentation I will discuss about the anti-inflammatory property of the smoke or tar of the burning *Artemisia argyi* and the possibility of developing a new anti-inflammatory drug from isolating the active ingredients from the smoke or tar of burning *Artemisia argyi*.

Biography

Qian Zeng was graduated from The Second Beijing Medical College in China in 1983. He has migrated to Australia in 1985, qualified the examination for overseas doctors in Australia in 1997 and worked as a Resident in Alfred Hospital and Monash Medical Centre from 1997 to 2000. He has made self-research on anti-inflammatory therapy for chronic inflammatory diseases from 2001 to 2011 and he is also working as a General Practitioner at Medi7 Clinic Bentleigh, Melbourne and continuing research on anti-inflammatory therapy from 2012 to till date. His main interest is to combine Modern Western Medicine with Traditional Chinese Medicine to develop a new anti-inflammatory therapy for treating chronic inflammatory diseases.

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