

## **Euro Clinical Pediatrics 2020: The intercultural approach on the prophylaxis and treatment of Infantile Asthma- Case Report**

**Ruxandra Ioana Aschenbrenner and Angela Sanda Tudor**  
**Nanjing University of Traditional Chinese Medicine, Romania**

### **Abstract**

**Introduction:** Asthma is a disease which consists from a chronic inflammation of the airways followed by a bronchial hyper-reactivity and a reversible airway obstruction. About 10 percent of the population suffer from this disease, it can develop at any age but the most of the pediatric cases emerge before the age of 10 yrs. Treatments proposed by the Traditional Chinese Medicine can help the patients to have a better management of the disease and overall an increase in the quality of life.

A condition where an individual's aviation routes become kindled, thin and swell and produce additional bodily fluid, which makes it hard to relax.

Asthma can be minor or it can meddle with every day exercises. Now and again, it might prompt a perilous assault.

Asthma may cause trouble breathing, chest torment, hack and wheezing. The side effects may here and there erupt.

Asthma can ordinarily be made do with salvage inhalers to treat indications (salbutamol) and controller inhalers that forestall manifestations (steroids). Extreme cases may require longer-acting inhalers that keep the aviation routes open (formoterol, salmeterol, tiotropium), just as inhalant steroids.

Asthma is an incessant condition that influences the aviation routes. It causes wheezing and can make it difficult to relax. A few triggers incorporate introduction to an allergen or aggravation, infections, work out, passionate pressure, and different variables.

Asthma causes within dividers of the aviation routes, or the bronchial cylinders, to get swollen and aggravated.

During an asthma assault, the aviation routes will grow, the muscles around them will fix, and it gets hard for air to move all through the lungs.

Around 7.9% of individuals in the United States had asthma in 2017. There are numerous sorts of asthma, and a few components can cause asthma or trigger an intense assault.

Asthma is a constant lung issue that can make breathing troublesome. It highlights limited, kindled aviation routes (bronchial cylinders). "Asthma" is an antiquated Greek word signifying "short breath," and as the name suggests, it can leave you heaving for air. One of the indications of an asthma assaults is wheezing with trouble relaxing. Other asthma indications incorporate chest snugness, hacking, and brevity of breath.

At the point when the breathing containers of the lungs become incessantly kindled, they can get touchy to breathed in ecological allergens and aggravations that can trigger asthma. These ecological triggers incorporate dust, contamination, and tobacco smoke. Exercise can likewise be an asthma trigger for a few.

Others have extreme recalcitrant asthma. In these cases, the asthma doesn't react to treatment — even with high doses of prescription or the right utilization of inhalers. This kind of asthma may influence 3.6% of individuals with the condition, as indicated by one 2015 examination

Eosinophilic asthma is another sort of asthma that, in extreme cases, may not react to the standard drugs. Albeit a few people with eosinophilic asthma make do with standard asthma prescriptions, others may profit by explicit "biologic" treatments. One sort of biologic prescription diminishes the quantities of eosinophils, which are a kind of platelet engaged with an unfavorably susceptible response that can trigger asthma.

Asthma is a respiratory issue of the lungs. Asthma influences typical breathing; routine physical exercises become troublesome or unthinkable for an asthma quiet. Asthma can be perilous if legitimate treatment is deferred.

Because of elements, for example, expanding contamination, respiratory maladies, for example, asthma are getting alarmingly common. The World Health Organization assesses that India has around 20 million asthma patients. Asthma likewise strikes kids normally matured between 5 to 11.

During breath, the air that we take in experiences the nose, throat and into the lungs. Asthma happens when the aviation routes to the lungs grow and fix the encompassing muscles. This makes bodily fluid square the aviation routes which further hinders the gracefully of oxygen to the lungs. The outcome is the asthma assault of hacking, and so forth

**Purpose:** The purpose of this study is to establish an intercultural link between western and Traditional Chinese Medicine for prophylaxis and treatment of pediatric asthma .

**Methods:** A case report of an 8 years old male patient, who presented asthma with more than one exacerbation per week since 2018. He reacted well to bronchodilator medication but due to recurring manifestation his doctor recommended a TCM consult for secondary prophylaxis. The consult revealed a Wind-Heat syndrome and because the young

age of the patient, the parents were open to begin the TCM treatment .

**Results:** By adding acupuncture sessions, dietary counseling and more water intake to equilibrate his energy levels the patient was able to control his condition.

**Conclusion:** In TCM the invasion of Wind-Heat blocks the descending of the Lung's Qi (Qi is the vital energy of the body) and causes wheezing and thoracic oppression. The aim of the TCM doctor is to eliminate the Wind and the Heat, Clarify the Lung's heat and unblock the descending of the Lung's Qi in order to stop the wheezing.

**Keywords:** Asthma, Traditional Chinese Medicine, Diet, Prophylaxis, Intercultural

### Biography

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**Note:** This work is partially presented at 16th European Congress on Clinical Pediatrics and Child Care during November 12-13, 2020 Budapest, Hungary.