

What Care Should We Have in a Puerperal Woman According to Ancient Medical Traditions?

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Abstract

Introduction: There are differences in the treatment of puerperal patients between Western and traditional Chinese medicine and one of the main differences is the exposition of the external pathogenic factors.

Purpose: The purpose of this study is to show how Western medicine treats puerperal patients and does not take into account the influences of external pathogenic factors such as Wind and Cold.

Methods: I am describing one case of 11 days of puerperal patient of 26 years old with low-grade fever, lack of appetite, and pallor. She said that the temperature in the hospital was very low and also, in her hospital room where they turn on air conditioning and ask them to drink iced water. It was orientated to her all the precautions to do not expose to Wind and Cold, to use clothes to cover all her skin, to drink lukewarm water, and to avoid the ingestion of raw food.

Results: She improved very well after doing all these precautions and she was able to eat normally and the fever disappeared.

Conclusion: The conclusion of this study is that patients with puerperal phase need to be secluded at home to avoid the entrance of the external pathogenic factors to do not have diseases caused by this exposition to external pathogenic factors such as Cold and Wind.

Keywords: *Puerperal Woman; Ancient Medical Traditions; Wind and Cold*

Introduction

This editorial article that I am going to write today is based on a patient in a puerperal period that I attended about two months ago (on January 2023) and through the things that happened to her, I will describe and explain throughout this article.

The things I am going to talk about are observations based on the teachings of traditional Chinese medicine, which has existed for around five thousand years [1].

She was a puerperal woman aged around 26 years old, which came to my clinic complaining of loss of appetite, low fever, and severe weakness [1].

She had had a cesarean delivery 11 days ago, and the baby was receiving breast milk but due to her weakness, there was a need to introduce industrialized milk for the newborn [1].

She said that the temperature in the hospital was very low and after giving birth, she was taken to the hospital room, where she soon fell asleep, but in the morning, she was woken up by the hospital nursing staff, who was instructed to take a shower. Soon after, the air conditioning in the room was turned on and that Cold air entered her body without any resistance. The same thing she said with regard to the temperature of the water they put for her to drink, as it was very Cold [1].

When she arrived home, she was very prostrate and had a slight fever, and was unable to feed herself [1].

After about 10 days after giving birth, she came to my clinic for a consultation and told me everything that had happened in her recent delivery and during her hospital stay [1].

From this, I made several changes to her day-to-day care, so that she could recover from the adverse effects resulting from the entire delivery and puerperal process [1].

I am talking about the adverse effects of the entire delivery because everything that happened to the puerperal woman is not admissible in the eyes of a doctor of traditional Chinese medicine and I will explain in the next paragraphs, and explain from the perspective of traditional Chinese medicine what happened to this puerperal woman regarding her postpartum cesarean care.

I am using traditional Chinese medicine reasoning to explain the whole process involved in generating your current illness due to the commandments of Hippocrates (460 BCE - 375 BCE), the father of medicine, who said that “we must consider the most ancient medicines before current medical practice” [2].

The pregnant woman in labor, according to TCM, will lose a lot of *Yang* energy, which is responsible for the work of contraction and expulsion of the fetus. There is also a great loss of Blood during the delivery process and a loss of liquids, causing a very large amount of energy deficiency [3].

Therefore, in this process, the puerperal woman is very energy deficient and very prone to the invasion of external pathogenic factors, which are Cold, Heat, Humidity, Dryness, and Wind. These factors are not well studied in Western Medicine and therefore, their actions in the human body are not mentioned in Western medicine books. However, in traditional Chinese medicine, all diseases come from the imbalance of internal energy, composed of *Yin*, *Yang*, *Qi*, and Blood, and its deficiency in one or more energies can cause the formation of internal Heat, responsible for various emotional or physical symptoms [4,5].

This energy deficiency in this postpartum period makes the woman more susceptible to the entry of these factors into the body since the lack of care in this period can be the cause of the formation of diseases in the future of the patient, one of them, the development of fibromyalgia, causing intense pain throughout the body, due to the entry of external pathogenic factors, such as Wind and Cold, especially in the postpartum period. This pain is also caused by Blood deficiency which is in the energy level so, it cannot appear in laboratory exams [1].

The lack of observation of these factors is the cause of the formation of several diseases nowadays and can be the cause of the formation of nosocomial infections in people with energy deficiency [6].

In a study I carried out between 2015 and 2020, analyzing the energy of the five massive internal organs (Heart, Spleen, Lungs, Kidney, Liver) of 1000 patients at my clinic in Brazil, I concluded that 90% of all my patients have no energy in these internal organs, which are responsible for the production of internal energy to protect against diseases. The Liver and the Lungs are responsible for the distribution

of *Qi*, the Kidney is responsible for the production of *Yin* and *Yang*, and the Spleen is responsible for the production of Blood. With all these organs without energy, this characterizes our body as being immunodeficient and not immunocompetent [7-9].

This finding of this study here in Brazil can be an example of what may be happening in the world, as this energy drop is caused by the influences of the electromagnetic waves of the use of cell phones and computers after the implementation of the modernization of telecommunication [7].

According to a study written by me (2021) titled *Is SARS-CoV-2 Strong or Our Body Is Weak?* I am saying that the pandemic of COVID-19 occurred because people are weak immunologically, due to energy deficiency inside the five internal massive organs and the energy of the Kidney (called *Zheng-Qi* in traditional Chinese medicine) is important to protect our body against the invasion of external pathogenic factors. In another study that I published (2021) titled *Are We Vaccinating Immunocompetent or Immunocompromised People for COVID-19?* I am demonstrating that only 2.5% of all my patients have energy in the Kidneys, so the majority of my patients are more prone to the entry of external pathogenic factors, in this case, mainly Cold and Wind also inside the hospitals, generating an increase chance to have hospital infection due to energy alterations caused by this entry and causing the formation of internal Fire, responsible for nosocomial infections symptoms [9,10].

A puerperal woman must be very protected from Wind and Cold because her body is very weakened before childbirth and worse after childbirth [1-3].

Currently, hospitals in general, have left the temperature inside the hospital ward very low, as they keep in mind that the reproduction of bacteria in a colder environment occurs in a smaller way, but they forget to know that human beings in a Cold environment can have diseases such as sore throat, fever, pneumonia, body ache, etc. and can worsen their condition instead of improving [11].

What happened to this pregnant woman reported in this article is that there was an invasion of Cold and Wind when she underwent a cesarean delivery in the surgical center and that worsened when they turned on the air conditioning in the hospital room and also the intake of Cold water that was available in the room. Also, the nurse advised her to take shower and she caused an invasion of Cold and Wind inside the body due to wet hair and also, for the flow of Wind inside the bathroom and even taking shower with warm water, she could induce entrance of these external factors [12].

Water normally has Cold energy and even if the patient ingested it at room temperature, it could cause Cold to enter the body causing some complications such as the fever she had. The fever the patient presented could be caused by the entry of an external pathogenic factor, which is between the skin and the muscle and may initially cause chills. When this entry of Cold is not treated promptly, the Cold penetrates the body and can lodge in the Liver meridian, causing loss of appetite and vomiting. Therefore, what was done with this patient was to guide her to wear clothes that covered the entire skin of the body as if it were protection against the entry of Cold and Wind and we performed acupuncture using points to expel the external pathogenic factors that entered the patient (LI4, LI11, GB20, LR3). She was also subjected to the measurement of the energy of the five internal massive organs that are the Liver, Heart, Spleen, Lung, and Kidneys, and what was found was that she did not have any energy in these organs and so, highly diluted medications were started such as homeopathic according to the theory written by me (2020) whose title is *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* [13,14].

The patient was also instructed to avoid eating raw foods such as leaves and fruits (eating only boiled or roasted and boiling water to neutralize the Cold energy) [12].

Also, it is usually advised to avoid the ingestion of cow's milk and all dairy products. Using these precautions, we can note that the baby will not have abdominal colic when ingestion the mother's milk because the energy of the milk will not have coldness and will not

cause abdominal pain in the newborn. These orientations were presented at the “Global Conference on Food Science and Nutrition” (GCFN 2021) September 23-24, 2021 [15].

After this care, the patient improved rapidly, acquiring a pink color on her face, which at the first consultation was quite pale. She was better and returned to her normal life, managing to eat better.

The routines in Western medicine of taking the child to the pediatrician in the first days of birth make the act of protecting oneself from the Cold and Wind impossible. In China, puerperal women are advised to stay at home for 40 days and not wash their hair during this period, as this could cause the onset of Cold in a body with low energy. Bathing is usually done by wiping the body with a damp cloth, but it is not recommended to take a shower because of the risk of getting Cold and Windy and causing an illness in the future [1].

To Western medicine’s eyes, this type of dealing with women in the postpartum period seems to be very strange, especially to do not taking shower after birth but women using this kind of approach seems to be younger after the puerperium period, taking care of themselves as if they had not given birth before [1-12].

In this editorial, I wrote about the differences in the treatment of Western medicine and traditional Chinese medicine and the need to understand the energy alterations that are happening in women at this stage, that we still do not understand the need to make adequate protection to avoid the entry of these external pathogenic factors, which are responsible for the development of diseases in women in the present and in the future [3].

Conclusion

The conclusion of this study is that patients with puerperal phase need to be secluded at home to avoid the entrance of the external pathogenic factors to do not have diseases caused by this exposition to external pathogenic factors such as Cold and Wind.

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