

Traditional Chinese Medicine Clinic (TCM)

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TCM and Seasonal Allergies

Seasonal allergies result from exposure to airborne substances (such as pollens) that appear during certain times of the year.

Seasonal allergies, more commonly known as hay fever, occur particularly in the spring, summer, or fall—depending on what a person is allergic to. Symptoms involve primarily allergic rhinitis, which affects the membrane lining of the nose, and allergic conjunctivitis, which afflicts the membrane and whites of the eyes.

TCM view of Seasonal allergies

TCM theory holds that the nose is the passage-way to the lungs and connects the spleen, gall bladder and kidney meridians. The lungs are the first layer of the body's defense system called Wei Qi (protective energy), also known as immunity. When the lung's energy is in harmony and can flow freely, breathing, sense of smell, and the skin then help to regulate the body's fluids and prevent pathogens from invading.

In maintaining an effective immune system, the spleen is the primary organ that provides free-flowing energy to the gallbladder and kidneys, keeping the lungs moist and healthy. Failure of any of these organs could compromise the lung's functions either directly or indirectly.

The treatment of seasonal allergies by TCM not only aims to harmonize and strengthen the lungs but also to treat the organs that cause other specific symptoms.

Immunity (Wei Qi) and strength often decline as a result of stress as well as blocked energy, an unhealthy diet, phlegm and overexertion of the kidneys. *A weak immune system will often make the body sensitive to external allergens, resulting in allergies.*

How does TCM treat seasonal allergies?

1. Acupuncture and Moxibustion Treatment:
Patients often experience improvement almost immediately after treatment. Nasal passages are opened & sinus pressure is relieved. However, the most important result of this treatment is the harmonizing of the lungs and related organs to balance the immune system.
2. Herbal Steam Treatment:
This particular treatment can be practiced at home and uses different herbal formulas depending upon the specific allergy pattern.
3. Herbal Formulas:
Herbal formulas are customized for individuals according to their organ functions and immunity problems.
4. Auricular Acupuncture Treatment:
A Herbal seed pellet is inserted into a particular point on the ear for 4-5 days.

For treatment of seasonal allergies

Please call Dr. Helen H. Hu for a consultation!

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