

Key Points

- People used to go to GP once they had an urinary infection, actually TCM also can treat this problem effectively and thoroughly.
- Treating the urinary infection, should identify the cause and its consequences correctly.
- Smelly urine is not a problem to target, it's the body's own mechanism to expel heat from internal body.

Advices

- Avoid vigorous exercises in the evening.
- Once there is an abdominal pain and abnormal urine, the best way to have more rest, activate our own healing mechanism.
- Enquiry from your TCM Doctor, is always a good idea.



D, 51 years old, came with bladder infection complaint

She is a tennis player, played a competition at night of 25th June 2012, and had a bad sleep the same night, woke up at 2am, and could not go to sleep until 3:30am. The next day, feels hot and restless all day, more unpleasant is that her lower abdomen pain, and urine very smelly. She believed that she had an urinary infection. She used to go to her GP once she had urinary infection, but this time she wanted to try TCM.

TCM diagnosis and treatment

After examine her pulse and examine abdominal blocking area, my diagnosis is that she had an internal heat retention in small intestine, and the heat entered into urinary bladder. Her underlying syndrome is yin deficiency. Perceived in TCM way, she played tennis the night before, became hyperactive and disturbed her natural rhythm of conserving. Since she could not conserve properly, hence her energy (Qi) could not settle down and became heat that disturbed her sleep, went to urinary bladder and caused all the symptoms.

I used ear point and small intestine point to clear heat, use Sanjiao point to guide the Qi to settle down, her abdominal blockage and pain disappeared in a few minutes. 2nd session on 28th, smelly urine gone, lower abdomen pain much better. Found that her small intestine Qi still weak, use small intestine points to strengthen again.

TCM Dr. Hao Chen