



Mystery of Auto-Haemotherapy

Author

Dr Dina Soliman

Certified in Regenerative Medicine from the American Academy of Regenerative Medicine
Certified in Interventional Regenerative Orthopedic Medicine from the American Association of Orthopedic Medicine

Member of American Association of Orthopedic Medicine
Member of American Academy and Board of Regenerative Medicine

Abstract

Auto-haemotherapy is the mystery that medicine had missed in the past. It is the power that can stimulate the immune system of the body in order to re-adjust all the body's functions including the endocrinological system, the vascular system, the nervous system and the musculoskeletal system.

Over the years, auto-haemotherapy has been used to treat different illnesses and diseases. It is a simple technique where the blood is drawn from a vein and re-injected in the body either in the vein, muscle or skin. Minor auto-haemotherapy is a very powerful technique with a low cost. It requires a syringe and a physician who knows how to withdraw blood from a vein and straight away re-injects it inside the muscle under aseptic condition to increase and stimulate the immune system.

The blood in the muscle works as a foreign body that will be rejected by the reticulo-endothelial system. It stimulates the immune system and the bone marrow to increase the production of macrophages which are the body's cleaners. The macrophages cleanse everything, they eliminate bacteria, viruses, cancerous cells called neoplastic cells, this is a spring cleaning, and they even eliminate fibrin which is a clotted blood.

Minor auto-haemotherapy technique was applied to 190 patients suffering from different diseases such as: Type I or type II diabetes mellitus, bronchial asthma, chronic sinusitis, allergic conjunctivitis, allergic rhinitis, skin problems (vesicles, eczema, ulcer), finger nail problem (infection, paronychia), acne vulgaris, gastro-intestinal tract problem, lactose intolerance, connective tissue disease, Adrenal Fatigue Syndrome "AFS", myasthenia gravis, fibromyalgia, gout, generalized osteoarthritis, joint osteoarthritis, low back pain with MODIC changes type 1 on MRI (with or without spinal canal stenosis), auto-immune diseases (ankylosing spondylitis, rheumatoid arthritis), and infectious vaginal discharge. Also it has been applied to patients in order to stop smoking, and to other patients in order to lose weight. It has also been applied to 10 athletes.

Conclusion: *Auto-haemotherapy showed that the patients suffering from the previous different diseases improved significantly after being treated with auto-haemotherapy. Patients with diabetes mellitus either type I or type II showed a drop in their HbA1c. In addition, the heavy smokers were able to decrease dramatically the number of cigarettes they were smoking, and the obese patients were able to lose their weight and they had less appetite. The athletes had better performance during their training and games.*

Keywords: *Auto-haemotherapy, ozone, type I diabetes mellitus, treatment of musculoskeletal pain, treatment of auto-immune diseases, blood, intra-muscular injection, immune system stimulation, immune-modulation, virus, bacteria, infection.*

Introduction

The active researchers, till now, did not find a curative treatment for many diseases threatening lives of the patients. Proper management and treatment for these patients can give them longer and healthier lives.

In 1912, Paul Ravaut, a French physician said: "Autologous blood transfusion, or self blood therapy, is not immunologically neutral" ⁽¹⁾. It has an intrinsic immune-modulatory potential even though the basic immune mechanism is still not understood ⁽²⁾.

In 1940, a Brazilian Professor, Jesse Teixeira, won the biggest prize for surgery with his work published aiming to avoid post-operative infections. He carried out 150 operations of different types, compared to 150 identical operations, with 0% of post-operative infections in the patients for who he did auto-haemotherapy prior to the surgery. He injected his patients with 10 cc of their own blood and 5 days later, he injected another 10 cc. To prove his idea, for the same types of operations, he did not do auto-haemotherapy for the patients and there was 20% cases of infections ⁽¹⁾.

In sports, Beckenbauer (a German former professional footballer and manager), attributed his physical performance to auto-haemotherapy. He does auto-haemotherapy with 10 cc of blood before each match ⁽¹⁾.

Auto-haemotherapy is a common practice performed in combination with the conventional cancer treatment ⁽¹⁾ in Europe and South America. It is also performed to treat pain, ischaemia (a lack of oxygen to the tissues), inflammation and infections. In central Europe, it is combined with ozone and performed for the treatment of different diseases, circulatory disorders, viral diseases and cancer.

In 1986, Klemparskaya et al. ⁽³⁾ proved in their study that auto-haemotherapy has a stimulating effect on both irradiated and non-irradiated animals, and this was manifested by an increase in resistance to infection, an enhanced production of

antibodies to microbes and activated function of cell-mediated immune defense mechanisms.

Auto-haemotherapy, or self-blood therapy, is a technique that involves the withdrawal of blood from the body and the re-injection of the same blood back into a vein, or through the skin or muscles.

Depending on the quantity of blood involved, auto-haemotherapy is described as either minor or major techniques ⁽⁴⁾.

In minor Auto-haemotherapy, Prof. Ravaut used an increasing dose of 1, 2, 3, 4, 5 up to 10cc of autologous blood ⁽¹⁾ and re-injected it back into the individual's muscle or through the skin. A typical course of therapy may involve 8 – 12 injections over a period of 4 – 6 weeks.

The blood in the muscle works as a foreign body that will be rejected by the reticulo-endothelial system. While there is blood in the muscle, the reticulo-endothelial system is being boosted by four times and the maximum boosting finishes only after five days. The normal range of macrophages in the blood is 5%, with auto-haemotherapy this rate raises from 5% to 22% over 8 hours and lasts for 5 days. From the 5th to the 7th day the rate starts to drop again going back to 5% of the 7th day. This is why minor auto-haemotherapy must be repeated every 7 days and can be done for 10, 15 or 20 years with no contra-indications ⁽³⁾.

In major auto-haemotherapy, a larger quantity of blood, such as 50 – 250 milliliters, is removed and re-introduced via a vein over a time period of up to 30 minutes, using a standard drip infusion rate or a steady rate. This treatment may be repeated several times per week for a number of weeks ⁽⁴⁾. Major auto-haemotherapy was not bearable by the majority of the patients, as the immune reaction was very strong, and many patients used to faint out.

Examples of illnesses and symptoms treated with auto-haemotherapy include arterial circulatory disorders, autoimmune diseases as rheumatoid arthritis, gout, bronchitis, allergies, acne, eczema, leg ulcers, chronic sinusitis, skin lesions, crohn's

disease, scleroderma, systemic lupus, ovarian cyst, myomas, thrombocytopenic purpura, multiple sclerosis, cerebral vascular accidents, polymyositis, dermatomyositis, arterial hypertension, recurrent tonsillitis to prevent rheumatic heart diseases, HIV infection, HCV, Lyme disease, connective tissue diseases, fibromyalgia, asthma, history of heart attack and fungal infections. It has also been used in combination with conventional cancer treatment⁽¹⁾, as well as to aid in smoking cessation and to speed up recovery after a long illness.

Auto-haemotherapy harmonises the vago-sympathetic system⁽¹⁾ and as a result, it helps people feel more tranquil and it helps the patients with insomnia to have a better sleep. It also helps in reducing the blood pressure.

Geriatric is the area where auto-haemotherapy should be widely used because this is the time when the immune system is in decline⁽¹⁾.

It could be used in breast feeding women as it will increase the amount of immunoglobulins passing to their babies. It can also be applied to kids if they are compliant and accept being injected⁽¹⁾.

Topical auto-haemotherapy is a new modality to treat chronic recalcitrant venous ulcers where oxygen and nutrients impairment lead to skin ulceration. The ulcer and the surrounding skin should be cleaned first with normal saline and allowed to dry, then the blood is applied all over the ulcer with a syringe, it is allowed to clot then it is covered with a bandage for two days. The amount of blood applied depend on the size and depth of the ulcer and the procedure is repeated weekly⁽⁵⁾.

The purpose of the topical auto-haemotherapy is to provide nutrients and growth factors for the healing process lacking in the chronic venous ulcer. It correlates with the process of healing by secondary intention where a blood clot formed locally enhances the ability of the tissue to heal by various mechanisms. It provides fibrin which acts as a scaffold for cellular infiltrate, it also provides high concentration of growth factors aiding

epithelial regeneration, collagen synthesis and angiogenesis⁽⁵⁾.

Patients and Methods

Over the last five years, 190 patients accepted to be treated with minor auto-haemotherapy technique in addition to Prolotherapy and Lyftogt PIT. They were suffering from different other diseases which denoted the presence of either an underlying infection or a hormonal unbalance. Auto-haemotherapy was done with 10cc – 20cc blood (5cc – 10cc / buttock), once per week for a number of sessions ranging from 2 – 34 sessions for each patient.

Also 10 athletes, not having any musculoskeletal problems, accepted to get the minor auto-haemotherapy.

The 190 patients were complaining from one or more of the following: Diabetes mellitus either type I or type II, dental caries, bronchitis, bronchial asthma, different types of allergies, allergic conjunctivitis, skin problems (vesicles, pustules, eczema, ulcers, vesicular seasonal eruptions), nail problem, fungal infection, patients with splenectomy, polycystic ovarian disease, disturbed menstrual cycle, lactose intolerance, chronic diarrhea, GIT problems, gastric ulcers, irritable bowel syndrome, previous aggressive infection (meningitis), viral hepatitis, diseases of the myo-fascial system, chronic fatigue syndrome “adrenal fatigue syndrome”, rheumatic fever with recurrent tonsillitis, chronic sinusitis, allergic rhinitis, ankylosing spondylitis, rheumatoid arthritis, myasthenia gravis, fibromyalgia, abnormal vaginal discharge, acne vulgaris, high levels of serum or urine uric acid, arterial circulatory problems, arterial hypertension, previous strokes and nocturnal enuresis.

Their MRI findings could include one or more of the following: MODIC changes type I, low T1 signal intensity with high T2 signal intensity, subchondral cysts or bone marrow oedema.

Among these 190 patients, there were two patients with type I diabetes mellitus. They were treated weekly for a duration of 7 months during which

they did not change neither their caloric intake nor the insulin units they were taking. Their Hb1c was 8.5 and 8.9 respectively (normal range 4.6 – 6) at month 0, they stopped the treatment at month 7. Their Hb1c was 6.3 and 6.9 respectively at month 11, and it was 8.4 and 9.0 respectively at month 16. Also there were

Conclusion

- 1) Auto-haemotherapy is the mystery that medicine had missed in the past. Many patients with different diseases and problems showed marvelous responses with this kind of treatment. Therefore, more research work is needed to explore the benefit of this technique.
- 2) Auto-haemotherapy resulted in quicker improvement regarding the musculoskeletal pain and function, with less post-injection neuropathic pain. In addition, it improved all the symptoms of the underlying infection in the body.
- 3) Auto-haemotherapy helped in lowering the Hb1c in diabetes mellitus type I and type II.
- 4) Auto-haemotherapy helped the patients who have rheumatic fever, and who underwent splenectomy to stop their long acting penicillin without getting sick as often as they used to be.
- 5) Auto-haemotherapy helps the body to get rid of what he does not want: What is inside the body in excess above its needs or what is harmful to the body. At the same time, auto-haemotherapy increases the body affinity to what the body is missing and is in-need of.
- 6) Auto-haemotherapy helped the heavy smokers to decrease their rate of smoking as the taste of the cigarettes was different than it used to be. The heavy consumers of tea and coffee reported a decrease in their caffeine consumption. Also it helped the obese patients to get rid of their carbohydrate craving.

- 7) Obesity is due to overwhelming of the large intestine with pathogenic bacteria which make the patient feel hungry and eat all the time. Auto-haemotherapy stimulates the immune system of the body to fight and kill these bacteria, therefore it decreases the appetite helping the obese patients to lose weight easily.
- 8) Auto-haemotherapy harmonises the vago-sympathetic system and as a result, it helped in reducing the blood pressure for the hypertensive patients. Also, it helped the patients to feel more tranquil and relaxed, it improved their mood, and it helped the patients with insomnia to sleep better.
- 9) For the 10 athletes, they loved the auto-haemotherapy because they were feeling themselves more energetic during the games, they showed better endurance, and they attributed their physical performance to the auto-haemotherapy.
- 10) The teen agers suffering from nocturnal enuresis showed a dramatic decrease in the rate of their nocturnal enuresis to happen once every two or three weeks rather than three or four times per week as it used to be.

References

1. Auto-haemotherapy-GEOCITIES.ws. www.geocities.ws/autohemoterapiabr/Auto_hemotherapy_English_translation_version
2. Heiss M., Fraunberger P., Delanoff C., Stets R., and Allgayer H., et al. (1997): "Modulation of Immune Response by Blood Transfusion: Evidence for a Differential Effect of Allogenic and Autologus Blood in Colorectal Cancer Surgery." *Shock* 8 (6): 402-8.
3. Klemparskaya N.N., Shalnova G.A., Ulanova A.M., Kuzmina T.D. and Chuhrov A.D. (1986): Immunomodulating effect of autohaemotherapy. *J Hyg*

Epidemiol Microbial Immunol, 30 (3): 331
– 6.

4. De Monte A. Van Der Zee H. and Bocci V. (2005): “Major Ozonated Auto-Haemotherapy in Chronic Limb Ischaemia with Ulcerations.” *J. Altern. Complement Med.* 11 (2): 363-7.
5. The Free Library (2017): Akshantala Enterprises Private Limited 27 Apr. 2018. Topical Auto-Haemotherapy-a newer modality to treat chronic recalcitrant leg ulcers due to venous stasis-a pilot study. <https://www.thefreelibrary.com/Topical+a+utohaemotherapy--a+newer+modality+to+treat+chronic...-a0490820342>
6. Dina Soliman (2018): New Era of Auto-haemotherapy. Poster presented at the annual conference of the American Association of Orthopedic Medicine, April 18th-21st. Clear water beach, Florida, USA.