Edema

Edema is the abnormal buildup of fluid in a part of the body, which can cause swelling and pain.

Some causes of edema include:

Inactivity

- Swelling of the ankles during a long airplane trip is an example of edema caused by inactivity.

Diseases such as heart failure

- If the left side of the heart is damaged, it can cause fluid to build up in the lungs (pulmonary edema).

Diseases such as Hypo-thyroid

- Disease such as hypo-thyroid, it could cause kind of none pitting type edema.

Blood clots

- The blood clots that stop the flow of blood through a blood vessel. This is causes to pool behind the clot.

Infection

- The body often fights an infection by increasing blood flow to the area, which can result in edema. The treatment for edema depends on the cause.

Injury

- Such as injury caused foot, ankle, knee, hand, wrist, elbow etc.

The cause factors of Chinese medicine theory:

Yang Edema

- Patient has short history of edema, and edema shows on the upper body such as face, eye first, then spread to above waist, then whole body.

Yin Edema

- Patient general has longer history of edema, and edema shows on feet, leg first, then gradually up to below waist.

Acupuncture is one of the effective treatments for some edema:

The best way establish the treatment plan and find the prognosis; youôd have the medical diagnosis and exam first. Generally, Acupuncture could help to reduce the local edema very effectively. For the lower leg edema such as heart failure caused edema, acupuncture could do very good job reduce the edema too. Suggestion: visiting for twice a week until gains the significantly result, then once a week for maintenance the result.