

# Healing Chronic Urticaria Through the Guan Yin Citta Dharma Door

Xinghong Yang, PhD<sup>1\*</sup>

<sup>1</sup>Department of Infectious Diseases & Immunology, College of Veterinary Medicine, University of Florida, Gainesville, FL 32611, United States

DOI: <https://doi.org/10.36348/sjnhc.2024.v07i12.004>

| Received: 04.11.2024 | Accepted: 09.12.2024 | Published: 12.12.2024

\*Corresponding author: Xinghong Yang

Department of Infectious Diseases & Immunology, College of Veterinary Medicine, University of Florida, Gainesville, FL 32611, United States

Email: [dr.yang.ttk@gmail.com](mailto:dr.yang.ttk@gmail.com)

## Abstract

This case study details a Dharma practitioner's journey in using spiritual practices to help her father overcome severe, long-term urticaria. Her father's condition, which began after killing and consuming live aquatic animals, gradually worsened despite extensive treatments with both Western and traditional Chinese medicine. When these interventions failed, the practitioner turned to the Guan Yin Citta Dharma Door, implementing the Three Golden Buddhist Practices. She dedicated herself to reciting Buddhist scriptures on her father's behalf, while he progressively adopted vegetarianism and Buddhist practices. Ultimately, he experienced a profound, lasting improvement in his skin condition, which doctors had previously deemed incurable. This case highlights the potential role of Dharma in addressing karmic illnesses and its significance in treating conditions viewed as spiritual or karmic in origin.

**Keywords:** Chronic Urticaria, Aquatic Animals, Killing Karma, Spirit, Dharma.

**Copyright © 2024 The Author(s):** This is an open-access article distributed under the terms of the Creative Commons Attribution 4.0 International License (CC BY-NC 4.0) which permits unrestricted use, distribution, and reproduction in any medium for non-commercial use provided the original author and source are credited.

## INTRODUCTION

Chronic Urticaria (CU) is a condition characterized by the recurrence of hives or itchy red welts on the skin for six weeks or longer. It affects 0.5-1% of the population and interferes with subjective well-being and daily life [1]. The condition can severely impact a patient's quality of life due to symptoms like itching, swelling, and discomfort that persist or repeatedly return. CU is typically divided into chronic spontaneous urticaria, which arises without any identifiable external cause, and chronic inducible urticaria, which is triggered by specific environmental or physical factors such as heat, cold, or pressure [2].

The underlying mechanisms of CU involve complex immunological responses. Studies indicate that both autoimmune factors and an imbalance in mast cell regulation play key roles in CU's pathology [3]. The immune system in CU patients may erroneously target mast cells, releasing histamines that cause the red welts, swelling, and itching associated with the condition. Additionally, CU is often associated with comorbidities like thyroid disease, asthma, and other autoimmune disorders, further complicating diagnosis and treatment [4].

Standard treatment approaches for CU include antihistamines, immunosuppressants, and biologic agents, such as omalizumab [5]. However, these treatments vary in effectiveness and may not completely relieve symptoms for all patients. Research into complementary and alternative therapies is expanding, especially in cases where standard treatments fail to provide sufficient relief [6].

In fact, modern medicine embraces a holistic approach to addressing patients' diseases. Our previous report suggests that the Guan Yin Citta Dharma Door can effectively complement the limitations of modern medicine, especially in addressing rare and intractable diseases, providing patients with a simple and practical treatment option [7].

## ETIOLOGY

Previous studies indicate that skin diseases are linked to the act of killing and consuming aquatic animals [7, 8]. According to Dharma teachings, these actions generate negative karma, and under certain conditions, this karma can manifest physically. This manifestation may occur when the spirits of aquatic animals attach to individuals, potentially leading to skin conditions like eczema and related disorders. As CU is

also a skin disease, it is hypothesized that its underlying mechanism could be similar to that of eczema.

This mechanism, rooted in karmic theory, extends beyond conventional medical understanding. However, since this etiology has been elucidated through Dharma teachings, it suggests that treatments grounded in Dharma may offer relief. Previous reports based on Dharma practices have demonstrated favorable outcomes in treating conditions like eczema and psoriasis [7, 8]. Here, we present a case study illustrating the effectiveness of the Guan Yin Citta Dharma Door in managing CU.

## RESULT

### Healing my father's CU via practicing Guan Yin Citta Dharma Door

My father had always been healthy except for his blood pressure, which was a bit high. However, 12 years ago, he suffered from a serious skin disease.

We live near a large lake, so dishes on our table often include shrimp, crucian carp, and yellow croaker, usually killed and prepared by my father. In the summer of 2012, his old friend kindly invited him to visit their home. Because of its seaside location, there are many local sea animal restaurants. My father ate a lot of live sea animals. The summer of 2013, my father was invited by this friend again, and of course, ate a lot of live sea animals again. My father was 79 that year, coinciding with the predestined 369 calamity [7].

A few months after returning home, he suddenly suffered itchy all over his body and got a lot of red rashes. In the summer, he could not wear short sleeves or take sunshine. Once his skin was exposed to the sun, it itched like crazy! He consulted our local dermatology hospital, but no cause was found. So, he was treated for an allergy. He took Western medicine prescribed by the doctor, but nothing worked. Later, he saw a medical specialist. He was still treated for an allergy, but this time he took Chinese medicine instead. His condition still did not improve.

He had to apply an ointment to his whole body every day. Because the ointment contained hormones, and after applying it, his skin became very thin and thin. One time, when he finished his IV, the nurse pulled out the needle and removed the tape. The nurse tore off his skin in a piece. The nurse was horrified! His skin became both thin and brittle, and as soon as it hit a hard object, the skin split open and bled. It's really terrible!

One time he rode on a bus. His skin suddenly bled and stained his shirt red, and he didn't even know it! When the people next to him saw this, they panicked and avoided it. Later, his skin became so fragile that he broke the skin and bled at the slightest bump. The skins that did not break showed purple spots.

During the two years of illness, he sought medical help, but his condition got worse and worse! Later, he saw another clinical specialist, who was a professor. He was confirmed to be suffering from CU. The doctor gave him Western medicine and said, "This is a blood disease, it can't be cured, it's good to have it under control." At the same time, the doctor instructed him not to eat spicy and irritating foods anymore. He took two courses of medicine and felt much more comfortable in his skin. However, it was still fragile and would break when he bumped into a hard object.

In April 2017, I was fortunate to encounter the Guan Yin Citta Dharma Door and started to study Buddhism. I learned that killing and eating live aquatic animals created negative karma. One of the karmic consequences is skin disease. By practicing the Three Golden Buddhist Practices of making vows, reciting Buddhist scriptures, and performing life liberation, his skin disease could be cured. So, I decided to use Dharma to treat his CU!

A senior Dharma practitioner reminded me, "You can't help your father recite the Buddhist scriptures to pay off his karmic debt now. You have just started studying Buddhism. You have to eliminate your own karma to pay off your own debt first. When you have the ability, you can save your father. Right now you don't have the energy to bear his karma. Otherwise, you will be paralyzed."

I thought: Before learning Buddhism, my favorite food was fried small carp. My father bought, killed and fried it for me. He was being retributed, and there was my sin in it! Although my will was there, the strength was not! So, I could only help my father release the lives first. When I released the lives, I thought of my father still suffering from the skin disease, and I was brought to tears in my heart.....

After learning Buddhism, I showed my father the video of Dharma Master Jun Hong Lu's totem readings related to skin diseases. I hoped he would know the cause and understand the effect. I also told him, "People with skin diseases must become vegetarians and stop eating sentient beings' meat! CU is a blood disease, and it is also a karmic disease. If you don't become a vegetarian, it will only get worse." Perhaps, at that time, his karma was too heavy and his Buddhist affinity had not yet matured. So, he didn't listen to me and had no appetite without meat.

After a year of practicing Buddhism, my health was improving and my work was getting better and better. I felt that my karmic obstacles had been eliminated a lot and my energy had increased.

In the summer of 2018, I started reciting Little Houses for my parents to eliminate their karma and pay off their karmic debts. I repaid 3 Little Houses for each

of my parents' karmic creditors and 7 Little Houses for my own creditors each week.

From June 2019 to the end of 2020, I repaid 7 Little Houses for each of my parents' creditors and 7 Little Houses for my own creditors every week. At that time, I was only thinking about saving my father and didn't think too much about it. If parents dreamed of the deceased, I would also recite the Little Houses to help them ascend the deceased.

One day, his hand bumped into a hard object. He looked at it out of habit, and the skin was neither broken nor bleeding. I took the opportunity to preach to him, "That's the effect of paying karmic creditors with Little Houses! Your skin disease will surely heal gradually." He was happy to hear that. His skin disease was effectively controlled as I helped him recite the Little Houses.

At the end of 2019, three months before his 84th birthday, his mighty predestined calamity broke out! His whole body was swollen and covered with red beans-sized rashes. His legs were so swollen that he couldn't walk, and he said they were as if filled with lead! I took him to my home to take care of him and took the opportunity to preach to him sternly, "Your skin disease is so serious, it's all because of killing karma. The only way to cure your hives is to practice Dharma and be a vegetarian. Otherwise, you will get blood cancer." When he heard that he was going to get cancer, he was so scared that he promised me not to eat meat anymore.

In November 2019, my father made a vow to Guan Yin Bodhisattva in front of the Buddhist Altar in my house: to practice Dharma, recite Buddhist scriptures, and be a vegetarian. I told him at that time, "Since you have made a vow to Guan Yin Bodhisattva to be a vegetarian, you cannot eat meat from now on. If you break against your vow, the Dharma Protectors will punish you." He was full of promises at that moment. That day, I was very happy and felt he had been saved! Since then, he has taken refuge in Guan Yin Citta Dharma Door and started to practice Buddhism and recite Buddhist scriptures as well as Little Houses.

On January 1, 2020, I made 2 vows to Guan Yin Bodhisattva specifically for my father's skin karma:

1. Help my father's karmic creditors with 250 Little Houses within one year;
2. Transfer 30% of my merits and virtues from attending the Singapore Dharma Conference to my father.

I pray that Guan Yin Bodhisattva will cure my father's skin disease soon.

January 15, 2020, is my father's 84th birthday. I listened to Master Lu's recorded enlightenment that 84 years old is a big predestined calamity and needs many

Little Houses to pass. One morning, I heard Master Lu's enlightenment saying: When you meet a big predestined calamity, release 108 turtles and 1,200 fish. So, I made another vow to Guan Yin Bodhisattva:

1. Help my father's karmic creditors with 350 Little Houses within one year;
2. Release 108 turtles and 1200 fish for my father within one year;
3. Transfer 10% of the merit and virtues of my awakening others and 10% of the merit and virtues of Dharma propagation to my father.

I prayed to Guan Yin Bodhisattva to bless my father to pass the calamity safely.

Perhaps due to his heavy karma, around April 2020, he broke his vow and secretly ate meat ravioli outside with his old friend! The consequences of breaking a vow were severe and swift. On May 16, he suddenly couldn't eat or drink, his back hurt so much that he couldn't stand up, or walk, and his skin disease returned!

He was admitted to the hospital. The doctor examined his whole body, but could not find any disease. He stayed in the hospital for two months, eating and throwing up. His weight dropped from 70 to 30 kilograms, and he was so thin that only skin and bones were left, which was horrible! But with the Bodhisattva's blessing, he was still in good spirits.

Master Lu has enlightened: the disease that cannot be found the cause is a spiritual (or karmic) disease. So, I helped him release 108 turtles again and tried my best to recite Little Houses to eliminate his karma and pay off his debts. I told him, "What you are eating and vomiting is the result of eating meat against your vow. This is the punishment the Dharma Protectors have imposed! You have to sincerely repent to Guan Yin Bodhisattva." He himself felt ashamed and repented to the Bodhisattva.

In August 2020, when the 600 Little Houses (250 on Jan.1 and 350 on Jan.15) I had vowed for him were almost finished, he suddenly got better - he could eat and drink, and he gained weight.

His skin disease which had cost tens of thousands of CNY but had not been cured suddenly disappeared. Buddha's powers are unlimited and true! He halfheartedly believed in Buddhism in the past, but after this big calamity, he began to believe in Buddhism, Guan Yin Bodhisattva is around us, and Guan Yin Citta Dharma Door is highly efficacious!

My father's skin condition had just healed when he began experiencing an itchy scalp. During a visit to my parents, my father cheerfully shared the results of a little experiment he conducted: after avoiding eggs for half a month, the itchiness on his head completely

disappeared. I suggested he make a vow to Guan Yin Bodhisattva to stop eating eggs. Later, his arms started itching, prompting him to experiment with eliminating milk from his diet. Once he stopped drinking milk, the itchiness vanished. On November 15, 2024, he made a vow to Guan Yin Bodhisattva to abstain from milk. He is now essentially following a pure vegan lifestyle.

The Buddhas and Bodhisattvas are great kings of doctors! From 2020 to now, his CU has never recurred. He can walk in the sun wearing a short shirt in summer, which is blissful! I am really happy for him! Guan Yin Citta Dharma Door is so wonderful, and the Three Golden Buddhist Practices are really effective!

My father is now deeply devoted to studying Buddhism and reciting Buddhist scriptures. He dedicates every available moment to scripture recitation and Little Houses, aiming to eliminate karma and repay his debts. Each time I visit, I find him with a counter in hand, immersed in recitation. In the past, he enjoyed chatting with me during my visits, urging me to stay longer. Now, he often sends me home early, eager to return to his recitations. At 88 years old in 2024, he is able to recite three Little Houses daily.

I am immensely grateful to the Greatly Merciful and Compassionate Guan Yin Bodhisattva. Despite his age, my father can buy groceries, cook, handle household chores, and maintain his daily recitation practice. He used to enjoy walking in his free time, but now he prioritizes reciting Buddhist scriptures, even skipping leisurely walks to avoid delays.

One day, I encountered the doctor who previously treated my father. When asked about his condition, I shared that my father's physical health had completely recovered—his skin disease healed, and he even gained weight. The doctor was astonished, as he had suspected my father might have cancer. I explained that his recovery was due to Dharma practice, and I offered the doctor Dharma books, hoping he could understand that karmic and spiritual illnesses can only be cured through spiritual cultivation. I also wished for him to use these teachings to help more patients.

For years, my father prepared fish and shrimp for me, and before I began practicing Buddhism, I killed many shrimp myself. This created significant negative karma that I must face. In January 2024, as I turned 59—a year marked by a predestined 369 calamity—my karmic debts manifested. Extremely itchy blisters appeared on my palms and arms. Knowing a doctor couldn't resolve a karmic issue, I avoided medical treatments and tried various ointments from a pharmacy, but they only worsened the condition.

In February, I vowed to recite 108 Little Houses and perform 108 recitations of the *Eighty-Eight Buddhas Great Repentance* within a month, praying to Guan Yin

Bodhisattva for help in resolving my karmic debts from past killing karma. I fulfilled this vow on time but noticed no significant improvement.

In March, I made a more substantial vow: to recite 600 Little Houses, release 10,000 fish, and complete 108 repetitions of the *Eighty-Eight Buddhas Great Repentance* six times, all by the end of September. Miraculously, by August—before completing these vows—the blisters on my palms and arms had completely healed.

I am profoundly grateful to the Greatly Merciful and Compassionate Guan Yin Bodhisattva for answering my prayers, to Master Lu for introducing Guan Yin Citta Dharma Door to the world, and to the three immensely effective Dharma Gems.

I hope this presentation inspires more sentient beings to embrace Buddhism, recite Buddhist scriptures, abstain from killing, and practice life liberation. May they awaken themselves and others, ultimately escaping suffering and attaining happiness!

I will be responsible for my own karma!

Dharma Practitioner: W66

Like many other Dharma practitioners, W66's father experienced a journey from initial skepticism to deep faith in Buddhism, demonstrating the efficacy of Dharma and the compassion of Guan Yin Bodhisattva.

Similarly, W66's own karmic affliction, manifesting as an itchy skin condition, was resolved through dedicated spiritual practice and sincere repentance. These experiences highlight that karmic and spiritual illnesses can be effectively addressed through Dharma practices, genuine repentance, and unwavering faith.

Comments:

This case report provides support for our hypothesis that CU, like eczema, involves a spiritual component and responds positively to interventions rooted in Dharma practice.

## DISCUSSION

CU is often complex and resistant to standard treatments, with cases lasting for months or years [9]. Conventional treatment options include antihistamines, corticosteroids, and biologic agents like omalizumab, which focus on suppressing symptoms rather than addressing root causes [10]. This case, however, suggests that spiritual practices—particularly those within the framework of the Guan Yin Citta Dharma Door—may offer an alternative or complementary approach for those with recurrent CU symptoms.

Her father's frequent CU flare-ups were directly linked to his diet, further supporting the idea that skin diseases often result from karma related to killing or consuming aquatic animals, as previously discussed [7, 8]. Other factors may also lead to skin diseases; for instance, one who burned another's skin in a past life experienced retribution in the form of psoriasis in this life [7]. Similarly, a woman who used deceit to make money in a past life now suffers from severe CU as a karmic consequence [11].

Whether the karma originates from killing or consuming aquatic animals, burning another's skin, or making money through deceit, when it flares up, these karmic consequences can manifest as physical illnesses under certain conditions. They may appear as various skin conditions, including psoriasis, eczema, and CU. This suggests that these diseases are merely phenotypic expressions of underlying spiritual ailments, sharing a common karmic nature.

Numerous studies have explored the spiritual realm and examined the effectiveness of the Guan Yin Citta Dharma Door in managing chronic conditions such as psoriasis [7], eczema [7, 8], Alzheimer's disease [12], cancers [13], asthma [14], glutaric aciduria type I [15], avascular necrosis of the femoral head, Parkinson's disease, arthritis, migraines, and pharyngitis [16], severe depression [7, 16, 17], as well as recurrent aphthous stomatitis [18], providing plentiful evidence of the existence of the spiritual world. This case offers additional support and vivid connections between cause and effect, providing a meaningful perspective for those who doubt the existence of the spiritual world.

Karmic and spiritual problems require a spiritual approach for effective resolution. The Guan Yin Citta Dharma Door has proven to be one of the most effective Dharma Doors in addressing spiritual issues, including spiritual diseases, and has demonstrated considerable success to date. In this case, recitation of Buddhist scriptures, performing meritorious deeds, and dedicating these acts to resolving karmic debts contributed to what was perceived as symptom relief, suggesting a shift in the karmic conditions underlying the illness.

While spiritual methods are not intended to replace conventional medical treatments, but instead this case highlights the value of integrative approaches. Combining conventional medicine with spiritual or karmic practices may provide a more holistic approach to treating CU, particularly for individuals who do not respond adequately to traditional therapies. Further investigation into the role of karmic factors and spiritual practices in chronic illnesses could offer a new dimension to understanding and managing such conditions.

A long-standing question that has puzzled scientists is why CU primarily occurs at night or in the evening, with symptoms often worsening between midnight and morning [19, 20]. As we discussed previously, this is attributed to spirits, which are more active during the evening and nighttime [8, 17]. The spirits associated with CU are similar to those causing eczema [8], leading to a similar pattern of symptom exacerbation at night. This also addresses a question posed by circadian scientists regarding why chronic spontaneous urticaria frequently occurs at night without identifiable triggers [20]. In fact, nighttime itself acts as a trigger, as it is when spirits become active.

In summary, this report underscores the importance of viewing health through a comprehensive and integrative lens. Furthermore, it encourages scientific inquiry into the pathology, psychology, physiology, and immunological effects of Dharma practices on both short- and long-term healing.

## CONCLUSION

This case illustrates the transformative potential of Dharma practice in managing karmic illnesses and affirms the belief that spiritual conditions can manifest physically. Through the Guan Yin Citta Dharma Door's practices, the practitioner's father found profound healing from a debilitating skin disease that had resisted conventional treatments. His journey emphasizes the importance of spiritual responsibility, with abstinence from killing and eating live aquatic animals and a shift to a vegetarian lifestyle reinforcing the healing process. His eventual embrace of Buddhism and dedication to daily recitations of Buddhist scriptures further reflect the enduring impact of spiritual discipline on his health and well-being. This case serves as an inspiration for those facing karmic challenges, illustrating that true healing does require addressing the spiritual roots of suffering.

## ACKNOWLEDGMENTS

Buddhist practitioners Jiarong and Shangen assisted in the manuscript preparation process. Their work is greatly appreciated.

**Conflict of Interest:** No

**Funding Sources:** None

## Ethical Statement

The author did not involve any part of the experimental design, experimental treatments and result analysis of the patient. All the experimental procedures and practices by the presenter were done by themselves independently.

## Statement by Translator and Writer

The case in the text was translated from Chinese to English based on their intended meaning rather than a

word-for-word approach. The remaining portions of the paper were written based on my limited understanding of Guan Yin Citta Dharma Door. If there are any inaccuracies or deviations from the true meaning of the Chinese version, or if the content does not accurately reflect the Master's teachings, I sincerely seek forgiveness from the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva, all Buddhas and Bodhisattvas, Dharma Protectors, and Master Jun Hong Lu.

### Disclaimer of Liability

The contents of the presentation, comments, and discussion, including text, images, and other information obtained from Dharma practitioners, are provided strictly for reference purposes. Due to the unique nature of individual karma, results similar to those experienced by the practitioners may not be replicated. The experiences and advice shared should not be construed as medical advice or a diagnosis.

In the event of an emergency, it is crucial to promptly contact your doctor or emergency services by dialing 911. Relying on any information found in this paper is done solely at your own risk. The author bears no responsibility for the consequences. By using or misusing the contents, you accept liability for any personal injury, including death. It is imperative to exercise caution and seek professional medical guidance for health-related concerns.

### REFERENCES

- Mobeen, A., & Ahmad, A. K. (2021). The efficacy and safety of herbal combination of Unani Medicine in chronic urticaria: A randomized, controlled study. *Journal of Traditional and Complementary Medicine*, 11(4), 303-310.
- Kumaran, M. S., Singh, S., Mehta, H., & Parsad, D. (2024). Decoding the variability in clinical and laboratory profiles of chronic inducible urticaria vs. chronic spontaneous urticaria: A retrospective study from a tertiary care center. *Archives of Dermatological Research*, 316(10), 703.
- Zuberbier, T., Aberer, W., Asero, R., Abdul Latiff, A. H., Baker, D., Ballmer-Weber, B., ... & Maurer, M. (2018). The EAACI/GA<sup>2</sup>LEN/EDF/WAO guideline for the definition, classification, diagnosis and management of urticaria. *Allergy*, 73(7), 1393-1414.
- Maurer, M., Weller, K., Bindslev-Jensen, C., Giménez-Arnau, A., Bousquet, P. J., & Church, M. K. (2017). Unmet clinical needs in chronic spontaneous urticaria: A systematic review on pharmacotherapy options. *Allergy*, 72(8), 1057-1070.
- Hızlı, P., Gülcen, B., & Kılıç, F. A. (2024). Acupuncture enhances quality of life and disease control in chronic spontaneous urticaria patients on omalizumab: A study of 61 cases. *Medical Science Monitor*, 30, Article e945935.
- Bernstein, J. A., Lang, D. M., Khan, D. A., Craig, T., Dreyfus, D., & Hsieh, F. (2014). The diagnosis and management of acute and chronic urticaria: 2014 update. *Journal of Allergy and Clinical Immunology: In Practice*, 2(5), 469-474.
- Yang, X. (2024). Treating rare and intractable diseases via Guan Yin Citta Dharma Door. *Health Science Journal*, 18(5), 1137.
- Yang, X. (2024). Eczema: Etiology, recovery, and prevention. *World Journal of Dermatological Cases*, 1(3), 1-16.
- Maurer, M., Weller, K., Bindslev-Jensen, C., Giménez-Arnau, A., Bousquet, P. J., & Church, M. K. (2017). Unmet clinical needs in chronic spontaneous urticaria: A systematic review on pharmacotherapy options. *Allergy*, 72(8), 1057-1070. doi:10.1111/all.13140.
- Zuberbier, T., Aberer, W., Asero, R., Abdul Latiff, A. H., Baker, D., Ballmer-Weber, B., ... & Maurer, M. (2018). The EAACI/GA<sup>2</sup>LEN/EDF/WAO guideline for the definition, classification, diagnosis and management of urticaria. *Allergy*, 73(7), 1393-1414. doi:10.1111/all.13397.
- Lu, J. H. (2015). Previous life deceit to make money and this life suffers from severe chronic urticarial. *Zongshu*, Aug 4, Time: 26:42.
- Yang, X. (2024). Alzheimer's diseases are reversible from a Dharma perspective. *Health Science Journal*, 18(6), 1145.
- Yang, X. (2024). Surviving late-stage cancers by practicing Guan Yin Citta Dharma Door. *Health Science Journal*, 18(7), 1155.
- Yang, X. (2024). Asthma is curable via Guan Yin Citta Dharma Door. *Health Science Journal*, 18(8), 1165.
- Yang, X. (2024). Etiology and treatment of glutaric aciduria type I. *Journal of Clinical Medical Imaging*, 8(3), 1-13.
- Yang, X. (2024). Healing necrosis, Parkinson's, arthritis, depression, migraines, and pharyngitis via Dharma practices. *International Journal of Nursing and Health Care Research*, 7, 1591.
- Yang, X. (2024). Severe depression: Etiology, recovery, and prevention. *Haya Saudi Journal of Life Sciences*, 9(11), 427-446.
- Yang, X. (2024). Recurrent aphthous stomatitis: Etiology, recovery and prevention. *Saudi J Nurs Health Care*, 7(11), 338-346.
- Huang, Y., Jing, D., Su, J., Huang, Z., Liu, H., Tao, J., ... & Xiao, Y. (2021). Association of night shift work with chronic spontaneous urticaria and effect modification by circadian dysfunction among workers. *Frontiers in Public Health*, 9, 751579. doi:10.3389/fpubh.2021.751579.
- Greaves, M. W. (1995). Chronic urticarial. *New England Journal of Medicine*, 332(26), 1767-1772.