

# Energy Alterations and Chakras' Energy Deficiencies as the Main Cause of Rhinitis

Huang WL\*

Infectious Diseases, General Practice, Nutrition, Acupuncture and Pain Management Specialist. Medical Acupuncture and Pain Management Clinic, Franca, São Paulo, Brazil

## Abstract

**Introduction:** According to Western medicine, allergic rhinitis is an inflammatory disorder of the nasal mucosa induced by allergen exposure triggering immunoglobulin-mediated inflammation. It can also be associated with comorbid conditions as asthma, atopic dermatitis, and nasal polyps. According to traditional Chinese medicine (TCM), the basic pathogenesis is inadequate functioning of Lung Qi caused by external or internal pathogenic factors, often accompanied by the Qi insufficiency of Spleen and Kidney.

**Purpose:** To demonstrate that patients with rhinitis have energy imbalances and chakras' energy deficiencies that are causing the rhinitis symptoms and the corrections of these energy imbalances are very important to treat the root of the problem and not just the symptoms.

**Methods:** Four cases report, two men's patients with a history of 20 and 13 years of rhinitis symptoms (itchiness, runny nose) respectively, one women (40 years-old) that had rhinitis since 2010 and was responding poorly to the treatment using antihistamine and others medications and the last patient was a 4 months' baby that was having swelling, itching and a runny nose since birth. They searched for another kind of treatment and the medical doctor diagnose them with Kidney Yin and Yang deficiency. They were submitted to radiesthesia procedure and discovered that all their chakras were in the minimum level (1 out of 8) with the exception of the seventh chakra that was normal, rated in eight, for the cases report one to three. The treatment consisted in Chinese dietary counseling, auricular acupuncture with apex ear bloodletting and replenishment of the chakras' energy centers using homeopathy according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* and crystal based medications.

**Results:** All four patients improved their condition of rhinitis in the first two weeks of treatment, only the first patient needs to do surgery indicated by otolaryngologist and all four patients are still in treatment until nowadays.

**Conclusion:** Patients with rhinitis have energies alterations and chakras' energy deficiencies. The rebalance of the internal energy (using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting) and replenishment the chakras' energy centers using highly diluted medications according to the theory *Constitutional Homeopathy of Five Elements Based on Traditional Chinese Medicine* and crystal based medications were important tools to treat the rhinitis symptoms at the root level.

**Keywords:** Acupuncture; Chakra; Diet; Energy; Hippocrates; Homeopathy; Rhinitis; Traditional Chinese Medicine

\*Corresponding author: Huang WL, Rua Homero Pacheco Alves, 1929, Franca, São Paulo, 14400-010, Brazil, Tel: (+55 16) 3721-2437; E-mail: weilingmg@gmail.com

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rhinitis can be mites, insects, domestic animals or plant origin, pollens and molds. Another occupation trigger could be tobacco, latex, ozone, oxides of nitrogen. Sulphur dioxide, aspirin and others non-steroidal anti-inflammatory drugs can also induce or trigger the immunoglobulin mediated reaction [1].

Some co-morbidity conditions can also be accompanying rhinitis such as atopic dermatitis, asthma, nasal polyps, etc [1].

Allergic rhinitis symptoms can result in fatigue, depressed mood, sleep disturbances, cognitive function compromised impairing the quality of life and productivity [1].

In this article, the author will follow what Hippocrates said, "Foolish the doctor who despises the knowledge acquired by the ancients" and "it is far more important to consider other ancient medical traditions prior to the knowledge we have nowadays" [2].

So, for this reason, the author will use the concepts of traditional Chinese medicine to explain the reason that is behind the rhinitis symptoms that is not seeing by the naked eyes, because it is related to energies imbalances and alterations in the chakras' energies centers [3-8].

## Purpose

The purpose of this study is to demonstrate that patients with rhinitis symptoms have energy deficiencies and chakras' energy deficient in energy and the correction of these energy imbalances are very important to the physician plan the treatment of these patients, to treat the root of the disease and not just the symptom.

## Methods

To write this article, the author did an extensive search in articles indexed in PubMed related to rhinitis, in both Western and in Chinese medicine literature. Also, she used the presentation of four cases reports of patients with chronic rhinitis symptoms that was

## Introduction

According to Western medicine, allergen exposure are triggering immunoglobulin-mediated inflammation and affecting the nasal mucosa causing rhinitis symptom [1]. These allergens that can trigger

in treatment with some kinds of Western medications (second and third case) and homeopathic medications (first case) with some improvement of their condition but have relapses after withdrawn the medications.

### Case report one

It is a male patient, M.H.L., 21 years-old, with chronic rhinitis symptoms since he was 8 years-old. His symptoms consisted in itching nose and sneezing a lot mainly in the morning.

He did not get any Western allopathic treatment during this period. When he had attacks of rhinitis, he used homeopathy *Natrum muriaticum* prescribed by his doctor.

This patient was the first child of their parents (a couple of doctors), born with a normal delivery. His mother was 30 years old when he conceived him and he was very fond of drinking Cold cow's milk with chocolate and cold water. He almost did not drink water. His intestinal habit was not daily. He would like to be playing video games until late nowadays.

In this case report one patient, his parents were doctors and the mother had a very active professional life, worked with many patients a day and had a very exhausting life. His father also had a very stressful work as anesthesiologist and needs to work during the night and on weekends. In her pregnancy, the mother had constipation and a lot of swelling in the body working until the last day of delivery.

The patient's diagnosis in traditional Chinese medicine was Kidney *Yang* deficiency (feels colder in extremities), Blood deficiency (do not have daily bowel movement) and Heat retention (acne in the skin).

His treatment consisted in Chinese dietary counseling avoiding all dairy products, cold drinks, raw foods, sweets. It also orientates to avoid fried foods, eggs, coconut, honey, chocolate, melted cheese and alcoholic beverages. And the third and last group of foods that was orientating to avoid was coffee, soda and matte tea.

He was also submitted to the measurement of his chakras' energy centers through radiesthesia procedure, using a crystal pendulum. All his chakras were in the lowest level of energy, rated in one out of eight, with the exception of the seventh chakra, that was normal, rated in eight. His doctor prescribed homeopathies medications according to the theory *Constitutional Homeopathy of Five Elements Based on Traditional Chinese Medicine* and the medications used were described below: Sulphur 30CHXX-20 (single dose), Calcarea carbonica 30CHXX-20 (single dose), Silicea 30CHXX-20 (single dose), Natrum muriaticum 30CHXX-20 (single dose), Phosphorus 30CHXX-20. The homeopathies were prescribed to be taken in a single dose with a hiatus of one day between the medications, necessarily on the sequence described. Two months later, a new sequence of treatment was started, with the same medications taken on the same order, but now with 200CHXX-20 instead of 30 CHXX-20. Two months later, a new sequence of treatment was started, as the others, with the same medications taken on the same order, now with 1000CHXX-20 instead of 200CHXX-20. Two months later, a new sequence of treatment was started, as the others, with the same medications taken on the same order, now with 10000CHXX-20 instead of 1000CHXX-20. Two months later, a new sequence of treatment was started, as the others, with the same medications taken on the same order, now with 50000CHXX-20 instead of 10000CHXX-20.

The author also prescribed the use of crystal-based medications to him but as he does not like to intake medications every day, he did not use these medications, that normally are prescribed for a period of one year or more, when the patient needs to be submitted again to the radiesthesia procedure to see the results of the treatment, measuring again the chakras' energy centers.

The crystal-based medications are shown in the discussion section.

### Results of case report one

Although he did not do the acupuncture sessions or follow the Chinese dietary nutrition recommendations, the patient had an improvement in his rhinitis since the beginning of the treatment using homeopathies according to the theory *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*. He only had relapses of his condition when he do not use clothes adequately during the night when he is sleeping and usually wakes up with runny nose and the author will explain why he will relapse in this condition in the discussion section.

### Case report two

The second case report is a 49-year-old male patient who had rhinitis since adolescence, when he was around 12 years old, 37 years ago, and his symptoms consisted in wake up sneezing and scratching his nose, even getting swollen and red from scratching. Where there was dust it started to sneeze.

The patient was his mother's fifth child and the father's second child, the mother when she fathered him, she was about 38 years old. He had 3 brothers from his mother's first marriage and 1 older sister 3 years from the same marriage as his mother and father.

The consequences for this sequence of delivery will be discussed in the discussion session.

He underwent surgery for the deviation of the spongy flesh in 2001 and rhinitis improved a little, but he still has some crises.

When he did a lot of physical exercise, he got better. Nowadays he has hypertension and a little bit of obesity.

In 2016, he did the chakras' energy centers measurement and the result was that all his chakras were in the lowest level of energy, rated one out of eight with the exception of the seventh chakra that was in normal level, rated in eight.

The treatment recommended for him was the same used in the first case report, following the Chinese dietary counseling but he did not undergo acupuncture sessions because he lives far from the author's city and that is why he only intake the homeopathies medications to replenish the chakras' energy centers according to *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*.

### Results of case report two

The patients improved his condition of rhinitis in the first two weeks of treatment and said that he was sleeping better and have more energy to do the daily activities and to do exercises such a beach tennis and playing tennis. The rhinitis symptoms improved very well with this treatment done and the patient was not necessitating anymore the use of medications to control the rhinitis symptoms such as topical corticosteroids and anti-histamines medications.

### Case report three

M.C.N., 40 years old, with sneezing and sneezing since 2010. She has 2 daughters born by normal birth, 10 and 7 years older than she. She had sneezing and a runny nose during the day and night and even used a medication called intranasal topical Nascort, where she improved her symptoms but as soon as she stopped, she started having symptoms again.

In 2019, she started treatment with acupuncture where her symptoms greatly improved. She also did the measurement of the chakras' energy that revealed that all her chakras were deficient in energy, rated one out of eight with the exception of the seventh chakra, which was normal, rated in eight. She started using homeopathies according to the theory *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* and crystals based medications and in 2020 she stopped using her medications and the acupuncture sessions due to the COVID 19 pandemic.

She is the youngest daughter of her parents and she has six older brothers and sisters. At home, everyone has rhinitis, including her father, with the exception of the mother.

As associated diseases, she has bilateral kidney stones, liver and ovarian cysts and has chronic bilateral periocular dark circles.

### Results of case report three

The patients improved her symptoms of rhinitis after began the treatment with Chinese dietary counseling, acupuncture and intake the medications to replenish the chakras' energy centers using homeopathies, described in the case report one of this article.

### Case report four

M.B. 4 months-old with nasal swelling, itching and runny nose as said by his mother. The patient was taken to a pediatrician who instructed him to use antihistamine medication but there was not much improvement in the condition. His father was already the author's patient and was in treatment for lung cancer and it is complications. The baby was taken to make an assessment and during radiesthesia procedure, the doctor saw that all the chakras of this patient were completely without energy, including the seventh chakra, the spiritual chakra.

The author, in order to study the possible causes of lack of energy in the baby's chakras, asked the mother to also evaluate the energy of the chakras, which revealed that every chakra of his mother was also weak, except for the seventh chakra, which it was normal, rated in 8.

The father of this child was a veterinarian and was 47 years old, but had been suffering from lung cancer for five years using chemotherapy and radiotherapy, in addition to having undergone neurosurgery to remove metastases. The father of this baby, also did a parallel treatment with the author with Chinese dietary counseling, acupuncture and was using highly diluted medications to replenish his chakras' energy centers, that was also weak in energy, rated one out of eight, with the exception of the seventh chakra, that was rated in eight, measured in 2018. With this treatment, it was possible to reduce the metastasis and also, make your girlfriend pregnant. Due to the pandemic of COVID 19, his father did not go to acupuncture sessions in 2020 anymore and the author does not know if he took the medications to restore the energies of the chakras. During this period, his father had a worsening of his clinical picture in relation to cancer, needing to be hospitalized

in Sao Paulo, but he did not resist the treatment and died a few days after his son made his appointment with the author.

### Results of the case report four

After the death of his father, the patient did not return to the author's clinic again to reevaluation and it was impossible to know the evolution of the treatment of this patient. This case was inserted by the author, to show the alterations in the chakras' energy centers of this patients and also studying the chakras' energy state of the parents to show from where the alterations in the chakras' energy centers alterations comes from.

### Discussion

As said by the author, this article was written using Hippocrates thoughts that said that it is important to consider other ancient medical traditions prior to the knowledge we have nowadays. For this reason, the author chooses to explain the rhinitis process development from the light of traditional Chinese medicine together with what we have nowadays regarding the development of rhinitis in Western medicine's point of view [2].

Before the author explains the traditional Chinese medicines' point of view concerning the formation of rhinitis symptoms, the author will show you how her reasoning started, with the treatment of one specific case in 2006 [9].

This case was a 70-year-old male patient who suffered from legs pain and any kind of medication such as the use of anti-inflammatory medications could not improve his symptoms. So, he looked for the author's clinic to try to use another kind of treatment. His diagnosed on TCM was *Kidney-Yang* deficiency. He received treatment with Chinese dietary counseling, acupuncture and auricular acupuncture associated with apex ear bloodletting [9].

With the treatment done, the pain in the legs diminished and the patient was submitted to an interview after the treatment. In this interview, 30 days after the treatment, the patient revealed that his eye pressure had also lowered from 40 mmHg to 17 mmHg, as his ophthalmologist confirmed. During the treatment, he had not reported to being treating glaucoma in the last 40 years with no improvement of his condition [9].

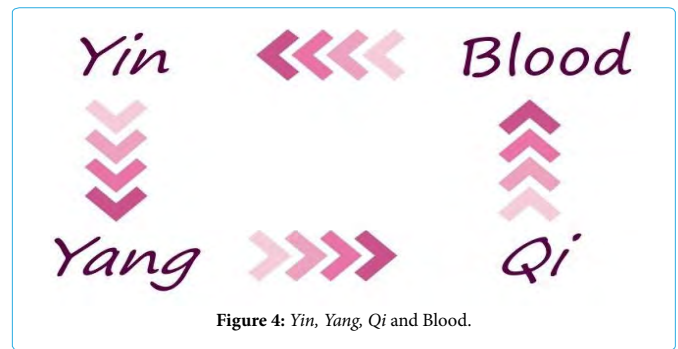
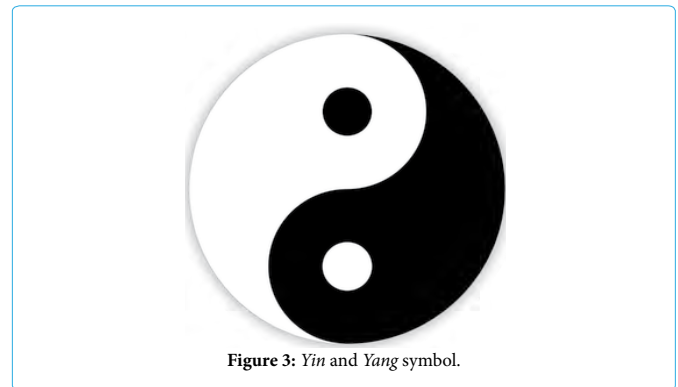
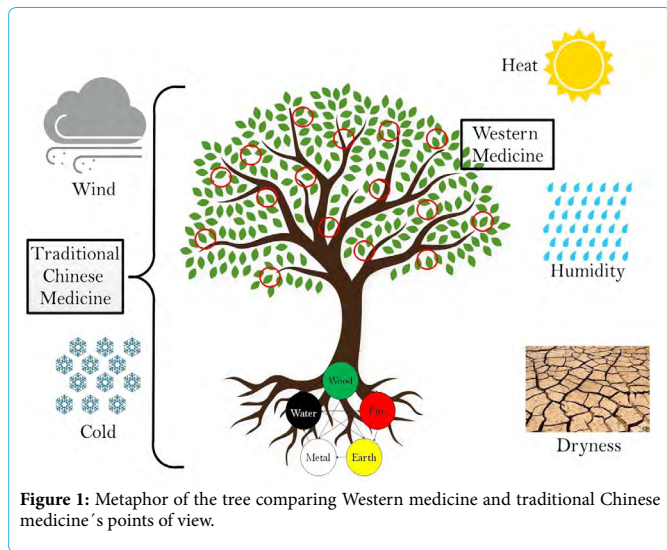
This unusual case became the cornerstone of all studies of the author, trying to comprehend how the treatment focused on the root of the problem could treat different diseases and symptoms simultaneously and using the same methods [9].

In this article, the author will talk about what traditional Chinese medicine says about patients with rhinitis symptoms. The basic pathogenesis in the development of rhinitis is inadequate functioning of Lung Qi caused by external pathogenic factors such as invasion of Cold, Wind, Heat, Dryness and Humidity or internal pathogenic factors such as the emotions (sadness or grief), often accompanied by the Spleen and Kidney Qi insufficiency [3-9].

In many other articles written by the author, what she always shows is the comparison between Western medicine's point of view and what traditional Chinese medicine focuses when facing patient's symptoms [3-9]. In the case of the metaphor of the tree, demonstrated in the figure 1, this tree has a trunk with many branches. Each branch represents one medical specialty and the leaves that is coming out of each branch, represents the symptoms and diseases treated by this specialty. In the

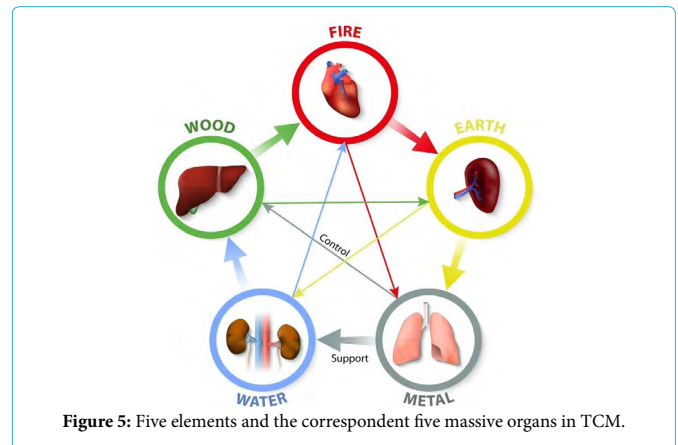
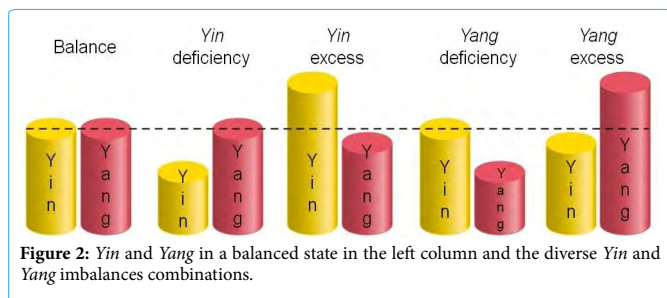
case of treating patients with rhinitis symptoms, Western medicine's treatment usually focused in the leaf level of the tree, showed in the figure 1, using sprays and corticosteroids. According to TCM's point of view, rhinitis is only the clinical manifestation that some energy imbalances are occurring in the root of the tree (Figure 1) and the influences of the external pathogenic factor that is surrounding the tree also could influence and triggering the onset of the manifestation of the rhinitis symptoms. The treatment of these energy imbalances in the root level of the tree and also, considering the influence of the external pathogenic factors are the major importance to treat the cause and not only the symptoms of rhinitis [3-9].

root of the tree, balancing the energies of *Yin*, *Yang*, *Qi* and Blood, all the patients symptoms would improve at the same time, even the doctor does not know that the patient has such symptom [3-9].



In the root of the tree, there are two theories that traditional Chinese medicine basis in all the treatments. They are the *Yin* and *Yang* theory and the Five Elements theory [3-8].

The other theory based upon traditional Chinese medicine principles of treatment is the Five Element theory (Figure 5). The relation between the five basic elements was observed by Chinese wise man looking another aspect of the elements from the nature. These elements are Wood, Fire, Earth, Metal and Water. The dynamic balance was observed between the elements and of their interactions is so closely connected that if this balance is destroyed or interrupted, the elements could sorrow [10].



The *Yin* and *Yang* are the principal theory used by traditional Chinese medicine (Figures 2 and 3). According to Chinese wise men, everything in the world is ruled by the measure of balance between *Yin* and *Yang*. These two forces are cyclical, they are opposites but at the same time, complementary in everything in the universe. The dark *Yin* and the light *Yang* represented by this symbol, showed in the Figure 3, are symmetric but not static [3-8].

Each element corresponds to one massive organ in traditional Chinese medicine and each organ is responsible for one external sensorial organ, as you can see in the Table 1 [10].

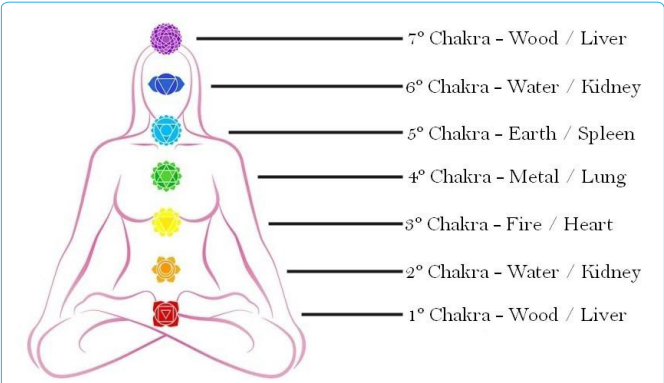
For *Yin* and *Yang* energy to flow inside the meridians there is the necessity of two other energies to work in harmony with it that are *Qi* and Blood. To achieve health, the main aim of the physician is to balance these four energies *Yin*, *Yang*, *Qi* and Blood, as demonstrated in the Figure 4. This theory was presented in the Acupuncture Research Conference that was held in 2015 in the Harvard Medical School in Boston, where the author showed through the presentation of the case of the patient with leg pain and glaucoma, described in the beginning of the discussion section, that if the physician treats the

The relationship between the elements is established according to the Generation Cycle and Control Cycle, as you can see in the Figure 6 [11].

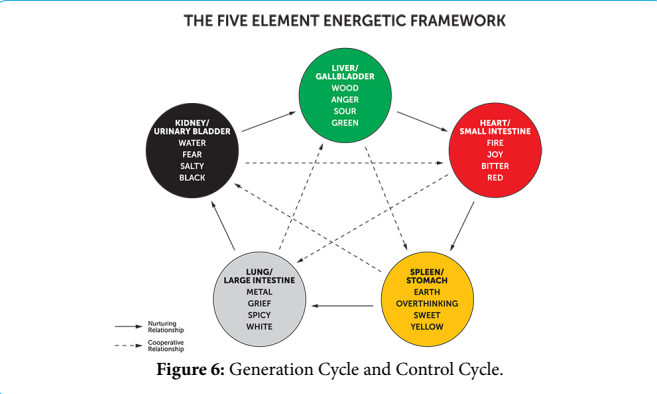
	Wood	Fire	Earth	Metal	Water
Orientation	East	South	Middle	West	North
Season	Spring	Summer	Late Summer	Autumn	Winter
Climate	Wind	Summer Heat	Dampness	Dryness	Cold
Cultivation	Germinate	Grow	Transform	Reap	Store
Yin Organ	Liver	Heart	Spleen	Lung	Kidney
Yang Organ	Gall Bladder	Small Intestine	Stomach	Large Intestine	Bladder
Orifice	Eye	Tongue	Mouth	Nose	Ear
Tissues	Tendons	Vessels	Muscles	Skin & Hair	Bones
Emotions	Anger	Joy	Pensiveness	Grief	Fear
Color	Blue / Green	Red	Yellow	White	Black
Taste	Sour	Bitter	Sweet	Pungent	Salty
Voice	Shout	Laugh	Sing	Cry	Groan

**Table 1:** Five Elements and their correspondence five massive organs in traditional Chinese medicine.

chakras and five elements, that corresponds to the five massive organs in traditional Chinese medicine. According to him, the first chakra and the seventh chakra correspond to the Wood element, the second chakra and the sixth chakra correspond to Water element, the third chakra to the Fire element, the fourth chakra corresponds to the Metal element and the fifth chakra corresponds to the Earth element, as indicated in Figure 7 [3-8,12].



**Figure 7:** hakras and the five elements and the correspondence five massive organs.



**Figure 6:** Generation Cycle and Control Cycle.

Rhinitis according to traditional Chinese medicine is associated with Kidney energy. Kidney energy can be constitutive, that is, acquired by parents at the time of conception and acquired by food after birth. In the cases reported cases 2 and 3, both were the last children of mothers who had an energy wear in previous pregnancies to the patients in question, patient 2 was the fifth child of a mother who, in addition to having 5 children, had a past history of having several stories of abortion prior to his conception and in traditional Chinese medicine, each abortion must be understood and treated as if it were a normal pregnancy, with all care in the post-abortion period, as the energy losses in this period are the same as those of a person who had a full term pregnancy [13].

The Wood element has the Liver as massive organ and Gallbladder as the hollow organ coupled to the Liver. It has the eye as its external sensorial organ, being responsible for vision. Anger is the emotion that unbalances the Liver or Wood element (Table 1) [11]. The Fire element has the Heart as the massive organ and Small intestine as the coupled organ. This element is represented by the tongue as external sensorial organ and is responsible for the language. The excessive joy is the emotion that can unbalance the Heart (Table 1) [11]. The Earth element has the Spleen as the internal massive organ and has the Stomach as the coupled hollow organ. It is represented by the mouth and being responsible for taste. The excessive worry is the emotion that unbalances the Spleen (Table 1) [11].

The reproductive system in traditional Chinese medicine is based on energies provided by Kidney essence and *Yin, Yang and Qi* and the balance between these energies will determine the quality of the health egg, according to the article *Recurrent Pregnancy Loss and Traditional Chinese Medicine* written by Lee and published at Medical Acupuncture Journal on June 2013 [14].

The Metal element has the Lungs as the internal massive organ and has the Large-intestine as the coupled hollow organ. It represents the nose, and is responsible for the sense of smell. Grief is the emotion that unbalances the Lungs (Table1) [11].

According to traditional Chinese medicine theory, the contributing factor inducing recurrent miscarriage could be the reduction in the vital energy. In the same article written by Lee, he states that essence, *Qi, Yin* and *Yang* naturally declines with age and accelerates with poor self-care, unresolved emotions, excessive stress, etc [14].

Finally, the Water element has the Kidney as the correspondent internal massive organ and has the Bladder as the internal coupled organ of the Kidney it represents the ears and is responsible for the hearing process. Fear is the emotion that unbalances the Kidney (Table 1) [11].

That is why, for this reason, the author is correlating the birth sequence of each clinical case, to assess the degree of maternal wear induced by previous pregnancies to predict a possible degree of energy deficiency in the patient at the time of conception, inducing the appearance of diseases secondary to this deficiency in energy, in this case, rhinitis. According to the article *Recurrent Pregnant Loss in Traditional Chinese Medicine*, the depletion of Kidney essence can be caused by multiple pregnancies, corroborating with what the author wants to transmit in this article, that patients with rhinitis symptoms, could have poor Kidney essence generated by the poor Kidney essence from their parents at the moment of the conception of this patients. Multiple pregnancies can deplete Kidney *Yin* and *Yang* [14].

According to some studies found in the literature, and in the class about the correspondent Chakras and Five elements and the five massive organs given by Dr. Osvaldo Coimbra, in Brazil, author of the book entitled *Sowing Light Oz Crystals System*, there are seven

In the case report 3, she was the last daughter of an offspring of 7; all of them had rhinitis just like their father. From this story, we can

analyze that the father most likely had a change in his Kidney energy at the time of the conception of this patient and because it was the last pregnancy and the mother had 6 births before her, most likely that she also had a wear and tear of the Kidney energy at the time of conception of this patient, due to having generated other children in her womb before having generated her [3-8,14].

In addition, the patient seems to have worsened her rhinitis after conceiving her two daughters, which must also have aggravated her state of Kidney energy deficiency. The dark circles under her eyes has always been related to the lack of Kidney energy, being a sign in the physical examination that the patient has a deficiency in Kidney energy [15].

In the case report four, the baby was conceived by the union of his 34-year-old mother, primiparous, but his father was 47 years old, had been undergoing lung cancer treatment for five years, using chemotherapy, radiotherapy and had undergone surgery to treat metastases in the central nervous system. The father of the baby managed to get his mother pregnant while he was undergoing internal energy treatment, using acupuncture, Chinese dietary therapy and the use of homeopathy medications to replenish the chakras' energy centers, that was already low, rated one out eight in all the chakras, with exception of the seven that was normal, rated in eight. Her mother did the chakras' energy centers measurement and was also low, rated one out eight, with the exception of the seventh chakra, that was normal, rated in eight [15].

Although the mother is younger than the father and was prim parous, the father already had a 15-year-old daughter and due to the treatment he was receiving, he had a very important energy deficiency that could be the cause of transmission of the lack of energy in all the chakras of the baby, leading to the clinical manifestation of rhinitis symptoms, together with the lack of energy of his mother too. The only thing that his mother had was the dark circles under her eyes that were an indication of Kidney energy deficiency, according to TCM. The history of the clinical case of the father of this baby was published by the author in the article *The Importance of Treating Energy Imbalances and Chakras Replenishment for Prevention and Treatment of Cancer*, published by *Advances in Cancer Research & Clinical Imaging* on September 2020, where the author is explaining in this article that, although the patient was undergoing chemotherapy and radiotherapy treatment, his metastasis only reduces the size but always reaper in another site of his body. When the patient associates the treatment to replenish the energy of the chakras' energy centers, all the metastasis reduced in size or disappeared completely and do not have any other metastasis in other site. Only during the pandemic of COVID 19, this patient did not return to do his acupuncture sessions and the author do not know if he maintains the intake of the medications to replenish the energy of the chakras [14,16].

According to TCM, rhinitis is caused by Lung Qi insufficiency, triggered by external pathogenic factors such as Wind, Cold, Heat, Dryness or Humidity or internal pathogenic factors such as the emotions. That is why, in the case report one, he always felt that he could have rhinitis symptoms when he sleeps without using clothes to cover his chest because during the night, the temperature always declines in the night and the patient could suffer from the invasion of these external pathogenic factors (Cold and Wind) if not properly covered by clothes [17].

It is very common that the patient with rhinitis also has Spleen and Kidney Qi insufficiency accompanying the Lung insufficiency.

So, it is important to treat these energy deficiencies, because as the author showed in these four cases reports, all of them have energy deficiencies in the chakras' energy centers, demonstrated through the radiesthesia procedure [17].

As the author lives in Brazil, she has difficulties to find Chinese herbs to treat her patients as these kinds of medications are usually used in China to treat energy disharmonies or deficiencies. That is why, the author began to study homeopathy and during her course in 2015, she began to write another theory in homeopathy linking with traditional Chinese medicine reasoning. All the history and evolution of this theory is described in the article *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*, published by *Acta Scientific Medical Sciences* in July 2020 [10]. The medications used by the author are described in the Table 2 [13].

Chakras	Five Elements	Homeopathy Medications	Crystal Based Medication
1° Chakra	Wood/Liver	Phosphorus	Garnet
2° Chakra	Water/Kidney	Natrum Muriaticum	Orange Calcite
3° Chakra	Fire/ Heart	Sulphur	Rhodochrosite
4° Chakra	Metal/Lung	Silicea	Emerald
5° Chakra	Earth/Spleen	Calcarea Carbonica	Blue Quartz
6° Chakra	Water/Kidney	Tone 2° Chakra	Sodalite
7° Chakra	Wood/Liver	Tone 1° Chakra	Tiger Eye

**Table 2:** Homeopathy and Crystal based medications used in the treatment to replenish the chakras' energies centers of the four cases reports.

The sequence to give the medications should follow the generation cycle of the Five Elements theory, demonstrated in the Figure 6. For example, if the physician starts with the medicine Silicea to tone the Lung (that has the external sensorial organ the nose) and corresponds to the 4th chakra, the next medication he need to prescribe is Natrum muriaticum to treat the 2nd chakra, that corresponds to the Kidney. After, Kidney will send energy to the Liver that corresponds to the first chakra and the medication that he needs to prescribe is Phosphorus. Liver sends energy to the Heart, that corresponds to the third chakra, and the medication to treat this element is Sulphur. The last element that needs to be treated is the Spleen, that is the fifth chakra and the medications used to tone this chakra is Calcarea carbonica [10].

But not all patients need to intake all the medications; it will depend on the result of the radiesthesia procedure [10].

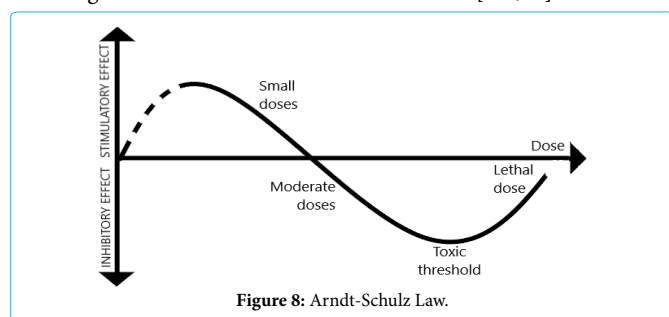
As the author explained in the beginning of the discussion section, to have health, there is the necessity of have Yin, Yang, Qi and Blood in harmony state. Using this method, she is not only treating the rhinitis symptom of the four patients described in this article but the whole body of them. Using this approach, the physician will be able to treat all the patient symptom at the same time, even the doctor does not know that the patient has such symptom, as the author described in the beginning of the discussion section about the case that became the cornerstone of all her treatments. If the physician treats the root, all the patient's problems will be treated at the same time, preventing the formation of other diseases in the future as the author described in all her publications, that all chronic diseases came from the deficiency in energy in the chakras' energy centers [3-8,10].

The Yin and Yang energies are produced in the second chakra on the Kidney and are the energies involved in the formation of rhinitis symptoms. That is why it is important to treat the root that is the energy imbalances, and not just the symptoms. But as the second chakra depends on the energy of the four chakra, that is the Lung and it is deficient in energy also, it is important to treat this chakra and

according to TCM, the deficiency in the *Qi* of the Lung can induce rhinitis symptoms too. The Lung is responsible for the distribution of energy to the entire body. The fifth chakra that corresponds to the Spleen is responsible for the absorption of nutrients and formation of Blood [10,11].

The Blood is stored in the first chakra, the Liver that is responsible for the distribution of energy inside the body. The Blood is commanded by the third chakra, which is the Heart (third chakra) that is responsible for the normal flow of the Blood inside the vessels [10,11].

The author chooses to treat her patients using homeopathy medications instead of highly concentrated medications based on Arndt-Schulz Law, as you can see in the Figure 8. This law was created in 1888 by two German researchers that said that for all substances, small doses stimulate, moderate doses inhibit and overdoses kill. According to this law, highly diluted drugs improve organic processes, while high-concentrated medicines harm health [3-8,18].



In the Figure 8, is possible to see that the lower part of the zero corresponds to the inhibitory effect of the drug while the part above the zero has the stimulating effect. We can observe that the more concentrated the drug, the more deleterious effect it will cause in the body. On the contrary, the more diluted the drug, the more stimulating effect on the patient's energy will occur [3-8,18].

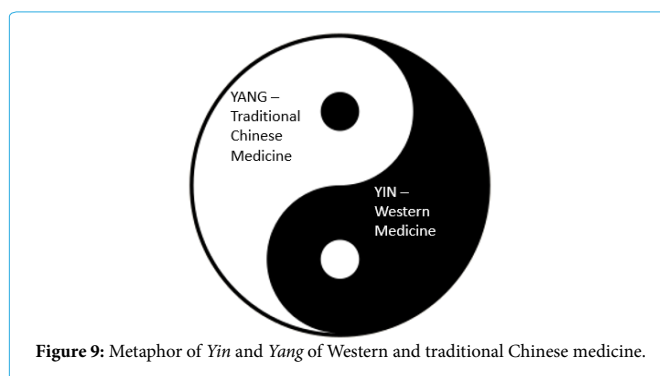
In all patients' treatment, the first step was the changes in the dietary habits as the wrong eating habits could maintain the energy imbalances. The orientations regarding which type of food the patient needs to ingest was according to each energy imbalances presented by each patient. As said by Hippocrates, "make your food your medicine and your medicine your food" [2,19].

The author also used in the treatment auricular acupuncture points made by mustard seeds. Each ear point corresponds to the treatment of one organ and each organ is responsible for the production of one energy (*Yin, Yang, Qi* and Blood) associating with apex ear bloodletting to take out Heat retention. The function of each organ was described in the article written by the author entitled *How Do You Treat Back Pain in Your Practice? Part 2*, published at *Medical Acupuncture* on February 2018 [20,21].

The author used in the treatment of all the cases reported in this article, tools such as acupuncture and homeopathies medications. In Brazil, they are all considered medical specialties recognized by Brazilian Federal Medical Council in 1995 and 1980, respectively Figure 9 [22].

To understand better the formation of rhinitis in a deeper way, the physician needs to have in mind Western and traditional Chinese medicine. Nowadays, Western and traditional Chinese medicine are seen as different by most physicians around the world. However, they

can be integrated. The body, and therefore, the possible treatments, is not only physical and constituted of organs and tissues, but also it is formed of energy. A metaphor of *Yin* and *Yang* as the different kinds of medicine was created by the author and described in the Figure 9. For the adequate treatment of rhinitis, it is important to associate traditional Chinese medicine and Western medicine's reasoning, so the patient can treat the symptoms (leaf level in the Figure 1) and the root of the problem, which are the energy imbalances, causing the predisposition for the development of rhinitis [3-8].



## Conclusion

Patients with rhinitis have energy alterations and chakras' energy deficiencies. The rebalance of the internal energy (Chinese dietary counseling, auricular acupuncture with apex ear bloodletting) and replenishment the chakras' energy centers with homeopathies medications according to the theory *Constitutional Homeopathy of Five Elements Based on Traditional Chinese Medicine* and crystal based medications were important to treat the rhinitis symptoms at the root level, treating the cause and not just only the symptoms.

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