

Energy Alterations as the Underlying Cause of Primary Hypertension?

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Abstract

Introduction: *Primary hypertension (PI) is high-blood pressure with no known secondary cause. In secondary hypertension, there is an identifiable cause, such as kidney disease. In Traditional Chinese Medicine (TCM), PI is caused by energy imbalances, such as Liver, Heart, Stomach Fire and Phlegm retention, correspondent to imbalances of the first, third and fifth chakras centers of energy.*

Purpose: *The purpose of this study is to demonstrate the existence of an energy-detectable cause for primary hypertension, which cannot be seen in laboratorial exams. Normally, in a progression from health to disease, the laboratorial exams are only altered in the last phases (4 and 5) of disease's progression.*

Methods: *Through four case reports, all in treatment for primary hypertension. The first patient had glaucoma, the second HIV, the third had passed through an implant procedure, and the fourth worked with computers all day long. All these different background would induce energy imbalances. The patients were treated with acupuncture, for maintaining the energy balance. All patients were submitted to measurement of the chakras energy, with a crystal pendulum. In all four patients, the energy of all the chakras was depleted. Considering a scale of 1 to 8 in energy, 1 as minimum and 8 as normal, all chakras were measured in 1. Patients were submitted to treatment to restore the chakras energy, with homeopathy and crystal-based medications.*

Findings: *In all four cases, the levels of hypertension were reduced.*

Conclusion: *The conclusion of this study is that the primary hypertension can be caused by energy alterations leading to deficiency of the chakras energy, based on these four case reports. Patients with primary hypertension should have their chakras energy evaluated, to treat the root of the problem and not only the symptoms.*

Keywords: *Hypertension, Energy, Diet, Acupuncture, Chakras, Homeopathy, Crystal-based medications, Traditional Chinese Medicine.*

1. INTRODUCTION

In Western Medicine, primary hypertension cause is not well-known. Nowadays, Western Medicine associates the causes of the disease with varied aspects, such as genetic factors, stress and diet. The cause of essential hypertension is considered multifactorial. [1-3] According to the article of Gareth Beevesm, entitled *The Path physiology of Hypertension*, when a cause cannot be found, the patient is diagnosed with essential hypertension. [4]

More than 360,000 American deaths in 2013 included high blood pressure as a primary or contributing cause, almost 1,000 deaths each day. [5] High blood pressure increases the risk for dangerous health conditions, such as heart

attacks, strokes, chronic heart failure and kidney disease. [1-4] Unfortunately, about 1 of 5 U.S. adults with high blood pressure still do not know that they have it. [5]

What is established by Western Medicine literature is that normal blood pressure is 120 over 80 mm of mercury (mmHg), but hypertension is higher than 140 over 90 mmHg. [1-4] According to Western Medicine, hypertension can be treated through life-style changes such as constant exercise, diet and stress reduction. The diagnosis is done through laboratorial or radiological exams. [1-4]

The proposition of this study however, is to treat essential hypertension not as a multifactorial disease, controlling it with medication. The idea

in this study, in the same way that in previous studies of the author [6-12], is to comprehend the symptom, in this case, primary hypertension, as the iceberg tip of a deeper and systemic imbalance, that may be causing several reactions on the patient, in this case, primary hypertension.

The idea of this study is to comprehend how hypertension can be treated using ancient medical traditions tools and ways of thinking, proposing a treatment free of high-concentrated drugs, that is centered in the energy imbalances of the patient, according to the ancient medical traditions, the main reasons why the pressure of the patient is altered.

2. PURPOSE

The purpose of this study is to demonstrate that primary hypertension may have an underlying cause, reflecting a general imbalance in the systemic functions of the body, being possible to treat it with the use of ancient medical tools such as auricular acupuncture, apex ear bloodletting, Chinese dietary counselling, crystal-based medications and homeopathy.

A second goal is to propose, once again, the treatment of the patient as a whole, focusing in all the imbalances, not only in the localized symptoms, when treating any pathology, in this case, primary hypertension.

3. METHODS

The methodology of this study consisted in the literature analysis of what is currently known and done in the diagnosis and treatment of primary hypertension both in Western and Traditional Chinese Medicine (TCM), all Pubmed articles. Other ancient tools were also part of the research, such as the study of the chakras, Hippocratic concepts such as the Humoral theories, among other ancient tools and perspectives of study. At last, four case reports were also used.

3.1. Case Report 1

The patient, named M.S, started treatment with a TCM specialist due to high intraocular pressure, not controlled with eye drops and topical medication. A year before, the patient had found out he had lost 7% of the vision of his right eye due to high intraocular pressure.

Before starting the treatment with auricular acupuncture, apex ear bloodletting and Chinese dietary counselling, the patient is already

receiving treatment for his glaucoma with eye drops, for years. His eye pressure would never low, always around 23mmHg. The patient also had high systemic pressure, using medication to control it.

The treatment was started, and in the first session the physician observed in a physical exam that the patient had umbilical hernia. In Traditional Chinese Medicine, umbilical hernias are linked to deficiency in energy, usually passed through the individual in the moment of conception.

The Chinese dietary counselling received was avoid dairy products, raw food, cold beverages, sweets, fried food, chocolate, honey, coconut, melted cheese, alcoholic beverages, coffee, soda and matte tea.

The patient believed his umbilical hernia was normal, since he had it since he was born. In order to measure the energy of the chakras of the patient, it was recommended the use of chakras measurement procedure, of radiesthesia.

The measurement resulted in all chakras with weakened energy, with exception of the seven chakra that appeared normal.

He started treatment with homeopathy, based on the theory of *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*, created by the author, and crystal-based medications to replenish the energy of the chakras.

3.2. Results Case 1

The treatment with all the tools (Chinese dietary counselling, auricular acupuncture, apex ear bloodletting, homeopathy and crystal-based medication) was so significant to reduce the systemic and intraocular pressure, which the patient was able to stop taking the medication for his systemic pressure by himself, but he continued with the use of his eye drops.

The patient also had high cholesterol, that would only decrease with the use of medication, two years ago the patient decided to stop the use of the cholesterol medication by himself. When he started the treatment with the author, his cholesterol was 305mg, and after six months of treatment it fell to 254mg. The triglycerides were in 238mg and fell to 166mg, without the use of any kind of high-concentrated medication, specifically to treat cholesterol or triglycerides.

The intraocular pressure went from 23mmHg to 14mmHg. Before the use of homeopathy and

crystal-based medication, the patient was using the eye drops for glaucoma without any diminution of his intraocular pressure.

3.3. Case Report 2

In 2006, C.R., 36-year-old male, the subject and his wife were diagnosed with HIV.

His viral load did not request the use of anti-retroviral medication in the beginning. His arterial pressure, that was low through his entire life, started to present alterations, probably due to emotional distress with the diagnosis of the disease, achieving 180mmHg x 140mmHg. He started the use of medication to control the arterial pressure. After two years, the viral load increased and he started anti-retroviral therapy to control the virus count in the organism.

In 2012, the triglycerides and cholesterol also started to present alteration, and the subject started treatment with atorvastatin and ciprofibrate. According to the infectious disease’ specialists accompanying his case, these alterations was a consequence of the anti-retroviral medications use.

He and his wife started to perform treatment with ancient medical tools after they found out the disease. They maintained the treatment with auricular acupuncture associated with apex ear bloodletting, once a week, to maintain the balance of the energy.

Despite receiving orientations regarding diet, based on Chinese Dietary Counselling, the same as the recommended in the first case report, the patient did not follow the instructions well, as he

cooks foods different from the orientations received (lots of cheese, white flour, dairy products) and likes to drink beer on weekends.

A year ago, the patient complained that his arterial pressure was not lowering even with the use of medication. One of the hypothesis of the author was that the hypertension could be caused by lack of energy in the chakras, and it was performed the chakras energy measurement, using a crystal pendulum. All his chakras appeared depleted in energy. Considering that the normal level of energy is 8, all his chakras were in 1.

He started treatment with crystal-based medications, magnesium chloride and homeopathy, to replenish the energy of the chakras. The homeopathy used was based on the theory of *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*, created by the author.

3.4. Results of Case 2

After the replenishment of the energy of the chakras, his arterial pressure started to normalize. The patient was accompanying his pressure, measuring it every day, in order to be able to diminish his hypertension medications use in the future. His pressure is around 120mmHg x 80mmHg, with lower triglycerides and cholesterol. He still has some days where his arterial pressure appears higher, probably due to the high-consumption of beer. Table 1 describes his pressure in the last months, after the treatment done.

Table1. Case Report 2 Patient Arterial Pressure December 2018 to April 2019 – After the use of homeopathy and crystal-based medication

DATE	PRESSURE (mmHg)	DATE	PRESSURE (mmHg)	DATE	PRESSURE
22/dec	140 x 90	04/feb	160 x 100	01/mar	130 x 80
23/dec	130 x 80	04/feb	130 x 80	01/mar	100 x 70
24/dec		05/feb	110 x 90	02/mar	130 x 80
25/dec	130 x 90	05/feb	110 x 60	06/mar	130 x 90
26/dec	120 x 80	06/feb	130 x 80	06/mar	130 x 80
27/dec	120 x 70	08/feb	130 x 80	08/mar	110 x 70
28/dec	140 x 90	09/feb	110 x 70	09/mar	120 x 70
29/dec	130 x 90	12/feb	110 x 70	13/mar	130 x 80
30/dec	140 x 80	13/feb	120 x 70	14/mar	130 x 80
31/dez	130 x 80	14/feb	120 x 70	18/mar	140 x 90
01/jan	130 x 80	15/feb	140 x 90	20/mar	130 x 80
02/jan	140 x 90	18/feb	140 x 80	24/mar	120 x 70
03/jan	130 x 80	19/feb	120 x 70	25/mar	130 x 80
04/jan	140 x 80	20/feb	130 x 80	26/mar	130 x 80
05/jan	130 x 80	21/feb	130 x 70	27/mar	130 x 70
13/jan	120 x 70	22/feb	130 x 80	28/mar	110 x 70
15/jan	110 x 70	24/feb	130 x 80	29/mar	130 x 80

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16/jan	120 x 70	25/feb	120 x 70	29/mar	120 x 80
20/jan	130 x 80	27/feb	120 x 70	04/abr	120 x 70
21/jan	120 x 80	28/feb	120 x 70	11/abr	130 x 80
22/jan	130 x 80			16/abr	140 x 80
23/jan	120 x 80			17/abr	110 x 80
28/jan	110 x 80				
30/jan	110 x 70				

3.5. Case Report 3

Patient named A., 65-year-old female, extracted three teeth and replaced them with dental implants. Two days after, according to the patient, her arterial pressure started to appear altered, she went to emergencies several times. Still with the symptoms, she started treatment with ancient medical traditional tools, and received chakras measurement, which were all measured in level 1 of 8. She was indicated to receive Chinese dietary counselling (the same of the first and second cases), auricular

acupuncture with apex ear bloodletting, homeopathy (based on the theory developed by the author, entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*) and crystal-based medications.

Nowadays, the patient is taking a pill of 25mg of Losartan every night, recommended by her cardiologist. As it is possible to see in Table 1, the pressure of the patient suffered diminution after she started treatment for replenishment the chakras energy on February 07th of 2019.

Table2. Arterial Pressure Case Report 3 from February 2019

DATE (DD/MM/YEAR)	PRESSURE (mmHg)
01/02/2019	130 x 90
02/02/2019	160 x 80
02/02/2019	140 x 90
04/02/2019	160 x 100
05/02/2019	160 x 100
06/02/2019	160 x 100
07/02/2019	130 x 80
08/02/2019	120 x 80
11/02/2019	130 x 80
11/02/2019	110 x 70
12/02/2019	130 x 80
13/02/2019	120 x 80
13/02/2019	110 x 80
14/02/2019	120 x 80
15/02/2019	120 x 80
18/02/2019	120 x 80
19/02/2019	120 x 80
20/02/2019	120 x 80

3.6. Results Case Report 3

With the use of this tools, the pressure of the patient diminished and normalized. Nowadays being around 110 mmHg x 70 mmHg.

3.7. Case Report 4

Patient named M.C.P.M, 34-year-old male, weight 84 kg and was born from vaginal birth, being the second child of his mother.

The patient works in the technology field as a software developer, in a very stressful work environment. The patient had been having a stressful routine in his work for the past three or four years, worsening very much in the past year. The patient is a perfectionist and after starting in a new position in his job, he started working even more than what had been

previously agreed in his schedule. The quality of his life diminished, with a bad diet and poor sleep, the patient was unable to practice physical activities. After a while, his immune system started to fall, and he would be constantly sick, with problems of memory and focus and started working even more to compensate. After six months in this stressful routine, the patient started feeling constantly tired, a feeling that would not disappear after a weekend resting. He described that the feeling of being tired would never go away.

After that, his arterial pressure started to appear altered. He went to the hospital with the systemic pressure measuring 190mmHg x 110mmHg. He would also experience pain in the muscles, together with the feeling of being

tired, compromising his daily routine and activities.

He started searching for treatment with several specialists (cardiologist, neurologist, nutrition doctor, endocrinologist, gastroenterologist, psychiatrist, etc). No diagnosis was achieved, his exams would appear normal. Going to different doctors, he started to intake different medications for his symptoms, achieving the maximum of 20 pills a day. Due to the excess of medication, he would have stomach aches. He started having difficulties in eating properly, losing weight very fast (around 8 kg).

As he did not find success in a Western treatment, that would observe only his symptoms, he searched for a treatment with ancient medical tools: Chinese dietary counselling, auricular acupuncture, systemic acupuncture, apex ear bloodletting and chakras measurement. The measurement showed that the patient had weakened energy in all his chakras, all measured in the level 1 of 8. Then, it was started treatment for replenishment of the chakras energy, with crystal-based medication and homeopathy, based on the theory developed by the author entitled *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*. The patient was oriented to withdraw or diminish the use of high-concentrated medications. As he worked with the computer all the time, he was also oriented to use natural plants in his work environment, as the computers are believed to take out energy of the body, the waves of the computer would go to the plants not to the patient.

3.8. Results Case 4

With the use of the treatment proposed, the arterial pressure of the patient showed significant diminution after four sessions of auricular and systemic acupuncture associated with apex ear bloodletting. After two sessions, the use of crystal-based medications and homeopathy was started, and the patient also started feeling more motivated to work, and experienced improvement of the muscle pain and stomachache, as well as more focus and improvement in memory.

4. DISCUSSION

4.1. Western Medicine Diagnosis and Management of Hypertension

Western Medicine comprehend primary hypertension as a multifactorial disease, with varied causes. [13]

The usual medications used for control of hypertension are Thiazide diuretics, Angiotensin-converting enzyme (ACE) inhibitors, Angiotensin II receptor blockers (ARBs) and Calcium channel blockers. [13-15]

Other medications also commonly used are Alpha blockers, Alpha-beta blockers, Beta blockers, Aldosterone antagonists, Renin inhibitors, Vasodilators and Central-acting agents. [14,15]

Some patients cannot control their pressure even with the combination of different types of medication. Those patients are considered patients with resistant hypertension. [16]

However, the treatment is not exclusively pharmacological, and Western Medicine also recommends changing diet and life style to diminish hypertension. [14-15]

The article of Rajeev Gupta entitled *Strategies for initial management of hypertension*, proposes that the use of life style changes in the treatment of hypertension are extremely significant to the success in diminishing arterial pressure. [16]

The recommendations for Western Medicine are to increase the amount of exercise, stop smoking, diminish the quantity of salt and fat, increase the quantity of potassium in the diet, moderate alcohol consumption and weight management. [16]

The standard indications for patients with hypertension in Western Medicine regarding diet is mainly associated with fat and salt consumption. [16]

According to Western Medicines, patients that still have high blood pressure despite the correct use of three different antihypertensive medications are considered patients with resistant hypertension, as stated in the study of Anthony J. Vieira of 2012, entitled *Resistant Hypertension*. [17]

According to the studies of the author, and as demonstrated in different researches of her, when a disease appears in laboratorial exams, it demonstrates the previous existence of energy alterations. [6-12]

In this theory, used by the author in the treatment and diagnosis of the most varied types of patients, a table is used, here stated as Table 3.

Table 3. Progression of Health to Disease

PROGRESSION OF HEALTH TO DISEASE				
	Organ	Exams	Energy Reserve	Symptom
Phase 1	Slowing Down of organ functions	Normal	Energy reserves - normal	Without clinical symptoms
Phase 2	Slowing Down of organ functions	Normal	Consumption of internal energy reserves	With symptoms in other organ
Phase 3	Slowing Down of organ functions	Normal	Consumption of external energy reserves	With symptom in same organ
Phase 4	Reversible Cellular Lesion	Little alteration	Consumption of blood reserves	Curable disease
Phase 5	Irreversible Cellular Lesion	Excessive alteration	Metabolic exhaustion	Incurable disease

Therefore, when the high blood pressure appears in patients with hypertension, this is a demonstration of a chronic systemic energy imbalance, probably present in the body of the patient for years, before being able to be identified in the exams. The early treatment of the energy imbalances, could reflect greatly in the treatment of hypertension. [6-12]

4.2. Treating Hypertension in the Root-Level

Within the studies of the author, the proposition of treating patients in the *root-level* appeared several times, constantly. More than a goal in all the patients treated by the author, the idea of treating the energy level of the patients, searching for balance and correction of energy imbalances already present in the body, is anchored in a principle of Traditional Chinese Medicine, the idea that the symptoms are only reflexes of energy imbalances. [6-12]

According to the books of Traditional Chinese Medicine, the concept of health is based on the concept of equilibrium [18]. In the basics of Traditional Chinese Medicine, it is possible to comprehend that they believed in the presence of four main energies in the body: *Yin, Yang, Qi* and Blood [18]. These energies are distributed specifically in all organs of the body, and can be understood by the Western Medicine physician as the level of proper functioning of each organ. As stated by the author in previous studies, the energies are the “batteries” of the organs. [6-12, 18].

This idea is shared with concepts of “integrative medicine”. The comprehension of patients, wellness and health being constituted of the whole body and mind. The balance between mind and body being related to the constitution

of health. [18] These concepts are seen in this same way in Traditional Chinese Medicine. [18]

To better understand the difference between the Western point of view of diagnosis and treatment and the perspective of different ancient traditions and integrative medicine, the metaphor of the tree can proportionate a visual image, as it is possible to see in Figure 1.

In this metaphor, the author explains that the tree has a trunk with several branches. Each branch represents one medical specialty and each leaf coming out of each branch represent the symptoms and diseases of each specialty. The leaves and the branches are the visible part and the object of study and practice in the Western medical profession. The focus is to treat each leaf in each specialty. In the case of hypertension, the branch would be nephrology or cardiology or general practice. [6-12]

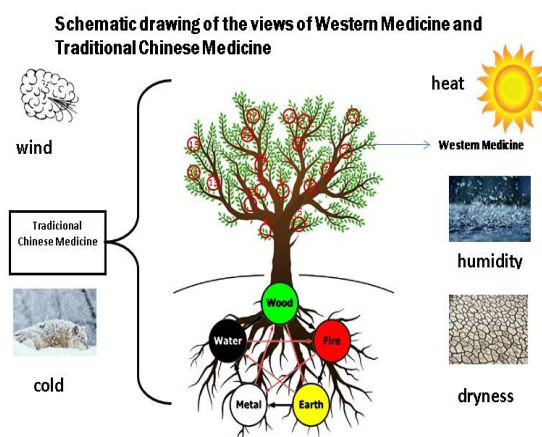


Figure 1: Schematic Drawing of the Views of Western Medicine and Traditional Chinese Medicine

4.3. The principles of Traditional Chinese Medicine: Yin, Yang, Qi and Blood.

In Traditional Chinese Medicine, as previously said, the cause of all symptoms and diseases is linked to the Yin, Yang, Qi and Blood energies. Balanced Yin and Yang will be equal to health. [18]

And imbalances in these two energies will be equal to symptoms and diseases. [18] The theory of Yin and Yang is complemented by the theory of the Five Elements.

The Five Elements are represented in the body by five massive organs that are Heart, Liver,

Spleen, Lungs and Kidneys. [18] The theory of the Five Elements can be linked to the all parts of the body. With impressive knowledge regarding the anatomy of the human body, Chinese wisemen created systems, linked to the five massive organs and contemplating all the other organs of the body.

The scheme is too complex for being explained in a few words, and therefore, an illustration can be clarifying. The relation between the five massive organs and other systems of the body is better detailed in Figure 2.

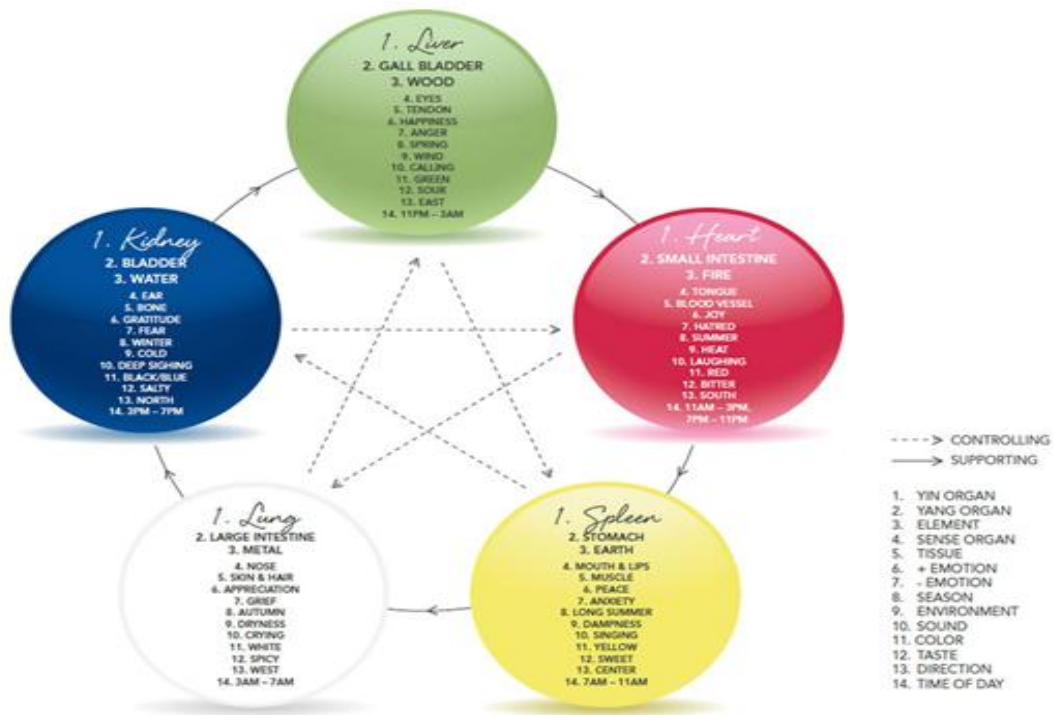


Figure2: Five Elements Theory: Five massive organs and the rest of the body

According to these men, the Five Elements theory would work in conjunction with the Yin and Yang theory, as well as with the concepts of Qi and Blood. When these energies are imbalanced, they will cause an energy

disequilibrium that is Internal Heat. The Internal Heat is the formation of Heat energy inside the body, and is linked to several symptoms and diseases, including primary hypertension, as demonstrated in Figure 3.

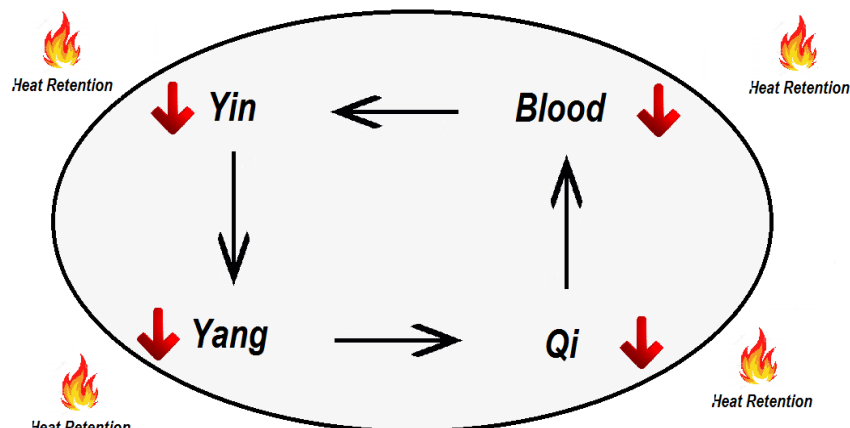


Figure3: Yin, Yang, Qi, Blood and formation of Heat

According to TCM, hypertension can be categorized into four syndromes, caused by Liver fire, Heart fire, Stomach fire, and Intestinal fire. The second one is Phlegm-fluid retention on the upper, middle or lower burner, and Spleen deficiency syndrome and Kidney deficiency. [19]

Etiologically, TCM believes that Liver Fire syndrome is primarily caused by the deficiency of kidney *Yin*, which subsequently loses its control over liver *Yang*. [19]

To develop Heat retention not all the four energies have to be deficient, only one deficiency in one of the four energies may trigger internal Heat, as well as the combinations of the deficiencies between them.

4.4. Energy-based Diets: The basis of Chinese Dietary Counselling

According to Traditional Chinese Medicine, and other ancient traditions, such as the theories of Hippocrates, diet is an extremely important component for any kind of medical treatment. [20-22]

For Traditional Chinese Medicine, the diet has to consist in five flavors, based on the Five Elements Theory.

A healthy diet would constitute in eating all the five flavors every day. [20-21] When one flavor is more consumed than the other, or when one flavor is completely avoided, this can imbalance the energies of the body. [20-21]

The diet that influences the Liver are frying, eggs, chocolate, honey, coconut, cold water and dairy products and alcoholic beverages. [20-21]

The diet that influences the health of the Kidney is ingestion of soda, coffee and matte tea, as well as poor ingestion of water. [20-21]

Despite these two energy imbalances, the meridian of the Spleen also has to be emphasized. The Spleen meridian is responsible for the absorption of nutrients, as well as nutrition of all cells on the body. If this meridian is imbalanced, all organs and cells will suffer influence from it. [20-21]

When imbalanced, the body will respond with liquid retention that are also linked to primary hypertension. The diet that imbalances the Spleen is constant ingestion of cold water, very common on Western cultures, dairy products, raw food and sweets. [20-21]

This data is important because a diet orientation for a patient with hypertension usually focuses in the reduction in the consumption of salt, while other foods can imbalance the energy meridians of the body, leading to high-blood pressure.

4.5. The Effectiveness of the Treatment

The treatment performed was focused in the energy imbalances in the first place. When treating the patient in the energy level, we seek for the root of the problem first, thus, leading to an improvement to all the patients' symptoms or diseases in all specialties at the same time. [6-12]

The use of Traditional Chinese Medicine in the treatment of hypertension is constantly debated in studies. In the article *Emerging Applications of Metabolomics in Traditional Chinese Medicine Treating Hypertension: Biomarkers, Pathways and More*, Mingxiao Yang analyzes how Traditional Chinese Medicine can be effective in the treatment of this pathology. [23]

In the study, Mingxiao Yang states the difference between the two points of view, stating that the diagnosis in Western medicine is symptom based. [23]

He also declares that patients with *Yin* deficiency have been related to uncoordinated sympathetic nervous system activation, and patients with both *Yin* and *Yang* deficiency were associated with low metabolic rate. According to his study, *Yin* deficiency have a significant hose in the glucose metabolism in *Yin* deficiency, as stated by the author in the study entitled *Why Diabetic Why Are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Anti-glycemic Medication and Insulin?*, in which the author reports the treatment of a specific diabetic patient, without the use of insulin or anti-glycemic medication. [7]

In another study, entitled *Evidence-Based Chinese Medicine for Hypertension*, written by Jie Wang and Xingjiang Xiong, the scholars state how Chinese Medicine has been extremely requested in the past decade, for the treatment of the most varied pathologies and also for hypertension use. According to them, even though further studies have to be done to study the concepts in depth, the use of Chinese Medicine demonstrated to be significant and relevant in the treatment of hypertension symptoms. [19]

Another study entitled *Current clinical application of traditional chinese medicine for the treatment of hypertension*, written by a group of Chinese scholars, states that the treatment is usually focused in treating the pathophysiology of *Yin* deficiency, toning the Liver and removing Blood stasis. They also address the effectiveness of the treatment with herbs in hypertension cases. [24]

4.6. Other Ancient Tools

To the treatment of the patients described in the case reports, the theory of the Chakras was also used. This idea of linking the chakras theory with the Five Elements theory was previously studied by different scholars. One example, would be Mark Olson, in the article *The Mind-Body Problem in the Chakra Literature*. [25]

In the table of his study, it is possible to perceive that even though not aware of Traditional Chinese Medicine Five Elements theory, the author still links the chakras with the Five Massive Organs of the Five Elements Theory. [25]

Other study that presented the same idea was *The Geometry of Emotions: Using Chakra Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use*, from Christopher R. Chase. In this study, the author uses the 5-Phase or Five Elements Theory to create personality archetypes for clinical use, based on the idea of correspondence between the Five Elements and the chakras. [26]

Therefore, when using the radiesthesia procedure to measure the chakra centers, the massive organs of the Five Elements Theory are being directly measured. [25-26]

However, the energies are interconnected by the other organs and meridians that are always working in conjunction. An imbalanced organ will imbalance the others in the future. That is why the chakras measurement is always done in all the chakras, as well as the treatment with crystal-based medications and homeopathy. [6-12]

In the first case report, the patient had glaucoma, arterial pressure and umbilical hernia, all related to deficiency of the chakras, which was the root of the problem. Replenishing the energy of his chakras resulted in reduction of the hernia and diminution of the intraocular pressure and arterial pressure. In Traditional Chinese Medicine, one energy deficiency can be

responsible for different pathologies and one single treatment can treat different pathologies at the same time.

In the second case report, the patient developed hypertension, after emotional distress due to the diagnosis of HIV in his wife and on him. After a while, the patient had to start antiretroviral medications, high-concentrated medications, which can reduce vital energy, according to the Arndt-Schultz law. In his chakras measurement, it was noticed that the patient had no energy in his chakra centers, which were all measured in level 1 in 8. As it was not possible to interrupt the antiretroviral treatment, it was recommended that the patient would make use of homeopathy and crystal-based medications to replenish this energy, what resulted in improvement of his arterial pressure. The patient continues using auricular acupuncture and apex ear bloodletting. As the patient does not follow the recommended diet, ingesting beer, white flour, fried food and melted cheese on weekends, he constantly have internal Heat, that is one of the causes of the hypertension in TCM.

In the third case report, the patient started having alterations in her arterial pressure after performing the implant of three teeth. There is another study of the author entitled *Can Biomaterial Surgical Implants Influence the Body's Health?*, which analyzes specifically the harm of biomaterial surgical implants on the energy of patients. In this specific case report, it was found that the patient had no energy in any of her chakras after the placement of the implant. As there is no measurement previous to the implant, there is no way of knowing for sure if the patient already had the energy deficiency or not, but the implant is believed to reduce the vital energy of the patient, as demonstrated in the article.

In the fourth case report, the patient worked with computers for years. In another article of the author entitled *Why Are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Antiglycemic Medication and Insulin?*, [7] the author discusses the influence of the constant use of computers and cellphones and the harm they can cause on the energy. It is very possible that this harm to his energy may be related to the lack of energy the patient was reporting, with the symptoms of being constantly tired and have alterations in his arterial pressure. As these symptoms are on the energy level, this could explain why the patient had normal exams. When measuring the energy of the patient, it was completely depleted, even

though the laboratorial exams were normal. The treatment done with the changes in diet, rebalancing *Yin*, *Yang*, *Qi* and Blood energies and replenishment the energy of the chakras, the patient presented improvement in a short period.

4.7. High-Diluted Medications Use

The chosen medications to treat the energy deficiency of the patients were high-diluted medications such as homeopathy and crystal-based medications. So, the use of high-diluted medications aimed to improve the energies of the case report patients that according to the chakras' measurement were very low. [6-12]

This idea was based on the law of Arndt Schultz that was previously present in other articles of the author. According to the Arndt-Schultz law, the use of high-concentrated drugs will diminish vital energy that was already low. The treatment that is done nowadays with high-concentrated medications, can be one of the reasons of the continuous low energy level in patients with high-blood pressure. The low energy level on the patients can contribute or worse the symptoms of hypertension. [6-12]

The graph of the Arndt-Schultz law can be seen in Figure 4.

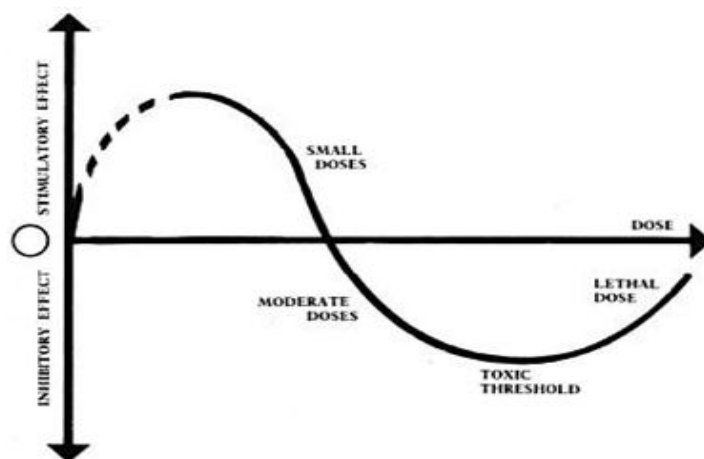


Figure4. Arndt-Schultz Law

4.8. *Yin* and *Yang* metaphor of Western and Traditional Chinese Medicine

In order to treat patients with hypertension in a more effective way, the physician has to comprehend the importance of the different medicine perspectives. The body, and therefore, the possible treatments, is not only physical and constituted by organs and tissues. It is formed by energy. In Figure 5, a metaphor of *Yin* and *Yang* as the different kinds of medicine was created by the author. Nowadays, these two

perspectives are separated, but they are different in perspective but can be complementary [6-12]

Traditional Chinese medicine can be considered as *Yang* energy, and Western medicine is considered *Yin* energy, already materialized. In the same way of the relationship of the *Yin* and *Yang*, Traditional Chinese Medicine starts where Western Medicine ends, and vice-versa. The relationship is not static, but dynamic. [6-12]



Figure5. Traditional Chinese Medicine and Western Medicine – *Yin* and *Yang* Metaphor

5. CONCLUSION

The conclusion of this study is that the primary hypertension can have a cause in the energy level, not visible to the naked eye. To comprehend these mechanisms, it is necessary to analyze and understand other medical ancient traditions, not considered in current studies.

When comprehending the causative mechanisms of energy imbalances, it is possible to see an underlying cause to primary hypertension, and propose innovative treatment.

The association of Traditional Chinese Medicine and Ayurvedic Medicine, using chakra centers measurement and therapy with the replacement of the energy with high-diluted medications is essential to treat the energy imbalances of patients presenting high-blood pressure in primary hypertension.

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