

Research Article

The Importance of Treating Energy Imbalances and Chakras Energy Deficiencies in Patients with Chronic Urticaria Reactions

Huang Wei Ling¹

¹Infectious Diseases Specialist, General Practice, Nutrition Doctor, Acupuncture and Pain Management Specialist. Medical Acupuncture and Pain Management Clinic, Franca, São Paulo, Brazil.

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Abstract

Introduction: Hives (Urticaria) are red, itchy welts that result from a skin reaction. Often, the cause of chronic hives is not clear in Western Medicine. According to the author, the reactions are consequences of deficiency of the energy of Blood, *Yin, Yang, Qi* and formation of Heat retention, and lack of the energy of the chakras centers.

Purpose: To demonstrate that one of the possible causes of the urticaria's problem is in the root or energy level and the treatment of these imbalances could lead to cure of the pathology.

Methods: Two case reports. An eight-year-old girl, who had Urticaria after consumption of pork meat, presenting swollen eyes, mouth and lips, hives would appear on her skin and once even glottis edema. The second case, 30-year-old female, who presents hives for emotional reasons. Both patients treatment consisted in: 1. Chinese dietary counselling, 2. auricular acupuncture with apex ear bloodletting, 3. Chakras measurement, which appeared depleted (level 1 of 8). They were treated with crystal-based medication and homeopathy according to the theory of *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*, developed by the author.

Results: The first patient presented complete improvement of the crisis, and nowadays she can consume meat pork without allergic reactions. The second patient had diminution of the crisis of in the first 30 days of treatment.

Conclusion: In this study, the author emphasizes that one of the possible causes of the urticaria's problem is in the root or energy level. In the two case reports described, the depletion of the energy of the chakras was a common factor and the treatment to replenish these energies is important for achieving success in treating the Urticaria symptoms without requiring the use of anti-histamines and corticosteroids that could induce more energy imbalances maintaining the symptoms.

Introduction

Urticaria are red, itchy welts that result from a skin reaction [1,2]. Often, the cause of Urticaria is not clear in Western Medicine. Great portion of the patients attended by dermatologist's report urticaria. The hives that appear in the skin may vary in size and they usually itch [3]. There are several different classifications for urticaria, being acute urticaria, caused by external pathogens such as insect bites, or related to contact, physical urticaria, being mainly influenced by external factors such as excessive Cold and Heat. Other classifications include drug-related urticaria, infection related urticaria, urticaria related to medical conditions, hormone-related urticaria and stress-related urticaria [4]. The treatment depends specifically of the type of urticaria, and it is usually performed with the intake of different drugs, such as anti-histamines, corticosteroids and LTRA's receptors [5,6].

In Traditional Chinese Medicine (TCM), Urticaria is linked to invasion of external factors. According to the experience of the author, the reactions are consequences of deficiency of the energy of Blood, *Yin, Yang, Qi* and formation of Heat retention, and lack of the energy of the chakras center [6]. In order to develop this and other studies, the author bases herself in the research proposed after the treatment of one specific patient, in 2007. The historic of this patient was briefly described in several articles of the author, and was responsible for the origin of the metaphor of the tree, present in all the studies of the author and of major importance for the development of the reason

used in the treatment of the most varied pathologies, including cases of urticaria [7-13]. This idea started during the treatment of one specific patient 13 years ago. This patient was a 70-year-old patient, who reported pain in the legs and was diagnosed with Kidney-*Yang* deficiency, according to TCM. He received treatment with Chinese dietary counselling, acupuncture and auricular acupuncture associated with apex ear bloodletting [7-13].

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 with the treatment, as his ophthalmologist confirmed. During the treatment, he had not reported to be treating glaucoma in the last 40 years with little improvement of his condition. With the treatment performed, his pressure lowered from 40mmHg to 17mmHg [7-13]. This interesting case became the cornerstone of the author studies in the field, trying to comprehend how the treatment

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

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based on the root of the problem could treat different diseases and symptoms simultaneously and using the same methods [7-13]. Now, specifically for urticaria, the treatment done in Western Medicine nowadays is an exclusively localized treatment, only aiming to reduce the symptoms [1-3].

Purpose

To demonstrate that one of the possible causes or the root of the urticaria's problem is in the energy level that can be diagnosed through the measurement of the chakras energy centers. The treatment of these imbalances could lead to cure of the pathology.

Methods

This study is composed of two case reports, as well as literature analysis of the treatment of urticaria both in Western medicine and other ancient medical tools such as Traditional Chinese Medicine.

Case Report 1

Patient named B.P., 8-year-old female, started acupuncture treatments when she was first diagnosed with respiratory allergy, "dog cough" and anxiety.

She had already presented a case of allergies to pork meat, which gave her several reddish itchy circles on the skin. When taken to the hospital, she was medicated with corticosteroids by the doctor on call, it worked, but the mother of the patient noticed it took longer than the usual for the anti-allergic effect to show results.

After a while, the patient allergic reactions came back stronger, taking bigger parts of her body and spreading through her back. Once again, reddish itchy circles, bothering her a lot.

She started treatment with ancient medical tools. The first step was a questionnaire and a physical examination, to diagnose energy deficiencies. The patient was diagnosed with *Yin* deficiency in Traditional Chinese Medicine. The first step was the Chinese dietary counselling, that consisted in withdrawing all dairy products, specially melted cheese, raw food, cold water and sweets. Also, the patient was oriented to withdrawn frying, chocolate, eggs, honey, coconut, as well as coffee, soda and matte tea.

The second step was to apply auricular acupuncture with apex ear bloodletting, and during the urticaria crisis (Figure 1 to 3), systemic acupuncture on the bilateral LI11 point.

With this treatment it was possible to stop the intake of corticosteroids and anti-histamic medications, but the pork meat allergy persisted. She was still not able to eat pork meat without being afraid of an allergic reaction.

After around six months of this treatment, the author proposed the use of the procedure of radiesthesia, to measure the energy of the seven chakras of the patient, correspondent to the Five Elements Theory massive organs.

In this measurement, six of the seven chakras of the patient appeared completely without energy (considering a scale of 1 to 8, measured in 1), with only the seventh chakra with normal level of energy (measured in 8).

With this result, it was possible to start the treatment with crystal-based medication and homeopathy, according to the Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine, created by the author.

The patient is still performing the auricular acupuncture sessions, the diet and the replenishment of the energy of the chakras with crystal-based and homeopathy medication. During the treatment, the patient did not made use of any high-concentrated medications, even



Figure 1: Picture taken in December of 2015 – Case Report 1



Figure 2: Pictures taken in February 19th of 2019, when Case Report 1 patient first started the treatment



Figure 3: Pictures taken in February 20th of 2019, the day after the first treatment session.



Figure 3.1: Pictures taken in February 21th of 2019.



Figure 4: Auricular Acupuncture Points Used to Treat Urticaria.

related to other symptoms, such as respiratory infections or during the crisis of urticaria, only receiving Chinese dietary counselling and auricular acupuncture sessions associated with apex ear bloodletting. She also used homeopathy medications during the acute crisis (Sulphur 6CH and Histaminum 200CH diluted in the apple vinegar).

The Figures 2 and 3 show the difference in the urticaria reactions in the day of an auricular acupuncture session, and a day after. The patient was submitted to auricular acupuncture sessions in the points described in Figure 4. There was significant reduction of the lesions in the period of 24 hours, without using any medications (Figure 3 and Figure 3.1).

Results Case Report 1

In each session of auricular acupuncture, the patient would present improvement progressively. After six months maintaining the diet, performing two sessions of auricular acupuncture per week, as well as using the homeopathy and crystal-based medication, the patient was able to start eating pork meat without having allergic reactions, while maintaining the treatment. It was not necessary to use any corticosteroids medication during the treatment, as Traditional Chinese Medicine associates the use of corticosteroids with internal Heat formation.

Case Report 2

Patient named T.S.T, 30-year-old female patient, starting to present urticaria symptoms all over the body (Figure 5), which started affecting her daily routine and life, as her face and lips would be swollen (Figure 6).

The background of the patient showed that she had previously tried treatments with anti-histamines and corticosteroids, but presented strong side effects and did not received the expected improvement. The patient had several emotional problems, related to a relationship who lead to an unwanted pregnancy. Nowadays, the patient creates her daughter alone with no help from the father of the child. The crisis of urticaria are related with the moments of emotional crisis.

She started treatment with ancient medical tools: 1. Chinese dietary counseling, 2. Auricular acupuncture with apex ear bloodletting, 3. Chakras measurement and 4. Crystal-based medications and homeopathy to replenish the energy of the chakras.



Figure 5: Urticaria Symptoms - Case Report 2

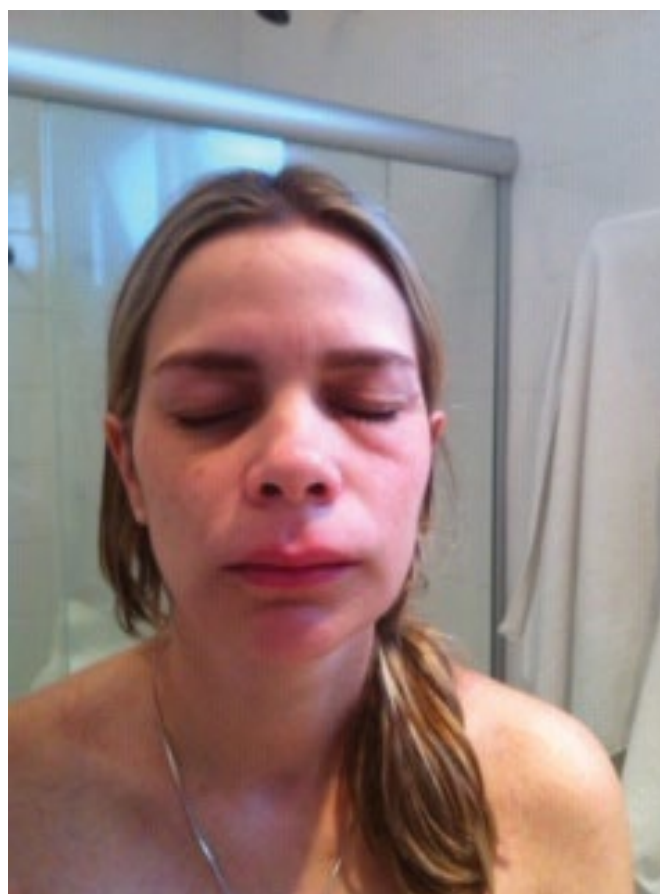


Figure 6: Swelling in the Face – Case Report 2

The first orientations the patient received regard her diet. She was oriented to suspend completely the same foods described in the case report one. The patient reported to eat dairy every day, as well as at least one boiled egg. After changing her diet, the patient perceived already a great improvement. She reports to feel a worsening on the symptoms when she eats cheese and eggs.

The procedure of auricular acupuncture and apex ear bloodletting was the second orientations, after questioning the patient to find out her energy deficiencies, the deficiencies diagnosed in the patient were: Deficiency of *Yin* and *Yang* of the Kidney meridian, Blood deficiency and internal Heat.

It was performed auricular acupuncture and apex ear bloodletting in the following points described in Figure 4, the same used in the first case report.

After, her chakras energy was measured with a procedure

called radiesthesia. In her practice, the author links and create correspondence between the Five Elements and the Chakras theory. In a way, performing the measurement is like measuring the energy of the massive organs (Heart, Liver, Lungs, Spleen and Kidneys).

In the measurement the patient was diagnosed with deep energy deficiencies in all the chakras, as they were all measuring the minimum, the level 1 in 8 of the radiesthesia scale. After the measurement, it was recommended the use of crystal-based medications and homeopathy, to replenish the energy of the chakras.

The prescription of the homeopathy followed the principles developed by the author in the study entitled “*Constitutional Homeopathy of the Five Elements according to Traditional Chinese Medicine*”, and the table used is on the Discussion session.

Results Case 2

The treatment had very significant importance for the patient, which presented complete improvement of all the hives. The patient also reported great emotional serenity and being prompter and more self-assured of her body, knowing when the symptoms are starting to appear.

Discussion

Western Medicine and Urticaria

According to Western Medicine, urticaria physiopathology depends on chemical mediators, most, histamine. Histamine is contained in the granules of mast cells, large cells in the connective tissue of the skin [1-2].

The histamine causes vasodilatation, which result in erythema. There are several types of urticaria such as: being acute urticaria, caused by external pathogens such as insect bites, or be related to contact, physical urticaria, being mainly influenced by external factors such as excessive Cold and Heat. Other classifications include drug-related urticaria, infection related urticaria, urticaria related to medical conditions, hormone-related urticaria and stress-related urticaria [3].

The hives may appear in any part of the body, the involvement of the throat constitutes an acute medical emergency. The disorder can also affect people from different ages. The color of the lesions usually is bright red, pink or milky-white wheals of various shapes, sizes and configurations. They may appear at any time, appearing and coming back constantly, lasting a few hours to less than a day [1-4].

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The wheals may cause intense itching in the majority of the cases as well. The disease classification is what will classify the treatment, but is usually done with drug therapies, as corticosteroids and anti-histamines [5].

Urticaria and Traditional Chinese Medicine

Reviewed literature regarding Traditional Chinese Medicine treatment for urticaria showed that TCM believes the cause of urticarial disorders may be complex and varied, but it constantly includes factors such as constitutional insufficiency, deficiency of Qi and Blood, weakness of defensive Qi or emotional disturbances. External factors are also believed to play a significant hole in treatment urticaria, specially the pathogen of the Wind, which attacks by external toxins, that may be found in diet [6].

Despite urticaria being normally a distinctive reaction patter, and being acute, lasting never less than two hours to disappear, there are some specific patients, a minority, which present chronic urticaria, where the duration of the symptoms is much longer and may be triggered by different factors [6].

For TCM, the first factor to be observed is the invasion of the external pathogenic factor of Wind. This invasion is usually combined with invasion of Cold or Heat as well, as the influence it will have on the body, and if it will case the hives or not, will depend on the defensive Qi of the body, or the force the body has to protect itself from external pathogenic factors [6].

Other TCM causes may be Qi and Blood deficiency, damage to the Spleen and Stomach, usually caused by the excessive intake of fish, seafood or spicy food [6].

Emotional factors also play a very significant hole in the physiopathology of urticaria, such as mental stress, anxiety and other emotions that may affect the Zang-Fu organs. The treatment in TCM is done identifying the imbalance causing the problem and cure it [6].

The metaphor of the tree: How the treatment was performed

To understand better the differences between the perspectives of Traditional Chinese Medicine and Western Medicine, the metaphor of the tree was developed (Figure 7). In the tree are schematized: the root, trunk, several branches and coming out of each of these branches, many leaves [7-13].

The schematic drawing can be used as a metaphor for the relation between Western and Traditional Chinese Medicine. In this representation, each medical specialty is represented by a branch, and the leaves of each branch represent the symptoms and diseases related to each specialty [7-13].

The diagnosis and treatments of Western medicine focus in the leaves-level; therefore, treatment is focused on the patient's symptoms. In Traditional Chinese Medicine, various symptoms of different specialties can be treated at the same time, as it considers the root of the problem. The root of the problem is represented by the theory of the Five elements, and Yin and Yang [7-13].

In the specific case of urticaria, the branch of the tree represents dermatology, and the urticaria represents a leaf. The focus of the treatment performed by the author was not on the leaves or on the trunk, but on the whole tree, using the root as a base.

Traditional Chinese Medicine Main Principles: Yin, Yang, Qi and Blood

Yin and Yang are energy forces that rule the world. Everything in

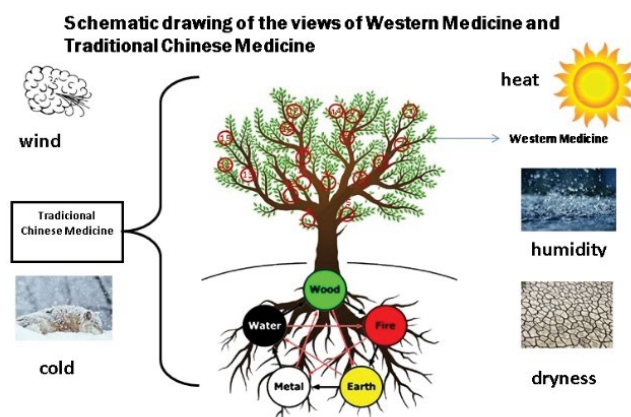


Figure 7: Schematic drawing of the views of Western Medicine and Traditional Chinese Medicine.

the universe is composed by *Yin* and *Yang*, including our body [14-16]. The symmetrical arrangement of the dark *Yin* and the light *Yang* is not static, as we can see in the symbol, presented in Figure 8.

The Chinese wisemen represented this complement of opposites by the archetypal pair, *Yin* and *Yang*, considering their dynamic interaction as the essence of all-natural phenomena and all human situations. Opposites are complementary. To be healthy, we aim for a state of equilibrium between *Yin* and *Yang* energies. If there are imbalances between these two energies, symptoms occur, and if not properly treated, consolidates the disease in the future [14-16].

The main idea of the symbol and on the concepts concentrates in the force of cycles, and how those cycles are constantly present in nature in cosmic and micro scales, for example, day and night, tides, and our body [14-16].

An energy imbalance, when systemic in the body, can cause the most varied symptoms and when not properly treated, it will imbalance other energies of the body, as it is possible to see in Figure 9. The study and development of this dynamic arrangement between *Yin*, *Yang*, *Qi* and Blood energies, was developed by the author and presented in 2015 Medical Acupuncture Congress, in Boston, Harvard Medical School, USA. In this study, it was stated that rebalancing these four energies could lead to improvement of different symptoms in the most varied pathologies [14-16].

In the Figure 10, the proposed idea is that the imbalance of any of the four energies described may cause Heat retention. In the case of urticaria, the generated internal Heat creates a smoke, and an internal

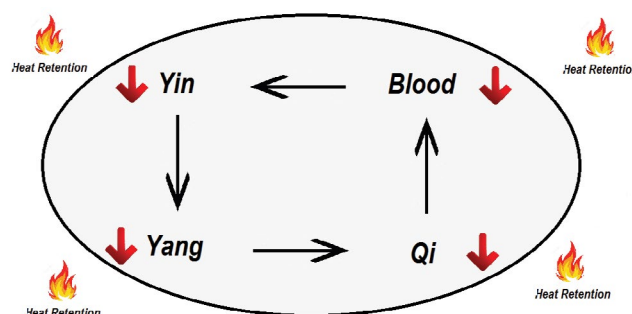


Figure 10: Yin, Yang, Qi, Blood and Heat Retention.

Wind, that runs throughout the body, being related to the symptoms of itchiness. The part of the physician is to take out the internal Heat, and then treat the energy imbalances, so the internal Heat do not appear again. With no Heat, there will be no smoke and no Wind, diminishing the symptoms of urticaria.

Five Elements Theory

The second main theory basing Traditional Chinese Medicine is the Five Elements theory. Regarding the body, this is the most important theory presented by the Oriental traditions [14-16].

The Five Elements theory states that there are five elements present in everything in the world, including our bodies. These elements are: *Water, Fire, Earth, Metal and Wood*. Inside our bodies, these elements will be represented by specific organs of our body. These organs are considered to be the main organs, and they have extremely important functions in the well-functioning of the body. They are completely interconnected, as the main principle of the Five Elements theory is to understand the idea of cycle, previously presented in the *Yin* and *Yang* section [14-16].

The Wood element corresponds to the Liver, the Fire element corresponds to the Heart, the Earth element corresponds to the Spleen, The Metal element corresponds to the Lungs, and the Water element corresponds to the Kidney, as represented in Figure 11 [14-16].

These main organs will support and control each other in the same cycle presented by the Five Elements [14-16].

The skin has a close relationship with all the Five Elements organs, being related to all the elements and organs because they all have a function to maintain the skin healthy, once the skin is the first line of

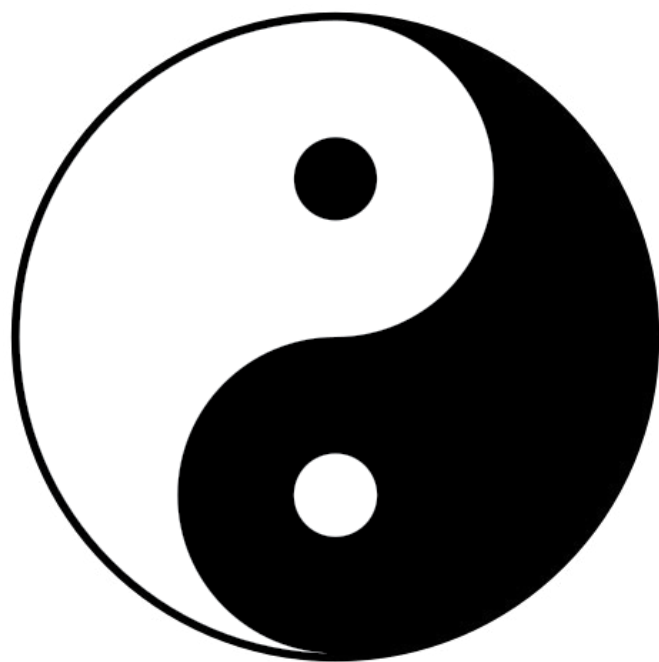


Figure 8: Yin and Yang scheme

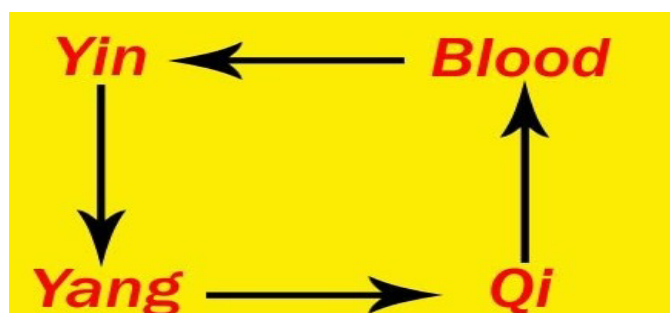


Figure 9: Yin, Yang, Qi and Blood

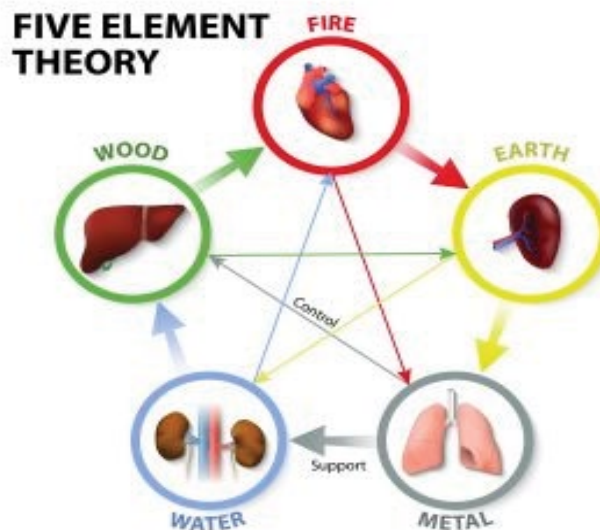


Figure 11: Five Elements Theory

defense of the body [14-16].

Diagnosis and Main Causes of Energy Deficiencies

Diagnosis: To diagnose the energy deficiencies, the patient is submitted to a questionnaire. It is important to ask about the following things: Table 1.

Main Causes of Energy Deficiencies

Eating Habits: As everything in the world is made of energy, different foods will have different energies as well. In Western traditional diets, as there is no awareness of the energy present in the foods, there is also no concern regarding the diets, in this sense. Therefore, at least in Brazilian diets, we tend to have many eating habits responsible for energy deficiencies and a range of pathologies can be easily cured only making diet changes [17-18].

As Hippocrates stated: "Make your food your medicine, and your medicine your food". This sentence emphasizes the importance of a correct diet to maintain the health of the body, and to even cure diseases. As there are foods causing energy imbalances, there are also diets that can rebalance and restore the health of the body [19].

In both patients, the Chinese dietary orientations were similar: First, avoid all dairy products, especially when cheese is melted. Also, to avoid cold water, raw food and sweets, because these foods imbalance the Spleen-pancreas meridian, and the deficiency of this meridian can lead to a bad absorption of the nutrients, leading to less Blood formation. The deficiency of Blood will generate internal Heat, which is one of the causes of urticaria symptoms. An important orientations in this first group, was to warm the water, and be drink lukewarm, at least 32° Celsius, to increase the nutrient absorption and avoid deficiency in the Spleen-pancreas. Another important orientation was to boil, bake or cook all fruits and vegetables with exception of lemon, papaya and apple [7-13].

The second group of food to avoid was coffee, soda and matte tea, to avoid the imbalance of the Kidney meridian, and both patients had deficiency in the Kidney meridian [7-13].

The third group the patients were oriented to avoid was frying, chocolate, eggs, coconut, honey and alcoholic beverages, as well as pepper, clove and cinnamon, because these foods leads to direct formation of internal Heat, worsening the condition of urticaria [7-13].

Emotional: Another main cause of energy deficiency is emotional problems, according to Traditional Chinese Medicine; emotional problems are the trigger to the beginning of energy imbalances. Different organs are affected in different ways by different energies. In the same way an emotion can trigger a disease, a physical disease in one specific organ of the Five Elements theory may lead to emotional problems as well. The lungs for example, are affected by grief or sadness. When feeling too sad, pathologies regarding the respiration system may appear. Spleen pancreas is affected by excessive worry. The heart is mostly affected by excessive joy. Liver is affected by anger. Kidney is affected by fear [14-16].

Table 1: How to Diagnose *Yin*, *Yang*, *Qi*, Blood and Heat Retention Imbalances?

| Question | Does the patient have a daily bowel movement? | Does the patient have excessive sweating during day? | Does the patient feel cold in the extremities of the body? (Cold feet or hands) | Does the patient feel hot in the extremities? | Does the patient has dry mouth, bleeding gums, bad breath, acne and/or redness in the skin, abdominal pain, micro hematuria, or itching? |
|----------|---|--|---|---|--|
| Meaning | The lack of daily bowel movements can mean Blood deficiency.* | This could be a symptom of <i>Qi</i> deficiency. | Commonly, this is a sign of <i>Yang</i> deficiency. | Commonly a sign of <i>Yin</i> deficiency. | Commonly this is a sign of Heat retention. |

The emotion that leads to the symptoms of urticaria is the anger, because it leads to an increase in the *Yang* of the Liver, resulting in formation of internal Heat, aggravating the urticaria symptoms [14-16].

Acupuncture and Auricular Acupuncture: Another important feature of Traditional Chinese Medicine is Acupuncture. According to TCM, the diseases are associated with perturbations in the flow of *Qi* energy. The goal of the acupuncture is to restore balance, correcting perturbations in the flow, using points close to the skin. Acupuncture is an important part of Traditional Chinese Medicine and from the Chinese health culture for more than 2,500 years [20]. Acupuncture is considered a medical specialty by the Federal Medical Council since 1995 [21]. Auricular acupuncture has the goal of diagnose and treat any medical condition in different areas of the body using acupuncture points on the external ear surface [20]. The ear map has the form of an inverted fetus, having representations of anatomical and emotional body, and the auricular acupuncture uses these representations and this microsystem to treat a huge range of diseases [20].

The auricular points used were related to the Five Elements: Liver, Spleen, Lung, Kidney and Heart, to regulate the flow of energy *Yin*, *Yang*, *Qi* and Blood [7-13]. Apex ear bloodletting was associated with auricular acupuncture, because, according to the author, it is the best procedure to clear Heat [12-13]. As the urticaria symptoms are mainly related to Heat retention, the apex ear bloodletting was one of the most important steps in the treatment. The apex ear bloodletting is always performed before the application of the auricular acupuncture points with mustard seeds, because, if the fire is not taken out and only the points are applied; the symptoms of the patient may worse. Acupuncture is considered a medical specialty by the Federal Medical Council since 1995 in Brazil.

Chakras: The comprehension and study of the chakras, with the use of pendulums as tool, was extremely important for the improvement. Chakras are main points of energy concentration, there are seven main chakras present in the body and their relationship among each other and health is of extreme importance for the health of the body, as well as health eating habits [12].

The chakras and the Five Elements theory are correspondent, despites the chakra being seven, the seventh is ruled by the first chakra (Wood or Liver), and the sixth is ruled by the second chakra (Water or Kidney). The fifth chakra is ruled by the Earth or Spleen-Pancreas, the fourth is ruled by the Air or Lung, the third is ruled by Fire or Heart. The second is ruled by the Water or Kidney and the First chakra is ruled by the Wood or Liver [12].

The observations of the author analyzing the two case reports demonstrated that the symptoms of urticaria might be related to the total deficiency of the energy of the chakras. When there is lack of energy, internal Heat is formed, and internal Heat explains the plaques throughout the body, as well as the itchiness, caused by the Wind present inside the body, caused by internal Heat. The medications used to replenish the energy of the chakras are described in Table 2.

Table 2: Homeopathy and Crystal-Based Medications for Replenishment of Chakras Energy

| Chakras | Five Elements | Homeopathy Medications | Crystal Based Medications [22] |
|-----------|---------------|------------------------|--------------------------------|
| 1° Chakra | Wood/Liver | Phosphorus | Garnet |
| 2° Chakra | Water/Kidney | Natrium muriaticum | Orange Calcite |
| 3° Chakra | Fire/ Heart | Sulphur | Rhodochrosite |
| 4° Chakra | Air/Lung | Silicea | Emerald |
| 5° Chakra | Earth/Spleen | Calcarea carbonica | Blue Quartz |
| 6° Chakra | Water/Kidney | Natrium muriaticum | Sodalite |
| 7° Chakra | Wood/Liver | Phosphorus | Tiger Eye |

The specific use of all the crystal-based medications and the properties of each crystal and homeopathy are described in the study of the author entitled *Why Are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Antiglycemic Medication and Insulin?*, published by the International Journal of Diabetes & Metabolic Disorders, in March 2019 [11]. Homeopathy is considered a medical specialty in Brazil since 1985 by the Federal Medical Council [23].

Arndt-Schultz's Law: The Arndt-Schulz's law, was originally formulated in 1888 and states the effects of different drug concentrations on an individual. The rule states 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 concentrations harm health (Figure 12) [24].

Arndt-Schulz were the researchers who proposed this hypothesis that curiously "coincides" with homeopathic theory. Currently Maturana and Varela, two Chilean researchers, have proved this and much more with respect to the size of the dose in the role of stimulating or inhibiting the vitalities of living beings [24]. In this study, both patients were oriented to withdrawn all high-concentrated medications (anti-histamine and corticosteroid drugs). Maintaining

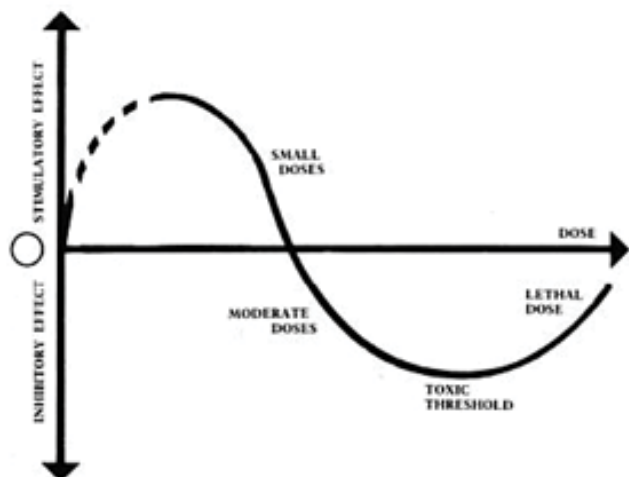


Figure 12: Arndt-Schultz Law



Figure 13: Traditional Chinese Medicine and Western Medicine – Yin and Yang Metaphor.

the use of these medications would reduce the vital energy, generating more energy imbalances, leading to more formation of internal Heat, and therefore, worsening the symptoms of urticaria.

Yin and Yang metaphor of Western and Traditional Chinese Medicine

In order to treat patients with urticaria, it is important to see the patient as a whole. 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 13, 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. One cannot exist without the other [7-13]. 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 the opposite is also true. The relationship is not static, but dynamic [7-13].

Conclusion

In this study, the author emphasizes that one of the possible causes of the urticaria's problem is in the root or energy level. In the two case reports described, the depletion of the energy of the chakras was a common factor and the treatment to replenish these energies is important for achieving success in treating the Urticaria symptoms without requiring the use of anti-histamines and corticosteroids that could induce more energy imbalances maintaining the symptoms.

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