



## Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection

**Huang Wei Ling\***

*Infectious Disease Specialist (ID Specialist), General Practitioner, Nutrition Doctor, Acupuncture and Pain Management Specialist, Medical Acupuncture and Pain Management Clinic, Franca, São Paulo, Brazil*

**\*Corresponding Author:** Huang Wei Ling, Infectious Disease Specialist (ID Specialist), General Practitioner, Nutrition Doctor, Acupuncture and Pain Management Specialist, Medical Acupuncture and Pain Management Clinic, Franca, São Paulo, Brazil.

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### Abstract

**Introduction:** COVID-19 is a disease caused by a virus that emerged in Wuhan China (December-2019). On January 05<sup>th</sup>, 2021, there was 84.233.579 confirmed cases and 1.843.293 deaths worldwide. In traditional Chinese medicine (TCM), COVID-19 is classified as external pathogenic factor invasion. This study was made following a statement of Hippocrates that said "it is more important to know what sort of person has a disease than to know what sort of disease a person has".

**Purpose:** The purpose of this study is to demonstrate which are the energy alterations and chakras' energy deficiencies in a group of patients that were in treatment in an acupuncture clinic in the city of Franca, Brazil, and how is the propensity of them to SARS-CoV-2 infection. The second purpose is to demonstrate that, if the chakras' energy centers are deficient in these patients, it could compromise the formation of *Zheng Qi*, that is defined as "the capacity of the body to resist different pathogenic factors and maintain relative balance inside the body in relation to the outside world".

**Methods:** During the period from 2015 to 2020, chakras' energy centers were measured within a 1000 patients. Of these, 409 records were selected where the initials of the names, age, diagnosis in Western and in Chinese medicine were noted and the result of the measurement of the energies of the chakras were obtained.

**Results:** 89% of the analyzed patients had no energy in the chakras one to six, which corresponds to the five massive organs of Chinese medicine (Liver, Heart, Spleen, Lung and Kidney). Only 2,69% of the total patients had energy in the second chakra (that corresponds to *Zheng Qi* in TCM). Most common diagnosis, in Western medicine were: anxiety, headaches, low back pain and knee pain. Most common diagnosis in TCM were: *Yin* deficiency, *Yin* and *Yang* deficiency, Heat retention.

**Conclusion:** Almost 89% of the studied population had no energy on the chakras' energy meridians, or the five massive organs in the Five Elements theory. This lack of energy compromises the formation of *Zheng Qi*, increasing the chance of these patients of acquiring infection by the SARS-CoV-2 and having a more serious evolution because their organs were in the lowest limit of energy. The replenishment of these energies before acquiring this infection, during infection (after expelling the external pathogenic factor) and after infection is of paramount importance for the prevention of this infection and its complications and its complications and other infectious or non-infectious diseases in these patients.

**Keywords:** COVID-19; Traditional Chinese Medicine; Chakras; Energy; Diet; External Pathogenic Factor; Emotion; Homeopathy

**Introduction**

COVID-19 is a novel viral infection, which first appeared in Wuhan, China, on November and December of 2019. On January 05<sup>th</sup>, 2021, there was 84.233.579 confirmed cases and 1.843.293 deaths worldwide [1]. Several studies have been developed with the aim of better comprehend, prevent and treat SARS-CoV-2 infection. However, the majority of these studies are focused on the pathogen SARS-CoV-2 [2,3].

This study was based on the thoughts of Hippocrates, which are: It is more important to know what sort of person has a disease than to know what sort of disease a person has. In other of his quotes, he also says that it is extremely important to consider other scientific gains and traditions within medicine, prior to the knowledge we have nowadays [4].

For this reason, this study will emphasize which type of person we have nowadays considering the Western medicine diagnosis and traditional Chinese medicine diagnosis in the energy point of view, and use the knowledge of this ancient medical traditions, such as traditional Chinese medicine (TCM) and Ayurvedic medicine knowledge to try to explain the process of SARS-CoV-2 infection on the energy point of view. Using this kind of reasoning, not focusing on the virus SARS-CoV-2 itself, but looking at the patients' energy imbalances and chakras' energy deficiencies, the author will explain in this article the different phases of the SARS-CoV-2 infection evolution according to the energy imbalances presented by each patient and why the disease can manifest with different sign and symptoms, depending on the type of patients that it is infection and the type of external pathogenic factor, that the author will explain through out this article, in the discussion section.

**Purpose**

The purpose of this study is to analyze the type of patient that the author's clinic has nowadays using the study of the chakras' energy meridians and the energy imbalances presented by them according to Western and traditional Chinese medicine diagnosis. All these paths were to follow Hippocrates that said: "It is more important to know which type of patients we have nowadays than to know which disease a patient has".

**Methods**

The author started to measure the energy of the chakras' energy centers though radiesthesia procedure of her clinic's patients

in 2015, and the author's still doing it right now, in 2021. In the period of the study (2015 to April 2020), the author measured the chakras' energy of 1000 patients, but she was only able to analyze and compile the files of 409 patients, taking the initials of the patients' name, their ages, the date of the measurement of the chakras' energies, the diagnosis in Western and in traditional Chinese medicine.

**Results**

The patients were divided in two groups and in the tables 1 and 2 were divided by age, from 2 to 19, 20 to 59 and 60 to 80.

The table 1, representing almost 69% of the patients studied, had the same result, showing that they had no energy from chakras 1 to 6, but had energy on the seventh chakra, which is the spiritual chakra. In all the groups, looking at the Western medicine diagnosis, the anxiety appeared as one of the main diagnosis in all three groups, following by headache in the young adults (20-59 years) and knee patient on the older patients (60-80 years). On the other hand, looking by the point of view of traditional Chinese medicine, the main energy imbalances in the teenagers group (2-19 years) were deficiency of *Yin* and *Yang*, in the young adults group (20-59 years) was deficiency of *Yin* and in the older patients group (60-80 years) were *Yin* deficiency, *Yin* and internal Heat, *Yin* and *Yang* deficiency with internal Heat.

Ages Chakras	2-19	20-59	60-80
7	8	8	8
6	1	1	1
5	1	1	1
4	1	1	1
3	1	1	1
2	1	1	1
1	1	1	1
ST	1	1	1
Total of patients	26	170	86
Main Western diagnoses	Anxiety	Anxiety	Anxiety
	Depression	Headache	Knee pain
Main Chinese diagnoses	<i>Yin/Yang</i>	<i>Yin</i>	<i>Yin</i>
	<i>Yin/Blood</i>	<i>Yin/Yang</i>	<i>Yin/internal Heat</i>
			<i>Yin/Yang/internal Heat</i>

**Table 1:** Result of chakras' energy centers measurement and the main Western and Chinese medicine diagnosis.

The table 2 corresponds to the group of the patient, representing almost 20% of the patients studied, had no energy in any of the chakras from 1 to 7. In Western medicine anxiety is a common diagnosis for the three groups, and in the young adults' (20-59 years) low back pain is common, and on the older patients (60-80 years) is knee pain. The more common energy imbalances among children and teenagers (2-19 years) were deficiency of *Yin*, *Qi* and internal Heat. In young adults' (20-59 years) deficiency of *Yin* and *Yang* with formation of internal Heat were more common. In older patients (60-80 years) were *Yin* deficiency with formation of internal Heat. In these three groups, the formation of internal Heat is a common factor. The internal Heat is considerate the energy imbalance that is leading to inflammatory process in Western medicine and these results means that all the three groups have an inflammatory process before acquiring SARS-CoV-2 infection.

Ages Chakras	2-19	20-59	60-80
7	1	1	1
6	1	1	1
5	1	1	1
4	1	1	1
3	1	1	1
2	1	1	1
1	1	1	1
ST	1	1	1
Total of patients	11	48	22
Main Western diagnoses	Anxiety	Anxiety	Anxiety
		Headache	Knee pain
Main Chinese diagnoses	<i>Yin</i> / <i>Qi</i> /internal Heat	<i>Yin</i>	<i>Yin</i> /internal Heat
	<i>Yin</i> / <i>Qi</i> /Blood/internal Heat	<i>Yin</i> / <i>Yang</i> /internal Heat	<i>Yin</i> / <i>Yang</i> /internal Heat

**Table 2:** Result of chakras' energy centers measurement and the main Western and Chinese medicine diagnosis.

According to the article entitled *The Geometry of Emotions: Using Chakra Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use* written by Christopher Chase, each chakra corresponds to the functioning of one of the massive organs and each massive organ is responsible for the functioning of other

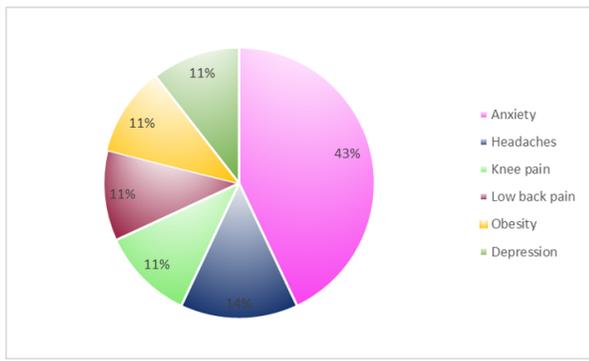
external sensorial organs and production of *Yin*, *Yang*, *Qi* and Blood, this means that 89% of the group studied is on the inferior limit of energy, working with the reserve of energy, explaining the majority of the chronic diseases, increasing risks of cancer, diabetes, depression, anxiety, panic syndrome, dermatitis, etc., as published in several studies of the author, correlating the lack of energy of the chakras with these diseases, including children [5-39].

The remaining 11% of the patients that is not included in this two groups, are patients that have energy in some chakras' energy centers. From the total of patients studied (409), there were 30 different combinations of the chakras that have energy. The author will describe only the results of patients that had energy in the second chakra (that corresponds to the patients that had *Zheng-Qi*) and how many different combinations the author found in this study. They were: chakras one, two, three, four - one patient (0,24%); chakras one, two, three, four, six and seven - one patient (0,24%); chakras two, four and seven - one patient (0,24%); chakras two, five, six and seven - one patient (0,24%); chakras two and seven - one patient (0,24%); self-steam and all chakras - two patients (0,49%); self-steam and chakras one, two, three, four and seven - one patient (0,24%); self-steam and chakras one, two, four and seven - one patient (0,24%); self-steam and chakras two, three, four, five, six and seven - one patient (0,24%).

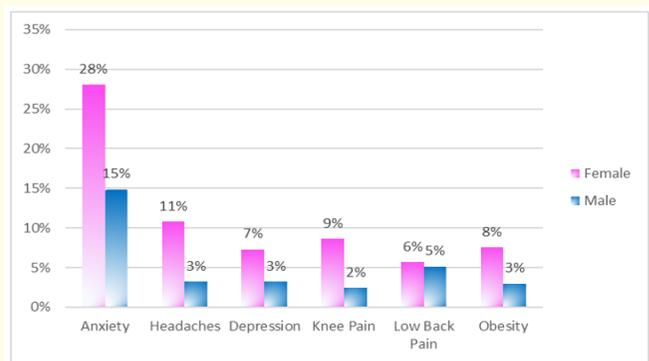
The results of the patients that had energy in some chakra, from one to seven, compared to the total of the patients studied (409 patients) were: first chakra 13 patients (3,18%), second chakra 11 patients (2,69%), third chakra 13 patients (3,18%), fourth chakra 19 patients (4,65%), fifth chakra 12 patients (2,93%), sixth chakra 31 patients (7,58%), seventh chakra 44 patients (10,76%).

In figure 1, it is possible to see the more common pathologies and diagnosis according to Western medicine among the patients studied. The diagnose more frequently was anxiety with 43%, the second was headaches with 14%, and low back pain, knee pain, depression and obesity were all with 11% each one.

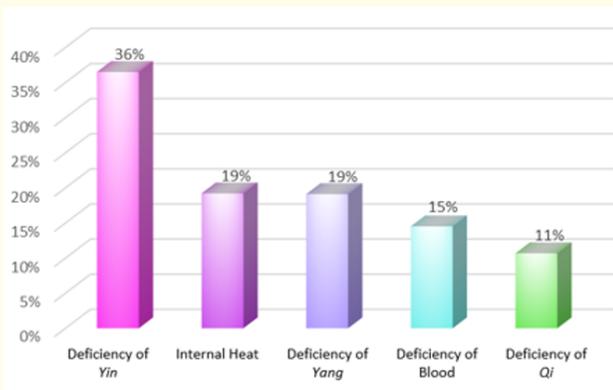
The graphic in the figure 2 shows the percentage of the patients divided according to traditional Chinese medicine diagnosis: 36% of the patients had deficiency of *Yin*, 19 % patients had internal Heat, 19% patients had deficiency of *Yang*, 15% had deficiency of Blood and 11% had deficiency of *Qi*.



**Figure 1:** Percentage of patients with different diagnosis according to Western medicine.



**Figure 3:** Most common Western diagnosis among male and female patients.

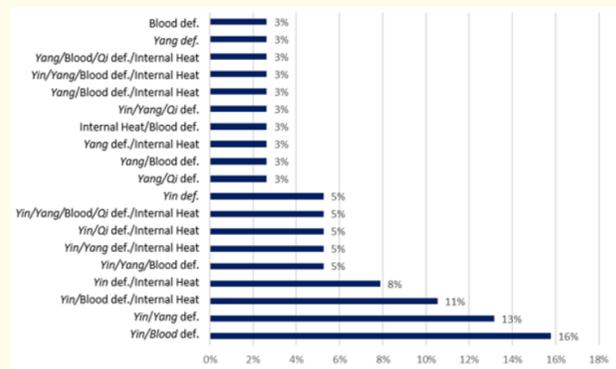


**Figure 2:** The main energy imbalances among the patients studied.

On the figure 3, the Western diagnosis is shown according to the percentage of frequency among women and men. In all diagnosis, it is possible to see that the majority of patients with anxiety diagnosis were female (28%) and 15% being male. Concerning headache diagnosis, 11% being female and 3% being male. In relation to depression diagnosis, 7% were female and 3% were male. In relation to knee pain diagnosis 9% were female and 2% were male. Concerning low back pain symptoms, 6% were female and 5% were male. Finally, in relation to obesity diagnosis 8% were female and 3% were male.

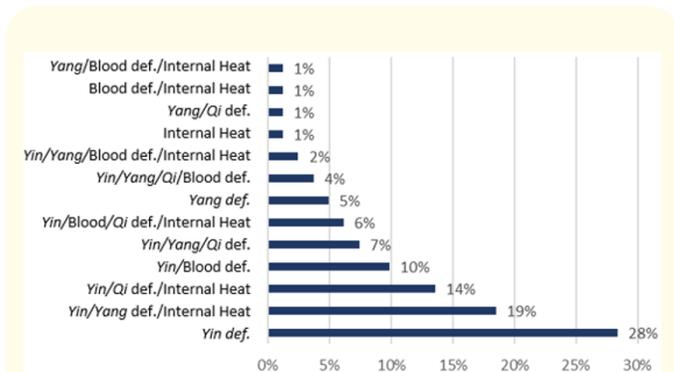
In the figures 4 to 11, the author wants to show the possible variation and combinations of energy imbalances in the most common pathologies diagnosed by Western medicine. The author is showing that patients with the same diagnosis in Western medicine can have different energies imbalances, leading to the same symptom.

On figure 4 the author is showing the various possibilities of combination of energy imbalances leading to depression diagnosis in Western medicine. The most common energy imbalances are *Yin/Blood deficiency* (16%), *Yin/Yang deficiency* (13%) and *Yin/Blood deficiency and internal Heat* (11%).



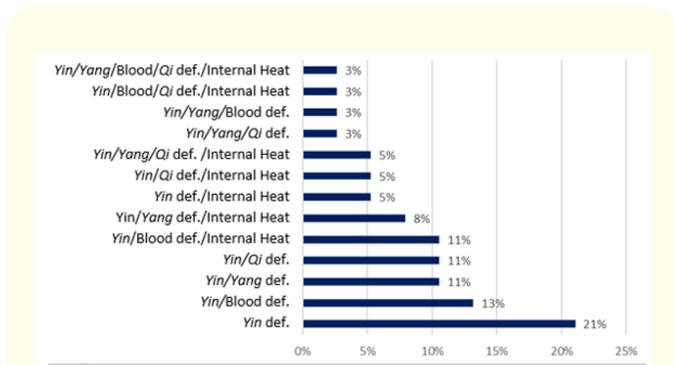
**Figure 4:** Energy imbalances combinations among patients with depression diagnosis.

On figure 5, the author is showing the energy imbalances presented in patients with anxiety symptoms. The main energy imbalances were *Yin* deficiency (28%), *Yin/Yang* deficiency and internal Heat (19%) and *Yin/Qi* deficiency and internal Heat (14%).



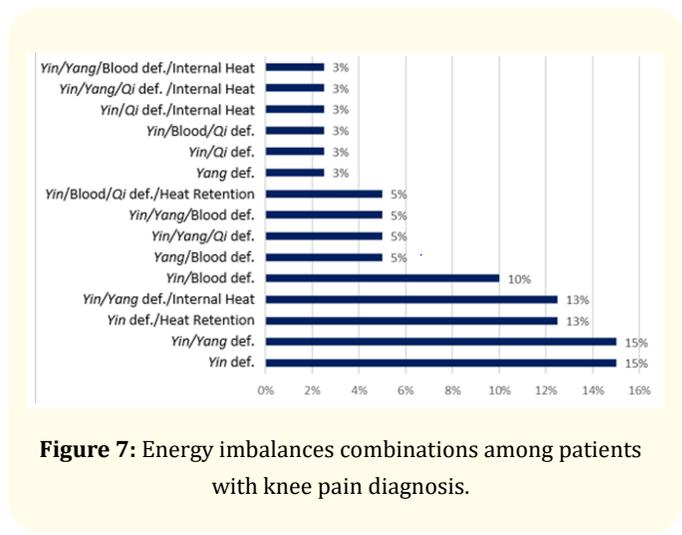
**Figure 5:** Energy imbalances combinations among patients with anxiety diagnosis.

In the figure 6, the author is showing the various possible combinations of energy imbalances that is leading to low back pain symptom. The most common energy imbalances were *Yin* deficiency (21%) and *Yin/Blood* deficiency (13%).



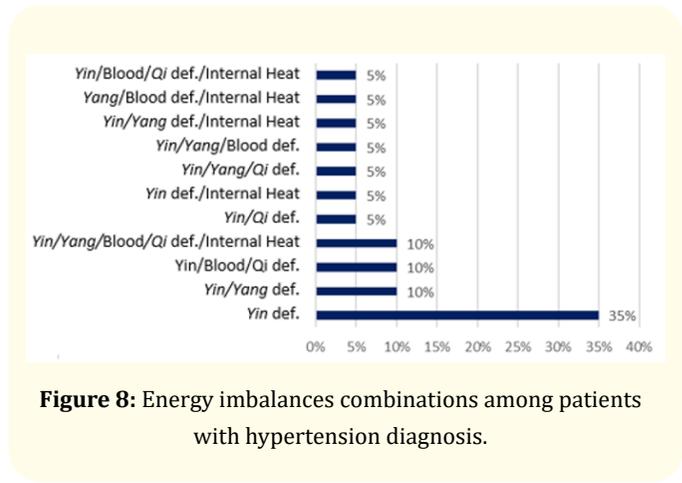
**Figure 6:** Energy imbalances combinations among patients with low back pain diagnosis.

In relation to the patients with knee pain symptoms, showed in figure 7, the most common energy imbalances were *Yin* deficiency (15%), *Yin/Yang* deficiency (15%), *Yin* deficiency/Heat retention (13%) and *Yin/Yang* deficiency/internal Heat (13%).



**Figure 7:** Energy imbalances combinations among patients with knee pain diagnosis.

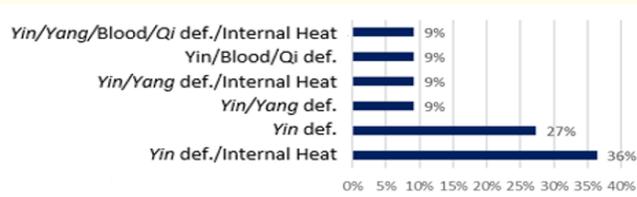
In the group of hypertension patients on figure 8, the most common energy imbalances were *Yin* deficiency (35%), *Yin/Yang* deficiency (10%), *Yin/Blood/Qi* deficiency (10%) and *Yin/Yang/Qi* deficiency and internal Heat (10%).



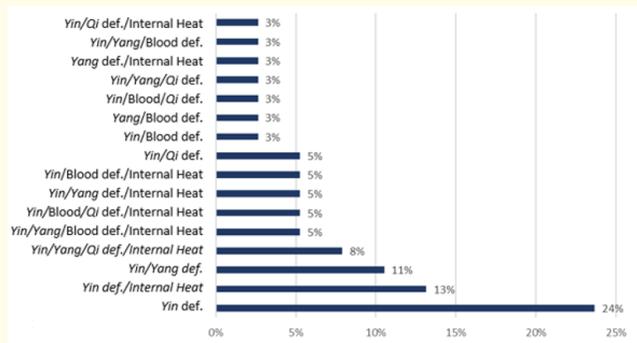
**Figure 8:** Energy imbalances combinations among patients with hypertension diagnosis.

In the group of diabetes patients, in figure 9, the major energy imbalances were *Yin* deficiency and internal Heat (36%) and *Yin* deficiency (27%).

In the figure 10, the author is demonstrating the most variety energy imbalances combinations that were leading to obesity. The most common energy imbalances were *Yin* deficiency (24%), *Yin* deficiency and internal Heat (13%) and *Yin/Yang* deficiency (11%).

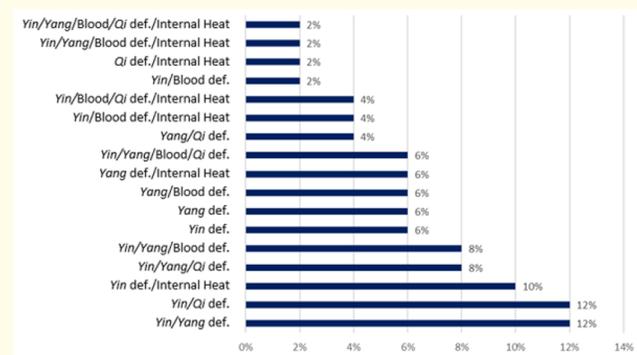


**Figure 9:** Energy imbalances combinations among patients with diabetes diagnosis.



**Figure 10:** Energy imbalances combinations among patients with obesity diagnosis.

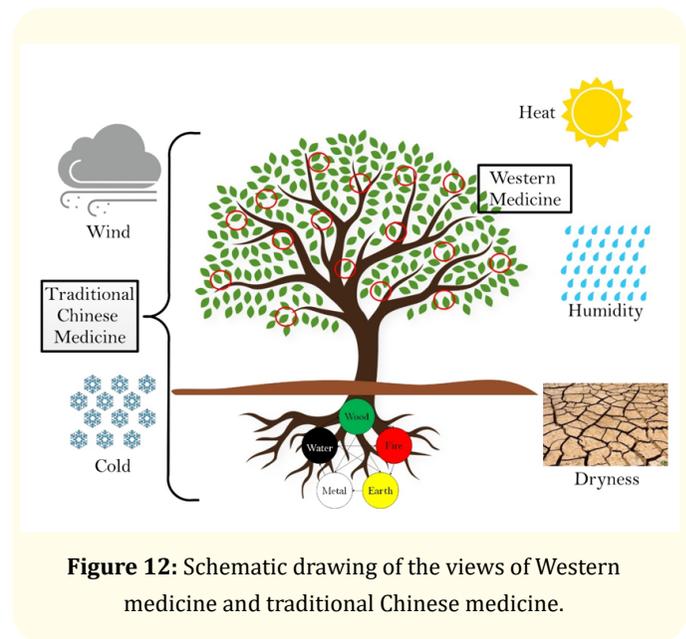
In the group of patients with headache diagnosis in Western medicine, shown in figure 11, the main energy imbalances were *Yin/Yang* deficiency (12%), *Yin/Qi* deficiency (12%) and *Yin* deficiency and internal Heat (10%).



**Figure 11:** Energy imbalances combinations among patients with headache diagnosis.

### Discussion

For the construction of the reasoning used in this article, the author will describe how she began to use this kind of logic after the treatment of one specific patient she treated in 2006. This patient was a 70-year-old male patient, who reported pain in the legs and was using anti-inflammatory medications with no improvement of his condition. He sought another kind of treatment using TCM tools and his diagnosis in TCM was *Kidney-Yang* deficiency. He received treatment with Chinese dietary counseling, acupuncture and auricular acupuncture associated with apex ear bloodletting. With the TCM treatment applied, the patient reported that the pain in the legs improved. In his follow-up consult, 30 days after, the patient revealed that his eye pressure had also lowered with the treatment, as his ophthalmologist confirmed. The author was not aware that he had glaucoma when she did the treatment for the pain in the legs. The patient was being treated for glaucoma in the last 40 years with little improvement of his condition. With the treatment performed, his eye pressure lowered from 40 mmHg to 17 mmHg. This case became the cornerstone of the author studies, trying to comprehend how the treatment based on the energy imbalances of the patient (in the root level in the figure 12) could treat different diseases and symptoms simultaneously and using the same methods [6,8,11,13,14,19-23,25,27-47].



**Figure 12:** Schematic drawing of the views of Western medicine and traditional Chinese medicine.

To explain the differences between Western medicine and traditional Chinese medicine reasoning, the author usually uses the

metaphor of the tree (figure 12) to better comprehend her logic, published in many articles about treatment of most variety diseases [6-12,14-22,24-29,40-45,48-60].

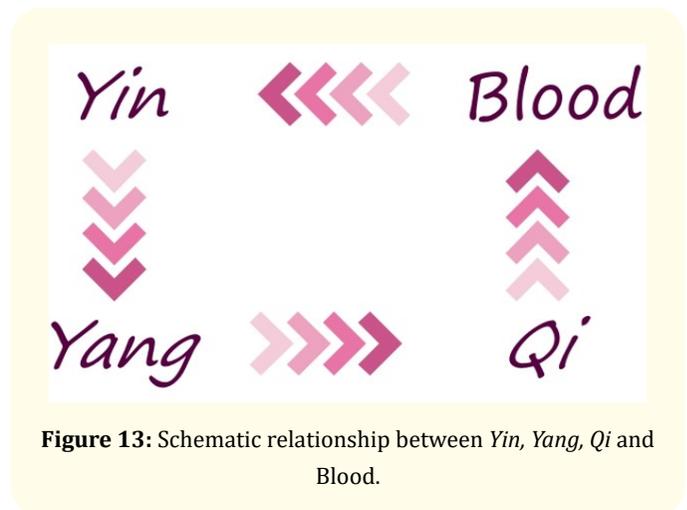
The tree, that represents the human body, has a trunk with several branches. Each branch represents one medical specialty and each leaf coming out of each branch represents the symptoms and diseases that each specialty treats. The leaves and the branches are the visible part of the tree and are the object of study in the Western medical profession because of the curriculum offered in the medical schools around the world [6-25,28-48,51,52,54-57,59-62].

The roots of the tree, that is usually not visible by the naked eye, represents the theory of the Five Elements and *Yin* and *Yang* theory. These two theories are the main cornerstones used by traditional Chinese medicine and are the basis of all treatments in all kinds of diseases and pathologies. Besides that, TCM considers the external pathogenic factors as important to begin the formation of some diseases, and in this case, it is the major factor associated in SARS-CoV-2 infection, in TCM, that Western medicine does not take into account [6-18,21-48,51,52,54-57,59-62].

Western medical school does not include the root and the external pathogenic factors in their reasoning because they follow the ideas made by Galen, a Greek physician that proposed all ideas used nowadays. In his thoughts, he proposed the independence of the organs and tissues and the treatment of the disease organ could lead to health [63,64].

*Yin* and *Yang* are two opposite and complementary forces that exist in our world, in everything, including the human body. Traditional Chinese medicine uses the balance of these two energies as the main cornerstone for the treatment of all sorts of symptoms and diseases. The balance of *Yin* and *Yang* determines health in TCM [6,7,9-16,18-20,25,26,28,30,32-34,37-39,42,47,52,55,56,58,60,62,65].

The concept of health and well-being in TCM is mainly associated with the balance of *Yin* and *Yang*. For *Yin* and *Yang* energy to flow, two other energies have to work in harmony with it: *Qi* and Blood. To achieve health, the main aim is to balance these four energies *Yin*, *Yang*, *Qi* and Blood, as demonstrated on the figure 13 [6,7,9-16,18-20,25,26,28,30,32-34,37-39,42,47,52,55,56,58,60,62,65].



**Figure 13:** Schematic relationship between *Yin*, *Yang*, *Qi* and Blood.

Each patient has to be analyzed individually, according to their energy imbalances. The lack of energy of one of these energies or a combination of them can lead to the formation of internal Heat inside the body. When a patient that already has energy imbalances and energy deficiencies of *Yin*, *Yang*, *Qi* and Blood acquires COVID-19, they will tend to have a more severe inflammatory process, as internal Heat symptoms may be comprehended as inflammation in Western medicine. In the article *Anti-inflammatory and Antimicrobial Effects of Heat-clearing Chinese Herbs: A Current Review* written by Muluye R.A., Bian Y. and Anemu P.N. (2014), they are talking about the effects of the modern medicine drugs for inflammation is only to relieve the effect but it is still unsatisfactory. In their publication, they are including eleven Chinese herbs to clear Heat and their potential mechanism contributing to their anti-inflammatory and anti-microbial activity, only taking out the Heat and counteracting the toxicity caused by the Heat formation, in the energy level [66].

The author has several articles where she explains that the inflammatory process is caused by the internal Heat, as in the article *Why do Patients Still Catch Hospital Infections Despite the Practice of Infection Prevention and Control Programs?* published by Acta Scientific Microbiology, on March 2018, among many others [41,45,62,66].

To diagnose the energy imbalances of the patient, a series of questions are used, as summarized on table 3. If the patient does

not have daily bowel movements, this may mean that the patient has Blood deficiency. If the patient has excessive sweating during the day, this may be a symptom of *Qi* deficiency. If the patient feels colder on the extremities of the body, with cold feet or hands, this may be related to *Yang* deficiency. When the patient feels hotter on the extremities of the body, this may be a sign of *Yin* deficiency. If the patient has dry mouth, bleeding gums, bad breath, acne and/or redness in the skin, abdominal pain, micro hematuria or itching, this may be a sign of Heat retention [9,10,16,18,20,25,26,28,29,33,34,37,45,48,51,56].

Another theory that bases TCM on the root of the tree is the Five Elements theory, indicated in figure 14, which explains the functioning of nature and the interconnection between the massive organs inside the body. In this theory, all organs are interconnected, and everything that happens with an organ on the energy level will influence the other organs and the whole system, this is very important to understand, regarding the symptoms and complications of SARS-CoV-2 infection and the treatment done nowadays, because in Western medicine, the symptoms are treated separately, while in TCM they all come from the same root [6,7,9,10,13-19,21,22,26-28,30,32-37,39,41,43,45-47,51,52,55,56,58-60,65].

Question	Does the patient have a daily bowel movement?	Does the patient have excessive sweating during day?	Does the patient feel cold mainly in the extremities of the body (cold feet and hands)?	Does the patient feel hot mainly in the extremities?	Does the patient has dry mounth, bleeding gums, bad breath, acne and/or redness in the skin, abdominal pain, micro hematuria or itching?
Meaning	Blood deficiency*	<i>Qi</i> deficiency	<i>Yang</i> deficiency	<i>Yin</i> deficiency	Heat retention
*Blood deficiency can be understood as anemia in the energy level. As Blood deficiency may take years to appear in the laboratory exams, the patient with constipation and a normal complete blood count (CBC) can still be considered a patient with Blood deficiency, according to toper TCM, depending based on the symptoms he/she may present.					

**Table 3:** How to diagnose *Yin*, *Yang*, *Qi*, Blood and Heat retention imbalances.

On the theory of the Five Elements, the elements are Fire, Earth, Metal, Water and Wood and are represented by the five massive organs, which are Heart, Spleen, Lungs, Kidney and Liver, respectively. Each element provides the energy for the formation and sends the energy to the next element. This process is entitled generation cycle. In the Five Elements theory, each organ is responsible for the functioning of an external sensorial organ, as demonstrated in table 4 [6,7,9,10,13-19,21,22,26-28,30,32-37,39,41,43,45-47,51,52,55,56,58-60,65].

The Metal element, represented by the Lung, responsible for the sense of smell. The lack of energy in this meridian, can lead to symptoms of anosmia, which sometimes is associated with the SARS-CoV-2 infected patients, but can occur in patients without this infection also. The Earth element, represented by the Spleen is responsible for the sense of taste and the lack of energy in the Spleen

can lead to difficulty in feeling tastes, also very seen in patients with SARS-CoV-2 infection, but can happen in patient without this infection too [6,7,9,10,13-19,21,22,26-28,30,32-37,39,41,43,45-47,51,52,55,56,58-60,65]. These informations were presented in the 2nd Online Conference on Infectious Diseases Coronavirus, on December 07<sup>th</sup>, 2020. In this presentation the author showed some studies describing the possible factors that could be leading to lack of smell and taste, according to Western medicine publications and she explained the causes in the root level, as she is demonstrating in this article [67-69].

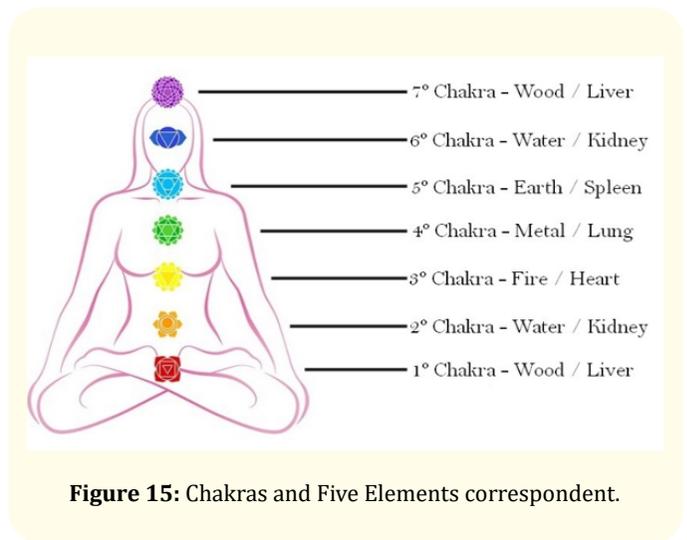
In the Five Elements theory, when talking about one element, the physician can know the orientation, the season, the climate, the *Yin* organ, the *Yang* organ, the tissue, the color, the taste, the emotion and the orifice associated with it, as demonstrated in table 4 [6,7,9,10,13-19,21,22,26-28,30,32-37,39,41,43,45-47,51,52,55,56,58-60,65].

	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 and Hair	Bones
Emotions	Anger	Joy	Pensiveness	Grief	Fear
Color	Blue/Green	Red	Yellow	White	Black
Taste	Sour	Bitter	Sweet	Pungent	Salty
Voice	Shot	Laugh	Sing	Cry	Groan

**Table 4:** The resonance of the Five Elements.

The figure 15 represents the chakras' energy centers, the superior is the seventh and the inferior is the first. According to Chase C. (2018), in the article *The Geometry of Emotions: Using Chakra Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use*, the chakras are related to the five massive organs of the five element theory. This correlation means that the chakras 1 to 5 represent the five massive organs in TCM. Each chakra is responsible for several energy functions, for example, the first (Liver) and the fourth (Lung) chakras are responsible for the distribution of energy (Qi). The second chakra (Kidney) is responsible for the production of Yin and Yang. The fifth chakra (Spleen) is responsible for the absorption of nutrients and production of Blood and the third chakra (Heart) is responsible for commanding the Blood inside the vessels. Therefore, the level of energy on the root level is associated with the level of energy on the chakras' energy centers, that indirectly represents the energy in each massive organ in the Five Elements theory. With the use of these tools, it is possible to explain the concept of energy in TCM to the Western medicine physician [6,7,9,10,13-19,21,22,25-30,32-37,39,41-43,45-47,51,52,55,56,58-60,65].

It is also a tool to demonstrate the result of the measurement the energy in the chakras' energy centers, as the energy measurement vary among different doctors, as the measurement is usually done analyzing the arterial pulse of the patient by TCM physicians. In this study, the radiesthesia was used to measure the level of the



**Figure 15:** Chakras and Five Elements correspondent.

chakras' energies of the analyzed patients. This tool was important to understand which kind of patients we have nowadays, prior to the pandemic, as recommended by Hippocrates. In his oath, he emphasizes the need to treat the patient and not the disease. That is why in this article, the author is demonstrating what kind of patients we have nowadays, with their variety of energy imbalances even with the same Western diagnosis, because one patient could respond differently if submitted to the same treatment, because they are different in the energy point of view, even with the same Western diagnosis [6-62].

To measure the energy of the chakras, the author used a procedure called radiesthesia. The procedure of radiesthesia was done using a crystal pendulum. This pendulum was placed in front of each person's chakra. The pendulum may stay still, or move clockwise or counter-clockwise. These movements were classified in a scale of 1 to 8, 1 being the minimum level of energy and 8 the normal level. If the pendulum did not move, the patient had no energy on the evaluated chakra. If it moved clockwise, it was classified from 1 to 8 according to the intensity of the movement. When the movement was counter-clockwise could be external interference, and it had to be studied individually [9,10,27,31,34,39,40,46,59].

According to Chen N. *et al.* (2020) COVID-19 can manifest with a variety of symptoms, it can appear with fever (83%), cough (82%), shortness of breath (31%), muscle ache (11%), confusion (9%), headache (8%), sore throat (5%), rhinorrhea (4%), chest pain (2%), diarrhea (2%), nausea and vomiting (1%), more than one sign or symptom (90%), fever, cough and shortness of breath (15%) [70-72]. The patients described in this article already had comorbidities such as chronic medical illness (51%), cardiovascular and cerebrovascular diseases (40%), digestive system disease (11%), endocrine system disease (13%), malignant tumor (1%), nervous system disease (1%), respiratory system disease (1%). The evolution of these patients to acute respiratory distress syndrome were 17 %, acute renal injury were 3%, acute respiratory injury were 8%, septic shock was 4% and ventilator-associated pneumonia was 1% [72-74].

All these symptoms are on the leaf-level of the metaphor of the tree, as demonstrated in figure 12. In Western medicine, each of these symptoms are treated by different medical specialties, represented by branches on the tree metaphor. What will be emphasized in this article, aims to explain what are below the earth and could be the cause of different manifestations in the leaf level, as demonstrate in the case showed in the beginning of this article of the patient with leg pain and glaucoma. These energy imbalances, on the root of the tree are invisible to the naked eye, because they are below the earth and are the main focus of TCM and also including the external pathogenic factors that are surrounding the tree and can influence and be an important factor for the beginning of some diseases, mainly infectious diseases, as demonstrated in many articles of the author [6-12,14-22,24-29,40-45,48-60,65].

In the figure 12, there is a flow of energy going from the root to the leaves, it represents the nutritional center of the body, and

the energy will flow through the energy meridians (*Yin, Yang, Qi* and Blood), taking energy from the root to the leaves and from the leaves to the root. All the systems of the body in TCM are interconnected, as well as all the internal organs. When the root is imbalanced or damage, symptoms will appear on the leaves [6-12,14-22,24-29,40-45,48-60,65].

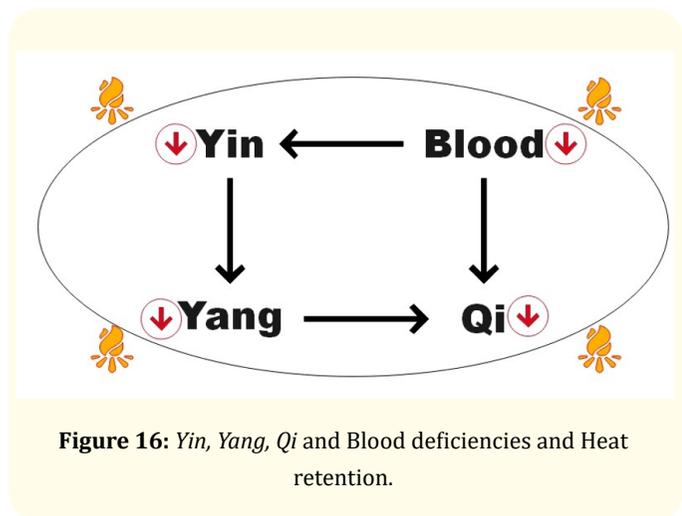
The patients, before the SARS-CoV-2 infection, already had damage on the root of the tree, that are the energy deficiencies demonstrated in the research the author did in her clinic during 2015 to 2020. Through this study, it was possible to notice that the majority of the patients did not have energy in any massive internal organ (Liver, Heart, Spleen, Lung and Kidney), that corresponds to the five elements in TCM (Wood, Fire, Earth, Metal and Water) respectively. In TCM, energy means immune system. There some studies in the literature demonstrating the effect of acupuncture to enhance immune system [75]. As acupuncture works with the internal energies, this correlation between the improvement of energy state leading to improvement of the immune system directly. This lack of energy in the chakras, mainly in the second and fifth chakras will cause a reduction in the defense process (*Zheng Qi*) against infectious diseases agents, in this case SARS-CoV-2. This explanation will be discussed in the next paragraph [21,36,41,57,76].

On the beginning of coronavirus outbreak in China, it was emphasized that elderly, diabetic patients, cancer patients, obese, pulmonary or patients with cardiovascular diseases are more prompt to be infected. Within the months, it was possible to notice that not only these patients were infected, or had to be hospitalized due to the disease, or die. According to Clark A. *et al.* (2020) in the article *Global, regional, and national estimates of the population at increased risk of severe COVID-19 due to underlying health conditions in 2020: a modelling study*, the estimates of the number of individuals at increased risk were most sensitive to the prevalence of chronic kidney disease, diabetes, cardiovascular disease, and chronic respiratory disease. However, these studies cannot capture the global diversity of patterns of multi morbidity, which will differ in regions where, for example, there are high prevalence of HIV or sickle cell disorders [77-79].

As you saw in the tables 1 and 2, the author showed that the majority of patients that had chakras' energy deficiencies had common diagnosis (anxiety, depression, headache and knee pain, low back pain) and are not considered nowadays as high-risk for ac-

quiring SARS-CoV-2 infection. But, in this study, the author is demonstrating that the majority of patients are in the risks of acquire SARS-CoV-2 infection due to these lack of energy, leading to the lack of immune system [75].

As demonstrated in several article published by the author and according to the literature, the lack of energy of one or a combination of lack of energy between *Yin*, *Yang*, *Qi* and Blood can lead to the formation of internal Heat (Figure 16) and the diagnosis of these disturbances was showed in table 3. The internal Heat is responsible for a variety of clinical manifestations in the leaf level of the tree, such as infections symptoms, anxiety, panic syndrome, diabetes, hypertension, schizophrenia, cancer, dermatitis, etc. and also, responsible for all the inflammatory process, in the energy level. As showed in the tables 1 and 2, the patients that had more propensity to have Heat retention are the older patients and patients that had no energy in the seventh chakra, corresponding to the spiritual chakra. In the study entitled *Relationship between mental health and spiritual wellbeing among hemodialysis patients: a correlation study*, written by Martínéz and Custódio, they are correlating the influence of the spirituality and the physical, mental and emotional well-being among hemodialysis patients. In the article *Chronic Disease in the Elderly: Spirituality and Coping* written by Rocha and Ciosak showed that despites the relationship between spirituality and chronic diseases is not well understood, it is believed that spirituality and health have important connections [80,81].



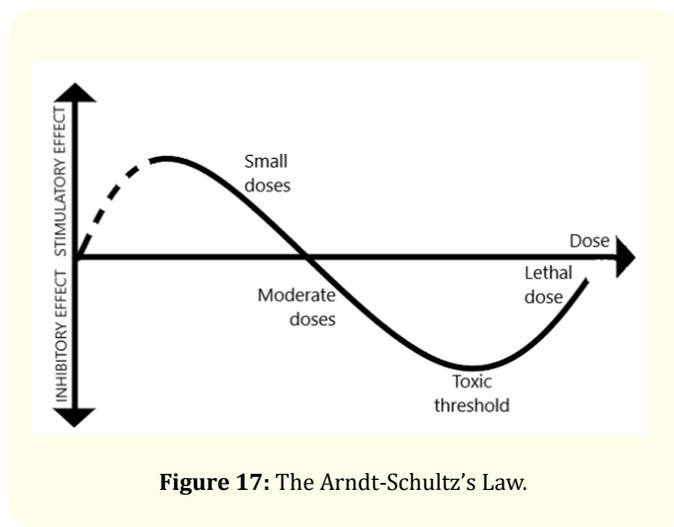
**Figure 16:** *Yin*, *Yang*, *Qi* and Blood deficiencies and Heat retention.

In this study, the author demonstrated that the patients that have no energy in the seventh chakra (spiritual connection) had

more propensity to have Heat retention in all the three groups, independently on the age. In the group that have energy in the seventh chakra, only the elderly group (60-80 years) have more chances to have internal Heat. This means that the seventh chakra energy could give some protection for the patients, because they could have less complications when acquire SARS-CoV-2, because their propensity to have inflammatory process after this infection is less. But the formation of internal Heat could be generated by the wrong eating habits or medications that could induce more internal Heat, such as highly concentrated medications, independently of the type of medication [6,7,9-16,18-20,25,26,28,30,32-34,37-39,42,47,52,55,56,58,59,60,62,65].

In a study entitled *Chakras' Energies Deficiencies as the Cause of Dyspnea Post COVID-19 Treatment* presented by the author in several webinars in 2020 such as the 2nd Webinar on Epidemiology-Infectious Diseases and Public Health on November 09<sup>th</sup>, 2020, she presented two cases studies that demonstrates sign and symptoms of weakness and dyspnea after the COVID-19 treatment, using common medications such as Ebastel, Ivermectin and Flumucil in the first patient and in the second patient, she used hydroxide Chloroquine associated with Azithromycin. Both patients did not have dyspnea symptoms in acute infection and developed dyspnea only 17 and 15 days after the beginning of infection, respectively. The reason for this result cannot be justified by the laboratory or radiology exams due to exams were apparently normal, but the alterations were in the energy level, not seeing by the naked eye. In this presentation, the author is explaining the reason for dyspnea symptoms according to Five Elements theory in TCM. This article was published by Journal of Infectious Diseases and Case Reports entitled *Chakras' Energies Deficiencies as the Cause of Dyspnea Post COVID-19 Treatment* on December 2020, and the energy alterations leading to dyspnea symptoms can be explained by the Arndt-Shultz law in the figure 17 [36,82].

The majority of the patients showed in this article, studied by the author in her clinic in Brazil, have energy deficiencies in all the chakras' energy meridians. Each chakra meridian corresponds to an internal massive organ that each one has their proper energy function. For example, the fifth chakra represented by the Spleen is responsible for the absorption of nutrients and formation of Blood. The third chakra represented by the Heart is responsible for controlling the adequate flow of Blood inside the vessels. The second chakra representing the Kidney, is responsible for the production



**Figure 17:** The Arndt-Schultz's Law.

of *Yin* and *Yang* energies. And finally, the first, represent by the Liver and the fourth, represented by the Lung, have the function of distribution of energy inside the body. As showed in tables 1 and 2, 89% of the patients analyzed have no energy in any chakra, meaning that the production of *Yin*, *Yang*, *Qi* and Blood are very compromised in all these patients. In the figure 13, according to TCM reasoning and demonstrated in many Chinese medicine literature, the balance state of these four energies is very important to achieve health and the imbalance between them, as demonstrated in the figures 4 to 11, can lead to a diverse diseases and also, the author is demonstrating that the same disease, came from different energies imbalances at the root level of the tree [6-12,14-22,24-29,40-45,48-60].

When there are deficiencies in one or a combination of deficiencies between *Yin*, *Yang*, *Qi* and Blood, the body could respond increasing the formation of internal Heat. The diagnosis of these energy imbalances are shown in the table 3. In many publications of the author, she is demonstrating the importance of understanding all the formation of the diseases in the energy level, published in many articles and in these articles, she is demonstrating the correlation between the formation of internal Heat with inflammatory process and infectious diseases symptoms. Beside she is an infectious diseases doctor, she usually treats the majority of the infections only regulating the internal energies and taking out Heat retention using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting and the use of highly diluted medications to replenish the energies of these patients that she proved in this re-

search that the majority have no energy [18,24,31,41,49,50,59,62].

The use of high concentrated medications could harm even more the vital energy, leading to the formation of more internal Heat and leading to more inflammatory process. As she demonstrated on tables 1 and 2, the group of patients that had the seventh chakra normal in energy, only the elderly group (60-80) have more propensity to have Heat retention. In the group that the seventh chakra does not have energy, all the three groups of patients, including children and adolescents (2-19), young adults (20-59) and older (60-80) have more propensity to have more inflammatory process and could lead to a more severe evolution (6-62).

With the internalization of the external pathogenic factor, more internal Heat is formed. If the patient is hospitalized, using high-concentrated medications, this will drop even more the vital energy that is already low, forming more internal Heat as well, which will manifest as alterations of inflammation on laboratorial exams seen on the evolution of SARS-CoV-2 infection. This kind of reasoning was presented in many conferences worldwide by the author in a study entitled *Why Patients Still Catch Hospital Infections Despite the Practice of Infection Prevention and Control Programs?* and published at *Acta Scientific Microbiology* in 2018 and the others studies of her entitled *What do we Need to Know to Prevent and Control Nosocomial Infections Completely*, presented on 16<sup>th</sup> World Congress on Infection Prevention and Control on September, 2020 [16].

According to the results showed in the tables 1 and 2, all the patients in her study have propensity to acquire SARS-CoV-2 infection, that the author will explain her reasons in the following paragraphs.

In the study entitled *Climate, Environment and Epidemic Febrile Diseases: A View from Chinese medicine*, the author explains the process of a viral infection and the energy imbalances associated with it [76].

According to the author, Cold, Heat, Dampness, Dryness and Wind are the main external factors, related to the seasons. However, when there are abnormal climatic changes, these factors may invade the body. On this study, it is stated that in TCM, epidemic diseases are considered to be caused by external pathogenic factors, mainly Cold and Wind, being called "Cold damage disorders" [76].

Important considerations regarding the concept of Wind in traditional Chinese medicine must be done. Wind is one of five climates that characterize the five seasons according to TCM. Heat occurs in summer, Humidity in late summer, Drought in autumn, and Cold and Wind in winter and spring. While Wind is present in all seasons, its manifestation will be stronger in the season that matches it. Wind can appear as Cold Wind, Hot Wind or Damp Wind, depending on the season. Cold Wind is characterized by an aversion to Wind and chill and is accompanied by fever, headaches and generalized aches, a runny nose, and a cough, occurring on the winter and spring. Hot Wind entrance is characterized by fever, sweating, headaches, red eyes, sore throat, photosensitivity, thirst, a cough with yellow and dense sputum, respiratory problems, constipation, and epistaxis, occurring on the summer. Damp Wind has effects similar to those of the common cold, with sore limbs, listlessness, nausea, anorexia, and diarrhea and can cause diseases like arthritis, appearing on autumn. Wind in the body resembles the wind in nature; thus, it generates both movement and movement in what would otherwise remain motionless. It is considered the basis of several diseases in traditional Chinese medicine [57,76,83].

After the Qing Dynasty (1644-1911), the epidemics were classified as "Cold damage disorders" and "warm disorders". In this study, the massive and rapid transmission of a pandemic is related to the cycle of transformation of the Five Elements. This movement creates transmission of the external pathogenic factor [84].

In TCM, these external pathogenic factors are believed to invade when the body of the patient's is weakened in energy (*Zheng Qi*). Traditional Chinese medicine literature understand *Zheng Qi* as the ability of the organism to protect itself from the influences of the external pathogenic factors, exposed in the tree metaphor on figure 12, as well as the ability of the organism to recover after damaging influences or energy imbalances caused by emotional distress or a bad diet. *Zheng Qi* is formed with the constitutional energy of the Kidney meridian and is part inherited from the parents and part acquired from diet. TCM refers to all pathogenic factors as malicious energy or *Xie Qi*. The appearance of disease results from a fight between these two factors, *Zheng Qi* and *Xie Qi*. This conflict could be in three different way: normality when *Zheng Qi* is stronger than *Xie Qi*, empty when *Zheng Qi* is weak but less weak than *Xie Qi* and gravity when *Zheng Qi* is real and much lower than *Xie Qi* [57,83].

In this study, the author demonstrates that the *Zheng Qi* of 97.31% of her patients were compromised, due to lack of energy in the second chakra (Kidney) [83].

In Western medicine, the treatment and prevention of infections is mainly done focusing on the elimination of the pathogen through the use of medication. However, due to bacterial and viral mutation, this treatment may not be always effective. In TCM, everything that comes from the external world, not being related to the internal energies, is called external pathogenic factors. SARS-CoV-2 will be considered an external pathogenic factor invasion. Identify the etiology of the disease, the location, the influence of external pathogenic factors and the health of *Qi* is important during treatment [57,76].

This is why SARS-CoV-2 infection symptoms and manifestation will vary according to the different locations of the world (Hot Wind, Cold Wind, Damp Wind), the different diet according to each cultures (for example: in Western culture, it is common to drink cold and ice water and in East culture, it is common to drink lukewarm water), and lifestyle, as well as the specific energy imbalances of each patient, because each patient may have a different energy imbalance, even though having the same diagnosis in Western medicine, as previously demonstrated in the Figures 4 to 11 [57,76].

According to Western medicine studies, the SARS-CoV-2 infection can be divided into three phases that correspond to different clinical stages of the disease. On the first phase the inhaled virus SARS-CoV-2 likely binds to epithelial cells in the nasal cavity and starts replicating. There is local propagation of the virus but a limited innate immune response. At this stage the virus can be detected by nasal swabs. Although the viral burden may be low, these individuals are infectious. During the second phase the virus propagates and migrates down the respiratory tract along the conducting airways, and a more robust innate immune response is triggered. At this time, the disease COVID-19 is clinically manifest. For about 80% of the infected patients, the disease will be mild and mostly restricted to the upper and conducting airways. These individuals may be monitored at home with conservative symptomatic therapy. But, about 20% of the infected patients will progress to stage 3 diseases and will develop pulmonary infiltrates and some of these will develop very severe disease [85].

In the case of SARS-CoV-2, a viral infection, according to TCM, there will be three stages of evolution of the invasion of the external pathogenic factor in the body, similar on Western medicine, but the focus and treatment are very different and it will be better presented on the next lines [71].

The first stage corresponds to the invasion of external pathogenic factor itself. The patient may present the following symptoms: fever, mild cold, and dry cough with less sputum accompanied by headache, body pain, and dry pharynx. In TCM, its common the use of Chinese herbs for expelling the external pathogenic factors in this stage, to prevent the evolution for the two following stages. According to the author experience, as she lives in Brazil and has some difficulties in prescribe these herbs, she usually uses highly diluted medication, such as homeopathies to use in the patients in this phase one. The medications that could be used in this phase are: *Anas barbariae hepatis*, *Aconitum napellus*, *Allium cepa*, *Belladonna*, *Eupatorium perfoliatum*, *Gelsemium*, among others. The reason for the use of this kind of medication, instead of highly concentrated medications will be explained in the following paragraphs [86,87].

In this first phase, the intention of the TCM physician is to try to expel these external pathogenic factors, staying inside home (not only for the purpose to do not spread the virus to others, but to protect their body against the invasion of the external pathogenic factor), not taking Wind or Cold (avoiding the exposure to fan and air conditioning and avoid to open window to allow the Wind penetrate the body of the individual, etc.), avoiding to drink cold beverages and avoid to eat food with Cold energy (because foods and drinks have their own energy that could induce major entrance of the external pathogenic factor), avoid to open the fridge or walk barefoot (because the feet are considerate a micro system where all organs are represented on it), because this will worsen the entrance of the external pathogenic factors inside the body. It is recommended, for this reason, the consumption of boiled and grilled food (because raw food have Cold energy) and drink warm or lukewarm water (because cold or natural water have Cold energy). All these measurements are important in the treatment of patient with suspicious or confirmed diagnoses of COVID-19, to prevent the invasion of more external pathogenic factor, worsening the symptoms instead of improving [16,18,24,88].

The use of Chinese herbs or other tools, such as homeopathies or only drinking lukewarm water can induce transpiration, that is

the way the body can eliminate the invasion of the external pathogenic factor inside the body. The author usually prescribes for her patients in this phase, the consumption of garlic tea, as garlic has Hot energy and has the property to expel the external pathogenic factor, when this factor is the Cold [89].

According to Ni M. (1995), in the book *Yellow Emperor's Classic of Medicine: The Essential Text of Chinese Health and Healing*, garlic is "warming in nature and has an affinity toward the Stomach and Spleen, Heart and Small Intestine, and the Lungs and Large Intestine." In this case, the author usually gives to her patients to expel the external pathogenic factor, to do not allow the invasion of the external pathogenic factor to progress to the following phases [89].

Precautions in this phase to do not allow more entrance of external pathogenic factor when using these medications is very important because, when patient begin to sweat, the clothes will get wet, and it is important in this phase, to orientate the patient to change the wet clothes for dry clothes (because wet clothes will allow the entrance of more external pathogenic factor) [16,18,31,46,90].

When the COVID-19 patient is hospitalized, it is important to be careful with the external pathogenic factors. Many times, the hospital environment is very cold what may influence and worsen the evolution of the patient. This evolution could happen not because of the action of the pathogen itself, but because the external pathogenic factors are not being controlled, as Western medicine does not comprehend the external pathogenic factors as a cause of disease when treating the patients [16,18,21,41,57,83].

In the second phase, when the body cannot expel the external pathogenic factor (*Zheng Qi* is real and much lower than *Xie Qi*), this external pathogenic factor which invaded the body could be internalized, leading to symptoms such as: high fever, reddish complexion, chest pain, cough, thick sputum, and suffocation, abdominal distension, full belly, and constipation [57,76,83].

According to TCM literature, the internalization of the external pathogenic factor could lead to the formation of internal Heat. As demonstrated by the author in many of her publications that internal Heat means in Western medicine point of view, inflammatory process or symptoms of infectious diseases (hyperemia in the skin, yellow color of secretion, etc.) and is responsible for the manifestation of diverse diseases in the leaf level of the tree

showed in the figure 12. These diseases are diabetes, hypertension, dermatitis, anxiety, panic syndrome, schizophrenia, urticaria, cancer, etc., as demonstrated in many articles published by the author [6,9,10,13,17,28,56]. As you can see tables 1 and 2, there are patients that have internal Heat formation prior to SARS-CoV-2 (the group that does not have any energy in all the seven chakras and in the group between ages 60 to 80, when they have energy only in the seventh chakra) and if they acquire SARS-CoV-2 infection, there could be an aggravation of the formation of internal Heat, leading to the inflammatory process that Western medicine literature define in this phase [6,7,9-16,18-20,25,26,28,30,32-34,37-39,42,47,52,55,56,58-60,62,65].

The evolution of this patient will depend on many factors such as: his *Zheng Qi*, the power of the *Xie Qi*, the type of medication the patient is receiving, the type of diet the patient is receiving, the influence of the environment facilitating the entrance of more external pathogenic factors [57,83].

Differently of what Western medicine is conducting the treatment of the disease in the phase, such as in the study *Corticosteroid therapy for patients with COVID-19 pneumonia: a before-after study*, written by Bani-Sadr F. *et al.* (2020), in this article, the authors are demonstrating the benefits in giving this medication in COVID-19 patients, reducing the mortality rates, when comparing to those who did not received this medication [91]. Knowing that the formation of internal Heat is responsible for the inflammatory process in all kinds of infection, it is very important in this phase, reduce all the factors that could induce the formation of this internal Heat, that is leading to the increasing in the inflammatory process. In this case, all factor should be reviewed by the doctor that is treating this patient such as: 1) the energy status of this patient: if the patient is deficient in energy, this need to be corrected by the doctor and the author will describe how it could be done, in the table 5 (6-62).

If the physician could measure the chakras' energy centers of this patient, it would be better but if not, he could consider that this patient that is lying in the hospital bed is in the lowest level of energy, due to the severity of the symptoms. In this case, it is not because the COVID-19 is strong but it is because the patient is weak, according to the publication *The Concept of Wind in Traditional Chinese Medicine* written by Dashtdar M. *et al.* (2016) where the author established that the formation of the infectious process will occur depending on the *Zheng Qi* and *Xie Qi*. If the *Zheng Qi*

Chakras	Five Elements	Homeopathy Medications	Crystal Based Medications
1 <sup>st</sup> chakra	Wood/Liver	Phosphorus	Garnet
2 <sup>nd</sup> chakra	Water/Kidney	Natrum muriaticum	Orange Calcite
3 <sup>rd</sup> chakra	Fire/Heart	Sulphur	Rhodochrosite
4 <sup>th</sup> chakra	Metal/Lung	Silicea	Emerald
5 <sup>th</sup> chakra	Earth/Spleen	Calcarea carbonica	Blue Quartz
6 <sup>th</sup> chakra	Water/Kidney	Tone 2 <sup>o</sup> chakra	Sodalite
7 <sup>th</sup> chakra	Wood/Liver	Tone 1 <sup>o</sup> chakra	Tiger Eye

**Table 5:** Relationship between chakras, Five Elements, Homeopathies and Crystal-based medications.

is strong enough, the *Xie Qi* will not manifest and the disease will not occur or will occur in the light form. But if the *Xie Qi* is strong and the *Zheng Qi* is weak, the disease will manifest. But according to Hippocrates, the disease is a natural process and that the chief role of the physician was to aid the natural resistance of the body to overcome the metabolic imbalance and restore health and harmony to the organism [57,60,83,92].

What is important for all the doctors that is treating this kind of patients is that all the factors that is leading to more invasion of the external pathogenic factor, from the environment and from the diet should be reevaluated to reduce the entrance of more external pathogenic factor, worsening the evolution of this disease [16,18].

According to an article entitled *Environmental Factors and Ventilation Affect Concentrations of Microorganisms in Hospital Wards of Southern Thailand*, written by Onmek N. *et al.* (2020) the high temperature and humidity favor the airborne microorganism, and the poor indoor quality of air can cause many healthcare associated infections of patients and staffs [93].

But according to the article *The Concept of Wind in Traditional Chinese Medicine*, written by Dashtdar M. *et al.* (2016), it states that the Wind is the leading pathogens leading to disease. When associated with Cold, it is the most morbidity factor that affects the human body. But this *Xie Qi* only will attack the body when the defense system is weak, and the protective *Qi* is deficient [83]. As the

author showed in the tables 1 and 2, the majority of the patient in her clinic doesn't have energy inside their organs, this means that the force or energy that protects the body is weak too (*Zheng Qi*, or second chakra - Kidney and fifth chakra - Spleen). That is why it is very important to protect the body of the patient with a sheet in the countries that is not so cold and using blankets in countries that is cold to reduce the entrance of this external pathogenic factors inside the body of the patient, worsening the symptoms and harming the evolution of this patient [16,18].

The diet with raw foods should be avoided because this kind of foods could lead to more entrance of Cold because all raw foods have Cold energy and that is why it is necessary to cook all the fruits and vegetables in this phase, to reduce the entrance of more Cold energy (cooking the foods, you are neutralizing the Cold energy that exist in raw foods). The water normally has Cold energy and it is better to transform the energy of water into neutral to reduce the formation of Heat, that could lead to aggravation of inflammatory process, very common in this kind of patients [94]. In the article entitled *Questioning the Mpemba effect: hot water does not cool more quickly than cold*, written by Burrige H.C. and Linden P.F. (2016), they said that heat the water can freeze earlier than cold water. There are no other scientific publication relating to which temperature the patients need to heat the water to transform the Cold energy to neutral energy [95]. For this reason, the author usually recommends for her patients to boil the water to transform into neutral energy, to don't induce more formation of internal Heat, only by ingesting wrong energy of the water [10,12,16]. In this phase, where there is manifestations of inflammatory process, in the energy point of view, in TCM they usually uses Chinese herbs to reduce the internal Heat formation to reduce this inflammation [18,26,87]. In the article *Role of corticosteroid in the management of COVID-19: A systemic review and a Clinician's perspective*, written by Awadhesh Kumar Singh, although the doctor said in the article that World Health Organization do not indicate the use of corticosteroids in the treatment of patients with COVID-19. In a retrospective study analyzing patients that received this kind of medication, the doctor concluded in three studies that the use of this medication showed benefit and two other studies did not showed benefit. And in this last group showed a significant harm in the critical cases [96].

What the author wants to show, in the energy point of view, is that the use of any kind of highly concentrated drugs in this kinds

of patients that has chakras' energy deficiencies, has to be done with caution because this kind of drugs should cause a reduction even more of the vital energy, according to Arndt-Schulz law [97].

According to this law, illustrated in figure 17, all drugs in high concentrations cause a reduction of vital energy and could lead to death. This is the reason that the author is trying to demonstrate in this article, the necessity of studying what kind of patients we have in the majority of our countries and in the entire world because, in the experience of the author, measuring the chakras' energy centers of all her patients, more than 89 % of her patients were in the minimum level of energy, and the use of this kind of medication could reduce even more their vital energy, leading to variety of complications, as she presented in many webinars during 2020 year, cases of dyspnea and fatigue post-COVID 19 treatment, using common drugs to reduce stiff nose (Ebastel) and the use of Ivermectin along with the use of Hydroxychloroquine and Azytromicine leading to fatigue and dyspnea in this patients after the treatment [36]. These patients were not feeling these symptoms during the acute phase of the infection but worsen their symptoms only after the treatment, meaning that the reduction in the vital energy induced by the intake of this kind of medications were the cause of the worsening of the symptoms after the COVID 19 treatment. In traditional Chinese medicine, the energies are believed to be the root of the health of a subject, therefore, any medications or substances that harm the energy of the patients should thus be avoided [98]. This is the reason what is necessary use only high-diluted medication to improve the organic process and vital energy that is already low in patients with chakras' energy deficiencies, as demonstrated in this study, in the tables 1 and 2.

Through this law, using the sample of the patients to show that the majority of the patients have energy deficiencies, it is possible to state that it is important to avoid the use of high-concentrated medication in the treatment of patients with SARS-CoV-2 infection to prevent more complications, or even the outcome of death [42]. But these studies should be done in all the countries of this world to demonstrate that the majority of our population are weak in energy, leading to weak *Zheng Qi*.

It is important to know the energy status of the patients because if the energy of the patient is not working properly, it is this energy deficiencies that is leading to the complications of this virus

infection. As said by Hippocrates, the disease is a natural process and that the chief role of the physician was to aid the natural resistance of the body to overcome the metabolic imbalance and restore health and harmony to the organism [57,60,83,92]. Another quote from Hippocrates is that it is more important to know which patient has a disease than to know which disease a person has. When you treat the disease, the doctor is treating the root level but depending on the kind of medication he/she is prescribing, it will harm or not the root of this tree, demonstrated in the figure 12. But when you treat the root and considers the influence of the external pathogenic factors, you can treat all kinds of diseases at the same time, even the doctor does not know which disease the person has, as the author showed the case that became the cornerstone of all her treatments and publications (patient with pain in the legs and glaucoma described in the discussion section) and published in many articles of the author (6-62).

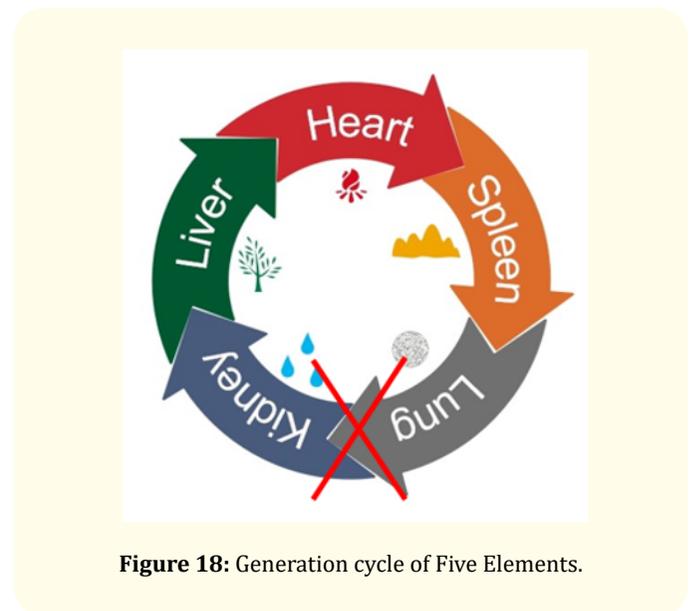
If the doctor knows the energy imbalances presented by the patient, he will understand the meaning of each symptom (in the leaf level) but the problem is in the root level (energy imbalances and chakras' energy deficiencies). As she demonstrates in many articles, the majority of energy imbalances came from the emotions (fear, anger, joy, worry, sadness) and each emotion are related to each internal massive organ (Kidney, Liver, Heart, Spleen, Lung) respectively. The excess of each emotion can imbalance each organ function or the imbalance of each internal massive organ can lead to each emotion [65].

To know the energy flow mechanism in the patient is important to understand why patients have shortness of breath in the energy point of view.

In the article entitled *The role of chest radiography in confirming covid-19 pneumonia* written by Cleverley J., Piper J. and Jones M.M. (2020) a normal chest radiograph does not exclude COVID-19 pneumonia. Other causes of patients respiratory syndrome should be considered when COVID-19 pneumonia may or may not be visible by chest radiography [99].

According to the book entitled *Zang Fu - Traditional Chinese Medicine Organs and Viscera Systems* written by Ross J. (2011), he states that when the patient has shortness of breath, could be related to the lack of energy in the Kidney, because when the Kidney has no energy, demonstrated in the tables 1 and 2, the transmission of

energy from the Lung to the Kidney is blocked, leading to the stagnation of energy in the Lung, leading to dyspnea symptoms, shown in the figure 18 [82]. This explanation is also published in another article of the author entitled *The Treatment of Asthma Based on Traditional Chinese Medicine and Homeopathy*, published by Journal of Pediatrics and Infants on May 2018 and in the article *Chakras' Energies Deficiencies as the Cause of Dyspnea Post COVID-19 Treatment*, published by the Journal of Infectious Diseases and Case Reports in December 2020. In the treatment of breathlessness of this kind of patient, it is important to know the energy status of these patients to understand why they are having this kind of symptom, even if the chest radiography is normal because the alterations are in the energy level, not visible by the naked eyes [60].



**Figure 18:** Generation cycle of Five Elements.

For this reason, in some publications are showing that although some patients have significant respiratory symptoms, the lesions observed by computed tomography are milder and not completely consistent with clinical symptoms. The meaning of all this symptoms, can explained in the table 6, where the author is explaining the progression from health to disease. In the first three phases, the patients have symptoms and there are energy alterations but the laboratory and radiological exams are still normal. Only in the phase 4 and 5, the patients still have symptoms and there are alterations in the laboratory exams. Western medicine usually does the diagnosis in the phase 4 and 5, but what is happening in the case of patients with dyspnea is that there are alterations in the energy

level, that is invisible by the naked eyes, that is causing dyspnea symptoms, but the exams are still normal. That is why it is very important to understand what is happening in the energy level to physician to understand how to proceed the treatment in this case, to do no harm even more the vital energy of the patient that is already low [36,51,67,99].

Phase	Organ	Exams	Energy Reserve	Symptom
1	Slowing down of organ functions	Normal	Normal	Without critical symptoms
2	Slowing down of organ functions	Normal	Consumption of internal energy reserves	With Symptoms in other organ
3	Slowing down of organ functions	Normal	Consumption of external energy reserves	With Symptoms in same organ
4	Reversible cellular lesion	Little alterations	Consumption of blood reserves	Curable disease
5	Irreversible cellular lesion	Excessive alteration	Metabolic exhaustion	Incurable disease

**Table 6:** Progression of health to disease.

One of the possible tools of treatment on this case is to give the proper amount of water to the patient, through drinking water or in intravenous way. Proper hydration can improve the shortness of breath, as water is the main source of energy for the Kidney. As demonstrated by the author, patients that have lack of energy commonly have internal Heat retention. This Heat is responsible for the inflammatory process and manifestation of many diseases. Patients that has internal Heat need to be hydrated adequately because of the consumption of the internal water by this Heat (6-62).

When there is internal Heat, the patient may present symptoms of extreme thirsty and itching and red marks on the skin, besides bleeding gums, as the water on the body is being consumed by the internal Heat. In order to diminish the internal Heat formation, the patient has to be oriented to avoid the consumption of dairy products, specially melted cheese, chocolate, eggs honey, fried food, alcoholic beverages, coconut and raw foods, because the almost all

fruits and vegetables have Cold energy and when the people eat these raw foods induces the formation of internal Heat. In this phase, to not form more internal Heat it is important for the physician to know that all the medications in high-concentrations will cause drop on the vital energy, in patients that already have weak energy, will create more internal Heat, worsening on the inflammatory patterns on the exam, making the physician to think that is the virus that is causing this inflammation, but the real cause is the use of medication that is worsening the energy [16,26,87].

Another common symptom of internal Heat is abdominal pain, that may simulate an acute abdomen leading to an urgent surgery, when the actual reason is the internal Heat that the patients already had, that worsened with the internalization of the external pathogenic factor. In this phase the laboratorial exams may also appear altered with inflammation alterations. In the article entitled *Chinese Herbal Medicine for Functional Abdominal Pain Syndrome: From Clinical Findings to Basic Understandings*, written by Liu T. (2016), he is explaining in this article that there are patients that complains abdominal pain and they cannot be cured by Western medicine treatment. In this article, Tao is demonstrating some energy alterations that could have in a patient with abdominal pain and the functions of the Chinese herbs are, depending on each situation: warming the interior and dispel cold; unblock the Liver; relieve the stagnation; regulate Qi movement [100].

In another article entitled *The Management of Post-Operative Pain with Acupuncture*, the physician is explaining that patients with post-operative pain could be caused by contraction of the symptoms after exposition to Cold and the treatment should be warming the patient, expelling the external pathogenic factor and harmonize the energy and collaterals. In this case, the author wants to emphasize the importance of expelling the external pathogenic factor before toning the energy of the patient because, if the physician tones the energy of the internal organs without taking out the external pathogenic factor, the patient could worsen the symptom, instead of improving [87,101].

The clinical manifestations and outcomes can be different according to the treatment based on different stress reactions. This means that depending on the type of medication and diet that the patient receives, the body of the patient will respond differently, causing different outcomes, depending on the answers of the organ to the treatment, considering the invasion of the external patho-

genic factor and the treatment the patient is receiving. The use of antivirals and corticosteroids medications are an important tool in some cases, but always must done with careful once they are high concentrated medications and induces the formation of more internal Heat, decreasing the patient energies [6-12,14-22,24-29,40-45,48-60,102,103].

The patient also has to be oriented to not consume foods that damage the energy of the Spleen-pancreas meridian, or fifth chakra. This meridian is responsible for the nutrient absorption and when imbalanced, the nutrients are not properly absorbed, weakening the body. These foods would be dairy products, raw food, sweets and cold water among other drinks. To not imbalance the Kidney meridian, the patient also has to be oriented to avoid soda, coffee and matte tea. To not imbalance the Lung meridian, the patients are recommended to eat foods with flowers, such as broccoli and cauliflower. On figure 18, it is possible to see the generation cycle that explain why it is so important to do not imbalance each element, once one element gives energy to the next element, and if one is imbalanced, the others will be too (6-62).

The internal Heat can also be taken out with auricular acupuncture and apex ear bloodletting, but, as many times the patient is hospitalized and cannot attend to the sessions of acupuncture, the use of high-diluted medications such as the homeopathies can be used in this case, to take out the internal Heat, to try to balance again the internal energy of this patient without reducing the vital energy. The homeopathies medications that could be used in this phase are: Mercurius solubilis, Aconitum napellus, among others. Using homeopathies, in this case, could reduce the level of internal Heat of the patient without reducing the vital energy, when highly diluted medications are used in this case [43,104,105]. The author did presentation in several webinars about this subject in the 2020 year, presenting some case reports of patients infected by SARS-CoV-2 patient only re-orientating the diet, rebalance the internal energies using auricular acupuncture with apex ear bloodletting (to take out the Heat) and always do the replenishment of the chakras' energy to improve all the symptoms that the patient is suffering as consequence of this lack of energy. Many times, the clinical presentation of the patients are seeing by the doctors as the virulence of the SARS-CoV-2, but in fact, these manifestations, according to Hippocrates, is a natural process and the sign and symptoms of the disease are caused by natural reactions of the body to the disease process are only the reactions of the body. The

functions of the physicians is to aid the natural resistance of the body to overcome the metabolic imbalance and restore health and harmony to the organism [41,60,92].

In the hospital, the use of air conditioning and fans has to be avoided, nowadays they are very cold places, which facilitates the entry of external pathogens [16].

In the third stage, the invasion of the external pathogenic factors achieves the massive organs of the Five Elements theory. The symptoms in this phase are: fever, hotness in the palms and soles, irritability, delirium, skin eruption, and hemorrhages such as nose-bleed and hematemeses.

In the article *Epidemiology and Outcomes of Acute Kidney Injury in COVID-19 Patients with Acute Respiratory Distress Syndrome: A Multicenter Retrospective Study* written by Wang F. et al. (2020) there are increased mortality rate when patients with COVID-19 have acute respiratory distress syndrome associated with acute Kidney injury. The mechanism and the epidemiological features of this patients is unknown [106].

In this situation, many times, renal insufficiency and respiratory insufficiency happens because, when looking at the energy point of view, the patient already had an energy deficiency before acquiring the infection. It is very common the intravascular coagulation in this phase, because, looking at the energy level, at the root of the tree, and demonstrated in the figure 13, the Blood to flow inside the vessels also need energies (*Yin, Yang, Qi* and Blood), and Blood only circulates when there is energy in all the meridians. With the invasion of external factors, associated with the type of treatment received by the patient, dropping even more the vital energy, the energy will worse more, creating more complications. The ground-glass opacity of SARS-CoV-2 infection shows stasis of Blood, that is caused by the lack of the energy, leading to Blood stagnation. In the article entitled *The Importance of Correcting Energy Imbalances in the Prevention and Treatment of Myocardial Infarction*, written by the author and published in the *Acta Scientific Medical Sciences* on May 2020, the author is demonstrating in this article, the importance of correcting the energy deficiencies of these patients that had history of myocardial infarction because it is common to them to have chakras' energy centers deficient in energy and if the physician do not treat this condition, the patient could have more propensity to have new myocardial infarction due to the lack of en-

ergy [44]. In another article of the author entitled *Chakras' Energies Deficiencies as the Main Cause of Myocardial Infarction without Arterial Obstruction*, published at Online Journal of Cardiology Research and Reports in 2021 and presented in Cardiac Imaging and Diagnosis Webinar on September 18th, 2020, the author is demonstrating that patients that have history of myocardial infarction without arterial obstruction has chakras' energy deficiencies and the replenishment of these lack of energy is primordial to treat the root of the problem and not just the symptom, that is the infarction itself [107].

Another article written by the author entitled *Chakras Energy Alterations in Patients with Hemorrhoids and How to Treat It Without Surgery*, published at Surgical Medicine Open Access Journal on September 2020, the author is demonstrating that patients with hemorrhoids have chakras' energy centers deficiencies and the corrections in this lack of energy could treat the thrombosis in the hemorrhoids in this patients, associated with other tolls in Chinese medicine, that was due to the lack of energies in the chakras' energy centers [61].

In the case of patients with intra-vascular coagulation, the use of anti-thrombotic medications is used in Western medicine to reduce the chances of thrombosis. In the article *Coagulation abnormalities and thrombosis in patients with COVID-19* written by Levi M. (2020), the author of this article is saying that patients with COVID-19 present coagulation abnormalities associated with severe infection such as disseminated intravascular coagulation and thrombotic micro angiography and it is associated with increased death [108].

Analyzing the symptoms presented in the third phase, according to TCM, they are all manifestations of the formation of internal Heat (fever, hotness in the palms and soles, irritability, delirium, skin eruption, and hemorrhages such as nosebleed and hemateme-sis) (6-62).

In the study written by the author entitled *Which Could Be the Underline Causes Behind Chronic Nosebleed?* in process for publication, the author is demonstrating that patients with nose bleed has energy imbalances with formation of Heat, and the bleeding process is only the way the body have to release the formation of this Heat inside the body [65,105].

Another article published by the author entitled *Energies Alterations and Chakras' Energies Deficiencies as the Main Cause of Radiation-induced Rectal Bleeding Post-prostate Cancer Surgery*, published at Clinical Journal of Surgery on December 2020, she is demonstrating that patients with rectal bleeding has chakras' energy deficiencies with formation of internal Heat and the bleeding process was only the way the body have to release the Heat inside the body [32].

Western medicine considers this phase as the critical stage of infectious diseases, and the primary pathologies include coagulation dysfunction and multi-organ failure, such as sepsis and systemic inflammatory response syndrome (SIRS) [57,76].

The 'toxicity' in TCM is consistent with endotoxin with respect to pathogenicity, and the 'Heat toxicity syndrome' is similar to endotoxemia caused by severe infection. In this case, looking to the energy imbalances leading to these complications, the treatment should focus on the treatment to release the formation of internal Heat, that is causing the endotoxemia state [76].

In the article entitled *Clinical practice guideline on traditional Chinese medicine therapy alone or combined with antibiotics for sepsis* written by Zhao G-Z. *et al.* (2019). TCM believes that the pathogenic toxins are divided in externally and internally toxins. The externally contracted toxins, the author explained in the beginning of the discussion section about the entrance of the external pathogenic factor inside the body (SARS-CoV-2 and Wind, Cold, Heat, Dryness, Dampness) and internally, due to the body weakness of health *Qi*, leading to the body's dysfunction allowing the pathogenic toxin to enter further and transform in Heat toxin. This Heat boiled the Blood, and associating the powerlessness of *Qi* to move the Blood, leads to generation of static Blood. The fundamental basis of the sepsis is to eliminate the pathogenic factor and toning the *Qi* [109].

For this reason, the author emphasizes the necessity of observing the influence of the external pathogenic factors, that is not only related to virus itself, but the exposition of the patient to Cold, Wind, etc... complicating the evolution of this patient. Another factor that is not usually seeing by the Western doctors are the influence of different diets in the energy point of view because wrong diet could induce the entrance of more pathogenic factor, leading to more entrance of more Cold and Dampness, leasing to complica-

tions in the evolution of the patient. The treatment has to be focused on release this external pathogenies factor and after, in the second stage of treatment, rebalancing and replenishing the energy of all the internal massive organs to restore the *Qi*, that is always debilitate in these patients [76].

As you saw in the tables 1 and 2, all the internal organs are in the lowest level of energy, that is why, the patients nowadays, do not have *Qi* in adequate amount to keep the body in the health state.

The TCM theory of treatment chosen according to climate, locality, and individual is consistent with the epidemiological characteristics of infectious diseases, including epidemic, regional, and seasonal features. Therefore, climate, locality, and individual are crucial factors to estimate the nature of the pathogen and the disease [57,76].

Due to the variations of different reactions on patients that are in different localities, climate and seasonal features, the use of Chinese herbs cannot be the same for all patients with the same infection, because the result may vary [57,76].

Different individuals exhibit various TCM syndromes and are infected with the same pathogen. In this study demonstrated by the author, patients with the same Western diagnosis, have different energy deficiencies leading to the same problem in the leaf level, demonstrated in the figures 4 to 11. Other studies found that the elderly and those with chronic bronchitis, coronary heart disease, and metabolic diseases usually present Blood stasis syndromes post-lung infection. Therefore, the pulmonary infection treatment for senile patients with chronic respiratory and cardiovascular diseases should involve activating the Blood circulation [57,72,76].

The Blood circulation is associated with the balance of fifth and third chakra. For the Blood circulation to occur, *Yin*, *Yang*, *Qi* and Blood and the Five Elements have to be working properly. The Kidney energy is responsible for the formation of *Yin* and *Yang* energies. When there is no energy on the Kidney, the *Yin* and *Yang* energies will drop and the circulation will be impaired. If the Kidney energy deficiency is not properly treated, even with the use of anticoagulant medication, the symptom is being treated, but not the cause. The Blood circulation is also governed by the Heart, responsible for Blood and vessels [110].

As showed on the research in author's clinic, the majority of the patients presents a very significant deficiency in all the chakras meridians, and that is why patients in the third phase of the external pathogenic factor invasion, tend to have more complication because the energies of the organs are all weak. These complications are not caused by the virus, but by the deficiency of energy presented by the patient, and the answer of the body to this invasion [92].

Replenishing the energy of these organs, there will be less formation of Heat retention, diminishing the inflammation process. The highly concentrated medications used in this kind of patients should be used with very precaution because they can reduce even more the vital energy of these patients, creating more internal Heat, increasing in the inflammatory process of this patient (and this inflammation is not caused by the virus itself, but by the medications and all the wrong diet received by the patient, leading to the worsening of the energy state) (6-62).

In the article *Chakras' Energies Deficiencies as the Cause of Dyspnea Post COVID-19 Treatment*, written by the author and published at Journal of Infectious Diseases and Case Reports on December 2020, the author is demonstrating the influence of the wrong diet in the worsening of the dyspnea symptoms of the patient that was having breathlessness after treatment of COVID-19 with Azithromycin and Hydroxychloroquine. The diet in TCM is chosen according to each energy imbalances of each patient and the treatment should be individualized, according to each energy imbalance and the energy in each food [36,94].

The Blood stagnation leading to intravascular coagulation on the SARS-CoV-2 infection patients is also associated with deficiency of the chakras' energy, as each chakra is responsible for the production of *Yin*, *Yang*, *Qi* and Blood energies, the correction of the chakras would correct these energy imbalances, improving the Blood circulation inside the vessel. This can be proven through biopsies of organs such as lungs, liver and heart of deceased patients, where it is possible to notice, for example, in the article *Severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2) and coronavirus disease 19 (COVID-19) - anatomic pathology perspective on current knowledge* written by Mohanty S.K. et al. (2020) they report a grossly visible pulmonary emboli in a macroscopic evaluation of the lung post COVID-19 patients that died from this infection and a thrombosis in a prostatic vein [27,32,44,111]. In this

case, the thrombotic events could be caused by the lack of energy in the chakras' energy centers but as this point of view is not studied by the majority of the physicians nowadays, as energy cannot see by the naked eyes, the author is demonstrating in all her presentation in many webinars in most variety specialties, the necessity of treating these energy deficiencies, because these lack of energy could be the root of all the problems, as energy is primordial for the normal function of the whole body and all systems and cells needs energy to survive (6-62).

In the same way, the author is demonstrating that not only patients with diabetes, hypertension, history of myocardial infarction, stroke or cancer have infection of SARS-CoV-2, as demonstrated in the tables 1 and 2. In this research, the author is demonstrating that even children (2-19 years old), young adults (20-59 years old) and older patients (60-80 years old) are having chakras' energy deficiencies in all internal massive organs (Liver, Heart, Spleen, Lung and Kidney). This means that, not only the patients considered high risks are having COVID-19 but all other groups of patients, are in the risk to have this kind of infection, as demonstrated by the author, the ability to resist from this infection, is the energy of *Zheng-Qi*, that is compromised in 97,31% the patients evaluated (Kidney or second chakra) and only 11 patients (2,69%) of 409 from the total had energy in this chakra (6-62).

The use of highly diluted medications to prevent this kind of infections in India, in the study *Homoeopathy in epidemics: Bridging the gap*, written by Khurana A. and published at Indian J Res Homoeopathy 2020, the author is emphasizing the need to use Arsenicum album to prevent this kind of infection due to the absence of side effects and it can act in the physical and mind simultaneously [112]. In the *Homeopathic Medical Matter Treaty*, written by Leon Vannier and Jean Poirier, Arsenicum album can treat conditions such as great quick prostration to the least exercise, anxiety and agitation, violent pains, cadaverous odor of the secretions, it aggravates one at three o'clock in the morning, by the Cold and Humidity, by the Cold food and drinks, by the alcohol and the exercise. It improves by Heat, hot drinks and a high head. Anxiety with fear of death [104].

Analyzing the symptoms that Arsenicum album can treat, according to TCM reasoning, the use of this medication can treat patients with Spleen-pancreas deficiency (fifth chakra), Kidney-Yang deficiency (second chakra), and Heat retention in Gall-bladder and

Liver meridian. Also, it is acting in the emotional symptoms, reducing the fear, that is one of the reasons for reducing the Kidney energy, according to the publication *Chakras' Energies Deficiencies as the Cause of Dyspnea Post COVID-19 Treatment*, because this kind of emotion can induce reduction in the Kidney energy, leading to the propensity to these population have more probability to have dyspnea symptoms, due to the difficulty in transmission of energy from Lung to the Kidney, when the Kidney do not have energy to receive this transmission [36,82]. It can have good action in preventing SARS-CoV-2 infection because, in the energy point of view, it is treating the lack of *Zheng Qi* that the majority of the population studies by the author is having nowadays, according to the results showed in the tables 1 and 2 of this article (lack of energy in the second chakra and the fifth chakra) [57,83].

According to the experience in the daily practice of the author, she is using the replenishment of the chakras' energy to treat this population to fortify their immune system, using the homeopathies described in the article *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*, showed in the table 5 [43]. Also, using this method of prevention, she is preventing and treating in some cases, the appearance of diseases such as hypertension, diabetes, myocardial infarction and even cancer, among other chronic diseases, as she is demonstrating in several of her publications (6-62). In the article *Chakras' Energies Deficiencies as the Cause of Fatigue Post SARS-CoV-2 Infection Patients Treatment*, in process for publication and presented in Webinar on microbiology and immunology, on December 28<sup>th</sup>, 2020, there is a description of one case report among three cases described in this presentation, that one of the patient have 67 years old, dentist, had COVID-19 mild case, probably because he was using the replenishment of the chakras' energy centers one year before this infection because this specific patient had many co-morbidities that could lead him to be a high risk patient (he have Berger's disease leading to proteinuria since childhood, hypertension, had dental implant since 2000 and had prostate cancer in 2014 that needs to take out his prostate) and two years ago, the author measured his chakras' energy centers and were all deficient in energy, all rated in one out of eight. The patient had a severe fatigue only after the treatment he received to treat his infection using Azithromycin and Hydroxychloroquine, due to deficiency in the energy caused by the use of this kind of medications, explained in the figure 17, of Arndt-Schultz law [6,97].

The research present in this article, is just a small sample of the energy level of a small number of patients. It is possible that this lack of energy is present on the majority of people on the world. That is why the author is demonstrating the importance in studying the energy of the population in each country to see if the population in the world are having this problem or only in the city of the author. A talk from Thomas Cowan, medical doctor from USA, states that SARS-CoV-2 infection may be related to the 5G technology. The 5g technology started to be implemented in 2018, but all the electromagnetic waves are believed to harm energy. It is possible that the 5G are related to the lack of the energy of the chakras on the majority of the population, facilitating the situation that we are in nowadays concerning the lack of energy in all the chakras' energy centers [113]. In publications regarding the possible harmful effects of the electromagnetic waves in the literature, what the author notice is that the studies that concluded that these energies cannot induce harmful effects on the human body, they did not study the energy of the patients in the majority of them, and that is why, the conclusion of these studies are not in the energy level, that cannot be seeing by the naked eyes. In the article entitled *Did Wired and Wireless Telegraphy and Telephony cause the emergence of epidemic Poliomyelitis?* written by Lauer V. (2015), the author is showing that the time coincidences of poliomyelitis epidemiology and electromagnetic waves emissions, together with the evolution of the virus of polio, bring strong support to the hypothesis that exposure to electromagnetic fields triggered both epidemic poliomyelitis and the diversification of the virus of polio [114]. Another article entitled *Health risks from radiofrequency radiation, including 5G, should be assessed by experts with no conflicts of interest* published by Hardell L. and Carlberg M. (2020), they are affirming that the lack of proper risk evaluation of the 5G technology, places the about this subject was not in the point that is affecting the human body, that it is in the population at risk. In this article, they are saying that cartel of individuals monopolizing the committees to evaluate these effects in the human body, reinforcing always the no-risk paradigm are occurring and that this kind of activity should qualify as scientific misconduct [115].

In the article written by the author entitled *Can Biomaterial Surgical Implants Influence the Body's Health?* published by Acta Scientific Medical Sciences on August 2019, she is demonstrating in this article the influence of the use of biomaterials implants inside the body, leading to severe reduction in the vital energy or *Qi* of the patients described in her article, and showed an improvement in

the clinical symptoms of the patients after removing this kinds of implants from the body. In this article, the author is demonstrating that, also the use of cell phone by the patient was reducing his vital energy, demonstrated in the O-Ring test, described in this article [54].

The treatment of infectious diseases in TCM is not directly against pathogens but by improving the body's healthy *Qi* that might adjust the body's immunity to expel the pathogenic factors. Under the condition of deficiency of energy, when large doses of antibiotics or antiviral drugs against pathogens are not efficient, the early use of tools to tone *Qi* and nourish *Yin* can enhance the effect of the treatment [57,76].

The *Constitutional Homeopathy of Five Elements based on Traditional Chinese Medicine* elaborate by the author and published on Acta Scientific Medical Sciences, on July 2020, showed that the use of highly diluted medications (homeopathies) for treatment of the energy deficiencies in the chakras' energy centers of these patients is the major importance to improve their internal energies, leading to improvement of their *Zheng-Qi*, and fortifying in this case, their immune system. These homeopathic medications are summarized in table 5. These medications are recommended for the patients before acquiring an infection such as SARS-CoV-2, but can also be used in patients with SARS-CoV-2 infection, after the physician expelled the external pathogenic factor. It is possible to use these medications to tone the energies of the internal massive organs, and avoid other complications associated with SARS-CoV-2 infection. The author developed this theory due to the difficult to find the Chinese herbs in Brazil, that usually are used to tone the patients' energies and also the author did a correlation between the theory of Five Elements and Ayurvedic medicine to facilitate the comprehension and better identification/quantification of the lack of energy, so using this theory all physicians could tone your patients' energies [10,43].

Treating this lack of energy, there will be less formation of internal Heat, less inflammation, better Blood circulation, reducing the chance of myocardial infarction, stroke, diabetes, hypertension, infertility, oligospermia, urticaria, tremors, etc., while in treatment of COVID-19 [10,13,17,19,21,25,30,33,44].

In the article *Association of Coronavirus Disease 2019 (COVID-19) With Myocardial Injury and Mortality* written by Robert O. et al. (2020) this author is saying that, according to one study by

Shi *et al.* (2020) patients that have COVID-19 that have laboratories marks of high sensitivity troponin, have higher mortality rates. In another study by Guo (2020), the mortality rate is 59,6% compared to mortality rate of 8,9% percent when the patient have normal troponin I [116].

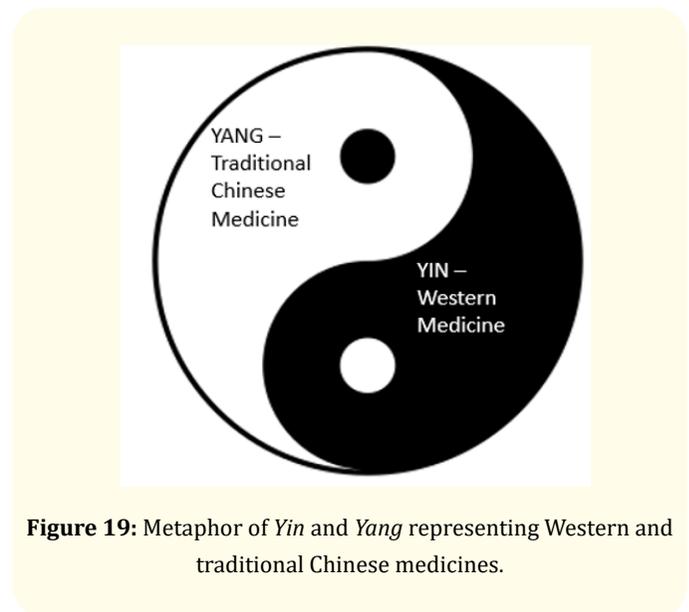
In the article *New-Onset Diabetes in Covid-19* written by Rubino F. *et al.* (2020) there is a project of diabetes researchers that is establishing a global registry of diabetes after COVID-19 - onset of hyperglycemia, confirmed COVID-19 and negative history of diabetes and normal glycated hemoglobin level [117].

All these alterations could be explained by the lack of energy in the chakras' energy centers, looking at the energy point of view, in the root level of the tree, showed in the figure 12, but as these alterations are not seeing by the naked eyes and is not studied by Western medicine, these alterations are not usually reported in the articles found in the literature nowadays (6-62). The studies until today only say about the correlation about the susceptibility of patients more propensity to severe SARS-CoV-2 infection through the molecular and cellular mechanisms. In the article *Susceptibility of the Elderly to SARS-CoV-2 Infection: ACE-2 Overexpression, Shedding, and Antibody-dependent Enhancement (ADE)* written by Peron J.P.S. and Nakaya H. (2020), there is a theory correlating the increase susceptibility of older patients have more severe disease due to the ACE-2 expression in pulmonary and heart tissues in users of chronic angiotensin 1 [118].

It is important to remember that each patient is different even if they all have the same Western diagnose, in TCM the diagnosis could be different as shown and discussed on figures 4 to 11 of this article.

As stated by Hippocrates, disease was a natural process; that the signs and symptoms of a disease were caused by the natural reactions of the body to the disease process [119]. This means that, the reactions that all the patients are having nowadays concerning COVID-19 treatment, could be caused by the reactions to the different diets, medications, external pathogenic factors (Cold, Wind, Dryness, Humidity, Heat), as demonstrated by the author in the article *Chakras' Energies Deficiencies as the Cause of Dyspnea Post COVID-19 Treatment*, where she is demonstrating though two cases reports, the influence of wrong diets, medications and emotions on the genesis of dyspnea post COVID-19 treatment patients [36].

That is why it is important to emphasize the importance of increasingly integrating Western and traditional Chinese medicines, as in this metaphor with the symbol of *Yin* and *Yang*, in figure 19, Western medicine being represented by *Yin* energy that is materialized energy and traditional Chinese medicine represents *Yang* energy that is non-materialized energy. Both medicines can work together to understand better how disease is formed in the deepest level, in the root of the tree, they are opposite but complementary [7,8,10,14,15,17,21-23,25,28,30-36,38,39,40,42,43,45-47,57,58,61,62].



**Figure 19:** Metaphor of *Yin* and *Yang* representing Western and traditional Chinese medicines.

## Conclusion

The conclusion of this study is that not the patients that have co-morbidities such as hypertension, diabetes, obesity, cancer or other chronic diseases have more propensity to SARS-CoV-2 infection. The majority of the population in the authors study are at risk of acquiring SARS-CoV-2 infection due to the low energy level in all the chakras' energy centers, mainly in the second chakra that is responsible for the *Zheng-Qi*. This group of patients includes children, young adults and elderly, independent on their age group and the diagnosis, all of them were in the lowest level of energy, meaning that the immune system of the majority of these patients are compromised. The replenishment of this chakras' energy centers using homeopathies medications according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* to improve the *Zheng Qi* of these patients are important

to prevention, treatment and replenishment of the chakras' energy centers after treatment of these kind of patients because, depending on the treatment done, the energy will worsen and the patient could have complications post treatment as demonstrated in articles published by the author. The use of homeopathies medication to reduce the risk of infection, Arsenicum album seems good option too but do not have the same purpose using the *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* because, as it acts in the root of all the diseases, it can prevent the occurrence of the majority of chronic diseases such as diabetes, hypertension, myocardial infarction and even cancer among other diseases. More studies evaluating the real situation of the energies of the population in the world need to be implemented to know how is the real energy situation of our population in the world, to implement preventive measures, treatment and know how to act after treatment of this virus. Studies analyzing specific groups with the same diagnosis should be energy according to the different energy variations existing in the same diagnosis in Western medicine. The use of highly concentrated drugs in the treatment of patients with energy deficiencies in the chakras should be prescribed with great care, as it can cause an even greater reduction in vital energy, and the use of this type of medication can lead to serious complications or even death of the patient. More serious studies need to be done regarding the influence of the 5G technology in the human health, because this could be the main influence nowadays leading to the extreme lack of energy in quite entire population studied by the author.

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