



Energy Alterations Leading to Dyspnea in Patients with Mitral Valve Stenosis

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Abstract

Introduction: Mitral valve stenosis is a narrowing of the heart's mitral valve.

Purpose: The aim of this study is to demonstrate that energy alterations may be linked to dyspnea in patients with mitral valve stenosis.

Methodology: The methodology used was a case report of a patient who had symptoms of shortness of breath and arrhythmia attacks on a daily basis. Mitral stenosis was diagnosed and surgical intervention to correct the valve obstruction was indicated. However, as the patient was debilitated, the first treatment with ancient medical tools was prescribed to help with the symptoms of abdominal pain, anxiety, and insomnia. In the clinical evaluation by the traditional Chinese medicine (TCM) physician, she was diagnosed with Blood, Yin, Yang, and Qi deficiency. Treatment was started with 1. Chinese dietary counseling, 2. Twice-a-week acupuncture and moxibustion sessions 3. Chakras measurement 4. Homeopathic according to the theory of the author entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* and crystal-based medications.

Findings: The patient improved her dyspnea symptoms with the treatment done, without the necessity of performing the surgery to correct the mitral valve stenosis.

Conclusion: Dyspnea symptoms in patients with mitral valve stenosis may not be linked with the stenosis itself, but associated with energy alterations in the chakra's energy centers. In the case of the patient in the case report, all chakras energy centers were depleted. The surgery for replacement of the mitral valve, in this case, would not improve the dyspnea, because the dyspnea had an energy related cause. Looking at the patient as a whole and not only considering the anatomical alteration found, it is fundamental to have success in the treatment of this patient.

Keywords: Cardiology; Cardiology Surgery; Heart failure; Arrhythmia; Mitral Valve Stenosis; Energy; Five Elements; Traditional Chinese Medicine; Acupuncture; Chakras; Hippocrates

Introduction

The opening between the left atrium and the left ventricle is called the mitral valve. The mitral valve opens in order to allow blood from the left atrium to fill the left ventricle, closing when the left ventricle contracts, pumping blood into the aorta. If the valve becomes thick and rigid, the opening will be narrowed. There are situations where the valve gets so stiffened that it cannot close completely, causing mitral regurgitation [1].

When mitral stenosis develops, the opening of the mitral valve is reduced, therefore reducing the blood flow. The pressure and volume of the blood in the left atrium increases and the left atrium becomes larger, beating faster in an irregular pattern, responsible for reducing the pumping efficiency. With blood not flowing through the atrium in the right way, it is pumped out of the heart. This increases the possibility of blocking an artery, which may cause a stroke or other damages [1-3].

This disorder is usually asymptomatic. When it progresses, the patient may feel shortness of breath, palpitations and become eas-

ily tired. The disease progresses in seven to nine years, disabling the patient completely [1-3].

People with a low level of oxygen in the blood and high blood pressure in the lungs may have flushed cheeks. The diagnosis starts through a stethoscope exam when the doctor will be able to hear the characteristic heart murmur of the blood flowing through the narrowed valve. The final diagnosis is confirmed by echocardiography. Although electrocardiography and chest x-rays may also provide helpful information [4].

Patients with no symptoms often do not need to be treated. When there is the necessity of treatment it usually includes diuretics and beta-blockers or calcium channel blockers, according to Western medicine. Diuretics may also be used in order to reduce the blood pressure and volume in the lungs. Anticoagulants are also needed in order to prevent blood clot formation. When the drugs do not provide satisfactory results, the patient will have to surgically repair or replace the valve [4].

The treatment proposed by the author is to increase the perspective of the physician, considering energy imbalances as one of the other possible causes of dyspnea in patients with mitral valve stenosis, not normally addressed by the naked eye [5-11].

The reasoning used by the author bases itself on ancient medical traditions, such as traditional Chinese medicine and Hippocratic medicine [5-11].

The author started to use this kind of reasoning after one specific patient in 2007. The patient, a 70-year-old male, looked for the author's clinic because he had pain in his legs, that would not disappear with the use of anti-inflammatory medication. He was diagnosed with Kidney-*Yang* deficiency, according to TCM, and received treatment with Chinese dietary counseling, auricular acupuncture and systemic acupuncture associated with apex ear bloodletting [5-11]. The patient then presented an improvement of his pain in the legs after 10 sessions and returned to the office to be evaluated again. On this occasion, he revealed to the author that he also had a major improvement in a symptom the author was not aware he had: he was being treated for glaucoma in the last 40 years. The treatment for Kidney *Yang* deficiency not only improved his symptoms of pain in the legs but diminished his intraocular pressure, from 40 mmHg to 17 mmHg [5-11].

The summary of this idea is that treating energy imbalances, at the root level, it is possible to treat all the patient's symptoms at the same time, even if the doctor is not aware that the patient has such a symptom. With this type of reasoning it will be possible to treat all diseases of all specialties at the same time, as in this case, the root of the problems and not only the symptoms are being treated [5-11].

Purpose of the Study

The purpose of the study is to demonstrate that it is possible to treat dyspnea in some patients with mitral valve stenosis, only using clinical measures, treating the underlying energy imbalances that were the real cause of the dyspnea symptoms.

The aim of this study is to demonstrate that energy alterations may be linked to dyspnea in patients with mitral valve stenosis, and not due to the mitral valve stenosis itself.

Methods

A patient named R.A., started treatment in 1996 when she was 24 years old. When her symptoms started she worked as a nurse to an elderly lady diagnosed with pulmonary emphysema. R.A often felt breathless, and it took a while for her to seek treatment because she thought the symptoms of shortness of breath were a psychological effect of dealing with someone with lung problems. She only sought medical attention after passing out on the street one day.

The first physician to examine the patient diagnosed her with pneumonia after an x-ray exam, prescribing antibiotics right away, which had a severe side effect, which made R.A. cough up blood

only four hours later ingesting the first pill. Back to the hospital and very scared, she was admitted for a two-day observation, in which the doctors were able to diagnose the legs muscles very swollen and the patient was with shortness of breath, which began the suspicion of mitral stenosis.

R.A. was referred to the specialized Heart Hospital in the city of Franca, Brazil, where she was hospitalized for nine days in the intensive care unit (ICU) and another six days on observation, time in which the doctors confirmed the diagnose of mitral stenosis. After fifteen days, she was transferred to another hospital, to perform heart surgery for recovery of the mitral valve. Corrections were done not requiring a prosthesis.

After the surgery, medication and constant follow-up were required to sustain R.A.'s life. In 2004 she was diagnosed with breast cancer and went through a radical mastectomy (removal of the breasts); along with 12 sessions of chemotherapy and 31 sessions of radiotherapy, ending treatment in 2006.

In the same year, the symptoms of shortness of breath reappeared. Through exams, it was found that the radiotherapy narrowed the mitral valve operated. R.A. also had arrhythmias, which would not allow her to rest.

Numerous visits were done to the hospital São Joaquin in Franca, Brazil until she was advised by the cardiologist to perform a procedure called ablation. Once again in the ICU, R.A. was admitted for surgery, medicated with intravenous amiodarone, which made the patient's heart stop, prompting the physicians to defibrillation to revive her and intubation to assist breathing.

Still in the hospital, the episodes of arrhythmia and shortness of breath continued. The patient now presented with a growing and aching abdomen and was not able to feed herself. In an exam with abdominal ultrasound, it was identified that R.A.'s liver was much bigger than normal, her gallbladder had thicker walls, which the physicians thought to be inflammation due to her mitral valve stenosis case. An endoscopy exam was made, where R.A. was diagnosed with the helicobacter pylori bacterium.

Very debilitated, the patient was taken to a specialized cardiologist in the city of Ribeirão Preto, Brazil, where a series of exams identified once again mitral stenosis, now accompanied by a defect in the aortic valve, thus requiring surgery, where this time a mechanical prosthesis was placed in both the mitral and the aortic valve. After the second surgery, R.A. was very weak and feeling lifeless, as she described, and was taken home for absolute rest, having no strength to endure more hospital treatments.

R.A. continued with the heart medicines but searched for treatment with ancient medical tools.

She was first diagnosed with *Yin, Yang*, Blood and *Qi* deficiency according to TCM. She started treatment with Chinese dietary counseling, which consisted of avoiding dairy products, cold water,

raw food, and sweets. She was also oriented to avoid coffee, soda, and matte tea, besides avoiding frying, eggs, honey, chocolate, coconut, alcoholic beverages and dairy products, especially melted cheese.

She also started acupuncture treatments twice a week, associated with moxibustion.

It was also suggested for her to measure the energy of the seven chakras, to know how was the energy of her five massive organs responsible for many functions of all the internal and external sensory organs in TCM.

On the measurement, the doctor noticed that all seven chakras were complete without energy, including the Heart chakra (third chakra). All homeopathic remedies for energy restoration of the chakras were immediately prescribed, according to the theory of the author entitled Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine, in addition to medicines made from crystal stones, each stone for a corresponding chakra.

Results

The ancient medical tools treatment was prescribed for a period of one year, and the patient at the beginning of the treatment presented astonishing improvement, improving all her energy and her joy of living, especially when the symptom of shortness of breath was completely gone. The patient had no more problems with her liver or stomach. R.A. reported to show no other symptoms of weakness and felt she no longer needed cardiac surgeries, despite the indication of her cardiologist.

Nowadays, R.A. describes herself as re-established, continuing with the Chinese clinical treatment proposed and following up with the cardiologist.

Discussion

Western medicine and ancient medical traditions: The origin of the differences

There are several differences between Western medicine approach and the traditional Chinese medicine perspective. As schematized in figure 1, the main parallel between the two perspectives can be easily understood through the metaphor of the tree [5-11].

In this representation, each medical specialty is represented by a branch, and the leaves of each branch represent the symptoms and diseases related to each specialty. In the metaphor, the diagnosis and treatment in Western medicine are focused on the leaves level, therefore, treatment is centered on the patient's symptoms [5-11].

Traditional Chinese Medicine would treat the whole tree. Looking from a different perspective, TCM is able to see the roots of the tree, usually invisible to the naked eye. The *Yin* and *Yang* symbol and the Five Element Theory appear in the roots, representing the

energy level. The external pathogenic factors are represented on the sides of the tree. They are Heat, Humidity, Dryness, Cold and Wind, and these external pathogenic factors are also considered as possible causative aspects of disease formation in traditional Chinese medicine [5-11].

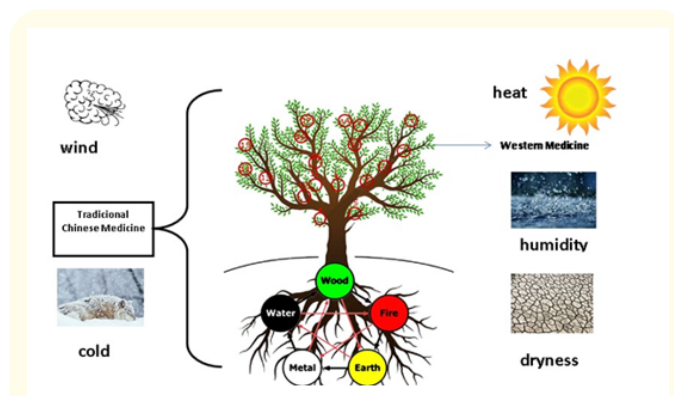


Figure 1: Schematic drawing of differences between western medicine and traditional Chinese medicine.

Usually, mitral valve stenosis is treated in the leaf-level, considering only the mechanical defect it represents. Traditional Chinese Medicine and other ancient medical traditions see the human body as a whole, observing the anatomical alteration, but not stopping there, also considering the root-level of the symptoms, the energy imbalances, the environment in which the patient is inserted, considering the influence of external pathogenic factors, diet and emotional [5-11].

To better understand from where this difference on the medical perspectives come from, it is important to realize that the main base of the Western medicine is due to a Greek physician, Galen, who wrote theories presenting the hypothesis of the functioning of the human body as being divided into self-sufficient pieces. From his perspective, as the parts of the body are self-sufficient, the treatment should be based on re-establishing the well-functioning of the damaged part, therefore repairing health [12].

The second perspective is the one presented by Hippocrates, the father of medicine, 500 years before Galen [13].

According to him, the body must always be seen as a whole, with the interdependent function of the organs and the diseases supposed to be comprehended as a natural process. The importance of the physician would be not in curing the damaged part of the body, but increasing the natural resistance of the body, helping this own resistance to overcome the imbalance and restore its harmony. In order to achieve that goal, diet is a major factor, as stated on the send make your food your medicine, and your medicine your food. Throughout his recommendations, the first step of the treatment of this patient was to change her diet, according to her energy imbalances [12,13].

Traditional Chinese medicine and dyspnea in mitral valve stenosis

Traditional Chinese medicine bases on the energy balance to diagnose and treat, and dates from 5000 years. It encloses different practices, such as acupuncture, herbal medicine, nutrition, *Chi Kung* and *Tui Na*. It is based on the comprehension of the energy relationship with the body and well-being. The channels where the energy passes through are called meridians [14,15].

There are 12 main meridians in which *Qi* flows. All the different diseases and disorders of the body are associated with the imbalance of energy in one or more of those meridians, in traditional Chinese medicine. Many factors may have an influence to imbalance them, such as emotional issues, diet or external pathogenic factors. The meridians can be accessed by key points on the skin through acupuncture [14,15].

The meridians are associated with the internal organs system, which are: Lung, Large intestine, Stomach, Spleen, Heart, Small intestine, Bladder, Kidney, Pericardium, Triple Burner, Gallbladder and Liver. They also overlap with the seven main chakras [14,15].

The model contrasts with the Western anatomical one, because this first one sees the body with separated and independent parts, as proposed Galen. TCM, on the other hand, sees the human body with interconnected systems. They maintain and manage the *Qi* flow, which is the body’s vital energy. The diagnoses are made through observation of the symptoms. The practitioner will use TCM therapies in order to rebalance the *Yin* and *Yang*, harmonizing the natural *Qi* flow [14,15].

The diagnosis of the energy disturbances of the patient described in the case report was done according to the questions presented in table 1.

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

Table 1: How to author achieved the diagnosis of the energy imbalances of the patient on the case report.

The patient had difficulty in going to the bathroom every day, with no daily bowel movements, characterizing Blood deficiency. The patient also reported feeling very cold in the body, especially in the extremities (cold hands and feet), characterizing *Yang* deficiency. Despite this the patient also had hot flashes sometimes, characterizing *Yin* deficiency. The patient also had hyperhidrosis during the day, without performing physical activities, characterizing *Qi* deficiency. The patient also had dry month and itching on the skin, characterizing Heat retention.

Auricular acupuncture: The points used

Auricular acupuncture points were used to treat energy imbalances. The points used were: Shen-Men, Kidney to treat *Yin* and *Yang*, Liver, Lung, Spleen to treat the Blood deficiency, Large Intestine, Hunger and Anxiety. The frequency of the treatment is usually twice a week on the first ten sessions, with the patient doing the stimulation by him/herself, pressing the acupuncture points on the ear three times a day, during one minute each time [16,17].

After the first ten sessions, they start to be once a week only. Being instructed to take out the auricular acupuncture points on the same day of the next session to allow the ear to rest before the new session, cleaning it with alcohol [16,17].

In Brazil, acupuncture has been considered a medical specialty by the Federal Medical Council since 1995 [16,17].

Moxibustion

Moxibustion is a traditional Chinese medicine tool, centered on burning dried mugwort on particular points on the body. It plays an important role in the traditional medical systems of China, Tibet, Japan, Korea, Vietnam and Mongolia [19].

In the case of the patient presented in the case report, she had a Kidney-*Yang* deficiency, which was the cause of her dyspnea. Moxibustion was used to tone the energy of the Kidney, improving the *Yang* energy, and in this way, improving the condition of dyspnea presented by the patient.

There is another study of the author entitled The Treatment of Asthma Based on Traditional Chinese Medicine and Homeopathy, published by the Journal of Pediatrics and Infants of Innovation info, in 2018. In this study, the author also used moxibustion to tone the energy of the patient’s Kidney meridian, as the patient also had a Kidney-*Yang* deficiency, presenting because of it, much cold on the body [11].

Moxibustion is therapy with hot energy, leading to heat inside the body when placed in some specific acupuncture points, improving the *Yang* energy which warms the body of the patient [19].

Five Elements Theory and chakras

The five elements teory is extremely important when treating patients with dyspnea because it establishes one of the main dif-

ferences between Western and traditional Chinese medicine approaches. In Western medicine, the internal organs work independently, not suffering influence from the other organs. In the five elements theory, the five massive organs (Heart, Spleen, Lung, Kidney and Liver) are believed to work in a cycle, one depending on the energy of the other to work properly [14,15].

On the five elements theory, there are two main cycles. The first is the generation cycle shown in figure 2. In this cycle, each element serves as a “mother” which promotes the growth and development of the “child” element. Each element provides a generating force for the element that follows it. Metal generates Water; Water nourishes Wood; Wood feeds Fire; Fire creates Earth; Earth bears Metal [14,15].

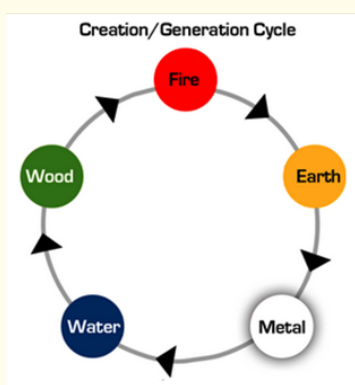


Figure 2: Cycles of generation - Five elements theory.

The second main cycle is the Control cycle. According to the Control cycle theory, in order to keep balance, each element is involved in a checks-and-balances relationship with the following element. Each element controls and is controlled by another element, as showed in figure 3. For example, Fire melts Metal; Metal chops Wood; Wood breaks up Earth; Earth absorbs Water; Water quenches Fire [14,15].

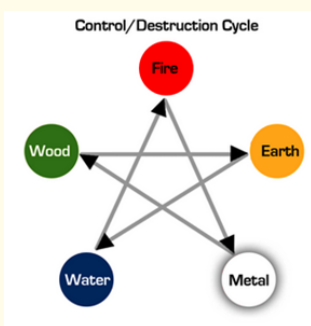


Figure 3: Cycle of control - Five elements theory.

On the case report described, the patient received measurement of the seven chakras, which are correspondent to the five massive organs in traditional Chinese medicine [20].

The measurement, done through the procedure of radiesthesia, detected that the patient had no energy in any of her seven chakras,

and to treat the dyspnea, all the lack of energy from all the five massive organs were treated. As one organ depends on the other, according to the Five Elements theory, treating only the Lungs of the patient or the Heart would not be effective, because the organs work in a dynamic balance, and it was important to tone the energy of all the organs involved in the cycle to have good results, like the patient described on the case report, who had great improvement of his dyspnea condition, as well as many other symptoms [20].

In this study, the measurement of the chakras’ energy meridians was also used, as well as homeopathy and crystal-based medications for the replenishment of the chakras’ energy. This was done because several studies demonstrate that there is a correspondence between the five elements and the chakras [21].

As there are seven chakras and five elements, the seventh chakra is ruled by the first (Wood or Liver), and the sixth chakra is ruled by the second (Water or Kidney). The fifth chakra is ruled by Earth (Spleen-Pancreas), the fourth is ruled by Metal or Lung, the third is ruled by Fire or Heart. The second is ruled by Water or Kidney and the first chakra is ruled by Wood or Liver, as shown in figure 4 [20].

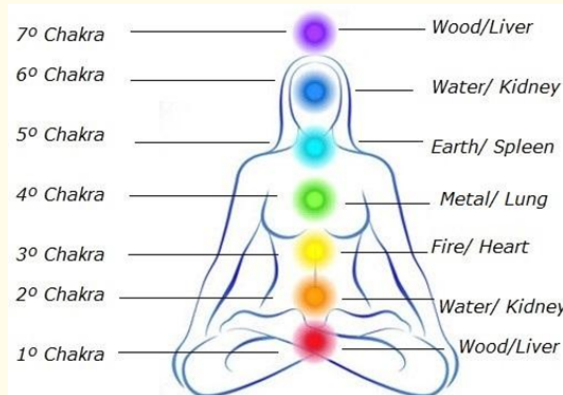


Figure 4: Chakras energy correspondence.

As previously said, the patient in the case report had no energy in any of her seven chakras, or five massive organs on the Five Elements Theory. She performed treatment according to the theory of the author entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*.

Performing any surgery in a patient with such a severe energy imbalance would lead to a great propensity of post-operative and surgical complications, due to the weakened energy she was already presenting.

The patient also had previous breast cancer. According to traditional Chinese medicine, the process of cancer development is associated with severe Qi deficiency [22]. It is possible to assume that the author considers that the condition of energy imbalance was present on the patient for a very long period of time (5 to 10 years), before her acquiring cancer [5-11].

The homeopathy and crystal-based medication used are described in table 2.

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

Table 2: Medications chosen in the treatment of chakras energy deficiency.

Arndt-Schultz’s law

The Arndt-Schulz’s law, originally formulated in 1888, states the effects of different drug concentrations on an individual basis. The rule states that for all substances, small doses stimulate, moderate doses inhibit and overdoses kill [5-11].

The choice of using homeopathy and crystal-based medication was based on the idea of not generating more energy deficiency and fortifying the energy of the patient that was already low. She was having dyspnea because of Kidney-*Yang* deficiency, to improve her energy state, all the energies of the patients’ body needed to be treated, as one depending on the other. This is why the patient received replenishment of the energy of all the chakras because each chakra is partially responsible for the production and proper distribution of energy throughout the body [5-11].

Nowadays, Western and Traditional Chinese Medicine are seen as different by most physicians around the world. However, they can be integrated. The body, and therefore, the possible treatments, is not only physical and constituted of organs and tissues. It is formed of energy. In figure 5, a metaphor of *Yin* and *Yang* as the different kinds of medicine was created. For the adequate treatment of dyspnea in patients with mitral valve stenosis, it is important to associate traditional Chinese medicine and Western medicine, so the symptoms can be treated at the root of the problem, which are the energy imbalances, leading in this case, to dyspnea in a patient with mitral valve stenosis [5-11].



Figure 5: Traditional Chinese medicine and western medicine metaphor.

Conclusion

The conclusion of this study is that even having mitral valve stenosis, the dyspnea symptoms presented by the patient may not be associated with the mitral valve, but associated with the energy deficiencies, which are invisible to the naked eye.

In this way, patients with dyspnea, even with evidence of mitral valve stenosis, should receive an evaluation to conclude if the dyspnea is associated with an energy deficiency.

The treatment for the energy imbalances does not propose that there is no indication of surgery in cases of mitral valve stenosis, but the adequate treatment of the energy imbalances will promote more strength for the patient when passing through surgery, diminishing the possibilities of post-surgical complications.

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