



## Why Anti-Inflammatory Medications Are Not Recommended to Treat Headaches as a Manifestation of COVID-19?

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### Abstract

**Introduction:** There are articles in the literature saying that we can use anti-inflammatories and other highly concentrated medications to treat COVID-19-induced headaches.

**The purpose of this study:** demonstrate that patients that are having headaches during COVID-19 infection are only demonstrating the reactions of the body through this infection and patients that are presenting COVID-19, have energy deficiencies inside the five internal massive organs and headaches manifestations are only demonstrating that the internal five massive organs are compromised and also the hollow organs that they are coupled (depending on the region that headache is manifesting in the patient). For this reason, the use of anti-inflammatory medications will reduce even more these energy, that is already very low and can worsen the energy situation and can increase complications.

**Methods:** One case report of a patient that discovers COVID-19 infection after 30 days of a continuous headache without improvement using anti-inflammatory medications. She went to my clinic and I measured her internal five massive organs' energy using the radiesthesia procedure and what I found was that all organs were in the lowest level of energy, rated one out of eight. The treatment uses Chinese dietary counseling, auricular acupuncture with apex ear bloodletting, and systemic acupuncture and replenishing the energy of the internal five massive organs using highly diluted medications according to the theory written by myself titled *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*.

**Results:** After the first week of treatment, the patient improved her headache condition without using any highly concentrated medications such as anti-inflammatory medications.

**The Conclusion Of This Study:** Patients with headaches as manifestations of COVID-19 infection have energy deficiencies inside the five internal massive organs and the treatment of this condition rebalancing and replenishing the energy of these organs will treat the cause of headache manifestation during COVID-19 infection and the use of anti-inflammatories medications or other highly concentrated medications will reduce even more these energies deficiencies and will worsen the energy condition of these patients, having more potential to have more complications, according to Arndt-Schultz Law, created in 1888 by two German researchers.

**Keywords:** Anti-Inflammatory; Medications; Headaches; Manifestation; COVID-19

Headache is a very common symptom that affects about 48,9% of the population [1].

It affects more in women of any age, socioeconomic status, and race [1].

Headache is a common symptom of COVID-19 infection, but the real prevalence of these symptoms is not clear and can occur in 10 to 70% of infected people [2].

Reviewing this subject, some studies discuss the cause of headaches in SARS-CoV-2 infection and recommend the use of medication to control pain, such as the use of ibuprofen and renin-angiotensin inhibitor medication, indicated in the article written by Antoinelle MaassanVanBenthat., *et al.* (2020) titled *Headache medication and the COVID-19 pandemic*, as it is thought to cause no harm to these patients [3].

In the article written by Vanderheiden and Klein (2022) titled *Neuroinflammation and COVID-19*, the authors correlate nervous system symptoms with a nervous system infection by this virus affecting the meninges and causing this symptom of headache [4].

There are other articles saying the neurotropism of the SARS-CoV-2 virus affects the nasal cavity and through the olfactory route leads to anosmia. This hypothesis was supported because was found SARS-CoV-2 protein in the bulbs and olfactory mucosa [2].

Other mechanisms of headache in SARS-CoV-2 infection are explained by the brain vessel inflammation caused by the virus leading to endothelium or systemic inflammation [2].

In this same study, they found that patient with SARS-CoV-2 infection with a headache has low mortality but there is no specific treatment for COVID-19 headache at this moment [2].

This article will be written taking into account the phrases that Hippocrates (c. 460 BCE - c. 375 BCE), the father of medicine, one of them being “we need to consider the most ancient medicines before current medical practice”. Therefore, I will use the reasoning used by traditional Chinese medicine that exists for around 5000 years to explain why we should not use anti-inflammatories or other highly concentrated drugs to treat headaches caused by SARS-CoV-2 and what methods could be used for this [5-7].

According to traditional Chinese medicine, the head receives meridians from various organs and each organ is responsible for the headache in each region. For example, if the patient has a headache in the frontal region, this means that the organ causing the headache is the Stomach. If the patient has a headache in the temporal region, this demonstrates that the organ that is out of balance and is causing the headache is the Gallbladder meridian. If the patient has a parietal headache, this means that the organ that is affected is the Liver. Lastly, pain in the occipital region is caused by an imbalance in the Bladder meridian [8].

According to traditional Chinese medicine, the causes of symptoms in an organ are usually not in the affected organ but at a distance. Thus, headaches in patients with SARS-CoV-2 infection may not be due to the involvement of the nervous system exactly, but rather to affect organs at a distance [8].

Regarding this, I wrote an article about a year ago (2021), in which I described that patients who are having COVID-19 already had a deficiency in the five massive internal organs that are the Liver, Heart, Spleen, Lungs, and Kidneys and these organs are extremely important for energy production, for all internal functions to occur, such as seeing, hearing, tasting, smelling, and hearing [9-11].

In the case of a patient with a headache, depending on the area of the head where the pain is occurring, we can know which energy meridian is affected. Analyzing the organs that are affecting headaches in the head, corresponds to the hollow organs of the five internal massive organs (Liver, Heart, Spleen, Lungs, and Kidney). In this case, the Gallbladder represents the hollow organ of the Liver. The Stomach represents the hollow organ of the Spleen. The Large intestine is the hollow organ of the Lung and the Bladder represents the hollow organ of the Kidney [12].

What I mean is that headache manifestations can be a reflection of the energy deficiency that already existed before the infection itself as I am showing in the article written by myself (2021) titled *Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection* [11].

I am saying that patient that has headache due to SARS-CoV-2 infection already had this energy deficiency in the five massive internal organs because, in a study that I did in Brazil from 2015 to

2022, I demonstrated that 90% of all my patients are deficient in the energy of the five massive internal organs (Liver, Heart, Spleen, Lungs, and Kidney) before the COVID-19 pandemic. This means that headaches in patients with COVID-19 could mean the energy alterations in these organs reflecting these alterations in the hollow organs that they are coupled, manifesting headaches symptoms [8,11].

A year before, I treated a 6-year-old patient with anxiety and his mother had told me that she had had a headache all over her skull for more than thirty days, without being able to make a diagnosis of the cause of her headache. Then they did a blood test to check for the possibility of SARS-COV-2 infection and the test came back positive for this infection. She had already measured the energy of the five massive internal organs (Liver, Heart, Spleen, Lungs, and Kidneys) in my clinic and all the organs were without energy. She underwent acupuncture sessions and quickly her symptoms disappeared completely. She uses also the treatment to replenish the energy of these organs using highly diluted medications according to the theory written by myself (2020) titled *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*. To treat the energy deficiency of the Liver I used Phosphorus. To treat energy deficiency of the Heart I used Sulphur. To treat the energy deficiency of the Spleen I used Calcarea Carbonica. To treat energy deficiency in the Lungs I used Silicea, To treat energy deficiency in the Kidney I used Natrum muriaticum [11,13].

As I said, alteration in the Liver energy can lead to pain in the parietal region of the head. The hollow organ that is attached to the Liver is the Gallbladder which can manifest pain in the temporal region of the head. Headache in the frontal region denotes an imbalance in the energy of the Stomach, which is an organ coupled to the Spleen, and which was also without energy in this patient. Pain in the occipital region denotes an imbalance in the Bladder meridian, which is an organ connected to the Kidney, which was also without energy. Pain in the malar region denotes alteration in the meridian of the Large intestine, which is an organ connected to the Lung, which was also without energy [8].

In her treatment, in addition to dietary guidance according to Chinese dietary therapy, which advises avoiding foods that unbalance the energy of the Spleen and pancreas, such as avoiding the intake of cow's milk and all dairy products, avoiding Cold water, raw foods, and sweets. In addition, she was instructed to avoid drinking coffee, soft drinks, and mate tea to prevent worsening

even more the energy of the Kidney, which was also compromised in this patient. And finally, I also advised her to avoid eating fried foods, chocolate, melted cheese, eggs, honey, coconut, and alcoholic beverages to prevent worsening the energy of the Liver and Gallbladder, which was also compromised in this patient [8].

Furthermore, in addition to treating the organs by placing acupuncture seeds in the ear, bloodletting was performed at the apex of the ear to remove internal Heat formation, very common in patients with energy deficiency as I showed in this patient, and highly diluted medications such as homeopathy were prescribed according to the theory written by myself (2020) whose title is *Constitutional Homeopathy of the Five Elements Based on traditional Chinese Medicine* where I use these medicines to replenish the energy of the five massive internal organs and using all these procedures, the patient's headache improved without using anti-inflammatory medications [13].

What I feel about this subject of headache as the manifestation of COVID-19 is that the virus causes an even greater drop in the patient's energy (which was already compromised before the infection) due to the influences of electromagnetic waves of the modernization of telecommunication and reduces our vital energy even more, which can cause several different symptoms, one of which is the pain of Head but not caused by the influences of the virus itself but by the energy alterations inside the body worsened by the infection itself [13].

As said by Hippocrates (c. 460 BCE - c. 375 BCE), the father of medicine, "diseases are natural reactions of the body to the disease process and the function of the doctor is to give conditions to the body to overcome this disease process and restore again the harmony" [14].

The reason why it is necessary to avoid the use of anti-inflammatory drugs or any other highly concentrated drugs to treat headaches when a patient has COVID-19 is due to the energy pattern that most people are in today, as most are energy deficient in the five internal massive organs and the use of this type of medication or any type of highly concentrated medication can further decrease the vital energy that is already low and thus cause the complications of the infection by COVID-19 which are shortness of breath and the ground glass pattern, as I demonstrated in the work written by me (2022) whose title is *Energy Alterations in Patients with Ground Glass Opacity in SARS-CoV-2 Infection* [15-17].

The use of any kind of highly concentrated medication from any source is responsible for post-COVID complications, as I explained in the articles titled: 1) *Chakras' Energy Deficiencies as the Cause of Fatigue Post SARS-CoV-2 Infection Patients Treatment*; 2) *Chakras' Energies Deficiencies as the Cause of Dyspnea Post COVID-19 Treatment*; 3) *Chakras' Energies Deficiencies as the Main Cause of Myocardial Infarction without Arterial Obstruction*. They all have in common a deficiency in the energy of the five internal massive organs, responsible for producing internal energy to maintain our health and our lives. According to Arndt-Schultz Law created in 1888 by two German researchers, they said that the use of any kind of highly concentrated medication can reduce vital energy and can cause the death of the patient. Without these energies, which represent our immunity, we become prone to various infectious and non-infectious diseases, such as cancer, which has haunted and increased the number of cases in my clinical practice and other chronic diseases [5,6,16-18].

For this reason, not only in COVID-19 infection but in all kinds of treatment, as all patients nowadays are considered immunodeficient because of these low energy patterns, caused by chronic exposition to electromagnetic radiation by the use of cell phones and computers, we need to use more highly diluted medications as I am showing in the article written by myself (2021) titled *Why Homeopathy Is the Medication of Choice In The Prevention And Treatment of COVID-19 Infection?* and in the second article (2021) titled *Why is Homeopathy the Medication of Choice in the Treatment of All Kinds of Diseases Nowadays [19,20]?*

As said by Hippocrates (c. 460 BCE - c. 375 BCE), the father of medicine, said that we need to treat the patient and not the disease the patient has. So, in this case, if we treat the root of the energy alterations of each patient, we will treat all the patients' conditions at the same time, even if the doctor does not know that the patient has such symptoms. This theory was presented in 2015 at the Acupuncture Research Conference that was held in Boston at Harvard School [5,21].

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