

# Energies Imbalances and Chakras' Energies Deficiencies in the Treatment of Acne

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## ABSTRACT

**Introduction:** Acne is the occurrence inflamed or infected sebaceous glands in the skin. According to traditional Chinese medicine (TCM), acne is caused by internal Heat retention and invasion of Dampness. **Purpose:** The purpose of the study was to demonstrate the importance of the correction of the energies imbalances and chakras' energies deficiencies on the treatment of acne. **Methods:** Three cases reports of one teenager boy, one teenager girl and one young woman, all with acne for several years. The first two patients did treatment with topical antibiotics and creams, having small improvement with relapses after the withdrawn of the medication. The third patient did two treatments with isotretinoin, with improvement, but recurrence after the withdrawn of the medication as well. All patients were submitted to measurement of the chakras' energies centers, which revealed complete deficiency on six of the seven chakras, measured in level 1 of 8. All patients started treatment with Chinese dietary counseling, auricular acupuncture associated with apex ear bloodletting, and use of homeopathies to replenish the energies of the chakras' energies centers according to the theory *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*. The boy and the young women are performing the same treatment, with the addition of crystal-based medications. **Results:** All patients had improvement with the treatment instituted and they are still being treated. The improvement was noticed in the 1<sup>st</sup> month after the beginning of the treatment. **Conclusion:** For the treatment of patients with acne, it is important to treat the energies imbalances at the root level, reorienting the diet, correcting the energies imbalances, and replenishing the chakras' energies centers with homeopathic medications according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*.

**Key words:** Acne, auricular acupuncture, chakras, diet, energy, homeopathy, traditional Chinese medicine

## INTRODUCTION

Acne is a skin condition related to hair follicles becoming plugged with oil and dead skin cells. It causes whiteheads, blackheads, or pimples. The local of the lesions may vary, but it is more common of the face, forehead, chest, upper back, and shoulders. Acne is more common on teenagers, but may appear in any age.<sup>[1]</sup>

In Western medicine, there are several effective treatments available, for example, benzoyl peroxide, salicylic acid, or antibiotic medications. However, acne can be persistent.<sup>[2]</sup>

Depending on its severity, acne can cause emotional distress and scar the skin. Earlier treatment and action are recommended.<sup>[2]</sup>

According to Western medicine, acne can be caused by excess oil production, hair follicles clogged by oil and dead skin cells, bacteria, or atypical activity of a type of hormone (androgens).<sup>[3]</sup>

In Western medicine, acne is believed to be potentially worsened by excessive hormone growth or fall, the use of certain medications, and diet. Western medicine claims that

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a diet with high consumption of certain types of foods may worsen acne.<sup>[4]</sup>

According to traditional Chinese medicine (TCM), acne is caused by internal Heat retention and invasion of Dampness.<sup>[5]</sup>

This article was written based on Hippocrates thoughts said that "it is important to consider other ancient medical traditions prior to the knowledge we have nowadays." For this reason, the author will use concepts in TCM to explain the formation of acne, in the energy point of view.<sup>[6]</sup>

### Purpose

The purpose of the study was to demonstrate the importance of the correction of the energies imbalances and chakras' energies centers deficiencies on the treatment of acne.

It is also a goal to demonstrate how an energy-based treatment, centered on the energies imbalances can be effective for different pathologies, including in this case, acne.

## METHODS

The methodology of this study consisted in literature analysis from what is known regarding acne in Western and TCM. The study of the chakras was also used.

To complement the study, three case reports were also used. One from a 14-year-old boy, the second was a 15-year-old girl, and the third was a 27-year-old women, all of them encountering problem with acne that would not disappear with the use of the standard Western medicine treatment, or had an improvement that would disappear once the medication was withdrawn.

### Case Report

The patient A.M.F.P, a 14-year-old boy, with a history of acne since the age of 8. He usually uses homeopathy medications to treat all his diseases since he was born. He began to treat his acne condition with Chinese dietary counseling that consisted in avoiding dairy products, raw food, cold water, and sweets. The second group of foods that it was orientate to avoid was fried foods, chocolate, eggs, honey, coconut, and alcoholic beverages. The third group of foods was coffee, soda, and mate tea. It was also submitted to auricular acupuncture with apex ear bloodletting, twice a week. Radiesthesia procedure was done to evaluate his chakras' energies centers. The result of this measurement was that all his chakras' energies centers were in the lowest level of energy, rated one out eight, with the exception of the seventh chakra, that was normal, rated in eight. It was prescribed homeopathic medications to replenish these chakras' energies deficiencies according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*. The medications were orientated to use in the sequence described: Sulfur

30CHXX-20 (single dose), Calcarea carbonica 30CHXX-20 (single dose), Silicea 30CHXX-20 (single dose), Natrum muriaticum 30CHXX-20 (single dose), and Phosphorus 30CHXX-20. The homeopathies were prescribed to be taken in a single dose with a hiatus of 3 days between the medications, necessarily on the sequence described. Two months later, a new sequence of treatment was started, with the same medications taken on the same order, but now with 200CHXX-20 instead of 30 CHXX-20. Two months later, a new sequence of treatment was started, as the others, with the same medications taken on the same order, now with 1000CHXX-20 instead of 200CHXX-20. Two months later, a new sequence of treatment was started, as the others, with the same medications taken on the same order, now with 10000CHXX-20 instead of 1000CHXX-20. Two months later, a new sequence of treatment was started, as the others, with the same medications taken on the same order, now with 50000CHXX-20 instead of 10000CHXX-20. It was prescribed the use of crystal-based medications for a period of 1 year that will be described in the discussion section.

## RESULTS OF CASE REPORT ONE

The patients skin became normal again in about 1 year of treatment using all the tools recommended, as you can see in Figure 1, but he is still going to the acupuncture sessions because the skin still have some scars that were from the acne condition that was disappearing with the treatment done also. He still using the homeopathies and crystal-based medications because as we are in the pandemic time of COVID-19, the use of these medications could fortify his *Zheng-Qi* that was low in the beginning of his treatment.

### Case Report 2

The second patient was G.H.L, 15 years old, she had acne for several years. She had performed two different treatments with topic creams and antibiotics that would work for a



**Figure 1:** In the left side, the patient before the treatment and, in the right side, the patient after the treatment

few days, and then, the acne would reappear as soon as the medications were withdrawn.

She searched for a treatment with ancient medical tools. On the first examination, she was diagnosed according to TCM with Blood deficiency, Kidney-*Yang* deficiency, and Heat retention.

She was also submitted to measurement of the seven chakras, which appeared all depleted in energy, rated on out of eight. She started treatment with Chinese dietary counseling, the same orientations as in the case report one, auricular acupuncture associated with apex ear bloodletting, systemic acupuncture, and start the use of homeopathies according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* to replenish the energies of the chakras' energies centers.

## RESULTS OF THE CASE REPORT TWO

The patient had an improvement of her skin condition in a short period of time but she did not follow the dietary counseling very well because she likes to eat pizza, chocolate, and sometimes, the skin relapse because she did not follow the dietary restriction. The evolution of her treatment is shown in Figure 2.

### Case Report 3

The patient named M.A.R., 27-year-old female. She had acne since she was a teenager. She did two treatments with isotretinoin, with improvement, but recurrence after the withdrawn of the medication as well.

She looked for a treatment with ancient medical tools. On the first examination, she was diagnosed according to TCM with Blood deficiency, Kidney-*Yang* deficiency, and Heat retention.



**Figure 2:** In the left side, the patient before the treatment and, in the right side, the patient after the treatment

She was also submitted to measurement of the seven chakras, which appeared all depleted in energy, rated one out of eight. She started treatment with Chinese dietary counseling, the same as in the case report one, auricular acupuncture associated with apex ear bloodletting and use of homeopathies according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*, in the same sequence of medications recommended in the case report one, to replenish the energies of the chakras' energies centers. She also used crystal-based medications for a period of 1 year that will be described in the discussion section.

## RESULTS OF CASE REPORT THREE

She improved from her skin condition and the difference that she told to the author was that the lesions were drying and it was not appearing new lesions as in the other treatments she did in the past where the lesions disappeared with the treatment but always new lesions appeared again. The author will explain the reason in the discussion section.

## DISCUSSION

As said in the introduction section, the author will follow some of Hippocrates thoughts said that “foolish the doctor that despises the knowledge acquire by the ancients.”<sup>[6]</sup>

Acne is believed to have influence on the self-stem and esthetics of the affected patients.<sup>[7]</sup>

According to Western medicine, it is associated with the hair follicles, lying between the follicle and the epidermis and is related to the sweat glands, which are important glands for regulating body temperature.<sup>[8]</sup>

There are different kinds of lesions associated to acne, such as whiteheads which are closed plugged pores, blackheads, which are open plugged pores, small red, tender bumps, pimples (pustules), which are papules with pus at their tips, large, solid, painful lumps beneath the surface of the skin (nodules) or painful, and pus-filled lumps beneath the surface of the skin (cystic lesions).<sup>[9]</sup>

The main ways of treatment of acne are done with medications, such as of topical treatments with antibiotics and benzoyl peroxide salicylic acid, tetracycline and hormonal agents, according to one article of Tan published in 2018 entitled: *A review of diagnosis and treatment of acne in adult female patients.*<sup>[10]</sup>

In Western medicine, the cause of acne is associated with alteration of follicular keratinization that leads to comedowns; increased and altered sebum production under androgen

control; follicular colonization by *Propionibacterium acnes*; and complex inflammatory mechanisms that involve both innate and acquired immunity. Genetics also plays a significant role.<sup>[11]</sup>

According to Western medicine, in adult patients, the cause is more complex, but is mainly associated with hormonal imbalances. There are several diets that are also associated with the appearance of acne Skimmed milk and carbohydrate-rich foods – such as bread, bagels, and chips – are examples. Chocolate has long been suspected of making acne worse. A small study of 14 men with acne showed that eating chocolate was related to a worsening of symptoms.<sup>[12]</sup>

In TCM, on the other hand, the skin has several functions, being considered the first line of defense of the body. TCM also demonstrates that problems on the skin may be associated with invasion of external pathogenic factors, obstructing the blood vessels and channels.<sup>[13]</sup>

Acne, specifically, in TCM, is associated with Heat in the Lung meridian, complicated by external contraction of pathogenic Wind, which causes retention of Lung Heat in the skin and flesh. The proposal of treatment is to clear Heat from the Lungs.<sup>[5]</sup>

As in TCM, all the organs and systems of the body are interconnected through the Five Elements theory, this first energy imbalance can lead to accumulation of Heat in the Stomach, Blood Heat, and stagnation of *Qi* and Blood.<sup>[14]</sup>

To better understand the differences between Western and TCM, the metaphor of the tree plays a significant whole on the studies of the author, as shown in Figure 3. The metaphor appeared previously in several studies of the author, always aiming to better explain the reasoning of the author when diagnosis and treating several symptoms and pathologies.<sup>[15-25]</sup>

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 specific case of acne, dermatology is represented by one branch of the tree and acne is represented by one leaf. In the metaphor, the diagnosis and treatment in Western medicine is focused in the leaves level, therefore, treatment is centered on the patient's symptoms.<sup>[15-25]</sup>

TCM 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, that are below the earth. In Figure 3, *Yin* and *Yang* symbol and the Five Element theory appear in the roots, representing the energy level.<sup>[15-25]</sup>

Prioritizing the energy imbalances, various symptoms of different specialties can be treated at the same time, once the

energies imbalances are the root of the problem. The focus of the study in this article is the whole tree, considering the acne a symptom of an energy imbalance that it is in the root level of the tree.<sup>[15-25]</sup>

To diagnose the energies imbalances, the patient is submitted to a questionnaire. It is important to ask about the following questions, described in Table 1.<sup>[15-25]</sup>

In TCM, the diet plays a very significant whole on the appearance and management of different types of diseases, including, in this case, acne.<sup>[26]</sup>

The article entitled *An Investigation of the Association between Diet and Occurrence of Acne: A Rational Approach from a TCM Perspective*, the author concludes that the application of a TCM approach led to the detection of significant associations between diet and the incidence of acne.<sup>[27]</sup>

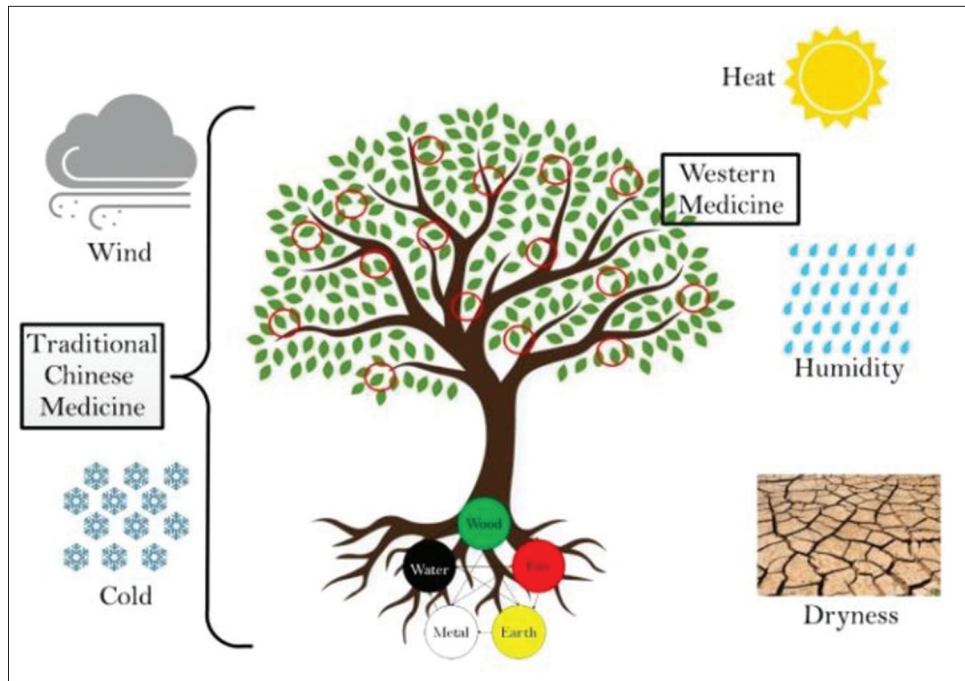
As everything in the world is made of energy, different foods will have different energies as well. In Western traditional diets, as there is no awareness of the energy present in the foods, there is also little concern regarding the diets, in this sense.<sup>[15-25]</sup>

As Hippocrates stated: “Make your food your medicine, and your medicine your food.” This sentence emphasizes the importance of a correct diet to maintain the health of the body and to even cure diseases. As there are foods causing energies imbalances, there are also diets that can rebalance and restore the health of the body.<sup>[6]</sup>

Foods that cause Spleen-pancreas deficiency are very common in Western eating habits, such as ingestion of cold water, raw foods, dairy products, and excessive sugar.<sup>[15-25]</sup>

Foods that cause internal Heat build-up should be avoided. They are fried foods, eggs, chocolate, honey, coconut, alcoholic beverage, and dairy products especially when the cheese is melted, etc. In this group of diet, it is the major importance that they could be strictly followed by the patients because these kinds of foods could induce the formation of more internal Heat, that is, the energy that is causing the formation of acne in the energy level. However, the imbalance in another meridian by the diet could induce formation of internal Heat as well Figure 4. and the importance in eating right foods according to their energy is very important to the patient obtain a good result from the treatment instituted.<sup>[15-25,28]</sup>

Another main cause of energies deficiencies is emotional problems. Different organs are affected in different ways by different emotions. The Lungs, for example, are affected by grief or sadness. In the case of acne, the study entitled *Psychological Impairments in the Patients with Acne*, there is an association between the presence of acne in patients with



**Figure 3:** Metaphor of the tree explaining the different perspectives between Western and traditional Chinese medicine

**Table 1:** How to diagnose *Yin, Yang, Qi, Blood* and Heat retention imbalances?

Question	Does the patient have a daily bowel movement?	Does the patient have excessive sweating during day?	Does the patient feel cold mainly in the extremities of the body (cold feet and 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	Blood deficiency*	Qi deficiency	Yang deficiency	Yin 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 examinations, 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. TCM: Traditional Chinese medicine

psychological impairment. Another emotional factor that leads to the formation of internal Heat directly is when the patient feels angry. When the patient feels angry, there is the formation of internal Heat that can generate internal Fire and cause manifestations of redness in the skin, itchiness, acne, etc...<sup>[29]</sup>

External factors also are believed to have a major influence in the body's health and play a very significant whole on the formation of acne in TCM. Many carries should be applied to avoid the entrance of these external energies in the body. When suffering from energy deficiencies, the body becomes more vulnerable to the influence of external energies, continuing the process of energy deficiencies, creating an unhealthy cycle. The main external factors, which influence the body, are Heat, Dampness, Cold, Dryness and Wind. When there is entrance of the external pathogenic factors inside the body, this external pathogenic factor could transform in Heat inside the body, leading to one of the manifestations, acne like symptoms.<sup>[14]</sup>

To avoid these pathologies, different measures can be taken The patients were advised to avoid walk barefoot, close the window and doors when taking bath, avoid fan and air conditioning, open the fridge, intake ice water or other liquids, raw foods, and raw fruits with exception of papaya, lemon, and apple.<sup>[15-25]</sup>

The patients described on the case report also received measurement of the chakras' energies centers and treatment for replenishing the energies of the chakras. The level of their seven chakras energies centers corresponds to the energy of each massive organ of the Five Elements theory. This theory linking the chakras' energies centers and the five massive organs in TCM was described in the article *Geometry of Emotions: Using Chakra Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use*, written by Christopher R Chase published by Medical Acupuncture Journal on August 2018.<sup>[30]</sup>

To measure the energy of each chakra, the crystal pendulum is placed in front of each chakra, and the movement of

the pendulum denotes different meanings. The pendulum rotates around itself. It might rotate in clockwise or counter clockwise movements. Depending on the arc, it generates, it is possible to measure the energy level, which varies from 1 to 8, 1 being no energy at all and 8 a normal energy level.<sup>[15-25,30]</sup>

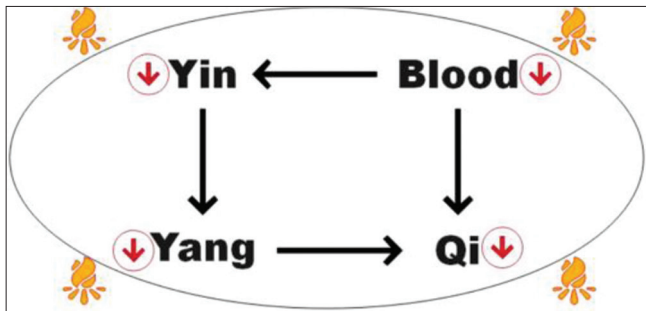
In the case of the patients studied, all chakras measurements resulted in 1 for both patients. This results means that the formation of *Yin Yang, Qi*, and Blood inside the body is compromised because the chakra that is responsible for absorption of nutrients and production of Blood is in the fifth chakra or Spleen, the control of the Blood inside the vessels is made by the Heart or third chakra that was weak in energy too. The *Yin* and *Yang* are energies produced by the second chakra or Kidney and the *Qi* is an energy that when Blood and *Yin* and *Yang* are working in harmony, *Qi* will be in normal state too. The use of highly concentrated medications was common for all patients and the use of this type of medication generates a lack of energy forming more internal heat, as the patients had recurrent symptoms of acne after stopping Western medications. The author will explain the effects of drug concentration in the following paragraphs. The chakras are correspondent to the five massive organs on

the Five Elements theory in TCM meaning that all the five massive organs (Liver, Heart, Spleen, Lung and Kidney) of the patients had no energy. The correspondence is shown in Figure 5.<sup>[15-25,30]</sup>

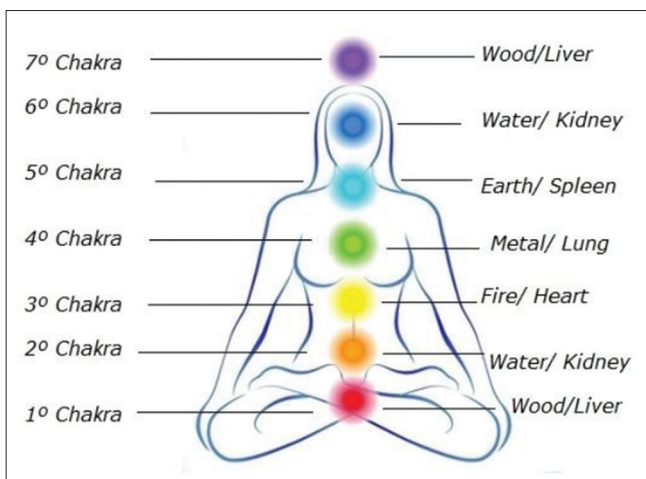
Due to these deficiencies on the five massive organs or chakras' energies centers, in this case, they were leading to the formation of internal Heat in the root of the tree and leading to symptoms of acne in the leaf level. The treatment replenishing the chakras' energies centers was started with homeopathy based on the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*, created by the author, and published at Acta Scientific Medical Sciences on June 2020. This theory was already presented at the World Congress of Homeopathy (LMHI) in Buenos Aires, Argentina, in August 2016, at the European Congress of Homeopathy in November 2016 in Vienna, Austria, and at World Congress of Homeopathy (LMHI) in Cape Town, South Africa, in September 2018.<sup>[14]</sup>

The medications used to replenish the chakras' energies centers (homeopathies and crystal-based medications) are described in Table 2.<sup>[14]</sup>

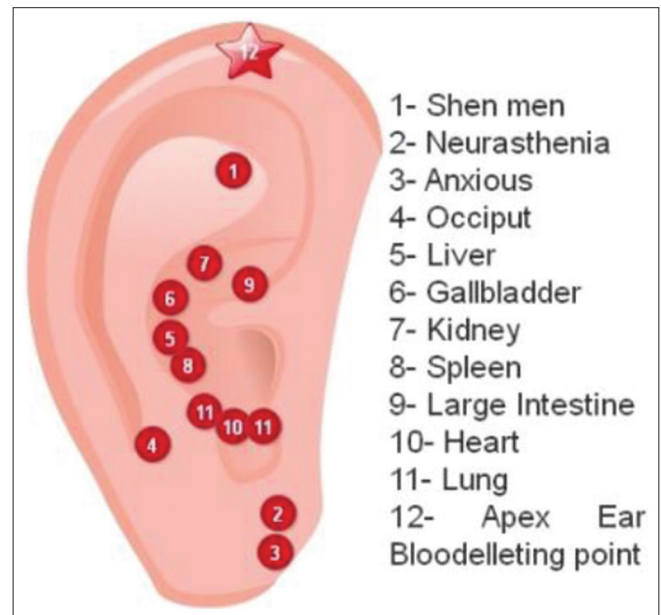
Auricular acupuncture was also used on the treatment of the patients described on the cases reports, as a tool for rebalancing *Yin, Yang, Qi*, Blood, and take out the Heat retention. It is a technique developed on the West Europe, although based on acupuncture techniques, developed on the Asian countries, 2000 years ago. It was better developed by German physicians who associated the points on the ear as a microsystem of the whole body, being able to treat and diagnose using it.<sup>[31]</sup>



**Figure 4:** Formation of internal heat when there are energies imbalances between *Yin, Yang, Qi*, and blood



**Figure 5:** Chakras' energies centers and the correspondence to the five elements in traditional Chinese medicine



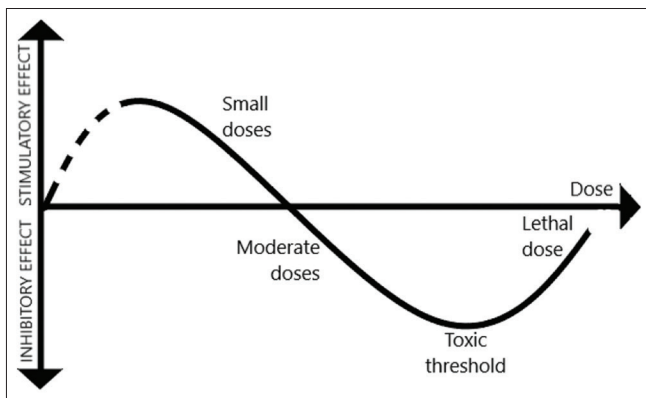
**Figure 6:** Auricular acupuncture points used in the treatment of acne

**Table 2:** Medications chosen in the treatment of chakras' energies centers

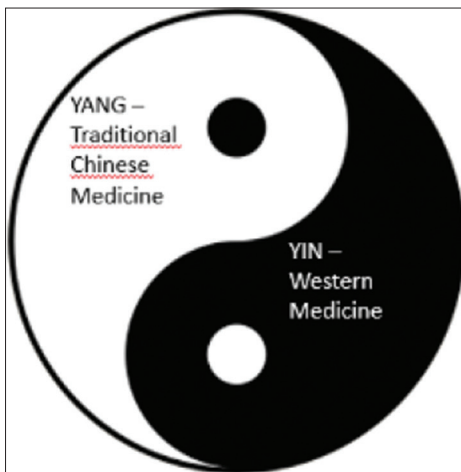
1 <sup>st</sup> Chakra	Wood/liver	Phosphorus	Garnet
2 <sup>nd</sup> Chakra	Water/kidney	Natrium muriaticum	Orange calcite
3 <sup>rd</sup> Chakra	Fire/heart	Sulfur	Rhodochrosite
4 <sup>th</sup> Chakra	Metal/lung	Silicea	Emerald
5 <sup>th</sup> Chakra	Earth/spleen	Calcarea carbonica	Blue quartz
6 <sup>th</sup> Chakra	Water/kidney	Tone 2 <sup>nd</sup> chakra	Sodalite
7 <sup>th</sup> Chakra	Wood/liver	Tone 1 <sup>st</sup> chakra	Tiger eye



**Figure 7:** Apex ear bloodletting



**Figure 8:** The Arndt-Schulz Law



**Figure 9:** Traditional Chinese medicine and Western medicine Yin and Yang metaphor

The major idea of the auricular acupuncture is that the ear has a representation of an inverted fetus, and on this fetus, there are the anatomical properties of the body. As the ear is formed first, on the 18<sup>th</sup> week of pregnancy, it is believed that it has microsystem, representing the body, as showed in Figure 6.<sup>[31,32]</sup>

This theory coincides with the theory presented by the French neurologist, Paul Nogier, which defended the idea of a map of the body existing on the surface of the brain. This map would spread to different areas of the body, developing microsystems. The ear and the feet are two good examples. This idea was able to explain on other words, the exactly treatment done by TCM and in the Figure 7 it is possible to see how it is done the apex ear bloodletting.<sup>[32]</sup>

The reason the author used highly diluted medications to treat her patients instead of highly concentrated medications was based on Arndt-Schulz's law, illustrated in Figure 8. This theory was originally formulated in 1888, by two Chilean researchers and 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.<sup>[15-25,33]</sup>

The choice of using homeopathy and crystal-based medication was based on the idea of not generating more internal energies deficiencies and fortifying the energy of the patient that was already low. That is why, the use of highly concentrated medications in this case should be done with many caution because could cause more

internal energy deficiency, leading to the formation of other kinds of diseases such as diabetes, hypertension, myocardial infarction, infertility, or even cancer among many others.<sup>[15-25]</sup>

The author wants to emphasize in this article that all the tools used to treat the patients in these three cases reports such as homeopathy and acupuncture are recognized as medical specialties by the Brazilian Federal Medical Council since 1980 and 1995.<sup>[34]</sup>

Nowadays, Western and TCM 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 9, a metaphor of *Yin* and *Yang* as the different kinds of medicine was created. For the adequate treatment of acne, it is important to associate TCM 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 acne manifestations in the leaf level of the tree.<sup>[15-25]</sup>

## CONCLUSION

The conclusion of this study is that patients with acne have energies imbalances in the root level of the tree that is leading to the acne manifestation in the leaf level. The treatment of all these energies imbalances through Chinese dietary therapy, auricular acupuncture with apex ear bloodletting to take out the heat retention, and the replenishment of the chakras' energies centers with highly diluted medications such as homeopathies according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* and the use of crystal-based medications are important tools to treat patients with acne in the root level and not only the symptoms.

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**How to cite this article:** Huang WL. Energies Imbalances and Chakras' Energies Deficiencies in the Treatment of Acne. *Clinic Res Dermatol* 2020;3(2):1-9.