

Energies Alterations and Chakras' Energies Deficiencies as one of the Causes of Psoriasis

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ABSTRACT

Introduction: Psoriasis is an inflammatory and proliferative condition of the skin characterized by plaques covered by silvery scales mainly in the exterior surfaces, lumbar region, and scalp. In traditional Chinese medicine, psoriasis is caused by the internal Heat generating a Fire, caused by emotional factors leading to a blocked in the *Qi* movement. This Fire can enter the Blood circulation or stagnate due to improper diet or due to exogenous Fire. **Purpose:** the purpose of this study is to demonstrate that patients with psoriasis symptoms have energies alterations and chakras' energies deficiencies and the balance of this internal energies using Chinese dietary counseling, auricular acupuncture associating with apex ear bloodletting and replenishing the chakras' energies meridians using homeopathies medications according to the theory *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* are important tools to treat this kind of patients. **Methods:** Two cases report of patients with history of psoriasis symptoms during years using topical medications and other treatments without any success. They both began treatment using Chinese dietary counseling avoiding dairy products, raw foods, sweets, cold water and also, fried foods, chocolate, honey, coconut, alcoholic beverages, and melted cheese. The radiesthesia procedure was done and revealed that all chakras' energies were in the lowest level of energy, rated one out of eight and the treatment replenishing the chakras' energies meridians using homeopathies medications according to the theory created by the author entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*. **Results:** Both patients improved very fast using these kind of treatment and never need to use anymore of topical corticosteroids medications in the local. **Conclusion:** To treat psoriasis symptoms, it is necessary to study the energies alterations in the chakras' energies centers and the treatment needs to use highly diluted medications (homeopathies) to replenish the chakras' energies and prevents the formation of more internal Heat that could induce more inflammatory process in this kind of patients.

Key words: Chakra, energy, Hippocrates, homeopathy, psoriasis, traditional Chinese medicine

INTRODUCTION

Psoriasis is a common, genetically determined, chronic, inflammatory skin disease characterized by rounded erythematous, dry, scaling patches, and water drop-shaped scaly macular on the shin. It can occur on nails, the scalp, genitalia, extensor surfaces of the joints, and the lumbosacral region. There is no known cause for psoriasis, according to Western medicine. It may be related to immune function disorder, genes, infection and emotional disorders.^[1,2]

Diagnosis of psoriasis usually occurs by visual inspection, although a skin biopsy is sometimes needed to confirm the diagnosis. In general, laboratory studies are not performed, unless the patient also has other autoimmune diseases.^[3]

At present, there is no definite cure for psoriasis, but there are multiple treatments available to relieve the symptoms and signs of the disease. Moderate-to-severe psoriasis patients not effectively responding to topical therapies (corticosteroids, vitamin D, and analogues, among others) or phototherapy are usually treated with systemic therapies. Conventional systemic drugs include methotrexate, cyclosporine A, and

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Acitretin, but a high percentage of patients do not respond to this kind of therapy. At present, several groups of biological drugs are available for the treatment of psoriasis: anti-TNF, anti-IL12/23, anti-IL17, anti-IL17 receptor, and anti-IL23. However, the response to these agents is heterogeneous.^[4]

In this article, the author will show a different point of view about psoriasis, because according to Hippocrates, foolish the doctors who despise the knowledge acquired by the ancients. Using Hippocrates' teachings, the author searches for traditional Chinese medicine reasoning, to explain the psoriasis symptoms in the energy point of view.^[5,6]

Purpose

The purpose of this article is to demonstrate that patients with psoriasis have energy imbalances and chakras' energy deficiencies that are leading to the formation of these symptoms and the treatment of all these energy disharmonies and replenishment of these chakras' energy deficiencies are important tools to treat psoriasis in the root level and not just the symptom.

METHODS

To write this article, the author did an extensive search in articles related to psoriasis in Western medicine and in traditional Chinese medicine, all indexed in PubMed. She also used to illustrate this publication, two case reports.

Case report 1

The first case is M.H.G.A. 32-year-old male patient who had psoriasis since 2008 (13 years). The disease began starting with red spots on the elbows that were spreading all over the body. He itched a lot and when he was anxious it got even worse, the lesions could even bleed.

He underwent treatment with ointments, corticosteroids, manipulated ointments, and anxiolytics but they only softened, becoming only red, but when he stopped using the ointments, the white shells returned, it did not diminish, and it just increased.

His diet was based on fried foods, melted cheese, and beer.

As he worked in a place beside the author's clinic, he decided to try the treatment using traditional Chinese medicine tools. In his first appointment, his diagnosis in traditional Chinese was *Yin* deficiency and Heat retention. The author recommended to him to avoid all dairy products, raw foods, sweets, and cold drinks. It was also advised him to avoid fried foods, chocolate, honey, eggs, coconut, alcoholic beverages, and melted cheese. Moreover, the last group of foods, the author suggests him to avoid was soda, coffee, and mate tea.

Besides the Chinese dietary counseling, the author used the auricular acupuncture associated with apex ear bloodletting to rebalance the *Yin*, *Yang*, *Qi*, and Blood and took out the Heat. The auricular acupuncture points are indicated in the Figure 1 and in the Figure 2 it is possible to see how it is done the apex ear bloodletting to take out the Heat retention.

The patient received the medication sulfur 6 CH 5 globules twice a day. The reason the author prescribed this kind of medication will be discussed in the discussion section.

The patient also passed through the procedure of radiesthesia to measure the chakras' energy centers. The results showed that all chakras were at the minimum level (1), from a scale from 1 to 8, with the exception of the seven chakra that was normal rated in eight.

Treatment for replenishing the energy of the chakras was started with homeopathy, according to the *Constitutional Homeopathy of the Five Elements Theory based on Traditional Chinese Medicine*, developed by the author. The homeopathy medications were prescribed following the sequence: 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 1, 2, or 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. The hiatus between each medication may vary according to the clinical presentation of the patient and if the patient necessity to recover quickly, it is better to give the medication once a day, in the same sequence recommended. Moreover, the hiatus between each sequence to intake the next potency can be changed depend on the necessity of the patient to intake the medication earlier.

Crystal-based medications were also used and they will be described in the discussion section.

Results of case report one

With just two sessions of acupuncture, homeopathic medicines and a change in diet, stopping drinking cold water, decreasing beer intake, rarely drinking milk, and avoiding

eating pork and fish, his psoriasis disappeared completely, as shown in Figure 3.

Case report 2

The second case report is I.C.G. 50-year-old-female patient, the mother of the patient in this first case, also had a chronic condition of psoriasis, which did not improve with any kind of medication she used, prescribed by several dermatologists. Her diagnosis in traditional Chinese medicine was deficiency of *Yin*, Blood, and Heat retention.

The first orientation was to change her dietary habits and consisted in the same orientation did in the first case report.

She also received auricular acupuncture with apex ear bloodletting twice a week.

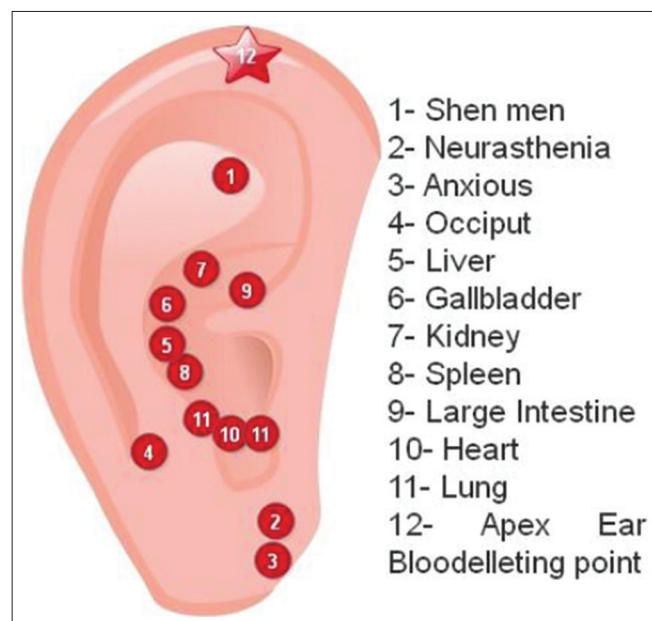


Figure 1: Auricular acupuncture points used to treat psoriasis

The author also measured her chakras' energies centers through the radiesthesia procedure that showed that only her seven chakra, the spiritual, had energy, rated in eight, and the remaining chakras from 1 to 6 were in the lowest level of energy, rated in one.

The author gives the same homeopathic medications prescribed in the first case report, according to *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* and crystal-based medications.

Results of case report two

With the auricular acupuncture sessions twice a week, apex ear bloodletting and following the Chinese dietary recommendations, the internal Heat formation decreased, reducing the redness and the lesions are less itchy as well. She was feeling an important improvement after two months of treatment, as shown in Figure 4.

DISCUSSION

To write this article, the author used the thoughts of Hippocrates, father of medicine that said that it is important to consider other ancient medical traditions before the knowledge we have nowadays. That is why, in all her publications, there are explanations regarding Western medicine's point of view and traditional Chinese medicine reasoning.^[5,7-15]

Before the author begin the explanations about the formation of psoriasis in traditional Chinese medicine, she would like to show one specific case she treated in 2006 that was the cornerstone of all her reasoning in all treatments in diverse disease and pathology. This patient was a 70-year-old patient, who reported pain in the legs that were not improving with the use of anti-inflammatory medications during 6 months. His diagnosis was Kidney

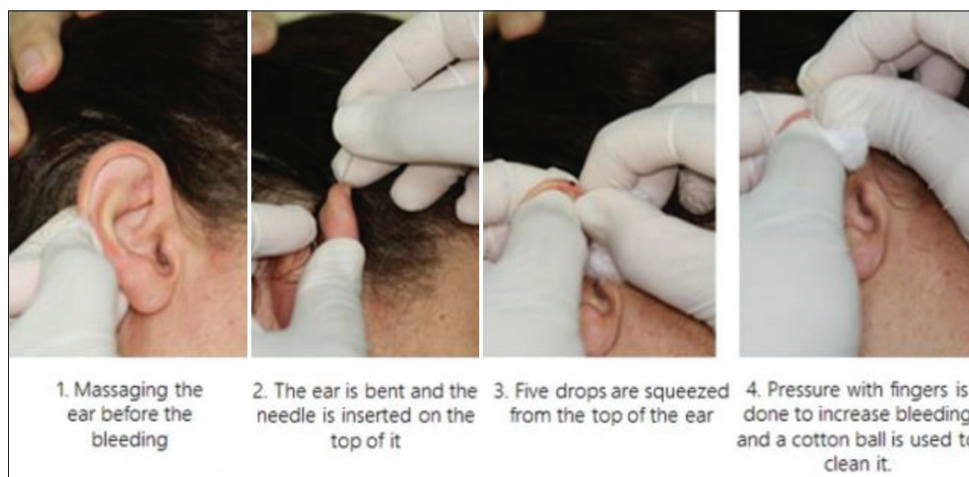


Figure 2: Apex ear bloodletting to take out the Heat retention



Figure 3: The photo in the left side is before the treatment and in the right side, it is the results after the treatment



Figure 4: Before treatment and 2 months after the treatment

Yang deficiency, according to traditional Chinese medicine (TCM). He received treatment with Chinese dietary counseling, acupuncture, and auricular acupuncture associated with apex ear bloodletting.^[7-15]

With the treatment done, the pain in the legs diminished and the patient was submitted to an interview after the treatment. In this interview, 30 days after the treatment, the patient revealed his eye pressure had also lowered, as his ophthalmologist confirmed. During the treatment, he had not reported to be treating glaucoma in the last 40 years with only little improvement of his condition.^[7-15]

This unusual case became the cornerstone of the author's studies in the field, trying to comprehend how the treatment focused on the root of the problem could treat different diseases and symptoms simultaneously and using the same methods.^[7-15]

Psoriasis is not a Chinese medicine diagnosis, but the symptoms and signs of psoriasis are described as *Bai Bi*, *Bi Feng*, and *Song Pi Xuam*, all of which refer to the skin conditions of psoriasis.^[16]

Psoriasis results from constitutional *Yin* deficiency allowing pathogenic Heat or Heat-toxin to invade the body and trigger psoriasis, or emotional disorder causes Liver *Qi* stagnation, leading to Fire flaring and damaging the skin. Regardless of whether the Fire is excess or deficient, it will singe the Blood and cause Blood stasis, when Liver *Qi* stagnation occurs, the

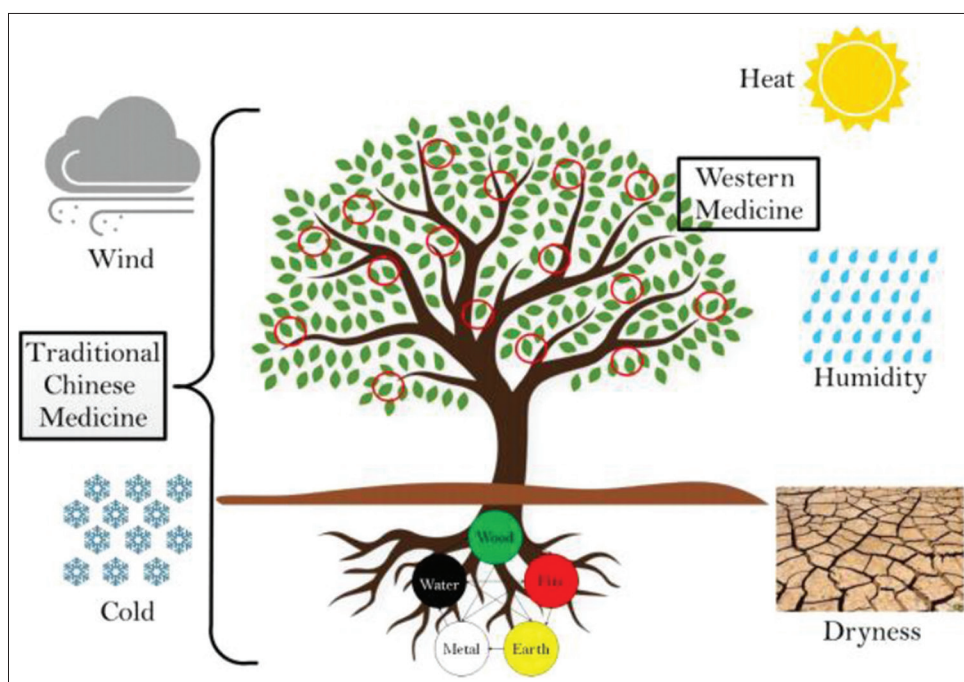


Figure 5: Tree metaphor comparing Western medicine and traditional Chinese medicine points of view

Qi cannot push Blood smoothly through the vessels, leading to Blood stasis.^[16]

To better comprehend the author's reasoning of treatment of psoriasis, she would like to show this tree illustrated in Figure 5 as a metaphor of the Western and traditional Chinese medicine. This tree has a trunk with several branches that represents each medical specialty. Coming out of each branches have many leaves that represents the symptoms and diseases treated by each specialty. Western medicine focus of diagnosis and treatment is in the leaf level that is visible by the naked eye. However, in this tree also has a root that is not visible by the naked eye and in this root there are energies that maintain the tree in a health state and this is the part that traditional Chinese medicine study to treat all diseases in the root level. Furthermore, the influence of external pathogenic factors is important in the genesis of disease and it is considered in the formation of disease according to TCM point of view.^[7-15]

In this article, the author will address what are the energies imbalances and which are the deficiencies in the chakras' energies centers that are leading to the psoriasis symptoms in the leaf level.^[7-15]

This root of the tree is formed by the theories of the five elements and *Yin* and *Yang*, shown in Figure 6.

Yin and *Yang* are two opposite and complementary forces that exist in our world, in everything, including the human body. A possible example is day and night, men and women, and good and bad.^[7-15]

For *Yin* and *Yang* energy to flow, two other energies have to work in harmony with it: *Qi* and Blood, shown in Figure 7.^[7-15]

Qi is basically the energy that circulates throughout your body. *Qi* moves the Blood that means if *Qi* stays stagnant long enough, then the local body fluids that are supposed to be flowing begin to stagnate as well.^[7-15,17]

To achieve health, the main aim is to balance these four energies *Yin*, *Yang*, *Qi*, and Blood.^[7-15]

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, as you can see on Figure 8.

The objective of this psoriasis treatment focused on the root is balance *Yin* and *Yang* as shown in the Figure 9, being in equilibrium with *Qi* and Blood, and takes out the internal Heat, to maintain the balance between these four energies.^[7-15]

In the Five Elements theory, illustrated in the Figure 10, there are five elements (Fire, Earth, Metal, Water, and Wood). Each



Figure 6: *Yin* and *Yang*



Figure 7: *Yin*, *Yang*, *Qi* and Blood

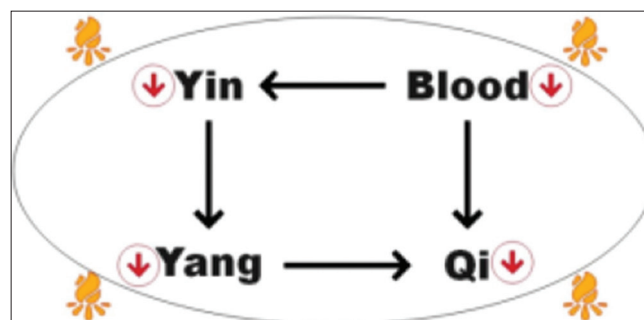


Figure 8: Internal Heat formation

element represents an internal massive organ in traditional Chinese medicine, Heart, Spleen, Lung, Kidney, and Liver, respectively. This correspondence was shown in the article *The Geometry of Emotions: Using Chakra Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use* written by Christopher R Chase and published on the Medical Acupuncture Journal and in the Figure 11 it is illustrated.^[7-15,18]

The *Yin* and *Yang* energies are produced in the second chakra (Kidney), and in both cases reported in this article, they were in the lowest level of energy.^[7-15,18]

The fifth chakra (Spleen) absorbs nutrients and is where the Blood is formed and it is commanded by the third chakra (Heart) to Blood flow adequately inside the vessels and both organs (Spleen and Heart) of both patients were in the minimum level of energy, rated in one out of eight.^[7-15,18]

The distribution of energy, or *Qi*, is the responsibility of the first chakra, represented by the Liver and the fourth chakra, represented by the Lung that also both organs (Liver and Lung or first and fourth chakra) were in the lowest level of energy.^[7-15,18]

As demonstrated in Figure 8, when there is deficiency of one energy or a combination of these four energies deficiencies, there is formation of internal Heat that one of these manifestations, in this case, is the formation of psoriasis symptom.^[7-15,18]

The author mentioned in the beginning of this article that is four main causes of psoriasis according to TCM: Wind-Heat, Blood stasis, Yin deficiency with Blood-Heat, and Liver Qi stagnation. Both patients have these four pattern of causes. The first - Wind-Heat - because the deficiency of energy induces the formation of internal Heat, creating a internal Fire, generating the Wind inside the body. As the Wind travels through the body, it was causing itchiness symptoms in different parts of the body. Moreover, Heat is generated by the internal energy deficiency. The explanation of the formation of internal Wind generated by energies deficiencies was well explained in the article *Energies Alterations and Chakras Energies Deficiencies as Underlying Cause of Essential Tremors*, written by the author and published at Clinical Research in Neurology in 2020.^[19]

The second reason for psoriasis symptoms is Blood stasis, in this case, both patients have in their physical examination, the appearance of small veins in the legs that represent in TCM that the Blood is not flowing adequately because of the lack of energy to maintain the Blood flowing inside the vessels. In the article written by the author entitled *Chakras' Energy Alterations in Patients with Hemorrhoids and How to Treat it without Surgery*, published by Surgical Medicine Open Access Journal, the author is demonstrating in this article that hemorrhoids can be treated without using surgery and the formation of Blood stasis in the hemorrhoids is due to the lack of energy allowing the adequate flow of Blood and the treatment of this lack of energy is important to treat the patients with hemorrhoids in the root level, without necessity of doing surgery, reducing the risks of the surgical procedure, reducing the costs and also, allowing the patient to maintain working, and not needing to stop to work, to take rest for 2 or 3 weeks because of this procedure.^[7-15,19]

Another article written by the author entitled *Chakras' Energies Deficiencies as the Main Cause of Myocardial*

Infarction without Arterial Obstruction, published by Online Journal of Cardiology Research and Reports on January 2021, the author is demonstrating in this article one case report of a patient that had three myocardial infarctions in 6 months period with no alterations in the coronary artery angiography and the only reason to explain the three episodes of arterial blood stagnation was the chakras' energies centers deficient in energy that leads to the formation of Blood stagnation in the Heart artery, leading to myocardial infarction.^[20]

The other three factors that could lead to psoriasis formation were *Yin* deficiency, Blood deficiency, and Liver energy stagnation.^[7-15,19-20]

All these three energies disturbances were treated using Chinese dietary counseling orientating the patient to avoid the foods mentioned in the case report one, to maintain the balance state of the internal organ (Spleen, Kidney, and Liver).^[7-15,21]

It was also used auricular acupuncture with apex ear bloodletting with the intention to take out the Heat and after, balance the internal energy of *Yin*, *Yang*, *Qi*, and Blood thought the auricular points where the author usually uses small adhesive tapes with two mustard seeds in each point to stimulate some points in the ear that corresponds to internal organs to produce *Yin*, *Yang*, *Qi*, and Blood. In the article written by the author entitled *How Do You Treat Back Pain in Your Practice? Part 2*, published by Medical Acupuncture on February 2018, the author is describing in this article the function of each organ in the auricular points that she is using to balance the *Yin*, *Yang*, *Qi*, Blood, and take out Heat retention.^[22]

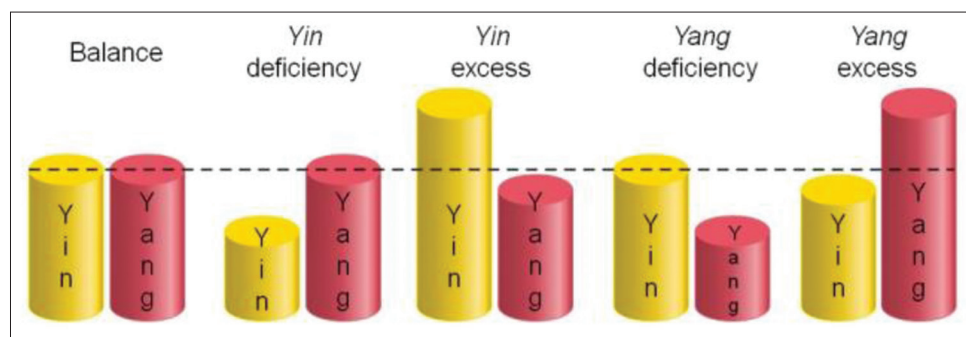
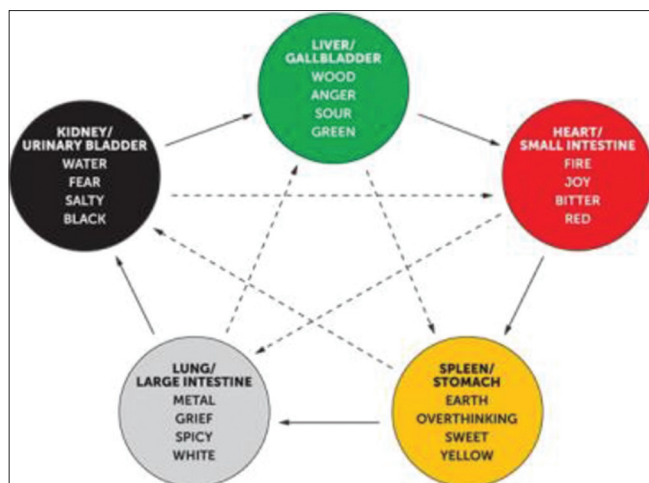
The general treatment principle is: Dispel Wind, clear pathogenic Heat, remove Blood stasis, and smooth Liver *Qi*. These were done with the Chinese dietary counseling, auricular and systemic acupuncture, and apex ear bloodletting.^[7-15,19,20]

The author demonstrated though radiesthesia procedure that all the internal massive organs of both patients were in the lowest level of energy. This means that the production of *Yin*, *Yang*, *Qi*, and Blood of these two patients were very compromised inducing the formation of Heat that was causing the symptoms of psoriasis. To reduce and treat the cause of all these energies imbalances, the author uses the replenishment of the chakras' energies centers with homeopathies medications, according to the theory created by her entitled *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*, published by Acta Scientific Medical Sciences on July 2020. She also uses crystal-based medications and the name of the medications is shown in Table 1.^[23]

The description of each crystal-based medication and their function used in the treatment to replenish the chakras'

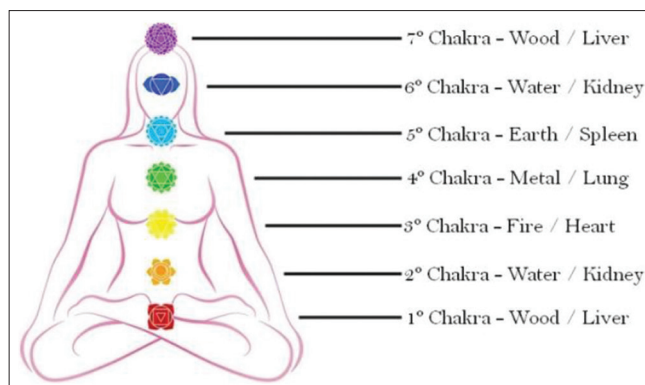
Table 1: Homeopathies and crystal-based medications used to replenish the chakras' energies centers.

Chakras	Five elements	Homeopathy medications	Crystal-based medications
1 st Chakra	Wood / Liver	Phosphorus	Garnet
2 nd Chakra	Water / Kidney	Natrum muriaticum	Orange Calcite
3 rd Chakra	Fire / Heart	Sulfur	Rhodochrosite
4 th Chakra	Metal / Lung	Silicea	Emerald
5 th Chakra	Earth / Spleen	Calcarea carbonica	Blue Quartz
6 th Chakra	Water / Kidney	Tone 2 nd chakra	Sodalite
7 th Chakra	Wood / Liver	Tone 1 st Chakra	Tiger Eye

**Figure 9:** Yin and Yang balanced (on the left) and imbalanced state (Yin deficiency, Yin excess, Yang deficiency, Yang excess)**Figure 10:** Five elements theory

energies centers were well described in the article written by the author entitled *Why Are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Antiglycemic Medication, and Insulin?* Published by International Journal of Diabetes and Metabolic Disorders on March 2019.^[8]

The author wants to emphasize that she usually uses homeopathy medications instead of highly concentrated medications because, in both cases, they showed that they have lack of energy in all chakras' energies centers and the use of high concentrated medication such as corticosteroids and anti-histamine medication could harm even more the

**Figure 11:** Chakras' energies centers and the correspondence to the five massive organs in traditional Chinese medicine

vital energy that was already low, maintaining the energies imbalances that were leading to the formation of psoriasis in the energy level. This thought was based on Arndt-Schultz law, demonstrated in Figure 12.^[24]

This law was originally formulated in 1888 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. According to this law, highly diluted drugs improve organic processes, while high concentrations harm health.^[7-15,24]

For this reason, all the medication that the patient is using

causing harm in the vital energy should be reduced or take out to improve the internal energy and lead to healing process of the psoriasis from the root level. All the medications used by the author are homeopathic such as sulfur, she used in the beginning of the treatment of the case report one. Sulfur is homeopathic medication that the substance came from the volcano. The use of these medications was chosen according to the simillimum theory created by Hahnemann.^[7-15,24]

It is important to say that homeopathy was recognized by the Federal Council of Medicine in Brazil in 1980 and acupuncture was recognized as a medical specialty by the Federal Council of Medicine (CFM) in Brazil in 1995 and has been joined by a significant contingent of physicians with great experience and already qualified in their specialties of origin.^[25]

To treat psoriasis patients in the root level, the author is emphasizing the importance of increasingly integrating Western and traditional Chinese medicines, as in this metaphor with the symbol of *Yin* and *Yang* one representing the Western medicine (*Yin* energy) that is materialized energy and traditional Chinese medicine represents *Yang* energy that is non-materialized energy that you can see in the Figure 13.

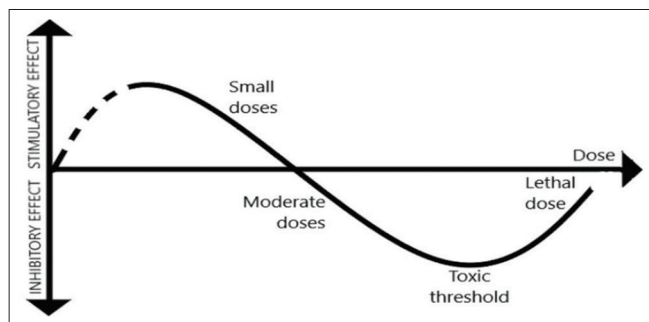


Figure 12: Arndt-Schultz law



Figure 13: *Yin* and *Yang* metaphor of Western and traditional Chinese medicine

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.^[7-15,19-20]

CONCLUSION

The conclusion of this study is that to treat psoriasis symptoms, it is necessary to study the energies alterations in the chakras' energies centers and all the energies imbalances generated by these lacks of energy. The treatment aims to balance the internal energy, first taking out the Heat retention that is inducing the formation of psoriasis symptoms and the replenishment of the chakras' energies centers need to be done using highly diluted medications (homeopathies) instead of highly concentrated medications and prevent the formation of more internal Heat that could induce more inflammatory process, worsening the manifestation of psoriasis symptoms instead of improving, in this kind of patients suffering from this disease.

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