

Energies Alterations and Chakras Energies Deficiencies as Underlying Cause of Essential Tremors

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ABSTRACT

Introduction: Essential tremor (ET) is a nervous system disorder causing involuntary and rhythmic shaking. In traditional Chinese medicine, ET could be caused by energies deficiencies leading to internal Heat and Wind formation responsible for the tremors. The purpose of this study is to demonstrate that patients with ET have energies deficiencies and also in the chakras energies centers. The correction of these energies deficiencies and replenishment of these chakras energies centers are important to treat this kind of patients. **Methods:** The methodology used was based on four clinical cases reports, one adolescent, one young adult, and two older people. All of them complaining of a mild tremor in the hands. In the adolescent, the main cause was the excessive use of computer and cellphone; in the young adults, ET was due to excessive use of psychotropic medications; in the two older patients, the first appeared after using substances to control biologic vectors and both had history of implantation of dental prosthesis. All of them did the chakras energies measurement through radiesthesia procedure and all the energies in these chakras were completely depleted in energy. The treatment was done rebalancing the internal energies through Chinese dietary nutrition, auricular acupuncture with apex ear bloodletting and replenishment the chakras energies deficiencies through highly diluted medications. **Findings:** All patients improved a lot the ET with the treatment done. **Conclusion:** Through these four cases reports, it is possible to observe the effectiveness and importance of considering energy imbalances during diagnosis and treatment of ET. Therefore, to treat correctly the tremor on the hands, we must treat the patient as a whole, observing the emotions, diet, type of medication that the patient is using, the use of electromagnetic devices and the use of metal implants in the body that could be the factors leading to energies deficiencies, according to these four cases reports.

Key words: Essential tremors, energy, diet, medications, traditional Chinese medicine, chakras

INTRODUCTION

According to Western medicine, essential tremor (ET) is one of the most common neurologic disorders, and it is thought that genetic factors contribute significantly to the disease etiology.^[1] ET affects 5% of the world population and it is defined as an isolated action tremor involving both upper limbs, at least 3 years in duration, with or without tremor in

other locations, and in the absence of other neurological signs such as dystonia, ataxia, or parkinsonism.^[2] The most used treatment for ET includes the medications: Propranolol, primidone, clonazepam, gabapentin, and topiramate can also be used.^[3] At present, there is deep brain stimulation surgery to treat patients with ET similar to what is done in Parkinson's disease, in which an electrical current is transmitted from a generator placed under the skin, below of the clavicle to connect

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an electrode that is placed in the region of the brain thalamus.^[4] This article is based on the Hippocrates quotes that said that it is important to consider other ancient medical traditions before the knowledge we have nowadays, and for this reason the author used explanations from other ancient medical traditions such as traditional Chinese medicine (TCM) together with have nowadays, concerning ET.^[5] In TCM, tremor is considered a result of the action of the pathogen Wind that can be internal when formed by the internal Fire that is generated by the lack of energy or invasion by external factor that attacks the body and penetrates deeply. Another factor that can cause tremor according to TCM is energy deficiency in the Spleen, Kidney and/or Liver that are caused by emotional disturbances, inadequate nutrition, sexual excesses, old age, chronic illness, lack of rest, and excessive mental work.^[6] The treatments according to the TCM are with acupuncture, herbal medicine, and diet to eliminate the Wind that has penetrated the body and tone the organs that are without energy and all these explanations will be done thought-out this article.^[7]

Purpose

The purpose of this study is to demonstrate that patients with ET have energies deficiencies and also in the chakras energies centers. The correction of these energies imbalances and replenishment of these chakras energy centers through the use of highly dilutes medications are important to treat this kind of patients.

METHODS

The methodology used in this article was the use of articles related to ETs indexed in PubMed both in Western and TCM point of view. Furthermore, the author used to illustrate her reasoning, four clinical case reports, one adolescents, one young adult, and two older people.

Case report 1

The first case report is a 16-year-old male patient that was in pre-college age, thin, hunchbacked, introspective, and used his cell phone and computer excessively and who had complains of tremor in his hands since 6 months ago, in 2018.

His father was already undergoing treatment with the author but he does not have tremor. His father was treating pain in the knee and one day told the author that his laboratorial exam was altered (cholesterol was high) and the doctor decided to measure his chakras energy and discovered that he was without any energy. He told the doctor about his son that was felling tremors recently and the doctor asked

him to bring his son for a consultation. During the medical appointment, the doctor measured the patient chakras energy centers thought radiesthesia procedure that was done using a crystal pendulum. This pendulum was placed in front of each patient's chakra. The result of this measurement showed that all his chakras were completely depleted in energy, rated one out eight, with the exception of the seventh chakra, that was normal (rated in eight).

The first recommendation for his treatment was Chinese dietary counseling, and it was recommended to avoid cold water, raw foods, dairy products, and sweets. Another group of foods that were also recommended to avoid was soda, coffee, and matte tea. In addition, it was advised him to avoid melted cheese, fried foods, chocolate, honey, eggs, coconut, and alcoholic beverages. Auricular acupuncture with apex ear bloodletting was done to take out the internal Heat and rebalancing the internal energies of *Yin*, *Yang*, *Qi*, and Blood. Using this method, the formation of internal Fire would reduce, and in this case, forming less Wind, that is the cause of the tremors of this patient. As he was without energy in all the chakras energy centers, the author also recommended the use of homeopathies according to the theory created by her and published under the title *Constitutional Homeopathy of Five Elements based on TCM* and crystal-based medications to tone the chakras and decrease the lack of energy that was forming the internal Heat and generating internal Wind that was causing tremor in this patient. The homeopathies prescribed were: 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. The crystal-based medications used were described very well in the article wrote by the author entitled *Why Are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Antiglycemic Medication, and Insulin?* published by the International Journal of Diabetes and Metabolic Disorders on March 2019. These kinds of medications are usually recommended to use for a period of 1 year or more, depending on the results of the new chakras' measurement after 1 year of treatment.

Results of case report 1

With the dietary treatment, acupuncture and restoring the energies, he improved the symptoms, the trembling was decreasing. During the treatment, it was already possible to notice improvements in other areas of his life because he was getting stronger, with a better posture, more cheerful, outgoing. As the treatment was interrupted due to entrance exam to enter college, it was not possible to know if the patient used the medications for the time recommended and if he improved completely or partially of his tremor symptoms after the treatment instituted.

Case report 2

The second case report is a 23-year-old female patient who developed tremor due to overuse of psychotropic medications.

In 2018, the patient started to have constant nausea and vomiting, thinking she was pregnant, uncontrolled crying, too much sleep, heart beating very hard, head racing, and shortness of breath. When she had panic attacks, anxiety, and depression, she could not even walk, because her legs were wobbly. The first medication she started using was fluoxetine, which ended up worsening her condition, making her heart beat much faster, with shortness of breath more, and more frequently.

The second remedy was sertraline, which left the patient very disconnected had a dissociation crisis that led to bruises and with that she was diagnosed with bipolar disorder borderline along with depression and anxiety already known by the patient, which led her to several other remedies. On October 2020, the patient was taking clomipramine and paroxetine which are antidepressants medications and she is taking lithium (lithium carbonate) for mood stabilization. Concerning the clonazepam medications, the patient tried to remove it without the help of any doctor, which caused a convulsion and needed to be sent to the hospital. In addition to the drugs already mentioned, the patient has already taken citalopram, escitalopram, venlafaxine, desvenlafaxine, and mirtazapine within 2–3 years of treatment. The side effects reported by the patient when using these medications were: Memory problem, short-term memory is very poor, excessive sleep, did not gain weight with the medications, did not feel any change in appetite. The nausea disappeared completely. There were always tremors, but they were imperceptible, after starting the use of the medicine lithium, they became much more evident, concentrated, and intense. The patient was seeing with her psychiatrist a medicine for Parkinson's disease to stop the tremors, because the tremors were not allowing her to write and handle some objects, besides causing discomfort, due to the fact that people around her always ask about her tremors what causes to her an embarrassment when having to explain personal problems to strangers. The author did the measurement of her chakras energies and only her seventh chakras had energy, rated in eight. The remaining

chakras from one to six were in the lowest level of energy, rated in one out of eight.

The treatment and recommendations were the same of the first case report.

Results of case report 2

The patient did some acupuncture sessions and began to use the medications to replenish the chakras' energies, but when the author was finalizing this article, she was feeling better but was not following strictly the recommendations of dietary restrictions because she was living in another city, working as English teacher and the author cannot follow her case closely.

This case report was included in this article to show that the use of highly concentrated medications when used cronicallly can induce the symptoms of tremors by the energy imbalances pathway, not visible by naked eyes and the common methods to do diagnosis of this symptom, by tomography or magnetic resonance or other diagnosis methods cannot discover these imbalances because it is in the energy level, not visible by the naked eyes.

Case report 3

The third case report is a 56 years-old-male patient who developed tremors in both hands after years working as a public official in the area of public health, performing chemical and biological control of vectors, inspecting locations and capturing harmful animals, handling, and applying chemical solutions such as insecticides and collecting materials for laboratory tests. The patient believed that he had developed the tremors due to his work, considering that personal protective equipment was often not provided in the correct way. This patient presented other clinical conditions that may have contributed to this condition, such as one surgery in the right knee putting one knee titanium prosthesis in 2015. He also had a history of putting dental implants in 2010 approximately and in addition, his father and siblings present the tremors symptoms. The treatment recommended by his doctor was Chinese dietary counseling the same recommendations as in the case report 1 and he was submitted to auricular acupuncture with apex ear bloodletting, and systemic acupuncture. In the first sessions, the author also did the measurement of his chakras energies centers, like in the others cases reports one and two, and the result of this measurement was that all his chakras were without energy, rated one out of eight. Only the seventh chakra had normal energy, rated in eight. He also started to use the homeopathies and crystal based medications, the same described in the case report one.

Results of case report 3

This patient still in treatment and his tremors in the hands is improving very well after the treatment instituted and the symptoms quite disappeared completely, in the first 2 months of treatment.

Before the author explains the four cases reports of tremors, she would like to show the reasoning used to treat all her

This patient was a 70-year-old-male patient, who reported pain in the legs for a period of 6 months without any improvement with the use of anti-inflammatory medications. He was diagnosed with Kidney-*Yang* deficiency according to TCM and received treatment with Chinese dietary counseling, acupuncture, and auricular acupuncture associated with apex ear bloodletting.^[8-10] With the treatment done, the pain in the legs diminished and the patient was submitted to an interview 30 days after. In this interview, the patient revealed that his eye pressure had also lowered, as his ophthalmologist confirmed. During the treatment, he had not reported to be treating glaucoma in the past 40 years with no improvement of his condition. He said that in the 1st time of his life, his intra-ocular pressure reduced from 40 mmHg to 17 mmHg.^[8-10] 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.^[8-10] To explain how is the point of view between Western medicine and TCM; the author usually uses the metaphor of the tree, as demonstrated in Figure 1.^[11,12]

In this metaphor of the tree, you can see that the tree has a trunk with several branches. Each branch represents one medical specialty and coming out of each branch, you can see many leafs. These leafs represents the symptoms and diseases and are the focus of Western medicine, differently from TCM point of view that the focus is in the root level of the tree that is invisible by the naked eye. In this level, they are representing the *Yin* and *Yang* theory and the Five Elements theory.^[11,12] What the author wants to focus in this article is the root of the problem that is not visible by the naked eyes. In this metaphor of the tree, the symptoms of

[illegible]

tremor are the leaves, in the branch of neurology specialties of western medicine in the root level there are energies imbalances that are causing the symptoms of tremors and are the focus of TCM, and also considering the external pathogenic factors such as Wind, Cold, Heat, Dryness, and Humidity in the formation of the diseases.^[11,12] The theory of *Yin* and *Yang* [Figure 2] is one of the basis of TCM. *Yin* and *Yang* are interdependent, cannot exist in isolation from each other and are in a constant state of change, so that when one is consumed the other increases. When the forces of the body are in harmonious balance, there is health. When this balance is disturbed, illness arises.^[12,13]

For *Yin* and *Yang* energy to flow, two other energies have to work in harmony with it: *Qi* and Blood. *Qi* is basically the energy that circulates throughout your body. *Qi* moves the Blood that means if *Qi* stays stagnant long enough, and then the local body fluids that are supposed to be flowing begin to stagnate as well.^[12,13]

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 in Figure 3.^[14,15]

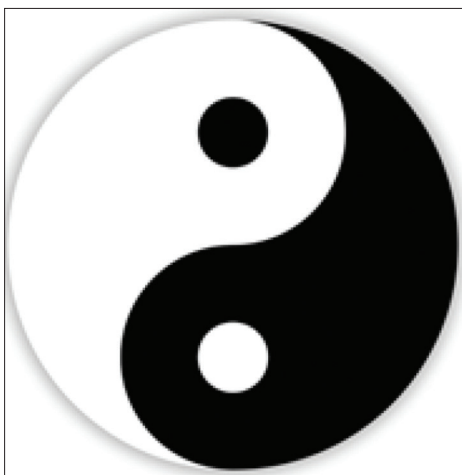


Figure 2: Yin and Yang symbol

The formation of internal Fire is generated when there is a deficiency in energy or an excessive energy creating another energy that is the Wind. The Wind is of a *Yang* nature and tends to cause tremors in some patients by poor *Qi* malfunction that cannot attract fluids and Blood to tendons and nutrition channels. When fluids and Blood do not nourish tendons, Fire can obstruct and damage Blood and *Yin*. Unlike the outside Wind, the inside Wind is related to Liver disharmony. The production of internal Wind is essentially Liver pathology, which is why it is called “internal agitation of the Liver Wind.”^[7,16,17] Another important theory on TCM is the Five Elements theory that draws a parallel between the human body and the elements of nature. The elements are Water, Wood, Fire, Earth and Metal. In this theory, there is a correlation between the five elements and the five massive organs in TCM.^[18] In the theory of the Five Elements: Woods represents the Liver; Fire represents the Heart; Earth represents the Spleen-pancreas; Metal represents the Lung; and Water represents the Kidneys.^[18] In this theory, it is stated that one element generates another in the generation cycle demonstrated in Figure 4 and one element controls the other in the controlled cycle, in Figure 4.^[18]

Wood controls Earth, Earth controls Water, Water controls Fire, Fire controls Metal and Metal controls Wood.^[18]

In the generation cycle, each element originates from another element, and is generated by another element, creating a dependency between the elements. In this cycle, Wood generates Fire, Fire generates Earth, Earth generates Metal, Metal generates Water and Water generates Wood.^[18] 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, he associates the five elements theory with the Chakras' energy meridians. To publish this article and using this association explained by Christopher, the author measured the energy of the internal organs of the five elements using radiesthesia procedure.^[19]

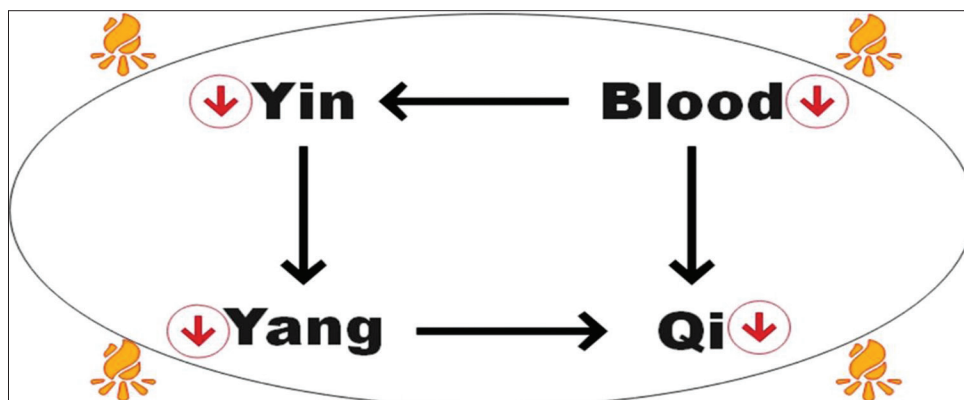


Figure 3: Yin, Yang, Qi, Blood and Heat retention

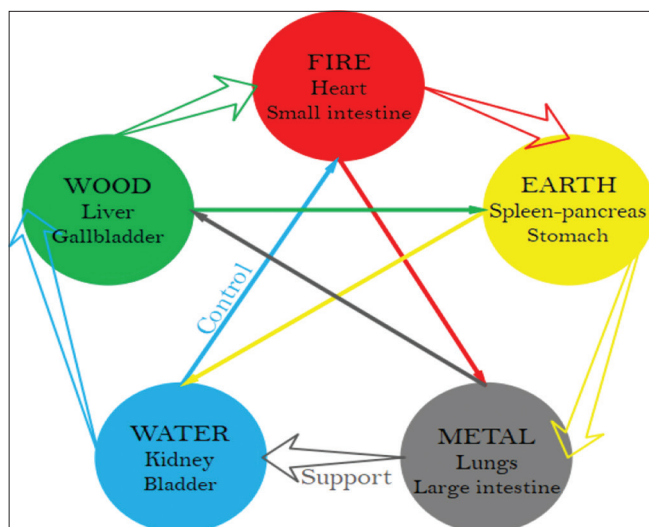


Figure 4: Generation cycle and control cycle in the Five Elements theory

As there are seven chakras and five elements, the first and seventh correspond to Wood (Liver), the second and sixth correspond to Water (Kidney), the third to Fire (Heart), the fourth to Metal (Lung), and the fifth to Earth (Spleen).^[18,19]

Some actions of the patients of the cases reports presented in this article were consuming their energy, and the author will discuss some important points regarding each one.^[18,19] Concerning the case report one, the adolescence was using excessively computer and cellphone and the use of these devices could lead to more energies deficiencies according to the article written by the author entitled *Why Are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Antiglycemic Medication and Insulin?* Published by the International Journal of Diabetes and Metabolic Disorders on 2019.^[20] The author is describing other possible factors that were leading to the lack of energy in diabetes patients and one of possible factors, was the excessive use of this devices, leading to more energies deficiencies, generating in this case, more formation of internal Heat or Fire and leading to the formation of smoke and internal Wind, that is the cause of the tremors symptom, in the energy point of view. One of possible tools to prove this, is the use of O-ring text, described in the article written by the author entitled *Can Biomaterial Surgical Implants Influence the Body's Health?* Published by the Acta Scientific Medical Sciences on September 2019.^[20,21] This test consists of an exam asking the patient to form an O-ring – a “fairly perfect circle” – by touching the tip of one finger on the same hand. On the other hand, the patient holds the subject wished for examination, such as food, drugs, nutritional supplements, biomaterials, and surgical materials. The examiner or physician creates two circles that intersect with the O’Ring and closes each circle with the thumb tip from the same hand. The examiner tries to pull the examinee O’Ring apart, using a relatively fast speed

while the examinee resists. If the O’Ring can easily pull out, it means that the object of study being examined is low on energy profile, being harmful to health. If the O’Ring is hard to or cannot be pulled out, this indicates that the subject is strong in energy profile which is good for health.^[18,19]

In this specific patient, the author does not know if he has lack of energy since he was born or this lack of energy was created during his life as his father was the patient of the author too and has the same energy deficiency as his son. His mother did not do the chakras’ energy centers measurement and at this moment, the author does not know if she has energies deficiencies like her son and husband.^[18,19] In the case report 2, another factor that decreased the energy of the patient was the use of high concentrated medications, in this case, the use of many types of anxiolytic and antidepressant medications to treat her depression and anxiety. The author also published on the article entitled *Why Do Patients Still have Anxiety Symptoms Despite the Use of Psychotropic Medications*, published by Archives of Neurology and Neuro Disorders, in 2019, where the author demonstrated that in the energy point of view, anxiety, and depression comes from the same root that is the energies deficiencies and the difference between them, were only that, in the case of depression and anxiety, the last one has only formation of internal Heat, comparing to depressed patients, as she demonstrated on her presentation of the study in the World Federation of Acupuncture-Moxibustion Societies Conference that was held in Sydney, Australia, in 2013, entitled *Apex Ear Bloodletting, Dietary Counseling and Psychotropic Medication in Patients with Anxiety Treated with Auricular Acupuncture – A Double Blind Study*, published by ARC Journal of Neuroscience, in 2019.^[22,23]

In this article, the author demonstrated that patients with anxiety symptoms would improve more when they were submitted to apex ear bloodletting instead of patients that were not submitted to this procedure because the author in this case, is taking out the internal Heat that is causing the anxiety symptoms, leading to more improvements of this symptoms, compared to patients that did not receive.^[22,23] The second study she presented was *Apex Ear Bloodletting, Restriction of Dairy Products, Psychotropic Medication, and Energy Disturbances in Patients with Depression Treated with Auricular Acupuncture – A Double Blind Study*, in this same conference and it was published by Archives of Neurology and Neuro Disorders, in 2019.^[23]

In this study, the author is demonstrating that the use of apex ear bloodletting in depressive patients would not benefit them because they do not have the formation of Heat in this phase of disease and cannot be benefit from this procedure, differently in the group of anxiety patients.^[23] In the second case report, the use of high concentrated medications like psychotropic medications was leading to the more deficiency in her energy

that was already low, causing the formation of internal Heat and consequently the formation of Wind and subsequently tremors symptoms.^[22,23] In the third case report, the patient had a job to prevent the proliferation of disease vectors and was always handling insecticides and other chemicals and despite not ingesting such products, the contact and inhalation of these substances were sufficient to cause damage to his health. In the article entitled *ET in endemic disease control agents exposed to pesticides: A case-control study* published by Azevedo e Meyer on Cadernos de Saúde Pública in 2017, 442 endemic guards from the State of Rio de Janeiro, Brazil were interviewed and concluded that the use of pesticides for long periods had a fundamental role in the development of the tremor by the interviewees.^[24] Another possible factor that was causing energies deficiencies in the case report 3 and 4 was that in these both cases, they had a history of metallic implants inside them. In the case report three, he did a surgery in his knee in 2012, when he replaces his knee by one titanium prosthesis. In addition, the fourth case report had a history of implanting 8-biometalic prosthesis in her teeth, 1 month before the beginning of tremors symptoms. The author published one article entitled *Can Biomaterial Surgical Implants Influence the Body's Health?* Published in 2019 in Acta Scientific Medical Sciences where she demonstrated through three clinical cases that the implantation of metallic materials can reduce the vital energy of patients contributing to the formation of other diseases such as depression, hypertension, and in this case, tremor. All these diseases came from the same root that is the energies deficiencies and in TCM reasoning, many diseases came from the same root, and the same disease can come from different roots.^[21-25]

When placing titanium implants, it occurs that the metal causes a greater deficiency in the body, which generates an internal Fire, and consequently an internal Wind that causes the symptom of tremor. It is possible that both patients had energies deficiencies when they did the metallic implants but the permanence of these devices inside the body was contributing to the reduction on the vital energy, leading to more formation of internal Heat, creating the internal Wind that was causing the tremor symptoms in both cases. The implant was not the primary cause of the energies deficiencies, but it was contributing to a worsening of energy deficiency condition in both patients.^[21] Through the apex ear, bloodletting it was possible to remove the internal Heat to reduce the Wind formation and the author used the auricular acupuncture to tone the energy of Yin, Yang, Qi, and Blood to reduce the formation of internal Heat, as shown in Figure 5. The function of each auricular point was well-described in the article written by the author entitled *How Do You Treat Back Pain in Your Practice*, part 2 published in the Medical Acupuncture journal in February 2018.^[7]

Using these tools described above, it was not enough to replenish the internal organs energy and usually is necessary

to use some kind of medications to achieve this result. In China, they usually use Chinese herbs to treat their energies deficiencies state but the author created another theory using TCM reasoning but using homeopathy medications to treat as in Brazil, the country where the author lives, has some difficulties in using Chinese herbs and to buy them. The medications used to treat these patients are described in Table 1 and published in the article written by the author entitled *Constitutional Homeopathy of Five Elements based on TCM*, published by Acta Scientific Medical Sciences, on July 2020.^[18]

Another possible cause that the second and third case reports have in common is that both patients were using highly concentrated medications, the second using psychotropic medications and the third case was using insecticides that are considered highly concentrated drugs. According to Arndt-Shultz Law [Figure 6], small doses stimulate, moderate doses inhibit and overdoses kill.^[26]

Therefore, highly diluted medications would improve organic processes, while high concentrations would be harmful for health, decreasing the vital energy. For this reason, the author used highly diluted medications to treat these patients instead of highly concentrated medications, to improve the internal



Figure 5: Auricular acupuncture points used to treat tremors

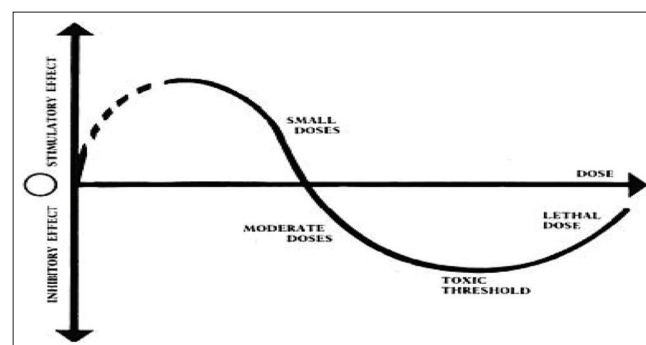
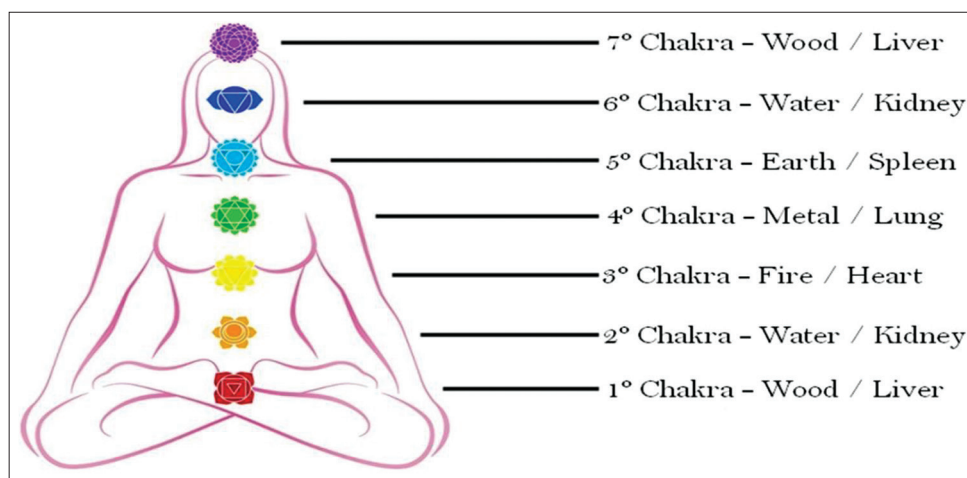


Figure 6: Arndt-Shultz law

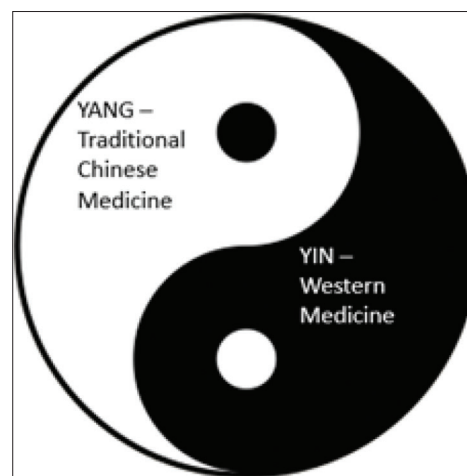
Table 1: Homeopathies and crystal-based medications used to replenish the chakras energy meridians

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

**Figure 7:** Chakras energy centers, the Five Elements theory, and the correspondence to the five massive organs

energy that were low, proved by the radiesthesia procedure. Using highly diluted medications, the energy of all the patients improved, and reducing in this case the formations of Heat and consequently, reducing the production of internal Wind, that was causing the tremor symptoms in all the patients reported in this article.^[26] In the article entitled *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 by Medical Acupuncture Journal, he is associating the chakras energy centers with the five massive organs in TCM, and using these tools, the author used both reasoning's combining the Ayurvedic medicine principles and TCM, and she was able to measure the internal organs energy, using the Ayurveda tools, as you can see in Figure 7.^[19]

To understand all the principles that rule our body, and to understand the energies imbalances leading to the formation of tremors symptoms, the physician should have an integral view of the human being, made not only by organs and tissue but also by energy. The author creates the metaphor of Western and TCM [Figure 8] to demonstrate the necessity of integrating these two kinds of medicines that are separated nowadays but as you can see in this Figure 8, they both form a unity that cannot exist separately.^[20]

**Figure 8:** Metaphor of the *Yin* and *Yang* of Western medicine and traditional Chinese medicine

CONCLUSION

Through these four cases reports, it is possible to observe the effectiveness and importance of considering energy imbalances during diagnosis and treatment of ET. Therefore,

to treat correctly the tremor on the hands, we must treat the patient as a whole, observing his emotions, diet, type of medication that the patient is using, the use of electromagnetic devices and the use of metal implants in the body that could be the factors leading to energy deficiencies and leading to the formation of internal Fire, that consequently leads to the formation of internal Wind, responsible for the tremors symptoms in the energy point of view. The medications used in this kind of patients should the highly diluted medications to improve the lack of energy common in this kind of patients. More studies should be done with more number of patients to prove the effectiveness of this kind of reasoning and the treatment recommended in this article.

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How to cite this article: Huang WL. Energies Alterations and Chakras Energies Deficiencies as Underlying Cause of Essential Tremors. *Clin Res Neurol* 2020;3(2):1-9.