

The Importance of Correcting Energy Imbalances and Chakras Energy Deficiencies in the Treatment of Patients with Glaucoma

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ABSTRACT

Introduction: Glaucoma is a group of eye conditions that damage the optic nerve, the health of which is vital for good vision. This damage is often caused by an abnormal high pressure in the eye. According to the Traditional Chinese Medicine, glaucoma is caused by energy imbalances, mostly excessive Fire of the Liver and Galbladder, Heat-producing Wind, emotional stress, causing smooth flow of Liver *Qi*, and stagnation of *Qi* transforming into Fire. It may also be caused by Spleen Dampness and *Yin* deficiency. **Purpose:** To demonstrate that glaucoma is a systemic disease that could be caused by energy imbalances and chakras energy deficiencies. **Methods:** Three case reports of patients who had a long history of treatment for glaucoma with standard medications with little or no improvement. The second and the third cases did chakras measurement that showed a severe deficiency of the energy in almost all the chakras and started treatment for replacement of this energy with homeopathy and crystal-based medications, associated with the first treatment. **Results:** All three cases had a dramatic drop in the intraocular pressure (IOP), after treatment with Chinese dietary counseling and acupuncture. The third patient received homeopathy and crystal-based medications besides the treatment with Chinese dietary counselling and acupuncture. **Conclusion:** The conclusion of this study is that glaucoma seems to be a systemic disease, linked to energy imbalances. Treating these energy imbalances can lead to a reduction in the IOP; To achieve better results, it is important to treat the root of the patients' problem (energy imbalances) and not only the symptoms (IOP).

Key words: Auricular acupuncture, chakras, Chinese dietary counseling, crystal-based medication, energy, glaucoma, homeopathy, Traditional Chinese Medicine

INTRODUCTION

This study is the major cornerstones of other previously published articles of the author.^[1-7] It is very interesting to notice the importance of performing this study right now, after years of this first patient, and several other studies published.

There are several studies that place glaucoma as a systemic disease, not completely related to the eye. In an article of 2019, a group of scholars from the University

of Philadelphia concluded that “Increasing evidence implicates the contributions of low cerebrospinal fluid pressure, autoimmunity, neurodegeneration, and impaired autoregulation toward glaucoma pathophysiology.”^[8]

Other article entitled glaucoma and systemic diseases, published in 2010 by Sallim, said that “Knowledge of systemic diseases and potential drug interactions, especially between various systemic and glaucoma medications, is important for the safe management of glaucoma patients” linking the general health of the patients' body with the intraocular pressure (IOP).^[9]

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In another study from 2018, Dikopf entitled *systemic disease and long-term IOP mean, peak, and variability in nonglaucomatous eye*, he stated that “The objective is to assess the long-term, longitudinal relationship between systemic diseases and IOP mean, peak, and variability, including diabetes, hypertension, body mass index, and smoking status.”^[10]

However, in their daily practice, the majority of the doctors will treat glaucoma as a localized disease. Moreover, the majority of articles that can be found regarding Western medicine treatment, comprehending the physiopathology of the disease, demonstrate that the disease is usually treated as a localized pathology related to the eye.^[11-13]

What this study intends to do is not only look at glaucoma systemically but also to create a deeper sense in what is a systemic disease, and what is a localized disease, the major functioning of the body as a whole, and the importance of a concept of wellness that is anchored in deeper concepts of integral functioning of the body.^[14]

In Traditional Chinese Medicine (TCM), although the eyes are a local organ, they have a close internal relationship with the whole body, especially with the five elements of massive organs, as well as the energy meridians. This idea is majorly explained in the book *Ophthalmology in Chinese medicine*, published by Wei Qi-pint, Andy Rosenfarb, and Liang Li-na.^[15]

PURPOSE

The purpose of this study is to comprehend the significance of seeing glaucoma as a systemic disease, as well as comprehending the origins of the concepts of root-level and the energy imbalances, proposed by the author in other studies, the origins of the metaphor of the tree.

It is another purpose of this study to use three case reports to propose a new way of thinking when analyzing different pathologies and patients, to teach physicians to look always beyond the symptoms, to achieve the systemic root of the problem, the underlying cause of the disease influencing the general being of the patient in all senses, in this case, glaucoma.

METHODS: CASE REPORTS

The methodology of this study consisted of the analysis of three specific case reports.

The first is from a patient treated by the author in 2007 in her clinic, which after, originated a study at the University of São Paulo, in Ribeirão Preto, in the Ophthalmology Department.

Case report 1

Patient, V.S, 70-year-old patient, afro-descendent, who reported pain in both legs, and was taking anti-inflammatory medications for around 6 months, with no improvement in the pain.

He searched treatment with acupuncture and was diagnosed with Kidney *Yang* deficiency, according to the TCM.

He received treatment with Chinese dietary counseling (avoid dairy products, raw food, cold beverages, sweets, fried food, eggs, honey, coconut, chocolate, alcoholic beverages, coffee, soda, and matte tea), acupuncture, and auricular acupuncture associated with apex ear bloodletting.

Results case 1

With the treatment done, the pain in the legs diminished and the patient was submitted to an interview, 30 days after the treatment. The patient then revealed that, besides the improvement in his pain in the legs, his IOP had also lowered with the treatment, as the ophthalmologist confirmed.

Before this moment, the author was not aware, but the patient was receiving treatment for glaucoma, with eye drops medication, in the past 40 years with little improvement of his condition. With the treatment done for his leg pain, with Chinese dietary counseling, acupuncture, auricular acupuncture, and apex ear bloodletting, his pressure lowered from 40 mmHg to 17 mmHg, something that never happened with the patient when he was performing the standard treatment for glaucoma.

This case was first presented case at the *American Association of Medical Acupuncture Congress* in Baltimore, United States, in 2007, and after at the *Society of Acupuncture Research Congress* which took place in Boston, in Harvard University, United States, in 2015, in a presentation entitled *Acupuncture Viewed Holistically Can Treat All the Patient's Diseases Simultaneously*.

Case report 2

Patient named I., female, 53 years old, had suffered chronic bilateral open-angle glaucoma for 21 years. Her IOP was 20 mmHg and 26 mmHg for the right eye and left eye, respectively. She had trabeculectomy in the right eye in 1991 and left eye in 1992. Furthermore, she had cataract surgery in the right eye in 2004. The optic nerve showed severe hollowing bilaterally. In April 2007, a valve for glaucoma was placed in her left eye, and post-operative IOP increased to 40 mmHg.

She came to the author's clinic specifically to treat glaucoma after hearing from her daughter (who also was a patient) that acupuncture could benefit her. She was diagnosed with Kidney *Yin* and *Yang* deficiency. She performed 20 sessions of auricular acupuncture with mustard seeds, associated with

apex ear bloodletting and Chinese dietary counseling (the same orientations of the first case).

After a successful treatment in 2007, only in 2019 (12 years later), the patient returned to the clinic, to continue her treatment. It was performed radiesthesia procedure for chakras energy measurement. All her chakras were weakened in energy and homeopathy based on the *Constitutional Homeopathy of the Five Elements based on TCM*, a theory created by the author, crystal-based medication was prescribed for rebalancing the energy of the chakras. The medications used were described by the author in the article entitled *Can We Treat Atopic Dermatitis Without Using Corticosteroids?*, in March 2019, published by the Journal of Pediatric and Infants, of Innovation Info, and on the article 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, also in March of 2019.

Results case 2

After 20 sessions, her IOP decreased to 13 mmHg and 11 mmHg for the right eye and left eye, respectively. Gradually, the patient was able to withdraw the eye drops.

Case report 3

Patient M.S, a 56-year-old male, started treatment with a TCM specialist due to high IOP, not controlled with eye drops and topical medication. A year before, the patient had found out he had lost 7% of the vision of his right eye due to high IOP, while performing the standard treatment for glaucoma. His eye pressure would never low, always around 23 mmHg. The patient also had arterial hypertension, using medication to control it.

The diagnosis of the patient in TCM was Kidney *Yang* deficiency, *Qi* deficiency, Blood deficiency, and Heat retention.

The treatment was started with Chinese dietary counseling, systemic and auricular acupuncture associated with apex ear bloodletting.

The treatment was started, and in the first session, the physician observed in a physical examination that the patient had an umbilical hernia. The patient believed his umbilical hernia was normal, since he had it since he was born. To measure the energy of the massive organs of the patient, it was recommended the use of chakras measurement procedure, called radiesthesia.

The measurement resulted in all chakras with weakened energy (from level 1 to 8, all chakras were in 1), with the exception of the seven chakras that appeared normal.

He started treatment with homeopathy crystal-based medications (the same as in the second case) to replenish the energy of the chakras.

Results case 3

The IOP went from 23 mmHg to 14 mmHg in the 1st month of the treatment. Before the treatment done, the patient was using the eye drops for glaucoma without any diminution of his IOP.

His arterial pressure suffered a very significant drop, so significant the patient was able to stop the use of medication. The patient also had high cholesterol, that would only decrease with the use of medication, 2 years ago the patient decided to stop the use of the cholesterol medication by himself. When he started the treatment with the author, his cholesterol was 305 mg, and it was reduced to 254 mg. The triglycerides were in 238 mg and felt for 166 mg, without the use of any kind of high-concentrated medication, commonly used in the treatment of this kind of pathology.

DISCUSSION

Western medicine glaucoma treatment

In Western medicine, glaucoma has been widely studied for the past decades. As the disease may be asymptomatic until a late stage, diagnosis is frequently done late.^[16]

Glaucoma affects more than 70 million people worldwide, with approximately 10% being bilaterally blind. Glaucoma is defined as a group of ocular disorders with multi-factorial etiology; all these ocular disorders have characteristics linked to IOP associated with optic neuropathy.^[16-18]

Western medicine in the past decades focused on a range of studies regarding glaucoma. Those studies address that the pathophysiology of glaucoma is not fully understood. Ophthalmological studies demonstrated that the level of IOP is related to the retinal ganglion cell death. There is a balance between secretion of aqueous humor by the ciliary body and its drained through the trabecular meshwork and uveoscleral outflow pathway.^[16]

IOP can cause mechanical stress on the posterior structures of the eye, especially the lamina cribrosa and adjacent tissues. The sclera is perforated at the lamina, where the optic nerve fibers exit the eye.^[16-18]

The IOP-induced stress can cause compression, deformation and remodeling of the lamina cribrosa, with consequent mechanical damage of the axonal transport.^[16-18]

There are several genetic factors associated with the disease appearance, even though these genes account for <10% of glaucoma's tests.^[16-18]

In Western medicine, the treatment for glaucoma is mainly based on slowing disease progression and preserving the life

quality of the patient. The only method proved to work for glaucoma is to reduce IOP.^[16-18]

The pathway of TCM: The upside down tree

There are several other studies in which the author explains the metaphor of the tree and how it overlaps Western and TCM and other ancient medical traditions. The metaphor, as well as the pathway of study and treatment it proposes, is based on the case of glaucoma presented in case report 1.

It is possible to perceive several facts about the treatment of this patient in specific, which served as a cornerstone for placing the metaphor. These facts are:

1. The patient started treatment with ancient medical tools (Chinese dietary counseling, auricular acupuncture, and apex ear bloodletting) to treat the symptoms of leg pain
2. The symptoms of leg pain have been presenting itself for several months, and the patient did not perceive improvement in treating the leg pain with anti-inflammatories
3. The patient was also a bearer of a glaucoma condition for 40 years
4. The doctor who performed the treatment with acupuncture was not aware of glaucoma
5. After ten sessions of auricular acupuncture and apex ear bloodletting, and 30 days performing Chinese dietary counseling, the patient perceived reduction in his IOP from 40 mmHg to 17 mmHg, reduction that has never happened before, besides improvement in the leg pain.

TCM comprehends health and disease from a different perspective; in this perspective, health is the balance achieved by the internal energies.^[19,20] These internal energies would be influenced by a range of factors (emotional, diet, and external pathogenic factors). Hence, the symptoms and conditions are imbalances of these energies flow.^[19,20]

Using this perspective, it is possible to create a relationship between these facts, to comprehend the functioning of TCM. Facts 1, 2, and 3 can be placed together, all as reflection of energy imbalances. Therefore, when the treatment with auricular acupuncture, apex ear bloodletting, and Chinese dietary counseling was done, they resulted in a rebalancing of the energy imbalances, which reflect in fact number 5, the reduction of IOP, even though the doctor was not aware of the glaucoma pathology.

The metaphor of the tree comprehends the medicine as the whole tree. The tree has a trunk with several branches [Figure 1]. Each branch represents one medical specialty, and each leaf coming out of each branch represents the symptoms and diseases of each specialty. The leaves and the branches are the visible part and the object of study and practice in the Western medical profession. The focus is to treat each leaf in each specialty. The treatment proposed

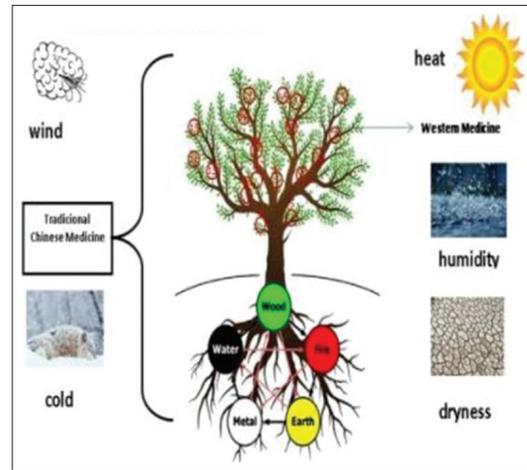


Figure 1: Schematic drawing of the views of Western and traditional Chinese medicine

aims to treat all the tree, through the root, that is invisible to the naked eye.^[1-7]

In this root, there is an energy that when balanced can generate health to the whole tree. The reason for this study is to address which are the energy alterations present at the root level, responsible for glaucoma.^[1-7]

The main proposal of the author is to approach the diseases from the energy imbalances first, considering the root first, or seeing the tree upside down. This was the perspective used to treat the patient of the case report 1. The patient was diagnosed with Kidney *Yang* deficiency, according to the TCM. The treatment performed with Chinese dietary counseling, auricular acupuncture, and apex ear bloodletting, aimed to treat the Kidney *Yang* deficiency, rebalance, and prevent other imbalances generated by the diet.

The proposal created by the author considers glaucoma and the leg pain as both leaves of the tree – symptoms that were reflections of the imbalance in the root of the tree, or the energy imbalances.

Yin, Yang, Qi, and blood balance

To better understand the perspective of TCM and the logic used in the treatment of the patients, it is important to understand better the mechanisms and reasoning of TCM. The literature review demonstrates that TCM is anchored in two main theories: *Yin* and *Yang* and five elements theories.^[19,20]

As previously exposed in the previous articles of the author, the *Yin* and *Yang* concepts are based on the idea of complementary opposites. According to the Chinese Wisemen that first proposed TCM theories, the *Yin* and *Yang* are present in everything in the universe. They used the symbol presented in Figure 2 and the theory behind this symbol to justify day and night, male and female, and

other complementary opposites present in nature and more specifically, in the human body.^[19,20]

According to the TCM, the symbols would include all the cycles of nature, day and night, the seasons, and the moon cycle. The concept of health and even perfection according to the essentials of TCM would be achieved through balance.

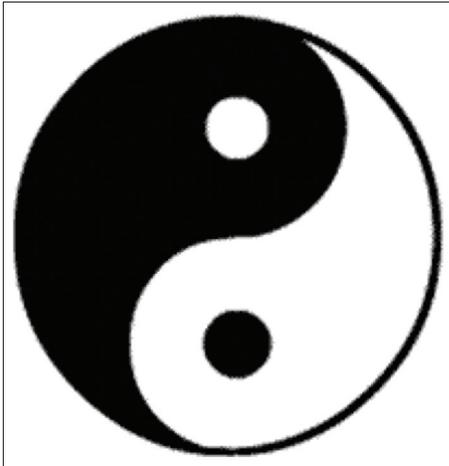


Figure 2: Yin and Yang

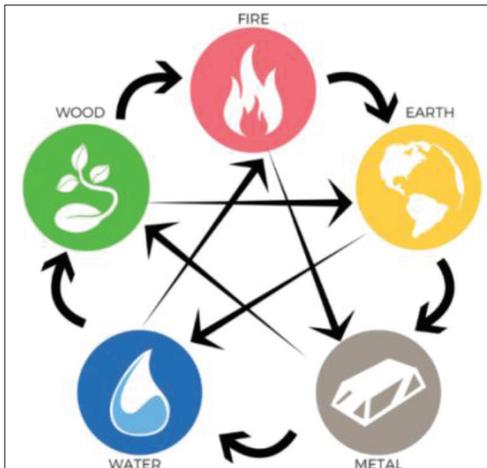


Figure 3: Five Elements Theory

A balanced lifestyle would promote health, but this balance would be based on the internal energies state. According to the TCM, the human body has *Yin* and *Yang* energies, primordial to the functioning of the body, and distributed through several meridians throughout the body.^[19,20]

To better explain this distribution, TCM uses the five elements theory. The five elements theory, in the same way as the *Yin* and *Yang* theory, its anchored in the idea of cycles and balance between elements. In this case, the elements considered are Wood, Fire, Earth, Metal, and Water, as proposed in Figure 3.^[19,20]

In TCM, umbilical hernias are linked to deficiency in energy, usually passed through the individual in the moment of conception, as demonstrated in the third case report patient, what was proved through the measurement of the chakras, that appeared all without energy, which shows deficiency of energy in all the massive organs of the patient. In Western medicine, the umbilical hernia is only treated with surgery, not being associated with nothing else. This is why it is important to treat the disease in the root-level, considering energy imbalances. In the case of the patient described, there was the reduction in the IOP, reduction in the arterial pressure, reduction of cholesterol and triglycerides, as well as reduction of the umbilical hernia, with the proposed treatment.

Table 1 shows that each of these elements is related to one specific organ of the body. These organs are called massive organs and they are believed to be the center of flow and functioning of the energy of the body. Each of these organs has also a specific balance related to *Yin* and *Yang*. This is why the first patient was diagnosed with Kidney *Yang* deficiency. He had a specific *Yang* deficiency of energy in the Kidney meridian, addressed to the Water element in the Five Elements Theory.^[19,20]

As it is possible to see in Table 1, each element is linked to a massive organ, and each massive organ is linked to a hollow organ, called “bowel” in Table 1, a surface part, an opening, a trait, a mental activity, and a taste. In this way, TCM proposes a

Table 1: Five elements and relationship with the human body

Element	Organ	Bowel	5 Element theory				
			Surface part	Opening	Trait	Mental part	Taste
Water	Kidneys	Bladder	Bones	Ears	Fear	Will power	Salty
Wood	Liver	Gallbladder	Nerves	Eyes	Anger	Mental activity	Sour
Fire	Heart and sexual glands	Small intestine	Blood vessels	Tongue	Intuition, joy, peace	Moodiness	Bitter
Earth	Spleen and pancreas	Stomach	Muscles	Mouth	Worry	Pondering	Sweet
Metal	Lungs	Large intestine	Skin	Nose and sinuses	Sadness	Sensitive	Spicy

way of looking to the functioning of the human body as always systemic, an imbalance in the *Yin* energy of the body, will reflect in the whole body, through the symptom proposed.^[19,20]

Despite the *Yin* and *Yang* energies, there are more two energies flowing through the organs of the Five Elements Theory and through all the 12 meridians of energy in the body. These energies are *Qi* and Blood. The *Qi* energy was conceptualized in other ancient medical cultures as well, including Ayurvedic Medicine. This energy, also known as prana, or vital energy, is also flowing throughout the body, and its flow is equally important.^[21]

The last energy is the Blood energy, responsible for the functioning of Blood and the distribution of energy on the body.^[19,20]

Therefore, the balance considered by TCM that would promote health is based on the functioning of four energies together *Yin*, *Yang*, *Qi*, and Blood energies,^[20] as shown in Figure 4. These energies have to be balanced and flowing in the five elements present inside the body, to promote health.

Symptoms, as previously said, are imbalances in these internal energies. When one energy of the four ones in Figure 5 is imbalanced, it will imbalance the others in a dynamic cycle. The use of ancient medical tools such as Chinese dietary counseling, auricular acupuncture, and apex ear bloodletting has the goal of rebalancing the energies of the body.^[1-9]

Ancient medical tools

The patients described in the case reports were treated with Chinese dietary counseling, auricular acupuncture, and apex ear bloodletting.

The Chinese dietary counseling is focused on the energy contained in the food, following the logic of *Yin* and *Yang*, better explained in the previous session. The literature demonstrates the effectiveness of Chinese dietary therapy in different kinds of patients. There are some studies that attest that the use of Chinese dietary therapy can improve quality of life and be helpful in a range of diseases.^[22,23]

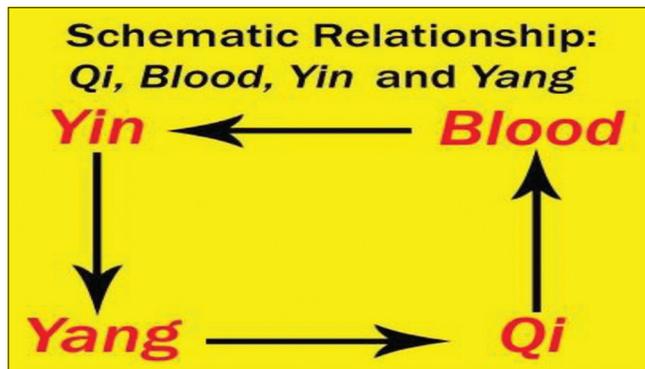


Figure 4: Schematic relationship *Qi*, Blood, *Yin* and *Yang*

In the case of the three patients described, they received orientations to avoid foods that would imbalance the Spleen pancreas meridian, the Liver, and the Kidney. In the case of the Spleen pancreas meridian, it is important to avoid dairy products, raw foods, cold beverages, and sweets. Normally, the patient is oriented to eat more boiled food and drink lukewarm water. The patient is also oriented to avoid sweetener because of their sweet flavor, generating imbalance of the Spleen pancreas. The foods that have to be avoided to prevent imbalance of the Kidney meridian are soda, coffee, and matte tea. The patient is oriented to drink liquids, the daily amount of 1 L per every 25 kg of the patient per day. The foods that have to be avoided to prevent the imbalance of the Liver meridian are fried foods, eggs, coconut, honey, chocolate, alcoholic beverages, and dairy products, especially when the cheese is melted.

The treatment also used auricular acupuncture and apex ear bloodletting. Auricular acupuncture has the main goal, on TCM, to rebalance the energy flow in the meridians of the body. The points of auricular acupuncture are distributed through the ear in the form of an inverted fetus, and there are points regarding each part of the body, as well as important key points for specific diseases, feelings, and symptoms.^[24,25]

The auricular points used were related to the five elements in the Five Elements Theory: Liver, Spleen, Lung, Kidney, and Heart, to regulate the flow of energy *Yin*, *Yang*, *Qi*, and Blood. Each auricular point has a specific function as described in the other articles of the author.^[1-7]

Acupuncture is considered a medical specialty in Brazil since 1995 by the Federal Medical Council.^[1-7]

Apex ear bloodletting is seen by the author as an important procedure to clear Heat retention, and it is used in different patients' pathologies. This idea has already been presented



Figure 5: Auricular acupuncture points used to treat glaucoma patients

by the author in a study entitled “Apex Ear Bleeding, Dietary Counseling and Psychotropic Medication in Patients with Anxiety Treated with Auricular Acupuncture – A Double-Blind Study,” in the 8th World Conference on Acupuncture organized by the World Federation Acupuncture Moxibustion Societies SYDNEY 2013.

In the study of 2013, the author demonstrates how patients with anxiety symptoms that received the apex-ear-bloodletting procedure presented more improvement when compared with the group that received auricular acupuncture sessions without apex ear bloodletting.

High-diluted medication and Arndt-Schultz law

The author, in her daily practice, noticed that acupuncture was a very useful tool, but had limits. When the patients described had deep energy deficiencies, the use of acupuncture had to be complemented with medication to restore these energies.^[26]

According to the Arndt-Schultz law [Figure 6], high-concentrated medication can be harmful to health, reducing vital energy, and therefore, creating internal heat retention, according to the TCM reasoning. Based on this idea, during the patient’s treatment, the author tried to avoid the use of highly concentrated drugs.^[26]

The main purpose of avoiding these drugs was to avoid worsening the patient’s energy level and not create more heat retention, generated by the reduction in the vital energy that can induce more diseases in the future, such as hypertension, myocardial infarction, diabetes, allergies, and other chronic diseases.

In the first case report described the patient presented an improvement of the glaucoma symptoms, not related to the use of the eye drops, once many of the patients were using the eye drops for years without results. The eye drops are metabolized by the Liver meridian, and as the Liver is the organ associated with the eye, it will generate more energy imbalances, that could lead to a worsening the IOP.

Chakras

The chakras correspond to the five elements within the Five Elements Theory, as exposed in small trials in the literature. Many ancient medical scholars believe that the five elements theory and the chakras theory can connect. One example is entitled *The Geometry of Emotions: Using Chakra Acupuncture and 5-phase Theory to Describe Personality Archetypes for Clinical Use*, where the author links the use of chakras measurement with the principles of TCM. These ideas have been described by the author in other articles, to comprehend the influence of a weakened result in the chakras in the other systems of the body. Although this article is focused in personality archetypes linked to the chakras, it establishes a relationship between the five elements theory

and the seven chakras, in the same way as proposed by the author in the previous articles.^[27,28]

As there are seven chakras and five elements, the seventh chakra is ruled by the first (Wood or Liver), and the sixth chakra is ruled by the second (Water or Kidney). The fifth chakra is ruled by Earth (Spleen-pancreas), the fourth is ruled by Metal, or Lung, the third is ruled by Fire or Heart. The second is ruled by Water or Kidney and the first chakra is ruled by Wood or Liver, as shown in Figure 7.^[27,28]

The use of the chakra centers measurement was previously analyzed by George Washington, in the article entitled *The Scientific Basis of Integrative Medicine*. In the article, the author describes the pineal gland as a link between our external environment and the network of internal body systems, comprehending the chakras system as an extension to the body’s working systems.^[28]

The homeopathy and crystal-based medications used in the treatment for the chakras are better described in Table 2.

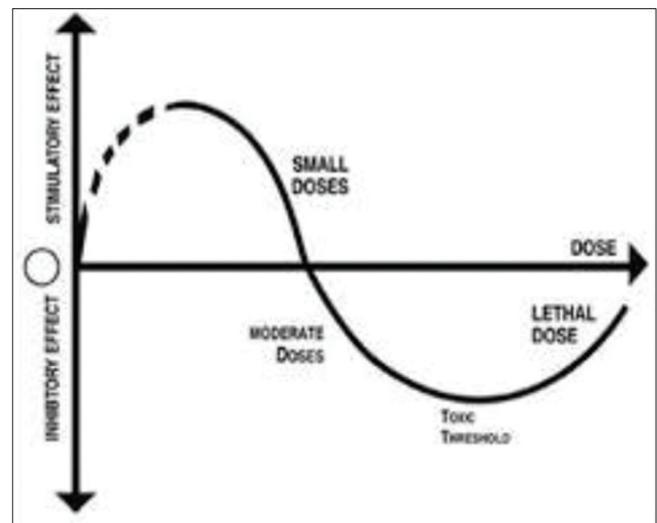


Figure 6: Arndt-Schultz’s law

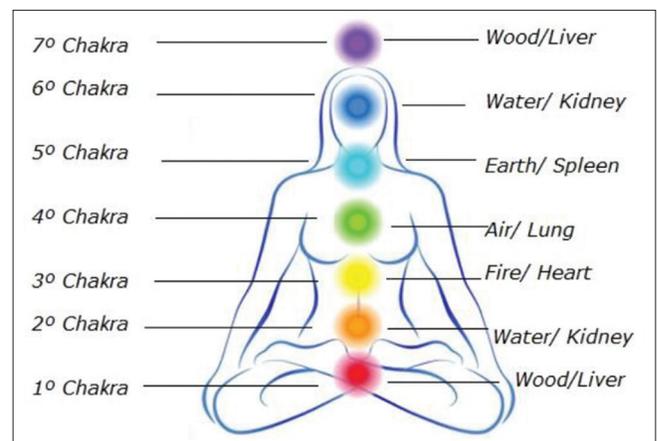


Figure 7: Chakras energy correspondence

Table 2: Homeopathy and crystal-based medications for the replenishment of chakras energy

Chakras	Five elements	Homeopathy medications	Crystal based medications ^[22]
1° Chakra	Wood/Liver	Phosphorus	Garnet
2° Chakra	Water/Kidney	Natrium muriaticum	Orange calcite
3° Chakra	Fire/Heart	Sulfur	Rhodochrosite
4° Chakra	Air/Lung	Silicea	Emerald
5° Chakra	Earth/Spleen	Calcarea carbonica	Blue quartz
6° Chakra	Water/Kidney	Natrium muriaticum	Sodalite
7° Chakra	Wood/Liver	Phosphorus	Tiger eye



Figure 8: Traditional Chinese medicine and Western medicine – *Yin* and *Yang* metaphor

The specific use of all the crystal-based medications and the properties of each crystal and homeopathy are described in the study of 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, in March 2019.^[1-7]

Homeopathy is considered a medical specialty in Brazil since 1985 by the Federal Medical Council. The use of high-diluted medication was recommended because in two of the three case report described because they had energy imbalances, the high-diluted medication can improve the lack of energy. The use of high-concentrated medication would worsen the energy state, causing a worsening in the glaucoma pathology.

Yin and Yang metaphor of Western and TCM

To treat patients with glaucoma in a more effective way, the physician has to comprehend the importance of the different medicine perspectives. The body, and therefore, the possible treatments, is not only physical and constituted by organs and tissues. It is formed by energy. In Figure 8, a metaphor of *Yin* and *Yang* as the different kinds of medicine was created by the author. Nowadays, these two perspectives are separated, but they are different in perspective but can be complementary.

To comprehend better the physiopathology and the treatment of glaucoma disease, it is important to have a holistic view of the human being.^[1-7]

TCM can be considered as *Yang* energy is a part of energy, and Western medicine is considered *Yin* energy, already materialized. The relationship is not static, but dynamic.^[1-7]

CONCLUSION

The conclusion of this study is that to treat patients with glaucoma, it is important to understand that glaucoma may be caused by the energy imbalances, which are the root of the problem. In these three case reports, all had energy deficiencies, and the second and third cases also presented deficiency in the chakras energy. The treatment of all these energy deficiencies leads to an improvement of the IOP, corroborating with the idea of treating the disease in a systemic and not localized way.

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