

Chakras Energy Deficiency as the Cause of Chronic Conjunctival Hyperemia

W. L. Huang

Medical Acupuncture and Pain Management Clinic, Franca, São Paulo, Brazil

ABSTRACT

Introduction: Conjunctival hyperemia (CH) is a reaction that appears as dilation and redness of the conjunctival vessels. In Western medicine, the CH can be caused by viral or bacterial infections, as well as allergic reactions. The treatment in Western medicine is based on symptom relief. According to Traditional Chinese Medicine, the eye is commanded by the energy of the Liver, and the redness linked to CH is due to Heat retention. **Purpose:** The purpose of the study was to demonstrate that chronic CH is caused by systemic energy deficiency of the chakra centers, leading to the formation of internal Heat manifesting in hyperemia in the conjunctival mucosa. **Methods:** Two case reports: First, a 12-year-old boy, with CH since he was 5 years old, making use of eye drops during years. He searched for treatment with Chinese dietary counseling, auricular acupuncture with apex ear bloodletting, and chakras measurement that resulted in level 1 in 8 of energy for all the chakras. The second patient is a 55-year-old male; the redness in the eyes was noticed in the physical examination. The doctor suggested auricular acupuncture and apex ear bloodletting, as well as the measurement of the chakras meridians that resulted all in 1 in 8. **Results:** After the treatment with Chinese dietary counseling, auricular acupuncture, crystal-based and homeopathy medication, both patients presented improvement in the redness on the eyes, reducing the consumption of eye drops. **Conclusion:** To treat better the chronic CH, it is important to search for the root of the problem that may be the deficiency of the chakras center meridians.

Key words: Chronic Conjunctival Hyperemia, Chinese Dietary Counselling, Auricular Acupuncture, Chakras, Crystal-based Medications, Energy, Homeopathy, Traditional Chinese Medicine

INTRODUCTION

Conjunctival hyperemia (CH) is a conjunctival reaction that appears as dilation and redness of the conjunctival vessels.^[1-3] The pattern of hyperemia often appears with the greatest redness at the fornices and fades moving toward the limbus. CH may be present from simple cases such as conjunctivitis, to complex and dangerous cases, such as uveitis and acute glaucoma.^[1-4]

CH can occur actively or passively. Active hyperemia, also called arterial hyperemia, occurs when the blood flow through the conjunctival vessels increases due to vasodilation.^[1-4]

In contrast, passive hyperemia, also called venous hyperemia, is due to the obstruction of flow. The obstructed vessel dilates proximally, becoming a red, dilated vessel.^[1-4]

According to Western medicine, CH is present in numerous conditions, which makes it a very common symptom.^[5] Environmental factors such as smoke, pollution, wind, allergies, and chemical fumes can cause hyperemia.^[6]

In addition, infections with many types of viruses and bacteria can also cause CH. CH is also common in contact lens wearers and is thought to be due to metabolic influences, chemical influences, allergies to the contacts, or the solutions used.^[6]

Address for correspondence:

W. L. Huang, Medical Acupuncture and Pain Management Clinic, Homero Pacheco Alves, 1929, Franca, Sao Paulo, 14400-010, Brazil. E-mail: weilingmg@gmail.com

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On the other hand, Traditional Chinese Medicine (TCM) comprehends hyperemia as a reflex of an energy imbalance present in the body. The studies of TCM present the theory of the five wheels that works together with the Five Elements Theory, considering the concepts of TCM such as *Yin* and *Yang* energies, massive and hollow organs, and other concepts anchored on the complex path of diagnosis and treatment.^[7-9]

For this study, the two case reports represent a new possibility of treatment, which deserves discussion.

PURPOSE

The purpose of this study is to observe the chakras energies as an influence to the cause of hyperemia. A second important goal is to address the symptom of hyperemia as a reflex of other imbalances present in the body, treating not only the symptom but also the energy imbalances, in the root level.

METHODS

The methodology of this study was based in two major pathways, the first is the study and analysis of the symptom of hyperemia, the diseases associated with this diagnosis in Western medicine, the meaning of the symptom for ancient medical traditions such as TCM, Hippocratic medicine, and some concepts of Ayurvedic medicine.

The second is the exposition of two case reports of patients that had, despite other symptoms, hyperemia or red eyes.

Case report 1

The first case is from a 12-year-old boy with CH since he was 5 years old. The patient's mother stated that the kid had been using eye drops for all these years, being accompanied by an ophthalmologist. Unfortunately, there came a time where the kid had a chronic loss of his right eye vision, leaving him only with the smallest sights of shadows and figures.

Seeking for a different treatment, the patient was brought to the author's clinic, where it was identified that both the patient's corneas were completely opacified, with both eyes presenting the symptoms of diffuse hyperemia. The patient did not complain of pain. The patient was diagnosed with deficiency of *Yin-Yang* of the Kidney, *Qi* deficiency, Blood deficiency, and Heat retention.

According to the TCM, the picture of ocular hyperemia refers to the formation of internal Heat, and therefore, the treatment was based on Chinese dietary counseling to avoid the increase of internal Heat and rebalancing of the internal *Yin*, *Yang*, *Qi*, and Blood energies.

To avoid internal Heat formation, the patient was advised to avoid the ingestion of melted cheese, fried foods, as well as eggs, chocolate, honey, coconut, and alcoholic beverages. The patient was also oriented to avoid drink soda, coffee, and mate tea. The patient had the habit of drinking a lot of soda instead of water. He was oriented to avoid dairy products, cold water raw food, and sweets.

In addition, the patient was treated with auricular acupuncture associated to apex ear bloodletting procedure. The patient was slowly progressing with treatment, but to improve the results, it was performed the procedure of radiesthesia, to diagnose energy deficiencies that could be maintaining the formation of Heat retention.

The procedure of radiesthesia rates the energy level from 1 to 8, being one the lowest level and eight the normal level. The patient's chakras one to six were found completely depleted in energy. All six of the patient's chakras were rated one; being his seventh chakra, the only one with sufficient energy, rating eight.

In addition to Chinese dietary counseling and auricular acupuncture with apex ear bloodletting, the patient also received the prescription of homeopathy and crystal-based medication to restore the energy of the chakras. The homeopathy used was based on the *Constitutional Homeopathy of the Five Elements Theory based on TCM*, developed by the author.

Results case 1

The treatment was a success in a considerable short amount of time, where the patient once returned to the clinic without the hyperemia symptom.

Case report 2

The second patient was a 58-year-old male, who first sought acupuncture treatment for pain in the perineum due to bicycle trauma; the patient was a very dedicated cyclist who biked several miles a week. In the physical examination, it was noticed that the patient also had a CH. There was no complaint by the patient.

The patient was first diagnosed with a Kidney *Yin* deficiency and Heat Retention. The treatment was started with Chinese dietary counseling (same as in the first case), auricular acupuncture and apex ear bloodletting to treat the bicycle trauma, and also the CH.

The patient promptly accepted the suggested treatment twice a week, but unfortunately, the condition's improvement of his CH was not very consistent.

Then, it was suggested that the patient received the procedure of radiesthesia, the same done in the first case, to rate the energy of each chakra. He was diagnosed with energy deficiencies in all his chakras, all rated in 1 of 8.

As well as in the previous case presented, it was prescribed homeopathy and crystal-based medication during the period of 1 year in conjunction with the treatment previously proposed (Chinese dietary counseling, auricular acupuncture, and apex ear bloodletting).

Results case 2

This second treatment was also a success. The patient was oriented to not intake any high-concentrated drugs to diminish the pain in the perineum because according to the Arndt-Schultz law, it would worsen his energy imbalances, already low according to the radiesthesia procedure, worsening the hyperemia symptoms, due to more formation of internal Heat.

DISCUSSION

Western Medicine Treatment

When researching about CH, the researcher will realize the concepts of CH and red eye constantly meet, but their definitions are different.^[5,6]

According to the *Family Practice Notebook*, CH is an engorgement of the conjunctival blood vessels. There are no specific conditions related to the symptom, and CH can be commonly found in almost all the red eye conditions.^[10]

On the other hand, the symptom of red eye can be interpreted in the most varied manners, many times being associated with other significant symptoms that will lead to the diagnosis. Both symptoms can be linked with glaucoma, conjunctivitis, uveitis, and other pathologies, depending on other symptoms of the patient.^[5,6]

The differential diagnosis is so large that the caregiver must be comfortable with all diagnoses and must be able to distinguish between them. Therefore, the treatment will vary according to the diagnosis done after laboratorial examinations.^[10]

If the red eye is not associated with other symptoms or conditions, the usual treatment is done with eye drops. Popular remedies include naphazoline, which is found in the most common eye drops to clean the eyes. It treats redness caused by allergic reactions and minor irritation.^[1-6]

A second option is tetrahydrozoline, a decongestant that can clear redness caused by allergy, exhaustion, and irritation.^[1-6]

A third option is eye lubricant drops. Many drops are available, most of which use lipids to mimic real tears. There is some debate among eye doctors about whether preservatives in some eye drops are safe.^[1-6]

As the diagnosis is very broad for red eyes and hyperemia, constantly, patients with red eyes and no other symptoms

do constant use of eye drops with naphazoline and/or tetrahydrozoline, which are high-concentrated medications.^[5,6]

In the first case report described, after years of the use of the eye drops, the patient presented loss of vision, not yet explained by the ophthalmologist accompanying the case, despite the performance of the most varied examinations. The approach used by the author in the treatment of the two case reports patients, observed the symptom of red eye not only locally but also systemically.

The Differences between Ancient Approach and Western Current Approach: The Metaphor of the Tree

During the past decade, working every day in the medical field with the use of ancient medical traditions, the author achieved some interesting hypothesis when treating the most varied pathologies, conditions, and patients. This conclusion can be summarized and easily comprehended through the metaphor of the tree, present in all the studies of the author, as well as in all the conferences, in which the author presented her work worldwide.^[11-17]

Western medicine, on the other hand, comprehends health as the well-functioning of the body separately. If the patient has an imbalance in the eye, the eye is observed and analyzed, not the rest of the body.^[11-17]

The first idea to be mainly understood is how TCM places a completely opposite point of view regarding the concepts of health and disease. For TCM perspective, health is based on a general concept of balance, between the whole-body systems. To better explain this comprehension, they use the concept of energy, observing the relations between organs, nervous system, brain, tissues, etc.^[11-17]

The tree in the metaphor has a trunk with several branches, as shown in Figure 1, each branch represents each medical specialty and each leaf that comes out of each branch represents the symptoms and diseases of each specialty. It is

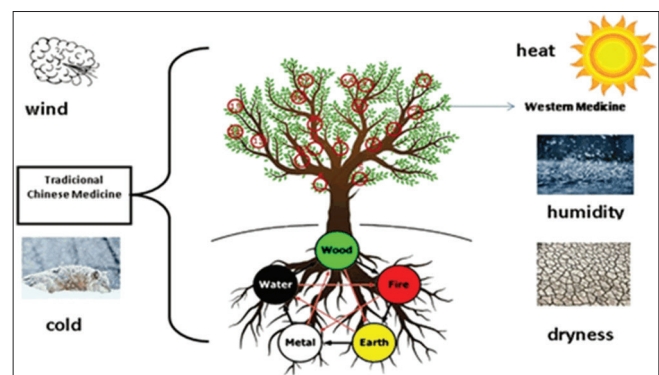


Figure 1: Schematic relationship between Traditional Chinese Medicine and Western Medicine

this visible part that is the object of study and practice in the Western medical profession due to the curriculum offered in the medical schools around the world. The focus is to treat each leaf in each specialty.^[11-17]

The part of the tree that is below the earth – invisible to the naked eye – are the roots of the tree. This part remains unknown to western medicine mainly because its existence is not recognized or discussed in the medical faculties.^[11-17]

Yin and Yang Theory, Five Elements Theory and the Theory of the Five Wheels

The sustentations of TCM theories are the Five Elements and the *Yin* and *Yang* theory [Figure 2]. These subjects were extensively discussed by the author in several other studies.^[18]

In the body, the *Yin* and *Yang* are responsible for all the health process; they are connected with the organs and would create symptoms when facing perturbations and imbalances. The functioning of the body is ruled by the flow of energy features: *Yin*, *Yang*, *Qi*, and Blood.^[18]

The second main theory basing TCM is the Five Elements Theory. The Five Elements Theory states that there are five elements present in everything in the world, including our bodies. These elements are Water, Wood, Fire, Earth, and Metal. Inside our bodies, these elements will be represented by specific organs. These organs are considered the massive organs.^[18]

The Fire element corresponds to the Heart, the Wood element corresponds to the Liver, the Earth element corresponds to the Spleen, the Metal element corresponds to the Lungs, and the water element corresponds to the Kidney [Figure 3].^[18]

When talking about eye pathologies, another theory will be very important. The Theory of Five Wheels is a relatively modern theory used in TCM ophthalmology.^[7-9]

The theory derived from the Five Elements Theory and it is based on the “ocular visceral manifestation theory,” first present in the *Yellow Emperor*.^[19]

The Five Wheels Theory is based on the intimate correlation between the eye and the Zang-Fu organs; including the eyelid, canthus, white of the eye, the black of the eye (cornea), and the pupils. In the Five Wheel Theory, wheels are seen as the branch and the Zang-Fu is the root. Diseases of the wheels are caused by disorders of the organs, as shown in Table 1.^[7-9]

Hyperemia of the conjunctiva is due to Wind-Heat invading the Lung channel. Marked redness of the conjunctiva is caused by excess Heat in the Lung channel. Nodes on the whites of the eyes surrounded by a dark purple vessel are due to stasis of fire toxin and/or the stagnation of *Qi* and blood. Edema of the white of the eye is due to Lung *Qi* failing to disperse *Qi*. Edema with hyperemia is due to Lung Heat exuberance.^[7-9]

The carmoisine, small blood streaks in the white of the eye, is typically caused by a deficiency of Fire of the Lung channel. Ultramarine color of the white of the eye is caused by *Qi* deficiency and Blood stagnation. Dry sensation with less fluid in the white of the eye is caused by a deficiency of Lung *Yin*.^[7-9]

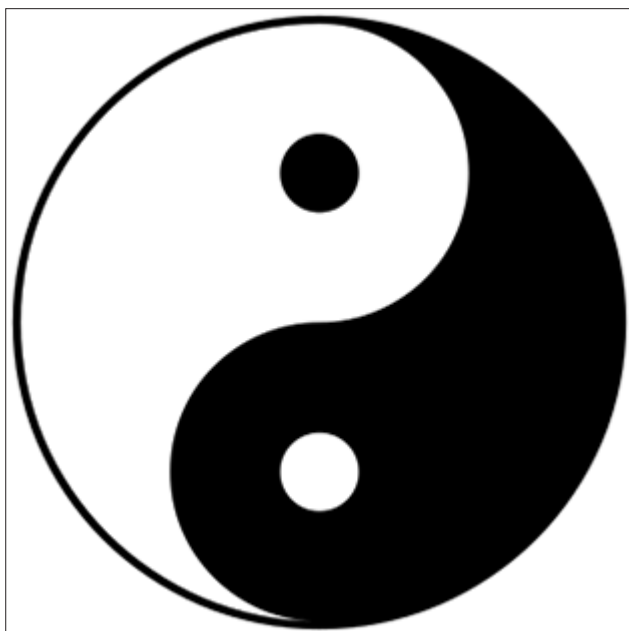


Figure 2: Yin and Yang

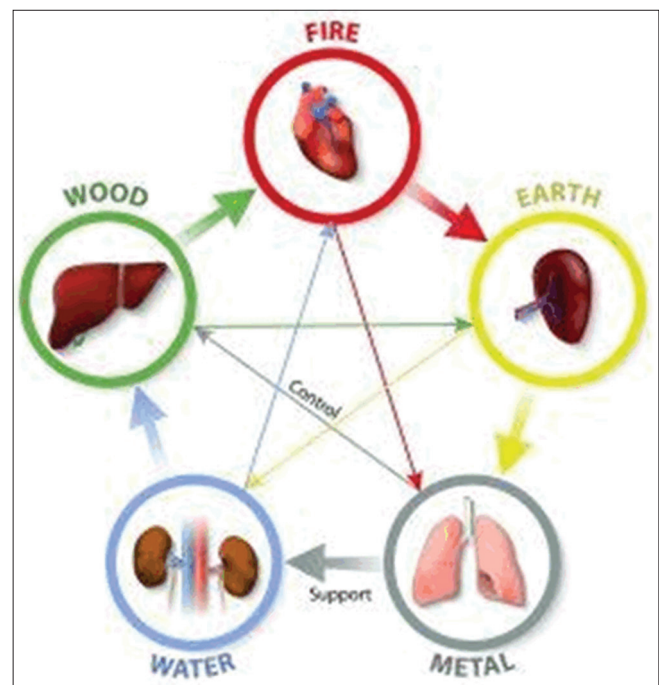


Figure 3: Five Elements Theory

The diet used by the patient, as well as the auricular acupuncture and apex ear bloodletting procedures were extensively explained by the author in several other studies.^[11-17]

The Phases of the Disease Progression

Before a disease is diagnosed at the laboratory, through the radiological level or by complementary tests, there has already been an alteration in the energy level, the patients have symptoms, but the tests are still normal [Table 2]. Elizabeth Craik, in the book *Hippocratic Corpus*, quotes that the physician should give extreme importance to the early diagnosis of all diseases. As stated in the book, acting wrong or not acting in the beginning of the diseases could difficult the cure.^[20]

The disease progresses in various phases in a healthy body. During Phases 1–3, only a slowing of the organ functions occurs due to energy imbalances, and the patient has and complains of symptoms, but the results of laboratory examinations are normal [Table 2]. At Phase 4, the laboratory examinations show some alterations, and the disease is still curable, and at Phase 5, the examinations are very altered, and the cellular damage is irreversible and the disease incurable [Table 2].

This idea of the phases of disease progression may justify why the first patient had loss of vision.^[11-17] As the red eye was a reflex of a deeper problem, which could not be seen from common examinations, the problem went unnoticed, until the patient lost his vision. As the patient was further diagnosed with no energy in any of the seven chakras, through the

radiesthesia procedure, probably, the patient had this energy deficiency for a very long time, way before of the vision loss.

The discussion about the phases of the diseases was more widely demonstrated in the article *Why Patients Still Catch Hospital Infections Despite Control Programs?* Published by the Acta Scientific Journal, in April 2018.^[15]

Arndt–Schultz’s law

The Arndt–Schulz’s law, originally formulated in 1888, 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.^[11-17]

According to this law, highly diluted drugs improve organic processes, while high concentrations harm health. In the case of prescription drugs with high concentrations, in any case, they will be reducing the vital energy, and they will generate more internal heat formation, worsening, in this case, the CH symptoms.^[11-17]

The second reason to avoid high-concentrated drugs is that they can directly affect the Liver energy, increasing the Heat retention in the Liver and Gallbladder meridian, leading to the worsening of the symptoms of CH.^[11-17]

Yin and Yang Metaphor of Western Medicine and TCM

To treat patients with CH in a more effective and deeper way, the physician has to comprehend the importance of the different

Table 1: Five wheels theory

Five wheels	Five phases	Zang-Fu	Eye structure
Wind wheel	Wood	Liver; gallbladder	Cornea, iris
Blood wheel	Fire	Heart; small intestine	Inner and outer canthus, lacrimal caruncle, plica semilunaris, lacrimal puncta
Flesh wheel	Earth	Spleen; stomach	Eyelid, tarsus, palpebral conjunctiva
Qi wheel	Metal	Lung; large intestine	Bulbar conjunctiva, anterior part of the sclera
Water wheel	Water	Kidney; bladder	Pupil, aqueous humor, lens, vitreous body, choroid, retina, macula, optic nerve, etc.

Table 2: Progression from health to disease

Progression of health to disease				
Phases	Organ	Exams	Energy reserve	Symptom
Phase 1	Slowing down of organ functions	Normal	Energy reserves normal	Without clinical symptoms
Phase 2	Slowing down of organ functions	Normal	Consumption of internal energy reserves	With symptoms in other organ
Phase 3	Slowing down of organ functions	Normal	Consumption of external energy reserves	With symptom in same organ
Phase 4	Reversible cellular lesion	Little alteration	Consumption of blood reserves	Curable disease
Phase 5	Irreversible cellular lesion	Excessive alteration	Metabolic exhaustion	Incurable disease



Figure 4: Traditional Chinese Medicine and Western Medicine – *Yin* and *Yang* metaphor

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 4, 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.^[11-17]

TCM can be considered as *Yang* energy, and Western medicine is considered *Yin* energy, already materialized. In the same way of the relationship between the *Yin* and *Yang*, TCM starts where Western medicine ends, and vice versa.^[11-17]

CONCLUSION

The conclusion of this study is that CH has an internal energy cause, which may be evaluated and not only looked at and treated at locally; according to TCM, these local symptoms are only reflections of an internal energy imbalances.

The assessment of how the chakra energy is balanced, or imbalanced, as in both patients' cases, is a primordial tool for assessing how the energy status of the five elements in TCM is. The energy deficiencies must be corrected to address the real problem causing CH.

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