

Chakras' Energy Deficiencies as One of the Causes of Sjögren's Syndrome

Huang Wei Ling

Infectious Diseases, General Practice, Nutrition, Acupuncture and Pain Management Specialist, Medical Acupuncture and Pain Management Clinic, Franca, São Paulo, Brazil

ABSTRACT

Introduction: Sjögren syndrome is a chronic, systemic disorder of an autoimmune nature, according to Western medicine. It is characterized by lymphocytic infiltration of the exocrine (mainly salivary and lacrimal) glands and by remarkable B-cell hyperactivity. As for many autoimmune diseases, the primary etiopathogenetic events are not known. In traditional Chinese medicine, Sjögren's syndrome is related to a deficiency in Lung-*Yin* or Liver-Kidney *Yin* deficiency, which leads to nutritional deficiency of the eyes and mouth. **Purpose:** This study is to demonstrate that patients with Sjögren's syndrome have chakras' energy centers deficient in energy and the replenishment of this energy is important to treat these patients in the root level and not just the symptoms. **Methods:** Through two case reports, both women's. They have a diagnosis of Sjögren's syndrome and went to do acupuncture sessions for other reasons. The oldest one had 76 years old, was treating Rheumatoid arthritis with immunosuppressive medications and corticosteroids, and had dry eyes and dry mouth (that was leading to dry teeth that were breaking the tooth root). Chakras' energy measurements were done and revealed that both patients were without any energy in any chakras' energy centers (rated one out of eight), with the exception of the seventh that was normal (rated in eight). Treatment using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting, and replenishment of the chakras' energy centers using highly diluted medications according to the theory *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* were used. **Results:** Both patients still in treatment but are improving from all the symptoms simultaneously, including the symptom of dry eyes and dry mouth. **Conclusion:** Patients with symptoms of dry eyes and dry mouth can have chakras' energy deficiencies leading to the formation of internal Heat, consuming the internal water, and leading to dry eyes and dry mouth symptoms. The treatment using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting, and replenishment of the chakras' energy centers using homeopathies according to *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* are important tools to correct these energy deficiencies that were leading to dry eyes and dry mouth symptoms.

Key words: Chakra, Energy, Hippocrates, Sjögren syndrome, Traditional Chinese medicine, Homeopathy

INTRODUCTION

Sjögren's syndrome is characterized by being a chronic autoimmune disease where the glands that produce tears and saliva are destroyed by the cells of the immune system, causing these glands not to function properly, causing dryness in the mouth and eyes. It can also affect other glands, such as in the stomach, pancreas, and intestines, also causing dryness in the nose, throat, airways, and skin.^[1]

According to Western scientists, they have not yet managed to arrive at the exact cause that is related to Sjögren's syndrome. This syndrome can be caused by a combination of genetic and environmental factors, with different genes involved, mainly because these different genes act in different ways in different people, but they conclude that Sjögren's syndrome can begin with a virus or bacterial infection.^[2]

Since it is an autoimmune disease, treatment is usually done with corticosteroids; immunosuppressant and topical drugs

Address for correspondence:

Huang Wei Ling, MD, Rua Homero Pacheco Alves, 1929, Franca, São Paulo, 14400-010, Brazil.

© 2021 The Huang. This open access article is distributed under a Creative Commons Attribution (CC-BY) 4.0 license.

such as rituximab, hydroxychloroquine, and methotrexate are examples of drugs used by approximately 3.1 million Americans who suffer from Sjögren's syndrome.^[3]

As in modern medicine, the cause of Sjögren's syndrome is not yet known, it is important to look at the oldest medicines, to see how treatments were done and what caused such syndrome, following what Hippocrates, the father of medicine said "foolish the doctor who despises the knowledge acquired by the ancients." For this reason, the author will show the possible causes and treatments performed on two patients who have Sjögren's syndrome following traditional Chinese medicine principles and she will discuss and explain the reasoning used in the discussion section.^[4]

Although TCM does not have a specific term for Sjögren's syndrome, it can be characterized by Xiao Ke, Bi Zheng, and Xu Lao, as its symptoms affect several organs and manifests itself as *Yin* deficiency, *Yin* deficiency with excess *Yang* and Blood stasis in the channels, collaterals, and organs.^[5]

PURPOSE

The purpose of this study is to demonstrate that patients with Sjögren's syndrome have chakras' energy centers deficient in energy and the replenishment of this energy is important to treat these patients in the root level and not just the symptoms.

METHODS

The author used to write this article a compilation of articles searched in PubMed related to the Sjögren's syndrome both in Western and in traditional Chinese medicine reasoning. Furthermore, the author used to illustrate this article the presentation of two clinical case reports to show the treatment done in Western medicine and what the author used according to traditional Chinese medicine and the different perspectives in the treatment of these two patients.

Case report one

The first case is a 76-year-old patient that had rheumatoid arthritis for several years and using corticosteroids and immunosuppressive and also developed Sjögren's syndrome years after. As she felt so many pains in the body, mainly in the back, knees, and hands, she searched for a specialist in pain and it was how she came to the author's clinic.

Her symptoms of Sjögren's syndrome were that she had a very high burning sensation in her eyes and her mouth was dry and she had no saliva formation.

She constantly used eye drops to moisten her eyes and due to lack of saliva, her teeth were very weak; whenever she went to the dentist, it was not necessary to use cotton to contain the saliva since she had no more saliva, but her teeth became brittle.

Her Chinese medicine's diagnosis was Kidney *Yang* deficiency (feels more cold), Blood deficiency (do not have daily bowel movement), *Qi* deficiency (abnormal sweating during the day), and Heat retention (dry mouth and dry eyes).

The author measured her chakras' energy centers through radiesthesia procedure and it showed that six of the seven chakras' were without any energy and this was the major cause of diseases such as the formation of symptoms in Sjögren's syndrome that the author will explain in the discussion section.

The first step of the treatment was the Chinese dietary counseling, recommending to avoid all dairy products, raw foods, sweets, and cold drinks (to avoid the Spleen-pancreas deficiency). Furthermore, it was recommended to avoid fried foods, chocolate, honey, eggs, coconut, alcoholic beverages, melted cheese (to avoid the formation of more internal Heat and the imbalances of Liver and Gall bladder). The last group of foods that were orientate to avoid was soda, coffee, and mate tea (to prevent the imbalances of the Kidney energy meridian or second chakra).

She also went to systemic and auricular acupuncture with apex ear bloodletting sessions. The auricular acupuncture points used were: Shen men, Neurasthenia, Anxious, Occiput, Liver, Gallbladder, Kidney, Spleen, Large Intestine, Heart, Lung and Apex ear bloodletting point.

The systemic acupuncture points used were

St 36, LR 3, GB 34, LI4, GB 18, and GB 20 and scalp points motor area and sensitive area to treat the pain in the legs and the upper limbs.

As the patient was without energy in any of the five massive organs, diagnosed by radiesthesia procedure, the author also prescribed to her the homeopathic medications according to the *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*. The medications prescribed were following the sequence: Sulphur 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 day 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 type of crystal-based medications used in the treatment of these patients will be described in the discussion section.

Case report 2

The second case is a 32-year-old woman, a teacher who also had an autoimmune disease, treating with corticosteroids and topical medications to treat Sjögren's syndrome.

She was complaining of anxiety symptoms and pain in some parts of her body. In the beginning of her treatment, it was recommended the measurement of her chakras' energy centers using radiesthesia procedure. It revealed that all her chakras were in the lowest level of energy, rated one out eight in all her chakra, with the exception of the seventh, that was in normal level, rated in eight.

The author began to replenish her chakras' energy with the use of homeopathic medications according to the theory *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* and crystal-based medications, the same described in the case report one, and the author will not repeat again.

On the second semester of 2020, she also had SARS-CoV-2 infection and used hydroxychloroquine prescribed by herself because as she had autoimmune disease, she had this medication at home, and she used the medication to treat COVID-19 and corticosteroids and anticoagulant medication prescribed by her hematologist doctor, because she had a problem called thrombophilia, and it was prescribed the use of anticoagulant medication in that situation to prevent complications.

According to the patient report, she did not have more serious complications because she was already in treatment with the author and was using the medications to replenishing the chakras' energy centers, and for this reason, it prevented the admittance in the hospital or the evolution to more serious evolution that requires hospitalization as she was considered immune-compromised patient because the chronic use of corticosteroid and immunosuppressant medications.

Chinese dietary counseling, orientating the patient to avoid dairy products, raw food, cold water, and sweets to prevent Spleen-pancreas deficiency was done, the second groups of foods that were orientate to avoid were coffee, soda, and matte tea to prevent Kidney energy deficiency and the third groups of foods to avoid were fried foods, chocolate, honey, eggs, melted cheese, alcoholic beverages to prevent the formation of more internal Heat, and the imbalances to Liver and Gallbladder meridian or first chakra that was already compromised in this patient.

Auricular acupuncture with apex ear bloodletting was done in the same points described in the first case report and the author will discuss the use of these points in the discussion section.

RESULTS CASE REPORT 1 AND 2

Both patients improved from all their symptoms at the same time, including the dry eyes symptoms, but they are nowadays using acupuncture, apex ear bloodletting, and replenishing the chakras' energy using highly diluted medications such as homeopathic medications according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* and crystal-based medications. Both patients are still in treatment and are improving from all the symptoms simultaneously. Only the second patient described in this article, due to the COVID-19 pandemic, is not going to the acupuncture sessions anymore, but the author included her case in this article to show that patients with Sjögren's syndrome have chakras' energy centers deficient in energy and the importance to treat this kind of deficiency to treat the symptoms at the root level, and not only the symptoms. The tendency of the patient to have thrombophilia was also explained by the chakras' energy centers deficient in energy and the author will explain this item in the discussion section.

DISCUSSION

To write this article, the author used some outs said by Hippocrates, father of medicine. One of his quotes is: It is more important to consider other ancient medical traditions before the knowledge we have nowadays. For this reason, the author used thoughts from traditional Chinese medicine, one of the oldest medical traditions in the world, to explain the formation of Sjögren's syndrome, because according to the Western medicine's point of view, it has no explanations until now to elucidate the formation of symptoms such as dry eyes and dry mouth in these patients.^[4]

To better understand how the author treats these two patients described in this article, she would like to show the tree-like figure, as demonstrated in Figure 1, as a metaphor where the leaves of the tree represent the symptoms and diseases. The branches represent each medical specialty, so it focuses only in part above the earth, but all tree has a root that is below the earth, invisible by the naked eye, and it is this root that gives energy to the entire tree. When the physician treats the root of the tree, all the branches and leaves will be healthy again at the same time, as in the case report that the author in all her publications of one patient that was treating his leg pain using acupuncture and Chinese dietary counseling and after 30 days of his treatment, he discovered that the treatment for his leg pain was already good to treat his intra-ocular

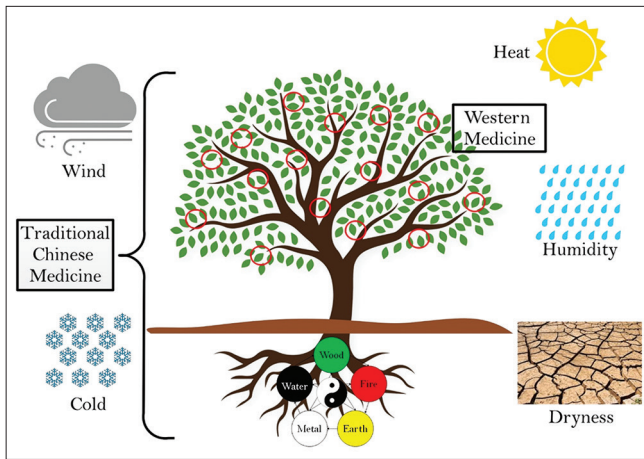


Figure 1: Metaphor of the tree showing different medical perspectives in Western medicine and traditional Chinese medicine's points of view

pressure that the author was not aware at the time of his treatment. This story is described in all the publications of the author to explain how she used her reasoning nowadays and showing the results using this kind of reasoning, treating the root and not just the symptoms. The focus of traditional Chinese medicine is the treatment of the root and everything that are surrounding the tree that is the external pathogenic factors and the internal factors that are the emotions and diet can influence this balance state.^[6-13]

In the root of the metaphor of the tree that is below the earth, there are two theories that compose it. It is the *Yin*, *Yang* theory, and the Five Elements theory. If the doctor balances what is in the root of this tree, the physician will be able to treat all the symptoms represented by the diverse leaves in all specialties at the same time. Moreover, this will be the reason of this article to explain the treatment on this root level that is compromised in patients with Sjögren's syndrome, described in this article, reported in the two cases described earlier.^[6-13]

Yin and *Yang* are two energies that are present in everything in our body and to be healthy, both energies must be in harmony between them and with two other energies, *Qi* and Blood, as illustrated in Figure 2. The *Yin* and *Yang* of each organ, gland, cell, and their function must be in harmony. The substance that forms all organs, glands, blood, fluids, cells, and all other components visible to the naked eye or under a microscope belong to *Yin* energy, while *Qi* and *Yang* command the process of saliva secretion.^[6-13]

In traditional Chinese medicine, the glands are not specified according to their location and function, but the glands are characterized by *Yin* organ. The salivary glands located in the mouth belong to the Stomach that is a hollow organ coupled to the Spleen that is one of the five massive organs in the five elements theory. The function of the salivary glands is

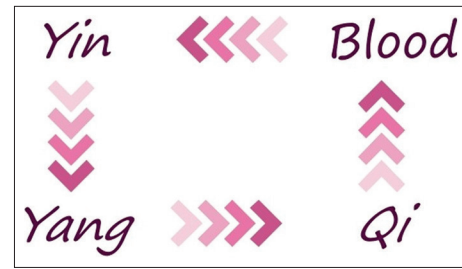


Figure 2: *Yin*, *Yang*, *Qi*, and Blood

to moisten and assist in swallowing foods. In the chakras' energy centers, salivary glands correspond to the fifty chakra that is the responsibility of the Spleen massive organ.^[6-14]

Concerning eyes, according to Davidson and Kuonen (2004) in the article *The Tear Film and Ocular Mucins*, the tear has three layers' composition and have some functions that are:^[15]

1. Lubrication of conjunctiva and cornea^[15]
2. Supplementing nutrients to the cornea and also transporting metabolic products from the cornea surface^[15]
3. Maintain the smooth surface of light refraction^[15]
4. Removing foreign materials from the conjunctiva and cornea^[15]
5. Lubrication of eyelids^[15]
6. Defending the ocular surface and providing with blood cells with access cornea and conjunctiva.^[15]

The Liver opens in the eyes; therefore, dry eyes are a symptom of Liver *Yin* deficiency. As showed in the radiesthesia procedure, the first chakra that corresponds to the Liver was without any energy in both patients. As shown in many publications by the author, when there is some energy deficiency, there is the formation of internal Heat inside the body leading to the consumption of the internal fluid and water, leading to manifestations of dryness in the eyes and mouth.^[6-14]

The Kidneys control *Yin* throughout the body. When *Yin* deficiency develops over a long period of time, Kidney *Yin* deficiency always occurs. The Kidneys correspond to the second chakra that also, in both cases, did not have any energy. However, the author showed in the generation cycle, in the Figure 3, that the Kidney depends on the energy of the Lung that depends on the energy of the spleen. This last organ depends on the energy of the Heart that depends on the energy of the Liver. This last organ depends on the energy of the Kidney, closing the cycle.^[6-14]

The formation of internal Heat can induce the formation of Fire that burns the interior, leading to the consumption of the internal water and aggravating *Yin* deficiency condition. The Fire burning in the body makes the Blood thicker and causes Blood stasis.^[6-14]

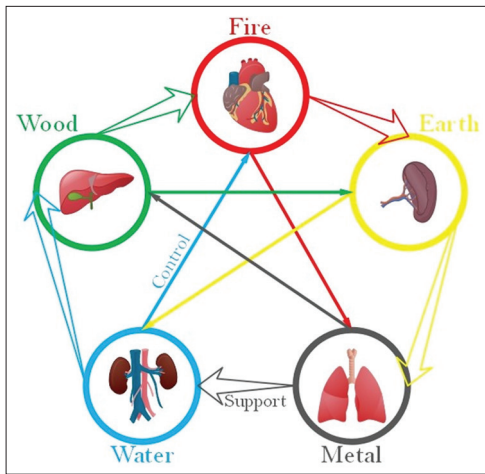


Figure 3: Five elements theory and their correspondent organs

Yin deficiency is usually a long-term and chronic problem associated with a number of illnesses. It is usually caused by excess heat, which burns all internal water and leading to more *Yin* energy deficiency, as illustrated in Figure 4.^[5]

According to traditional Chinese medicine literature, all autoimmune disease is caused by *Yin* deficiency.^[5]

The main cause of internal Heat is the disequilibrium between the energies and the lack of energy in the organs that could be caused by the chronic use of high concentrated medications (according to Arndt-Schultz law) that both patients used for several years to treat their initial autoimmune diseases and also the Sjögren's syndrome, and did not resolve for complete, because this kind of medications treats only in the leaves level, as shown in Figure 1, and the root continue imbalanced, without any energy, causing, therefore, the formation of more internal Heat, leading to a vicious cycle of energy imbalances.^[6-14,16]

In this law, showed in Figure 5, created by two German researchers, they are saying that for all substances, highly diluted medications improve the organic process and highly concentrated medications harm the vital energy leading to a decrease of the energy of the patient that is using this kind of medications. As said by the author, when there are energy deficiencies, there is the formation of internal Heat, leading to the consumption of the internal water and generating dry eyes and dry mouth symptoms.^[16]

The author treated this patient firstly using Chinese dietary counseling to treat using diet the energy imbalances that could be causing the formation of more internal Heat. Chinese dietary counseling used the energy of each food to treat the energy imbalances of each patient. The main foods that must be avoid are the foods that increase the formation of internal Heat that is fried foods, eggs, honey,

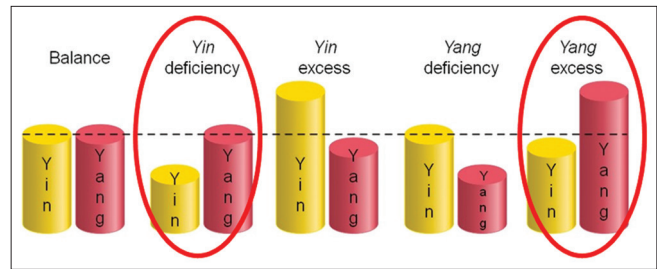


Figure 4: *Yin* and *Yang* in a balance state on the left and the various imbalances states between *Yin* and *Yang*

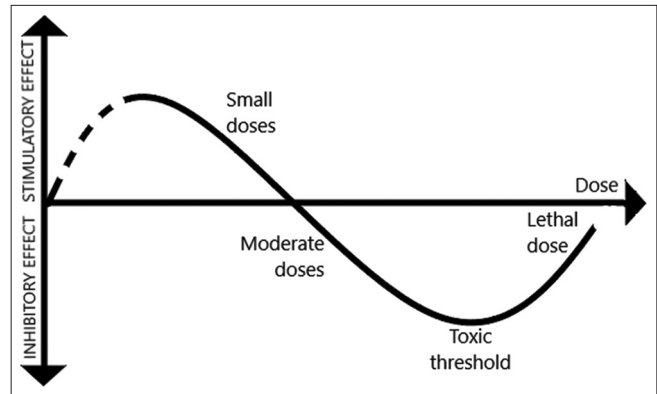


Figure 5: Arndt-Schultz law

coconut, alcoholic beverages, chocolate, pepper, cinnamon, ginger, cloves, and melted cheese. But also the patient has to intensify the ingestion of foods that grows under the ground such as cassava, potatoes, carrots and yams, and food with the black color such as black beans, black raisin, and plum, to increase the production of *Yin* energy.^[17]

In this case, it is important to evaluate the energy of each patient through anamnesis and physical examination and through the use of the radiesthesia procedure using crystal-pendulum to evaluate the results of the measurement of the seven chakra and the use of highly diluted medications such as homeopathies according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*.^[6-14,17]

The second step in the treatment of all the two patients was to balance the internal energy using auricular acupuncture using mustard seeds. The description of the function of each point was written by the author and is described in the article *How Do You Treat Back Pain in Your Practice? Part 2*, published at *Medical Acupuncture*, on February 2018.^[18]

The procedure of the most importance in the treatment instituted on these patients reported in this article was apex ear bloodletting. Wang, Wan and Zhang (2001) in the article *Treatment of Hordeolum by Bloodletting at Ear*

Apex are demonstrating the effectiveness of the use of apex ear bloodletting to treat hordeolum that is a condition characterized by Heat retention in the Liver and Gallbladder meridian. In this case, reported by the author, she used apex ear bloodletting to take out the Heat retention, and also did acupuncture to balance again the internal energies of the organs, leading to equilibrium between the organs and less formation of internal Heat, responsible for the consumption of internal water, and leading to the dryness symptoms.^[19]

Moreover, the last discovery of the author and doctor of her patients is that all the chakras' energy centers were in the lowest level of energy, leading to the formation of internal Heat also. And the correction, replenishing the chakras' energy centers with highly diluted medications using homeopathy according to the theory created by the author entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* and crystal-based medications. The medications used in these two cases were reported in this article are described in Table 1.^[14]

In TCM, they use Chinese herbs to treat Sjögren's syndrome. However, the author has some doubts if the use of this kind of herbs could not harm the vital energy as it is considered a highly concentrated medications as well. In the daily practice of the author, she is using some Chinese herbs but diluting them, as they are homeopathy medications to do no harm even more the vital energy of the patients. This experience needs more studies because the author did a research in her clinic and demonstrated that more than 90% of the patients that she was attending from 2015 to 2020 were in the lowest level of energy in the chakras' energy centers and the use of medications recommended in the literature nowadays would harm even more the vital energy or *Qi* in TCM, leading to worsening of the symptoms of the patients instead of improving.^[20]

Table 1: Homeopathy medications used in the replenishment of the chakras' energy centers and crystal-based medications

Chakras	Five elements	Homeopathy medications	Crystal based medication
1° Chakra	Wood/Liver	Phosphorus	Garnet
2° Chakra	Water/Kidney	Natrum Muriaticum	Orange Calcite
3° Chakra	Fire/Heart	Sulphur	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

However, in Brazil, it is very difficult to find these Chinese Herbs and were expensive for the author's patients to use these herbs, so during the course of homeopathy, the author found a relationship between this kind of medication and the Five Elements theory of TCM and using these concepts, the author created a new theory entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* to treat all kind of diseases, replenishing the chakras' energy centers, through the use of homeopathic medications. Using these kinds of medications, it will not harm the energy of the patients that were already low, leading to the improvement of the symptoms and treating the patient in the deepest level of the formation of the disease and not just the symptoms. Using this theory in the treatment, it will possible to treat all kinds of diseases at the same time, as it is treating the root of the formation of any kind of diseases as the author published in several of her articles.^[6-14]

This theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*, published in 2020 Acta Scientific Medical Sciences, the author explained the use of single doses of the homeopathies (Sulphur, Calcarea carbonica, Silicea, Natrum muriaticum, and Phosphorus) in the sequence according to the generation's cycle of the Five Elements theory. The first five doses of the homeopathy medications should begin with 30 CH XX-20. After 1 month, the potency should increase to 200 CHXX-20. After 2 months, the medications should be prescribed at 1000 CHXX-20. After 2 months, new sequence of medications should be prescribed at 10000CHXX-20. After two more months, new sequence should be done at 50000CHXX-20. This treatment must be done for 1 year or more but the author still studying her patients and what she is noticing is that, as the cause of this energy deficiency could be the exposition of the patients nowadays to the 5G technology, the use of this kind of medications should be for a long time, as this technology would be in our daily life as well unless there are some studies proving this harmful effect to the human body, leading to actions to provide protection to all human being.^[6-14]

As the author already explained in the article written by her entitled *How Can You Treat Rheumatoid Arthritis without Using Corticosteroids and Immunosuppressive Medications?* published in the Archives of Anesthesiology (2020), the physician needs to understand the factors involving the formation of disease in an energy point of view. Protections against the invasion of external pathogenic factors, orientations regarding the type of foods recommended to eat and replenishment the chakras' energy centers with homeopathies according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* and crystal-based medications are important to tools used to fortify the immune system of the patient and rebalance all the internal energies of the patient that are in the lowest level of energy.^[6-14]

The article in the process of publication entitled *Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection* by the Acta Scientific Microbiology 2021, is demonstrating through this article in research she did in her clinic from 2015 to 2020, measuring 1000 patients' chakras' energy centers that the majority of the patients that she is attending nowadays have a deficiency in energy in quite all the chakras' energy centers. For this reason, precaution needs to be taken by the physician when prescribing medications or do implantation of prosthesis in patients because all this measurement could harm even more the vital energy leading to worsening of this energy and generating more complications and even death of this patient.^[6-14,21]

Regarding the importance to take out high concentrate medications, the author also publish an article entitled *Why Do Patients Still have Anxiety Symptoms Despite the Use of Psychotropic Medications*, published at Archives of Neurology and Neuro Disorders in 2019 where the author showed in this article that the use of high concentrate medications like psychotropic leads to the reduction of energy (*Qi* or vital energy), leading to the formation of internal Heat, that is the energy imbalance that was causing anxiety. Moreover, the production of internal Heat is the cause of the formation of dry eyes, according to TCM.^[9]

And more recently, the author published one entitled *Energies Alterations and Chakras Energies Deficiencies as Underlying Cause of Essential Tremors* at Clinical Research in Neurology in 2020, where she is explaining through four cases reports the effectiveness and importance of considering energy imbalances during diagnosis and treatment of tremors. 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 energy deficiencies. About the metal implants' influences in generating dry eyes, the author published one article entitled *Can Biomaterial Surgical Implants Influence the Body's Health?* published at Acta Scientific Medical Sciences on September 2019, where the author demonstrated in this article the influences of the use of metallic implants on the body, leading to the reduction on the vital energy of the patients and improvement when this metallic device was taking out from the body.^[10,21]

To understand better the formation of dry eyes and mouth, it is very important to understand the concepts of the two kinds of medicine nowadays to treat adequately this symptom that affects 0.1–4.8% of the population. That is why it is increasingly important to integrate the various types of medicines that are Western medicine and traditional Chinese medicine, one supporting and complementing the other, as well as the *Yin* and *Yang* energies, illustrated in Figure 6, which one do not exist without the other and when



Figure 6: Yin and Yang metaphor of western and traditional Chinese medicine

one ends the other is starting, and also should be Western and traditional Chinese medicine.^[6-14]

CONCLUSION

Patients with Sjögren's syndrome can have chakras' energy deficiencies leading to the formation of internal heat that are the energy imbalances leading to dryness in the eyes and mucosa. The treatment using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting and replenishment of the chakras' energy centers applying homeopathies according to *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* are important tools to correct these energy deficiencies that were leading to dry eyes and mouth symptoms.

REFERENCES

1. Sarmiento-Monroy JC, Mantilla RD, Rojas-Villarraga A, Anaya JM. Sjögren's syndrome. In: Autoimmunity: From Bench to Bedside. Bogota, Colombia: El Rosario University Press; 2013.
2. Tsigalou C, Stavropoulou E, Bezirtzoglou E. Current insights in microbiome shifts in Sjogren's syndrome and possible therapeutic interventions. *Front Immunol* 2018;9:1106.
3. Valim V, Trevisani VF, Pasoto SG, Serrano EV, Ribeiro SL, de Alencar Fidelix TS, *et al.* Recommendations for the treatment of Sjögren's syndrome. *Rev Bras Reumatol* 2015;55:446-57.
4. Yapijakis C. Hippocrates of Kos, the father of clinical medicine, and Asclepiades of Bithynia, the father of molecular medicine. *Review. In Vivo* 2009;23:507-14.
5. Wanzhu H, Guangpi X, Hanjie W. In: Gould JM, editor. *Treating Autoimmune Disease with Chinese Medicine*. 1st ed. Amsterdam: Elsevier Ltd.; 2011. p. 303.
6. Huang WL. The importance of correcting energy imbalances and chakras energy deficiencies in the treatment of patients with glaucoma. *Clin Res Ophthalmol* 2019;2:1-9.
7. Huang WL. Can autoimmune hepatitis be treated without the

- use of corticosteroids and immunosuppressive drugs? *Acta Sci Med Sci* 2019;3:178-86.
8. Huang WL. How can you treat rheumatoid arthritis without using corticosteroids and immunosuppressive medications? *Arch Anesthesiol* 2020;3:19-30.
 9. Huang WL. Why do patients still have anxiety symptoms despite the use of psychotropic medications. *Arch Neurol Neuro Disord* 2019;2:13-23.
 10. Huang WL. Energies alterations and chakras energies deficiencies as underlying cause of essential tremors. *Clin Res Neurol* 2020;3:1-9.
 11. Huang WL. Chakras' energies replenishment in the treatment of addiction in marijuana. *J Psychiatry Res Rev Rep* 2020;2:1-7.
 12. Huang WL. Why are diabetic patients still having hyperglycemia despite diet regulation, antiglycemic medication and insulin? *Int J Diabetes Metab Disord* 2019;4:1-14.
 13. Huang WL. Energies alterations and chakras' energies deficiencies in patients with chronic constipation. *J Gastroenterol Dig Syst* 2020;4:44-51.
 14. Huang WL. Constitutional homeopathy of the five elements based on traditional Chinese medicine. *Acta Sci Med Sci* 2020;4:57-69.
 15. Davidson HJ, Kuonen VJ. The tear film and ocular mucins. *Vet Ophthalmol* 2004;7:71-7.
 16. Leeser O. Support of homeopathy by the Arndt-Schulz law. *Hippokrates* 1953;24:417-21.
 17. Perini M. *Terapia Dietética Chinesa*. São Paulo: Livraria e Editora Andreoli; 2020.
 18. Huang WL. How do you treat back pain in your practice? Part 2. *Med Acupunct* 2018;30:46-53.
 19. Wang Z, Wan X, Zhang Q. Treatment of hordeolum by bloodletting at ear apex. *J Tradit Chin Med* 2001;21:213-4.
 20. Cheng LD. *Fórmulas Magistrais Chinesas*. Barcelona: Roca; 2008.
 21. Huang WL. Can biomaterial surgical implants influence the body's health? *Acta Sci Med Sci* 2019;3:62-71.

How to cite this article: Huang WL. Chakras' Energy Deficiencies as One of the Causes of Sjögren's Syndrome. *Clin Res Ophthalmol* 2021;4(1):1-8.