

# Chakras Energy Alterations in Patients with Hemorrhoids and How to Treat it without Surgery

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## Abstract

**Introduction:** Hemorrhoids are defined as swollen veins in the anus or rectum, similar to varicose veins.

**Purpose:** Demonstrate through two clinical case reports that patients with hemorrhoids have chakras energy deficiency and the correction of using ancient medical tools and high-diluted medication can help patients without performing surgery.

**Methods:** Two case reports: the first, 50-year-old male patient, A.M.B, who suffered from hemorrhoids (2003 to 2005). Moisturizers, medications and cauterization were not successful. The patient started treatment with auricular acupuncture and apex ear bloodletting. He also received measurement of the chakras 10 years later, which attested his chakras were rated at the minimum level of energy (1) of 8. The second, a 38-year-old male patient, started treatment with ancient medical tools for vitiligo. On the middle of the treatment, he reported to have symptoms of hemorrhoids. Treatment was the same done in case 1 and received measurement of the chakras. All chakras of the patient were rated in the minimum level (1) of 8. The first treatment was associated with homeopathy and crystal-based medications to replenish the energy of the chakras.

**Findings:** The first patient reported improvement after the very first session, claiming that the stinging sensations had disappeared with no relapses. The second patient only had significant improvement of the hemorrhoid symptoms when the treatment was associated with the use of homeopathy and crystal-based medications to replenish the energy of the chakras.

**Conclusion:** The conclusion of this study is that hemorrhoids can be effectively treated using Chinese dietary counseling, auricular acupuncture, associated with apex ear bloodletting, and bloodletting in the correspondent rectum point, rebalancing *Yin, Yang, Qi*, Blood and Heat Retention, and replenishing the energy of the chakras with high-diluted medication, without the necessity of surgical intervention, according to these two case reports.

**Keywords:** Hemorrhoids; Surgery; Acupuncture; Bloodletting; Diet; Traditional Chinese medicine; Auricular acupuncture; Chakras

## Introduction

Hemorrhoids are swollen vessels placed around the anus or in the lower rectum. By the age of 50, half the population will have experienced at least once one of the symptoms of hemorrhoids. Also known as piles, hemorrhoids can be presented internally or externally. Internal hemorrhoids are found within the rectum and are not noticed unless they prolapse and thrust through the anal opening, causing pain and itching. [1,2]. If external, the hemorrhoids are set underneath the skin on the anus. Most patients notices the condition when bleeding during excretion and by feeling a form of "fullness" in the anal region [1,2]. An external hemorrhoid can thrombose when the blood inside the vessel clots, causing several pains and swelling in anus [1,2]. Both internal and external cases can be diagnosed by physical exam. If necessary, a colonoscopy or sigmoidoscopy can be order for alternative causes of bloody stools [1,2]. When the hemorrhoids are external the diagnosis can be done through physical examination [1,2].

However, when they are internal, the diagnosis is done through a digital examination or with an anoscope, proctoscope or sigmoidoscope. There are a range of different treatment of hemorrhoids, because the disease is very common in the third age. Medications with hydrocortisone are commonly used, and the use of moisturizers is also common. There

are also many different surgical procedures that can be done in order to treat the nuisance. Some of them are minimally invasive procedures, such as rubber band ligation, who has the goal of cuts of the hemorrhoid circulation, in order to cure it, injections of a chemical solution, or coagulation with the use of lasers. There are also surgical procedures, more invasive, but also more effective depending on the seriousness of the pathology. The reasoning and the treatment of the patients in the case reports, as well as all other patients of the author, was based on the analysis of one specific case the author had in 2007 [3]. The patient in question presented symptoms of pain in the legs and received treatment with Chinese dietary counseling, auricular acupuncture and systemic acupuncture associated with apex ear bloodletting to treat these symptoms, according to his energy imbalances. In the specific case of this patient, he was diagnosed with Kidney-*Yang* deficiency, according to TCM.

The patient presented an improvement of his leg pain after 10 acupuncture sessions and returned to the clinic to be evaluated again. On this occasion, he revealed to the author that he also had a major improvement in a symptom the author was not aware he had: he was being treated for glaucoma in the last 40 years, with no significant improvement. For the first time, his intraocular pressure diminished from 40mmHg to 17mmHg. The treatment for Kidney-*Yang* deficiency not only improved his symptoms of leg pain but also improved his intraocular pressure [4-14].

## Purpose

Demonstrate through two clinical case reports that patients with hemorrhoids have chakras energy deficiencies and the use of Chinese dietary counseling, acupuncture and apex ear bloodletting on the principles of traditional Chinese medicine (TCM) and treatment with high-diluted medications for replenishing the energy of the chakras can be an effective treatment without the necessity of surgery.

## Methods

This study was developed through a literature review on what is known regarding hemorrhoids in Western and traditional Chinese medicine, as well as with the use of two clinical case reports.

## Case Report 1

A patient named A.M.B, 50-year-old male, searched for treatment with ancient medical tools due to pain in his legs and soles. During his questionnaire, it was found that the patient also had hemorrhoids. The patient reported that from 2003 to 2005, he had an anal fissure, and treated himself with analgesics and hemorrhoid creams, to the point where the pain was intolerable, and sought medical help, resulting in a cauterization operation. However, a small lump of blood always appeared near the location of this cauterization after he had a bowel movement twice a day, and he bathed it in hot water pressing it with his fingers to burst

it and letting the blood flow out. Despite the pain, he gained relief which made his day bearable. The patient started his treatment based on energy imbalances, and was diagnosed with Kidney-*Yin, Yang, Qi*, Blood deficiency and Heat retention, according to traditional Chinese medicine. Treatment was started to treat the energy imbalances, with Chinese nutritional therapy, auricular acupuncture and apex ear bloodletting.

The Chinese nutritional therapy received by the patient consisted in avoiding dairy products, raw food, cold beverages and sweets. It was also recommended for the patient to avoid coffee, soda and matte tea, besides avoiding chocolate, frying, coconut, honey, eggs and alcoholic beverages, as well as pepper. After the first acupuncture session, his pain and the legs and soles improved, and he started noticing that his pain improved, and the lump of the hemorrhoid and stinging sensations disappeared and never returned. The auricular acupuncture points used were: Apex ear and Rectum point bloodletting, Shen-men, Kidney, Liver, Spleen, Large Intestine, Hunger point, Lung, Occiput, Endocrine, Neurasthenia, Anxious Point. Mustard seeds were used, fixed two at a time with tiny square pieces of adhesive tape (0.7cm). The patient must press each tape or point for one minute three times a day, and they were replaced every 7 days.

After performing this treatment, the patient had to move from the city he lived in, due to a job proposal in another city. After 10 years, the patient returned to the clinic due to several symptoms. He reported to have lack of sexual appetite, difficulty in concentrating, extreme fatigue, difficulty in memorizing and reading in general. On the physical exam it was noticed that the patient had conjunctival hyperemia and hyperchromic spots on the face. He then received measurement of chakras energy in November 2019, which resulted in all chakras on the minimum level (1) in scale of 1 to 8. Treatment was started with 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.

## Case Report 1-Results

With the treatment proposed, centered on the energy imbalances of the patient, there was great improvement and later, cure of the hemorrhoids. The patient did not have any relapses. On the treatment the patient performed 10 years later, he improved of the symptoms he was presenting within a week of treatment. The patient continues treatment, travelling 800km once a week to perform acupuncture sessions. He also continues the use of the crystal-based medication and homeopathy during the period of one year to replenish the chakras energy meridians.

## Case Report 2

A patient named AAA, 38-year-old male, searched for treatment with ancient medical tools due to vitiligo on the hands and genitals. He already performed treatment for vitiligo once a week for two

years when he started presenting hemorrhoid symptoms. He was indicated for surgical treatment but avoided the surgery due to the time he would have to stay without working and searched for another treatment option. The patient was a salesperson of alcoholic beverages, travelling a lot inside São Paulo state for selling the product he was representing, staying sited inside his car for long periods of time. The patient would travel during all the week, returning home on the weekends. In traditional Chinese medicine, he was diagnosed with Blood, *Yin, Yang* deficiencies and Heat retention. Treatment was started, the same as in the first case, with Chinese dietary counseling, the same performed on the first case, auricular acupuncture and apex ear bloodletting, associating the bloodletting on the rectum point on the ear, together with the acupuncture treatment he was already doing for vitiligo. The patient also reported chronic sadness, related to staying away from home for long periods of time due to work.

The patient presented only few improvements of the hemorrhoids with this treatment done. Because of it, it was recommended for the patient to receive measurement of the chakra's energy meridians, to clarify the reason why he did not respond well to the treatment done. Measurement was done through the procedure of radiesthesia, which revealed that all the patient's chakras were on the minimum level (1) in a scale of 1 to 8. Then, the treatment with Chinese dietary counseling, apex ear bloodletting and auricular acupuncture was associated with homeopathy and crystal-based medications to replenish the energy of the chakras. The homeopathy was used according to the theory created by the author entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*.

## Results Case Report 2

The patient reported to have a very significant improvement of the hemorrhoids on the first week after associating high-diluted medications with the treatment done with Chinese dietary counseling, auricular acupuncture with apex ear bloodletting and rectum point. He also reported to feel emotionally stronger, perceiving improvement on the feeling of chronic sadness when the homeopathy and crystal-based medication were associated with the first proposed treatment.

## Discussion

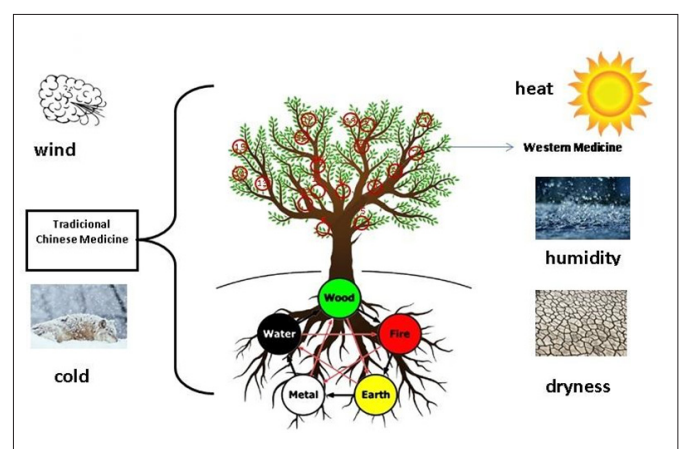
### Western medicine

A small percentage (10%) of people with hemorrhoids requires surgery. These cases are when the hemorrhoids are large a hemorrhoid removal may be recommended [15]. On this procedure, the surgeon removes the excessive tissue causing the bleeding. Hemorrhoidectomy is the most effective and complete way to treat severe or recurring hemorrhoids, according to Western medicine. Complications can include temporary difficulty emptying the bladder, which can result in urinary tract infections, urinary incontinence, pain, delayed bleeding, fecal impaction, and very

rarely, infection, wound breakdown, fecal incontinence, and anal stricture. Normally, when the patient passes through a surgery for hemorrhoids, the patient has to stop working for at least two weeks, passes through a lot of discomfort and pain with the post-operative period [15]. According to Hippocrates, natural forces within us are the true healer of the disease, meaning that any possibility of treating the patient clinically, will harm the patient less than a surgery [16]. For this reason and due to the costs related with the absence of the patient to work, as well as the surgery expenses, a treatment centered on the clinical natural recuperation of the patient is relevant before trying surgery [17].

### Western medicine x traditional Chinese medicine

Western medicine perspective, when treating hemorrhoids or any other disease or pathology, bases on treating the affected organ and cure the symptoms. Traditional Chinese medicine, on the other hand, see any pathology or disease as reflex of a bigger and deeper issue, based in the energy imbalances of the patient [1-3]. According to them, the symptoms are not what the physician should aim to cure, but the root of the problem, on the energy level [18,19]. The tree metaphor places a good way to understand the differences between these two perspectives [4-14]. As it is possible to see in Figure 1, the tree is formed by root, trunk, branches and leaves. The symptom presents itself in the branches and leaves of the tree, but there are energy imbalances, which are in the root level, causing the symptom in the leaf level, in this case hemorrhoids. The surgical procedures used to treat hemorrhoids, the medications and the different type of creams, according to traditional Chinese medicine, would work in the same way as cutting the disease at the leaf level of the tree, when the disease is in the root level [4-14]. It might solve the problem for a small amount of time, but there will be relapses, once the cause of the problem was not discovered and not treated. The treatment must be individualized, because for every patient, the root can be different. This idea is also well-resumed by a Hippocrates quote: "It's far more important to know what sort of person the disease has than what disease the person has [17]."



**Figure 1:** Schematic drawing of the tree representing western and traditional Chinese medicine.

## Traditional Chinese medicine in the treatment of hemorrhoids

The study entitled Traditional Chinese Medicine in the Treatment of Hemorrhoids, states that there are several energy imbalances associated with hemorrhoids. On the initial stage, the main energy deficiency diagnosis is very little Blood stasis, on the second stage, the Blood stasis increases and in the third state, the Blood stasis goes even further, being now associated with deficiency of *Qi*, but, on the opinion of the author, the deficiency of *Qi* leads to Blood stagnation in the hemorrhoids. On the daily practice of the author, she observes that replenishing *Qi* energy of the chakras, for example, can treat micro varicose veins, because the Blood energy is stagnated on the micro circulation, due to lack of energy to maintain the Blood circulating inside the vessel [20]. When this lack of energy is treated, the Blood circulates better, and the micro varicose veins of the patient start disappearing. This same reasoning can be used on hemorrhoids. The Blood is stagnated due to lack of *Qi* energy, replenishing this lack of energy, the stagnate Blood starts to circulate, leading to significant improvement of the micro varicose veins.

On the study of the author entitled The importance of Correcting Energy Imbalances in the Prevention and Treatment of Myocardial Infarction, which is being published in April 2020 by the Acta Scientific Cardiology Journal, presented in several cardiology conferences all over the world, such as Global Conference on Cardiology, in May 2019, as well as on the International Conference on Global Heart Congress, held in Paris in July of 2019. In this study, she emphasizes the importance of the evaluation of the chakras energy state in patients with history of myocardial infarction to prevent the stagnation of Blood due to lack of energy, maintaining the proper circulating of the Blood, because 6-15% of patients with myocardial infarction there is no evidence of arterial blockage. In her experience, all patients with history of myocardial infarction have no energy on the chakras. Therefore, besides the localized treatment done on the moment of the myocardial infarction, after, an energy-based treatment should be done, to replenish the energy of the chakras, and avoid future myocardial infarctions occurrence. In patients with no previous history of myocardial infarction, but had chakras energy deficiencies, the treatment to replenish these energies would prevent myocardial infarction, as it would prevent the Blood stagnation on the artery due to lack of energy in itself, even on the absence of artery blockage.

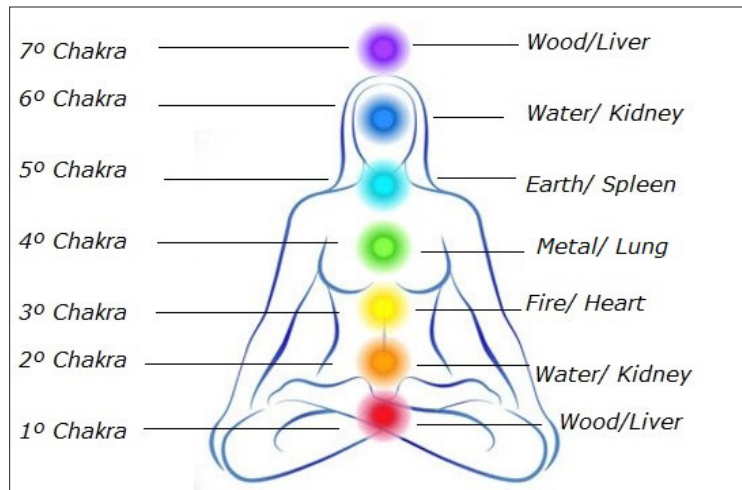
These examples demonstrate that Blood stagnation, associated with hemorrhoids is could be caused by lack of energy on the chakras energy meridians and the treatment of this energy lack would cause the circulation of Blood adequately, preventing Blood stagnation, in this case, hemorrhoids, as attested on the measurement of the patients described on the case reports, which presented lack of energy on the chakras as well. The treatment of this lack of energy, besides treating the symptom will prevent the appearance of chronic diseases, such as diabetes, hypertension, cancer, among other diseases. The relationship between the energy

imbalances and the development of chronic diseases has appeared on previous articles of the author and published in several studies. One example would be Why Are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Antiglycemic Medication, and Insulin? published by the International Journal of Diabetes & Metabolic Disorders in March of 2019. Other example would be the article entitled Energy Alterations as the Underlying Cause of Primary Hypertension, published by the ARC Journal of Nephrology, in December of 2019 [12]. Other articles of the author can also be used as example, all related to lack of energy of the chakras. Cancer may also be related with lack of energy of the chakras, as the author published an article entitled *The Importance of Treating Energy imbalances and Chakras Replenishment for Prevention and Treatment of Cancer* [13,14].

Traditional Chinese medicine literature also demonstrates that diseases are mainly associated with diet. The diet plays a very significant whole in traditional Chinese medicine treatment, as stated by Hippocrates "make your food your medicine and your medicine your food", one of the first steps of the patient during the treatment of any pathology, is to recommend individualized Chinese dietary counseling according to the energy imbalances of each patient [21]. Each food has their own specific energy, and the temperature and the way of preparing the food is equally important. Acupuncture was also used to rebalance *Yin, Yang, Qi* and Heat retention and treat the local symptoms of the patients (hemorrhoids) [17]. It is one of the most used tools for the treatment of hemorrhoids in traditional Chinese medicine. Acupuncture is recognized as a medical specialty in Brazil since 1995 by the Federal Medical Council [4-14].

## Chakras

Many ancient medical scholars connect the Five Elements Theory and the chakras' theory. One example is entitled The Geometry of Emotions: Using Chakra Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use. In this study, Chase CR links using chakras measurement with the principles of traditional Chinese medicine, to comprehend the influence of a weakened result in the chakras measurement into 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 her previous articles. The system the author used to treat the five elements in the Five Elements Theory was based on this correspondence of the chakras to study the energy level of the five massive organs in TCM [22]. 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 2 [8]. The medications used on the treatment of the two patients described on the case report, can be seen in Table 1 [8].

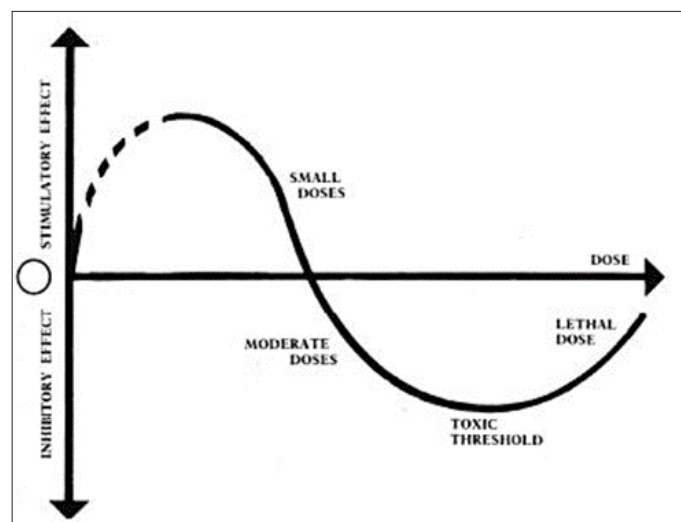


**Figure 2:** Chakras energy correspondence.

**Table 1:** Homeopathy medication chosen in the treatment according to the correspondence of chakras and five elements.

Chakras	Five Elements	Homeopathy Medications	Crystal Based Medications
1 <sup>o</sup> Chakra	Wood/Liver	Phosphorus	Garnet
2 <sup>o</sup> Chakra	Water/Kidney	Natrium muriaticum	Orange Calcite
3 <sup>o</sup> Chakra	Fire/Heart	Sulphur	Rhodochrosite
4 <sup>o</sup> Chakra	Air/Lung	Silicea	Emerald
5 <sup>o</sup> Chakra	Earth/Spleen	Calcarea carbonica	Blue Quartz
6 <sup>o</sup> Chakra	Water/Kidney	Tone the second chakra	Sodalite
7 <sup>o</sup> Chakra	Wood/Liver	Tone the first chakra	Tiger Eye

**Arndt-Schultz's Law**



**Figure 3:** Arndt-Schultz Law.

The Arndt-Schulz's law, originally formulated in 1888, states the effects of different drug concentrations on an individual basis, Figure 3. The rule states that for all substances, small doses stimulate, moderate doses inhibit, and overdoses kill. According to this law, highly diluted drugs improve organic processes, while high concentrations harm health [4-14]. In the case of prescription drugs with high concentrations, in any case, they will be reducing more the vital energy, as demonstrated on the two case reports of this study. As the patients described on the case report are already presenting chakras energy deficiency, treatment with high-concentrated medications may harm the energy of the patients even further, leading to variety of symptoms and diseases on the present and on the future.

### Traditional Chinese Medicine and Western Medicine- *Yin and Yang Metaphor*

Currently, Western and traditional Chinese medicine are different for most physicians around the world. However, they can be integrated. In Figure 4, a metaphor of *Yin* and *Yang* as the different kinds of medicine was created. For the adequate treatment of hemorrhoids, it is important to associate traditional Chinese medicine and Western medicine, so the patient can treat the symptoms and the root of the problem, which are the energy imbalances [4-14].



**Figure 4:** Traditional Chinese medicine and Western medicine metaphor.

### Conclusion

The conclusion of this study is that patients with hemorrhoids may have deficiency of the chakras energy meridians, and the treatment and replenishment of these energies that are weak, as well as the rebalancing of the patients' energy with Chinese dietary

counseling, auricular acupuncture and apex ear bloodletting, and using high-diluted medications are effective in the clinical treatment of hemorrhoids, without the necessity of surgery. With this treatment the patient is able to continue working without stopping for recovering from the surgery, having reduction on the costs and possible complications.

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