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Chakras' Energies Deficiencies as the Cause of Dyspnea Post COVID-19 Treatment

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ABSTRACT

Introduction: There are cases reports in literature showing patients with dyspnea symptoms after the treatment of coronavirus. In traditional Chinese medicine (TCM), symptoms of dyspnea may be associated to the energies deficiencies in other organs (Kidney, Heart, Spleen or Liver).

Purpose: To demonstrate that patients with dyspnea post COVID 19 treatment can be related to the energies deficiencies on the chakras' energies centers, possibly worsened by the diet and type of treatment done. The replenishment of the chakras' energies centers is the main principle to correct dyspnea in this kind of patient.

Methods: Two clinical case reports. The first of a 58-year-old female patient, obese. It was found that the patient had had COVID-19 in august 2020, and was treated making use of the Hydroxychloroquine and Azithromycin, not requiring hospitalization. She began with symptoms of dyspnea 15 days after the treatment done, mainly at the end of the afternoon. In TCM her diagnosis was Kidney-*Yang* deficiency. She was submitted to a radiesthesia procedure, to measure the energy of the chakras, and the results shown that her chakras 1 to 6 were in the minimum level (rated one out of eight). The second case report was a 52 years old women with history of COVID-19 and she was treated with Ivermectin and other symptomatic medications. After 17 days after her treatment, she began with dyspnea symptoms at the end of afternoon. She also had chakras' energies measurement prior to her infection that also demonstrated that all her chakras were in the lowest level of energy. Treatment of both patients was started with homeopathy medications, to replenish the energy of the chakras, according to the theory created by the author entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*. Chinese dietary counseling, auricular acupuncture with apex ear bloodletting and moxibustion were performed.

Results: The dyspnea symptoms disappeared completely of both patients with the proposed treatment.

Conclusion: In patients with chakras' energies deficiencies, that received treatment with high-concentrated medications for SARS-CoV-2 infection, there may be propension to dyspnea post-treatment, as the high-concentrated medication treatment will harm the vital energy of these patients, that are already low, as demonstrated on these two cases reports. The use of high-diluted medications is important to be able to replenish the energies of the deficient chakras, so the cause of dyspnea is treated on its root.

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Introduction

Patients with coronavirus disease 2019 (COVID-19) often have clinical characteristics, such as chest tightness and dyspnea. Continuous, unresolved dyspnea often indicates the progression of lung lesions. The mechanism that underlies the chest distress and dyspnea in patients with COVID-19 is still unclear [1].

However, our clinical observations showed that although some patients had significant chest distress and dyspnea, the lesions that were observed in the lungs during computed tomography were milder and not completely consistent with clinical symptoms[1].

According to Western medicine, it was found that extensive inflammation of the bilateral and respiratory bronchioles in patients with COVID-19 due to excessive activation of proinflammatory cytokines and chemotactic aggregation of T-lymphocytes at the site of inflammation are possible mechanisms underlying chest distress and dyspnea in patients with COVID-19 [2].

The primary target organ of SARS-CoV-2 in the human body is the lung, the primary presentation of patients includes respiratory tract symptoms, such as cough, fever, and dyspnea. About 50% of patients with severe cases of COVID-19 over the age of 60 years, develop dyspnea one week after the onset of the disease, which can progress rapidly to acute respiratory distress syndrome, difficult-to-correct metabolic acidosis, coagulopathy, and even death[1].

Purpose

To demonstrate that patients with dyspnea post SARS-CoV-2 infection treatment can be related to the energies deficiencies on the chakras' energies centers, possibly worsened by the type of treatment done. The replenishment of the chakras' energies is the main principle to correct dyspnea in this kind of patient.

Methods

The author used to write this article, an extensive search in the PubMed articles related to dyspnea post treatment of SARS-CoV-2 infection and used traditional Chinese medicine literature

to explain the process, in the energy point of view. Also, she used to illustrate this article, two cases reports.

Case report 1

A 52-year-old woman had a history of, on September 4, 2020, she began to feel changes in her body, but nothing significant, the night while participating in an online lecture she dozed off and when she woke up she felt very tired which made her fall asleep again quickly.

The next day, since waking up, she felt a general malaise and her whole body was sore, especially in the hip and leg muscles, during the night the pain intensified, not allowing her to sleep.

On September 6, 2020, the patient realized that besides the pain she was not feeling taste nor smell sensations. In the other day, in addition to all these symptoms, she started to have runny nose and sneezing, which led her to go on medical duty and have the PCR exam for COVID-19. The doctor prescribed Flumucyl for 7 days and Ebastine 10 mg, initially for 5 days, but she used for another 5 days later.

The pains remained for about 7 to 8 days and the runny nose quickly subsided. Around the sixth / seventh day she reported back pain on the right side which led her to take the medication Ivermectin.

She remained in isolation for 14 days and during this period her symptoms decreased and she did not experience shortness of breath. The laboratory exams result of this patient revealed positive to PCR for SARS-CoV-2. After 17 days, the patient had medical clearance to return to work.

From the first days she went back to work, she began to feel tired throughout the afternoon, becoming breathless when she spoke. On the second day, when she returned home, she had shortness of breath that generated a panic attack because she was unable to breathe and had to work hard to recover from despair and to be able to breathe again.

This difficulty in breathing followed her all week, always in the afternoon, since she works with communication and needs to move between different sectors all day. Five days after she came back to work, she consulted with the author and reported such problems. The doctor prescribed a single dose of homeopathy for each chakra taking every day in a sequence that will be described below but as she was in an emergency due to the fact that if the author wants to treat aggressively her dyspnea symptoms to subside quickly to prevent further admission in the hospital, the author prescribed the single doses of homeopathy medications every day, instead of giving every three days. Using this kind of treatment, the patient managed to spend the weekend well, without feeling dyspnea anymore.

She was recommended to avoid dairy products, raw food, cold beverages and sweets to avoid Spleen-pancreas deficiency or the fifth chakra that was responsible for the absorption of nutrients and production of Blood. The author recommended her to drink warm water and consume only cooked foods.

It was also recommended for the patient to avoid coffee, soda, mate tea and drink more water not in cold temperature to avoid Kidney deficiency as showed in the radiesthesia procedure that the second chakra, correspondent to the Kidney energy were in the lowest level of energy, rated in one out of eight.

Also, it was recommended to avoid chocolate, fried foods, coconut, melted cheese, honey, eggs, coconut, alcoholic beverages, etc. to avoid Liver and Gallbladder imbalance, that was impaired shown in the radiesthesia procedure that the first chakra, correspondent with the Liver, was very weak in energy, rated one out of eight. Her treatment was started to treat the energy imbalances, with auricular acupuncture and apex ear bloodletting to balance the *Yin*, *Yang*, *Qi* and Blood and take out the Heat retention.

The author also used in her case, moxibustion, that is a Chinese medicine tool to transmit energy to the meridians, specifically in her case, was used to tone the Kidney meridian, to reduce the shortness of breath.

She was already the authors patient due to hypertension, hypothyroidism, bruxism and tinnitus, and was performing acupuncture sessions to treat that symptoms. Her diagnosis according to traditional Chinese medicine was Kidney *Yin* and *Yang* deficiency and Blood deficiency.

About two months before contracting the COVID-19, she had measured the energy of her seven chakras through the radiesthesia procedure and the chakras' from one to six were in the lowest level of energy, rated in one out of eight, with the exception of her seventh chakra, that was normal, rated in eight.

The author started the treatment for replenishment of the chakras' energies with highly diluted medications such as homeopathies, according to the theory created by her entitled *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*, and crystal based medications. The treatment using highly diluted medications were done in this sequence: Sulphur 30CHXX-20 (single dose), Calcarea carbonica 30CHXX-20 (single dose), Silicea 30CHXX-20 (single dose), Natrum muriaticum 30CHXX-20 (single dose), Phosphorus 30CHXX-20 (single dose). The homeopathies were prescribed to be taken in a single dose with a hiatus of three days between the medications, necessarily on the sequence described. Two months later, a new sequence of treatment was started, with the same medications taken on the same order, but now with 200CHXX20 instead of 30CHXX-20. Two months later, a new sequence of treatment was started, with the same medications taken on the same order, but now with 1,000CHXX-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 10,000CHXX-20 instead of 1,000CHXX-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 50,000CHXX-20 instead of 10,000CHXX-20. It was also prescribed crystal-based medications, both kinds of medications to replenish the energy of the chakras for a period of one year or more. The radiesthesia measurement were done to evaluate the improvement of the treatment in relation to the chakras' energies meridians and to evaluate the necessity or not to maintain the medications.

Until the 6th October 2020, when she described her symptoms to compile this article, she began to recovery the sense of taste but still not recovery the sense of smell, but the shortness of breath had already subsided completely.

Second case report

The second case report is a 56-year-old woman. On May 2020 she had COVID-19 diagnosed by laboratory serology; contracted at her workplace at a shoe factory in the city. Her initial symptoms were pain in whole body and runny nose. She searched for an infectious

disease specialist that prescribed azithromycin and chloroquine hydroxide. She didn't have shortness of breath symptoms, but after approximately 15 days after this treatment, she started with shortness of breath even without doing any physical effort, mainly at the end of afternoon.

In her past history, she started four years ago with a burning taste in her mouth, so whenever she ate her stomach would swell; over time, her lung got more and more swollen and compressed, which gave her pain, swelling and shortness of breath. The patient states she's been struggling from doctor to doctor for four years to see if she can find out what it was all that symptoms and take the correct medication. The patient had already looked for specialists in the area in other cities, all types of exams and nothing to get a positive return. The patient states she was in constant pain, swelling and had shortness of breath in this period. In October 2019 the shortness of breath was so bad that the doctors thought that it was from the heart, and she was submitted a cardiac catheterization exam, but nothing was found.

The patient first sought treatment with the author not due to her breathlessness, but due to the swelling in the epigastric part. Her diagnoses according to TCM were: Kidney-*Yang* deficiency, Blood deficiency, Spleen-*Yang* deficiency and internal Heat retention. The author took a measurement of her chakras through the radiesthesia procedure and what she found was a complete lack of energy in all chakras, rating 1 from eight, with the exception of the seventh chakra, that was in the normal level of energy, rated in eight.

This lack of energy could reveal the cause of her digestive problems and also the shortness of breath symptoms presented by her before and after the SARS-CoV-2 infection treatment.

The treatment was the same of the first case using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting, moxibustion and highly diluted medications described in the first case report to tone the chakras' energies. The patient did a X-ray and thorax tomography that was normal after the COVID 19 treatment.

Results

Both patients recovered very fast of their shortness of breath symptoms after the treatment done using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting, systemic acupuncture, moxibustion, and replenishment of the chakras' energies using homeopathic medications. They have relapses occasionally of this symptom but it was caused by wrong eating habits, that the author will discuss in the discussion section.

Discussion

The definition of post-acute COVID-19 symptoms as the symptoms beyond three weeks from the onset of first symptoms and it is defined as chronic, when it last more than 3 weeks of symptoms [3].

In the literature, the author found some publications relative to post COVID-19 treatment evaluation. In a study written by Angelo Carfi, entitled *Persistent Symptoms in Patients After Acute COVID-19*, he studied patients discharged from a hospital post SARS-CoV-2 infections treatment and did an evaluation after this treatment. He noticed in his study that the majority of patients that went back home after admittance in the hospital, still having coronavirus infections (COVID-19) symptoms, despite having negating the serology exams after discharge. The most common symptoms found in his study was fatigue and dyspnea [4]. In the study entitled *Management of Post-Acute COVID-19 in*

primary care, written by Trisha Greenhalgh, published in *Jama* in August 2020, the author found that around 10% of patients who have tested positive for SARS-CoV-2 virus still unwell beyond three weeks and small proportion after months [3].

To write this article, the author used two cases reports but the treatment of these two cases were based in a reasoning the author used in the treatment of one specific patient, in 2006, that was the cornerstone of all her research in all kinds of disease and she applied this kind of reasoning in the treatment of patients with dyspnea post SARS-CoV-2 infection treatment. In this article, she will explain how was done her logic to explain in the root level, the possible cause of this kind of symptoms after SARS-CoV-2 infection treatment. Differently of the other Western medicine doctors, the author used another kind of reasoning based on traditional Chinese medicine, treating the patient's energy's imbalances and not just the symptoms. This history, she will explain at this moment, to you to understand how she is constructing her perspectives in the treatment of patients with dyspnea post COVID-19 treatment [5].

All began in 2006, when she attended an afro descendent patient of 70 years old, who presented symptoms of pain in the legs, being persistent for six months. The patient was taking anti-inflammatory drugs without any improvement [5].

The patient in question was diagnosed with Kidney-*Yang* deficiency, according to TCM [5].

The author prescribed treatment with Chinese dietary counseling, auricular and systemic acupuncture, associated with apex ear bloodletting to treat these symptoms, according to his energies imbalances [5].

The patient presented an improvement of his leg pain after 10 acupuncture sessions and went back to the clinic to be evaluated after 30 days. On this occasion, he revealed that he also had a major improvement in a symptom that the author was not aware he had: he was being treated for glaucoma in the last 40 years, with no significant improvement [5].

For the first time, his intraocular pressure diminished from 40mmHg to 17mmHg. The treatment for Kidney-*Yang* deficiency not only improved his symptoms in the leg pain but also improved his intraocular pressure [5].

This case became a cornerstone of all the treatments made by the author until nowadays. For this reason, the author began to present several studies in many congresses around the world to show the way of her reasoning to treat these diverse pathologies. Which led her to be a researcher at the University of São Paulo in Brazil, in patients with glaucoma, by treating the patient's energies imbalances and not just the symptom [5].

She also presented this study at the American Association of Medical Acupuncture Congress in Baltimore, United States, in 2007, and from this study, she developed several other studies in the most varied specialties, all involving the root treatment of the problem, which are the energies imbalances and not only the symptoms [5].

This case was also presented at the Society of Acupuncture Research Congress, which took place in Boston, in Harvard University, United States, in 2015, entitled *Acupuncture Viewed Holistically Can Treat All the Patient's Diseases Simultaneously* [6].

To explain this point of view, the author usually used to demonstrate the different perspectives among Western medicine and traditional Chinese medicine through the metaphor of the tree, shown in the Figure 1 [5-10].

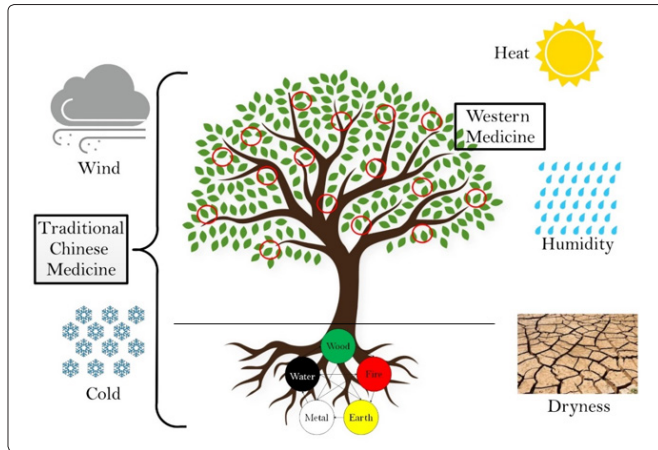


Figure 1: Schematic drawing of the tree demonstrating the different perspectives between Western medicine and traditional Chinese medicine

In this metaphor of the tree, there is a line dividing the root from the rest of the tree. This line represents the earth. What is below the earth, we can see by the naked eyes, but what is under the earth, we cannot see by the naked eyes but we know that they exist [5-10].

In the part above the earth, there is a trunk with several branches. Each branch represents one medical specialty and coming out of each branch, you can see many leaves. These leaves represent the symptoms and diseases and are the focus of Western medicine nowadays [5-10]. The part of the tree that is under the earth, represents the *Yin* and *Yang* theory and the Five Elements theory, that is the focus of traditional Chinese medicine reasoning. Also, they include the influences of the external pathogenic factors that are surrounding the tree, that can influence the formation of the diseases that Western medicine do not include these kind of factors as the initial for the formations of some symptoms and diseases, mainly respiratory tract infections, as demonstrated in various publications of the author [6, 11-15].

What the author wants to focus in this article is the root of the problem that are not visible by the naked eyes. In this metaphor of the tree, the symptoms of dyspnea are in the leaf level, in the branch of pneumology or infectious disease branch, according to the Western medicine point of view. In the root level there are energies imbalances that could be causing the symptoms of dyspnea and are the focus of traditional Chinese medicine and it is the main point for discussion in this article [16].

The roots of the tree represent the theories of the Five Elements and *Yin* and *Yang* [17-18].

The theory of *Yin* and *Yang* (Figure 2) are one of the basis of TCM. *Yin* and *Yang* are interdependent, cannot exist in isolation from each other and are in a constant state of change, so that when one is consumed the other increases. When the forces of the body are in harmonious balance, there is health. When this balance is disturbed, illness arises [17-18].



Figure 2: *Yin* and *Yang* symbol

To *Yin* and *Yang* flow inside the meridians, that are two other energies that need to be in harmony. These energies are Blood and *Qi*, as demonstrated in the Figure 3 [17-18].



Figure 3: *Yin*, *Yang*, *Qi* and Blood

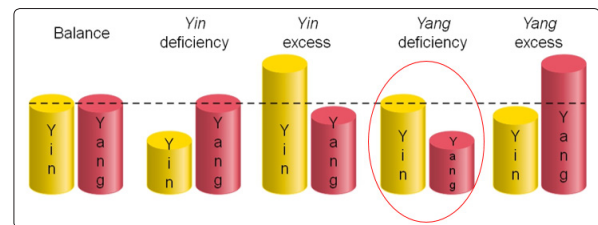


Figure 4: various combinations of *Yin* and *Yang* presentations

In the case report 1 and 2, both patients had deficiency of *Yang*, demonstrated in the Figure 4, but the first case report had also, deficiency of *Yin*.

Traditional Chinese medicine sees the individual as a whole, considering the influence of internal and external factors. Internally, the emotions, externally, the external pathogenic factors, such as Cold, Wind, Heat, Dryness and Humidity. Also the diet will influence the harmony of the energy and in this article, the author will demonstrate how she orientate the patients with post COVID-19 to maintain balance of the energy, using diet in the first step. [17-18].

The other theory based upon traditional Chinese medicine principles of treatment is the Five Element theory. The five basic elements are Wood, Fire, Earth, Metal and Water. In the human body, each element is associated with a massive organ (Liver, Heart, Spleen, Lung, Kidney) respectively. Each element is responsible for one external sensorial organ, as demonstrated on the table 1. [17-18].

	Wood	Fire	Earth	Metal	Water
Orientation	East	South	Middle	West	North
Season	Spring	Summer	Late Summer	Autumn	Winter
Climate	Wind	Summer Heat	Dampness	Dryness	Cold
Cultivation	Germinate	Grow	Transform	Reap	Store
Yin Organ	Liver	Heart	Spleen	Lung	Kidney
Yang Organ	Gall Bladder	Small Intestine	Stomach	Large Intestine	Bladder
Orifice	Eye	Tongue	Mouth	Nose	Ear
Tissues	Tendons	Vessels	Muscles	Skin & Hair	Bones
Emotions	Anger	Joy	Pensiveness	Grief	Fear
Colour	Blue/ Green	Red	Yellow	White	Black
Taste	Sour	Bitter	Sweet	Pungent	Salty
Voice	Shout	Laugh	Sing	Cry	Groan

Table 1: Five elements and their correspondence with the five massive organs and their relations with internal and external world

To understand why patients with COVID-19 have acute and chronic symptoms, the author wants to demonstrate that all the internal organs are interconnected by an energy flow, called generation cycle, demonstrated in figure 5. In this cycle, the Fire element sends energy to Earth element, that sends energy to the Metal, that sends energy to the Water and finally, the Water element sends energy to the Wood element. As the author demonstrated in the measurement of energy of these two cases reports, both were in the lowest level of energy. The first patient did the chakras' energies measurement one month before acquired COVID-19 and the second patient did the chakras' energies measurement after one month of the infection. The illustration of the correspondence of the chakras energy and the five massive organs in TCM are described in the Figure 6 [17-18].

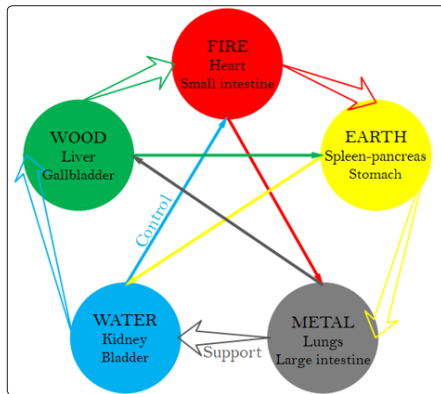


Figure 5: Five Elements theory: generation cycle and control cycle

In the book entitled *Traditional Chinese Medicine Organ and Viscera Systems*, written by Jeremy Ross, it explains the flow of energy in the five elements and when there is a lack of energy in the Kidney meridian, the Lung cannot send the energy to the Kidney, that is the reason that the transmission of this energy is interrupted and the symptom of short of breath is the consequence of this interruption, because the transmission of this energy from the Lung to the Kidney cannot occur [19-20].

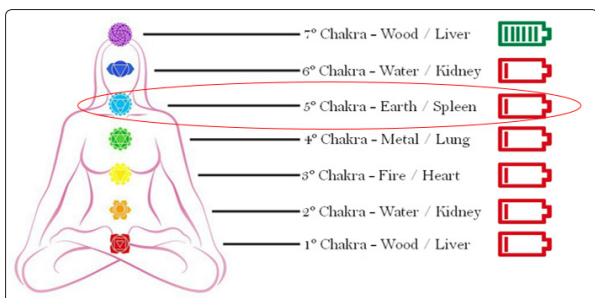


Figure 6: Chakras energy meridians and the correspondence with the five massive organs in TCM

The dyspnea symptoms occur in the patient in the first case report only after her treatment of COVID-19 using common drugs such as Ivermectin, Flumucyl and Ebastine. She began to feel dyspnea symptoms 17 days after the beginning of her initial symptoms of COVID-19. In her case, when the patient did the use of highly concentrated medications to treat the infection, it decreased the vital energy of this patient, despite she was already treating her energy since two months ago with highly diluted medications to replenish the chakras' energies, it was not enough to prevent the malaise and dyspnea symptoms after the use of this kind of medications. [16-20].

In the article entitled *Ivermectin: a systematic review from antiviral effects to COVID-19 complementary regimen*, written by Fatemeh Heidary and published by the Journal of Antibiotics, on June 2020, the author concluded that cells infected with SARS-CoV-2 virus, when exposed to Ivermectin in 48hrs can kill almost all the viral particles within 48 hrs. This study was the first to assess the antiviral effect of Ivermectin on COVID-19. But this author is proposing the study in human to confirm the potential effect of Ivermectin in the treatment of SARS-CoV-2 infected patients. [21].

However, in this case report, the first patient described in this article was recommended to use Ivermectin in the treatment of COVID-19. The author wants to show in this case that, many times, when the study made in vitro could have good results killing the majority of virus in 48hrs, as shown in the article said previously and thought this study, the drug was administered by diverse medical professionals all over the world to treat this infection [21].

But many times, the in vitro study could not reveal other factors that could harm the patient in vivo, in this case, harming the vital energy, as demonstrated in this case report, and explained by the Arndt-Shultz Law, in the Figure 7. This effect cannot be seen by the naked eyes and the symptoms produced in the patients could be misinterpreted as they still being infected by the virus itself, because of the symptoms produced by the reduced vital energy, leading to lethargy, fatigue, malaise, dyspnea, reported by the patients after COVID-19 treatment. [22].

In the second case report, the patient had a systemic problem involving her digestive tract and had episodes of dyspnea symptoms even before her COVID-19, but she did not have this symptom during the COVID-19 and only had relapse of the dyspnea symptom 15 days after her first COVID-19 symptoms. Her treatment was done with the use of azithromycin and chloroquine hydroxide, both considered highly concentrated medications. [22].

According to Arndt Shultz Law, originally formulated in 1888, by two Chilean researchers, the use of highly diluted medications improves the vital energy and the organic process while the use of highly concentrated medications harm health, as you can see in the Figure 7 [8-12, 22].

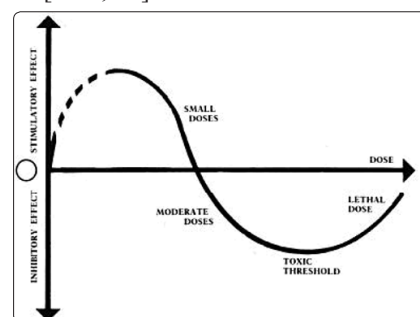


Figure 7: Arndt-Shultz Law

Both patients reported in this article were in the lowest level of energy in all chakras meridian centers, with the exception of the seventh chakra, meaning that all internal massive organs (Heart, Spleen, Lung, Kidney, Liver) that represent the Five Elements theory in TCM were weak in energy. The use of highly concentrated medications in these patients, decreased even more the vital energy that was already low, leading to the dyspnea symptoms, because as the author explained before, the transmission of energy from the Lung, in the fourth chakra, to the Kidney were blocked due to the lack of Kidney energy, in the second chakra, leading to stagnation of this energy in the Lungs, and appearance of dyspnea symptoms, as shown in the Figure 8. This kind of dyspnea is a difficult in inspiration (inspiring the air inside the lung) [20].

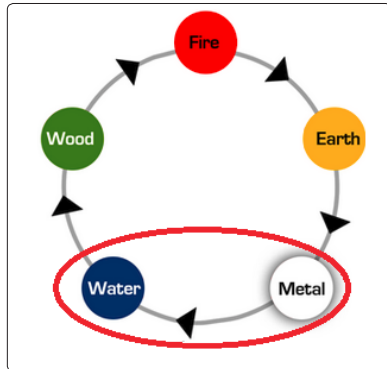


Figure 8: Generation cycle in the Five Elements theory

If the patient has difficult in do the expiration, is due to the Heart meridian impairment, shown in the Figure 9 [20].

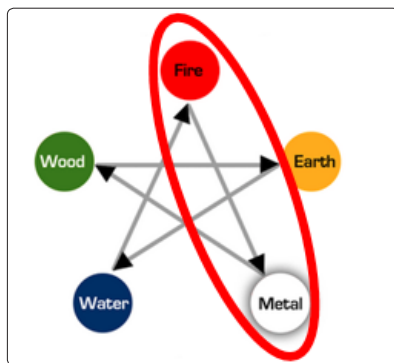


Figure 9: Control Cycle in the Five Elements theory

The second case report also had symptoms of patient's abdominal distension four years prior to the COVID-19. At that moment, she did several exams and do not discovered what she had. As you can see in the table 2, the progression from health to disease are divided in 5 phases. In the first three phases, the patient has symptoms but the laboratorial exams are normal. Western medicine usually does the diagnosis in the phase 4 or 5 when the patient has complained and there are some laboratorial alterations [1-4].

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

In the case of the second case report patient, she did various laboratorial exams, search for the most variety of medical doctors to try to do her diagnosis but no one cannot say what she had. The only procedure in her case to show her the diagnosis was by radiesthesia measurement of the seven chakras' energies, because as energy are not seeing by the naked eyes, only this kind of field could reveal what the patient have, in the energy level. Her disturbances were below the tree like figure, demonstrated in the Figure 1 of this article. Also, in the Figure 6, the author is showing that all her 6 chakras were in the lowest level of energy. The chakra responsible for the normal functioning of the Stomach, Spleen- pancreas, thyroid and breasts is the fifth's chakra and was rated in one out of eight [20].

To treat the lack of energy in her fifth chakra it was necessary to treat the other chakras that was deficient in energy too as one element depends on the energy of the previous element. In this case, it was necessary to treat all the elements to recover the normal function of all the chakras. The treatment need necessary to give the highly diluted medications according to the sequence of the generation cycle, shown in the Figure 8 [22].

The prompt treatment of these chakras' energies centers that were deficient in energies, the association of Chinese dietary counseling, acupuncture and moxibustion resolved all the problems of the patient and she said that all her abdomen returned to normal again and was not compressing the thorax and the lung anymore [20-23].

The second cause could be emotional. As state by traditional Chinese medicine, all energy imbalances came from the emotions and you can see the emotions and it is correspondence with each five massive organs according to TCM, shown in the Figure 10 [20, 22].

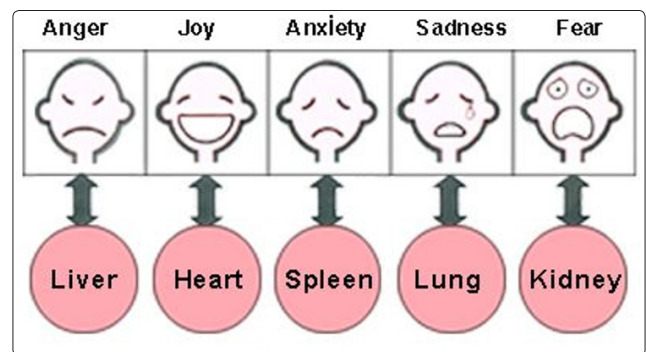


Figure 10: Emotions and the correspondence to each massive organ in TCM

In this Figure 10, each emotion can imbalance the internal organ that they correspond but this is not fixed but it is a dynamic process because one element is connected to the next element by the generation cycle and control cycle, as shown in the Figures 8 and 9. In the case of deficiency in the Kidney energy, the fear is the emotions that could imbalance even more the Kidney and this emotion could trigger a disequilibrium in the transmission of energy from the Lung to the Kidney, leading to dyspnea symptom. Also, patients with a chronic sadness or grief, could imbalance even more the Lung meridian leading to more propensity to have Lung disorders such as COVID-19, as the Lung is the first massive organ that is stricken when the patient has COVID-19 [20, 24].

The third factor that could lead to the dyspnea symptoms of the patient could be the wrong eating habits. According to the Chinese nutrition therapy, all foods have their own energy and the changes

in the dietary aspect is usually the first step made by the author, as she always follows what Hippocrates said, that is make your food your medicine and your medicine your food [13-14].

As demonstrated in the second case report, in one of the day that she went to do acupuncture in the author's clinic, she revealed that she was having dyspnea at that day. Her doctor asked her what she ate that day differently and the patient revealed that she ate tangerine and pear. In the case of eating these two kinds of fruits, they were considered cold energy foods and according to the energies imbalances that the patient had, diagnosed in the first appointment, she had Kidney *Yang* deficiency. Patients that have this kind of energy deficiencies have a deficiency in the energy that heats the body, leading to the symptoms of cold in the lower limbs. In the specific case of this patient in question, when she ate tangerine, her *Yang* energy worsened and reduced even more and that is why she complained of dyspnea after eating both fruits, leading to the worsening in the transmission of the energy from the Lungs to the Kidney, leading to the shortness of breath symptoms. This could explain the third reason or cause for the shortness of breath in this patient, related to the kind of food she was ingesting, and the influence on the recover or harming the patients' symptoms, will depend on the energies imbalances that the patient had prior to the COVID-19 infection and subsequently treatment. These energies imbalances are not the same in all individual and the patient with the same diagnosis in Western medicine, could have a variety combination of energy imbalances between *Yin*, *Yang*, *Qi*, Blood and Heat retention as the author demonstrated in the study entitled *Energy Alterations and Chakras Energy Deficiencies and Propensity to Coronavirus Infection*, and presented in a most variety webinars during the 2020 year, that is in process for publication [23, 25].

Chakras	Five Elements	Homeopathy Medications
1 ^o Chakra	Wood / Liver	Phosphorus
2 ^o Chakra	Water / Kidney	Natrium muriaticum
3 ^o Chakra	Fire / Heart	Sulphur
4 ^o Chakra	Metal / Lung	Silicea
5 ^o Chakra	Earth / Spleen	Calcarea carbonica
6 ^o Chakra	Water / Kidney	Tone 2 ^o chakra
7 ^o Chakra	Wood / Liver	Tone 1 ^o chakra

Table 3: Homeopathy medications used in the treatment of replenishment of the chakras energy (according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*) or the five massive organs in TCM.

In the table 3, the author is showing the highly diluted medications that she used in the treatment of the two cases reports. She used this kind of medication because they can improve the vital energy of the patients. In this article, she is demonstrating the necessity of using highly concentrated medications with caution because the majority of patients nowadays have low energy in the majority of the chakras', as demonstrated in the table 4 [22].

Table. Chakras energy and main diagnoses			
Ages	0-19	20-59	60-90
Chakras			
7	8	8	8
6	1	1	1
5	1	1	1
4	1	1	1
3	1	1	1
2	1	1	1
1	1	1	1
Total of patients	26	170	86
Main Western diagnoses	Anxiety	Anxiety	Anxiety
	Depression	Headache	Knee pain
Main Oriental diagnoses	Yin / Yang	Yin	Yin
	Yin / Blood	Yin / Yang	Yin / Internal Heat
			Yin / Yang / Internal Heat

Table 4: Research during 2015 and 2020, showing that more than 90 percent of the patients evaluated were in the lowest level of energy. In this research, the author demonstrated that more than 90 percent of her patients attended from 2015 to 2020 were in the lowest level of energy rated one out of eight [22].

In a research made by the author, and presented in many webinars during the year of 2020, about *Chakras' Energies Deficiencies and Propensity to Coronavirus Infections*, the author measured the energy of the chakras 'energy meridian' of 1000 patients from 2015 to 2020, and in this research, she found that more than 90 percent of her patients were in the lowest level of energy, rated from one to eight, all of them were rated in one, as you can see in the Table 4.[25] This research were done in a period prior to the beginning pf COVID-19 pandemic and demonstrated that the majority of the patients that the author was attending were with an immune system very compromised, independently with the diagnosis of the patient in Western medicine, because in TCM, energy is linked to immune system [25].

And also, she demonstrated in her study, that patients with the same diagnosis in Western medicine, for example, diabetes, could have different energies imbalances leading to this same symptom and that is the reason each patient should be analyzed individually, according to their energies imbalances, and not according to their diagnosis [26]. This study was presented in several webinars thought 2020, such as Microbiology 2020 Webinar and Infectious Disease Conference 2020 [25].

In TCM, shortness of breath is sometimes not a symptom of a Lung problem, but can be a manifestation of lack of energy in other organs. In the case of this patient, she was presenting shortness of breath prior to SARS-CoV-2 infection and only return with shortness of breath symptoms after she received the treatment for SARS-CoV-2 infection [25].

This theme has already been published in an article entitled *The Treatment of Asthma Based on Traditional Chinese Medicine and Homeopathy*, where the mechanism is also explained, according to Chinese medicine, in which the shortness of breath is due to the deficiency of Kidney energy[16].

According to the report of both patients, they worsened the symptoms mainly in the afternoon. This worsened symptoms during this period of the day could be explained by the cycle of 24 hours' energy flow, as you can see in the Figure 11 [18].

During 5 to 7 pm, the energy is flowing through the Kidney meridian but as the author showed, this organ was empty of energy, leading to the worsening of symptoms during this period. In TCM, when the patient has more tiredness in this period this could mean that the Kidney of this patient is not good in energy [27].



Figure 11: Flow of energy through the meridians in a 24 hours cycle

These alterations cannot be seen by naked eyes because they are all in the energy level and that is why many patients have symptoms but the correlation with alterations in the laboratory exams are not compatible with so many symptoms presented by the patients [25-31].

That is why, in this case, the author recommended for both patients, the use of highly diluted medications according to the theory created by her. Because as she worked in Brazil, and it is hard for the patients to find and buy the Chinese herbs, she began her studies in homeopathy and since then, she created another theory integrating the Chinese medicine reasoning with what had until now regarding the homeopathy theory [18]. In this theory she is proposing the treatment in the root level, treating the energies imbalances and not just the symptoms. This article is entitled *Constitutional Homeopathy of Five Elements based on Traditional Chinese Medicine*, published by Acta Scientific Medical Sciences, in July 2020 [18].

The use of these medications to replenish the chakras' energies are used nowadays in the author's clinical practice to prevent the coronavirus infection (COVID-19) because, as showed in the table 4, COVID-19 is considered an invasion of external pathogenic factor invasion caused by a weak Zheng-Qi that is the energy that protects the body against this invasion. The Zheng-Qi is the ability of the individual to protect itself from the exposure to external pathogenic factor, demonstrated in the Figure 1, of the metaphor of the tree. Also, it is the energy responsible for the individual to recover after the damage influences caused by bad diet and emotional distress. It is formed by the constitutional energy of the Kidney meridian and it is part inherited from the parents and part acquired by the diet [32].

In the table 4, the author is showing that the majority of her patients were in the lowest level of energy in all the five massive organs, (Liver, Heart, Spleen, Lung, Kidney) meaning that their Zheng-Qi is compromised (lack of energy in the second chakra). As the Kidney energy depends on the transmission of energy from the Lung and the Lung depends on the energy from the Spleen, that depends on the energy from the Heart and finally, the Heart depends on the transmission of the energy from the Liver (Figure 8), it is important to tone the energy of all the organs, according to the sequence of the generation cycle, showed in the case report one, of this article. And the treatment replenishing the chakras' energies is the major importance to prevent the COVID-19 and

many other non-infectious diseases such as diabetes, hypertension, myocardial infarction, cancer, etc. as she is demonstrating in all her publications explaining that each kind of disease could be generated by the lack of energy in the chakra and this is the very common situation in all of them [8, 28-31].

Moxibustion is an external therapy using burning moxa stick or cone to produce a warm sensation and moxa smoke on the acupoints [1]. It was regarded as a principal treatment in ancient China [33]. The author used this kind of therapy frequently in all her patients nowadays because as she demonstrated in the Table 4, the majority of the patients that she is treating has no energy in the chakras' energies centers and that is why, this kind of procedure is a quick method to the patients obtain energy and starts to feel better (dyspnea, fatigue, depression, etc.) [16].

Acupuncture and auricular acupuncture are practices known by Oriental medicine and are recognized as potential therapeutic procedures in many kinds of diseases. [5-6, 8-12, 16, 24-25, 27-32, 34] According to the author's experience and from the literature, the disease comes from the energies imbalances of Yin, Yang, Qi and Blood and the importance of balancing these four energies in all her treatments were very demonstrated in many publications by the author, always emphasizing the need to treat the root of the problem, that are the energies imbalances (root level) and not just the symptom (leaf level) [5-6, 8-12, 16, 24-25, 27-32].

After the treatment of COVID-19 patients, it is very important to treat the lack of energy in the chakras' energies meridians to treat the cause of lack of immunity that leads the patients to be sick and also treat the reduction in the energy level caused by the use of medications in high concentrations that is recommended for some doctors in the treatment of this kind of infection. [18].

The author wants to emphasize that all the procedure she used in the treatment of both patients were recognized by Brazilian Federal Medical Council, such as acupuncture and homeopathy, since 1995 and 1980, respectively [35].

To understand the process of shortness of breath after SARS-CoV-2 infected patient's treatment, the physician needs to understand what is happening in the energy level, not visible by the naked eyes, in the root of the tree, and not just in the leaf level. That is why the importance to unify both kinds of medicine, Western and traditional Chinese medicine because one can complement the other, as you can see in the Figure 12 [25-31].



Figure 12: Metaphor of Western and traditional Chinese medicine Conclusion

The conclusion of this study is that it is important to study and treat the chakras' energies centers when the patient has dyspnea symptoms, especially in the case of a patient who had a history of COVID-19 and was treated with high concentrated medication.

The treatment replenishing the chakras' energies using high diluted medication (homeopathies according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*) is very important to recover the dyspnea symptoms after treatment of COVID-19 patients.

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