

Why Patients With Depression Do Not Improve their Symptoms When Using Anti-Depressant Medications?

Huang Wei Ling

¹Infectious Diseases, General Practice, Nutrition, Medical Acupuncture, Pain Management.

*Corresponding author

Huang Wei Ling, Infectious Diseases, General Practice, Nutrition, Medical Acupuncture, Pain Management.

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Abstract

Statement of the Problem

Depression is considered a mood disorder characterized by persistent feeling of loss of interest and sadness. In TCM, vital energy deficiency is the cause of depression caused by dysfunction of systems in the body such as deficiencies in the Blood, Qi, Yin and Yang energy, accumulation as Phlegm and Dampness. The principle of the treatment is to strengthening the vital energy, stimulating the Blood circulation; take out the Heat that is causing inflammation and removing Phlegm and Dampness.

Purpose

To address that depression has an energy deficiency as the cause, diagnosed and confirmed by the chakras' energy centers measurement and could worse even more when antidepressant medications are used, in this case in the treatment of depression like symptoms patients.

Methods

Through two cases reports, the first was 22 years old men with diagnosis of depression since 2019, and was using antidepressant medications without any improvement. The second was an 80-years-old woman, suffering from late-life depression since her 60's, and using antidepressant medication since then. Both patients were not able to be functional (inability to leave the house, unable to cook for herself, extreme fatigue and with low self-esteem). The patient complained that her symptoms were not improving, even with the increase of the dosage of the antidepressant drugs. Chinese dietary counselling, acupuncture and moxibustion were started in both patients. They also performed measurement of the chakras' energy centers, considering a scale of 1 to 8, 1 being the minimum and 8 the normal level, six of her seven chakras were measured in 1. To replenish the energy of the chakras' energy centers, she also used crystal-based medication and homeopathy based on the Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine. She was oriented to gradually withdrawn the antidepressant medication, always associating the acupuncture sessions to reduce withdrawn symptoms.

Results

Both patients started to feel more energized, happier, and recovered the capacity of performing her daily activities very quickly since the first acupuncture session. The skin wrinkles of the second case report were appearing less too.

Conclusion

The depression has an energy deficiency as the root. It is important to treat these deficiencies to improve the patients' symptoms and their quality of life. The use of antidepressant medication in this case can worsen the vital energy, according to Arndt Schultz Law, maintaining or worsening the energy deficiencies that was causing the depression symptoms.

Introduction

Depression is a persistent feeling of loss of interest and sadness and have multi-factorial causes such as environmental or genetics, according to the study written by Chand and Arif (2021) entitled *Depression*[1].

There is an estimate that there is around 450 million people suffering from mental health problems and about one third of these people are suffering from depression [2].

About 60% of people with depression do not seek medical assistance, despite their symptoms of sadness, irritable mood, uselessness, and many times accompanied by changes in the physical or in their coherent and reasonable aspect, that affects the function of this individual capacity. Most anti-depressants do work but the response of each individual may vary.[1]

Depression affects sleep quality, performance in the work, productivity and routine activities. Can also affect the outcome of chronic diseases such as diabetes, obesity, cardiovascular diseases in a patient with history of myocardial infarction and cancer [3].

In the past years, it has been increasing the interest in identifying the predictors of outcome of depression. These factors or predictors includes sleep parameters, genetic variables, neuroendocrine investigators and brain imaging have been studied extensively [4].

The therapy nowadays is based on the use of anti-depressant medications and their indication will depend on the type of symptomatology, severity of symptoms, adverse effects (sexual dysfunction, obesity, sedation, etc), comorbidities, positive or negative responses, toxicity of the drugs, costs[5].

There are many publications nowadays, saying that the use of anti-depressant medications can not improve the symptoms presented by the patient and the importance for searching another kind of treatment [6].

This article will be written by the influences of Hippocrates (c. 460 bce-c. 375 bce), father of medicine, that said that "Foolish the doctor who despises the knowledge acquired by the ancients". So, in this article, I will demonstrate that patient with depression symptoms have internal five massive organs weak in energy and the treatment of this condition, replenishment of the chakras' energy centers were very important to treat the cause and not just the symptoms of these patients [7].

Purpose

The purpose of this study is to demonstrate that patient with depression have energy deficiency in the internal massive organs (Liver, Heart, Spleen, Lungs and Kidney), that corresponds to the chakras' energy centers in Ayurvedic medicine and the treatment of this condition (rebalancing and replenishing the chakras' energy centers using highly diluted medications according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*) is of paramount importance to treat the patient's condition in the root of the depression formation problems and not just treating the symptoms.

Methods

Through two cases reports of patients with depression symptoms and were using anti-depressive medications (for two years and twenty years respectively), without improvement of their depression clinical condition.

Case Report One

The first patient is a 22-year-old male patient. He started to have symptoms of depression when he was around 17 or 18 years - old, he was very afraid, sick, thinking that he had high blood pressure, tachycardia, even looking for a hospital emergency, nothing was found altered in the laboratorial or radiological level.

At the age of 20 years-old (2019), he started to follow up with a psychiatrist who prescribed antidepressants for him.

After start these medications, he began to have insomnia and no interest in doing anything. He felt like he was anesthetized and started to have mood swings and feel very hot. Even with such symptoms, he remained on the drug Desvenlafaxine 150 mg/day.

He showed to me the quantity of medications that he was using every day, including Lorazepam, Bupropion and Quetiapine, Bisoprolol hemi fumarate. He had relatives who had already been treated with acupuncture for various symptoms and diseases and had great results quickly, so he decided to look for me. In his first appointment, I did the first anamnesis and performed a physical examination. His Chinese medicine's diagnosis was Kidney *Yin* deficiency and Heat retention. I orientate him to avoid dairy products, Cold water, raw food and sweets (to do not imbalance the Spleen-pancreas meridian). The second group of foods to avoid was the ingestion of coffee, soft drinks and matte tea (to do not imbalance the Kidney energy meridian). The third group of foods that I orientate to avoid was fried foods, eggs, chocolate, honey, coconut, melted cheese, alcoholic beverages (to do not produce more internal Heat). All these foods orientations were according to Chinese dietary counseling, using the energy presented in each food to balance the imbalanced energy of the patients.

As he was having insomnia also, it was orientated to avoid to eat foods that growth above the earth and only eat foods that grow under the earth in the dinner. The dinner should be until 6PM, and avoid to drink coke and coffee during the night. Avoid the eat in this time, red meat and all the foods made by corn such as popcorn or cakes made by corn (because can give much energy in a period that the patient need more *Yin* energy instead of *Yang* energy).

The second tool used in his treatment was to perform auricular acupuncture associating with apex ear bloodletting and systemic acupuncture twice a week. The auricular and systemic points used will be shown in the discussion section.

The other Chinese tool used in his treatment was the use of moxibustion in the belly and in the dorsum point (to tone the Kidney energy center).

To evaluate how was the energy of the internal massive organs, I performed the chakras' energy centers measurement using a crystal pendulum and what I found in this measurement was that all his

internal massive organs (Kidney, Liver, Heart, Spleen and Lungs) were in the lowest level of energy, rated in one, with the exception of the seventh chakra, that was normal, rated in eight.

It was prescribed the use of homeopathy medications to replenish these chakras' energy centers according to the theory created by me (2020) entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* and crystal-based medications.

The homeopathy medications were prescribed according to the following sequence; *Sulphur 30CHXX-20*; *Calcarea carbonica 30CHXX-20*; *Silicea 30CHXX-20*; *Natrum muriaticum 30CHXX-20*; *Phosphorus 30CHXX-20*. The patient need to intake each medication, especially with empty stomach (one bottle per day), in this sequence for 5 days during the month. After 30 days, the patient can intake the same sequence of medications now using 200CHXX-20. After 30 days, the patient was orientated to intake the medications using 1000CHXX-20, instead of 200CHXX-20. After 30 days, it was orientated to intake the medications in 10.000CHXX-20 instead of 1000CHXX-20. After 6 weeks, the patient should repeat again the medications, now in 50.000CHXX-20, instead of 10.000CHXX-20.

The homeopathy medications should be used for the whole life because I noticed that when the patient stopped to use them, the mood and all the functions of the internal organs begin to fail. The necessity of maintaining the replenishment of this energy need to be constantly and not only in the beginning of the treatment.

The crystal-based medications used in this treatment will be described in the discussion section of this article.

Results of the Case One Treatment:

The patient started to feel much better in the first week of treatment and I asked him to reduce the intake of the anti-depressant medications and the insomnia medication.

After reducing the anti-depressant medications, he said that it was possible to feel what kind of person he was because before the treatment, he was feeling like he was not feeling anything and his life was controlled by the medications only.

After take out all the anti-depressant medications, that was done during the whole month, he was able to have more energy to do his activity in the gym, more disposition, and after the second acupuncture session, he improved even more, having more creativity in his work and started to sleep better, even reducing the anti-depressant medications together with his psychiatrist orientations.

At this point of treatment, it was associated the use of Bach floral to reduce the side effects of the reduction of the ingestion of anti-depressant medications, and for this reason, the patient was able to take out the medications after four weeks of treatment. All his pills that he was using to treat his depression, were through out in the toilet, as you can see in the Figure 1.



Figure 1: the patient throughout all the medications he was using in the toilet.

Nowadays, he still in treatment and always have periods of improvement and periods of worsening of his mood. Always, these bad periods are associated with the time to intake the single dose of the homeopathy medications. The meaning of this situation was that, if the patient is feeling not good, this could be caused by the drop of the vital energy and for this reason, the necessity to restart the use of single dose of homeopathy medications, according to the theory *Constitutional homeopathy of the Five Elements Based on Traditional Chinese Medicine* and crystal-based medications.

Case Report Two:

The second case report is an 80-year-old female patient who has been depressed for more than 20 years and even with the use of antidepressants and increased doses of the anti-depressant medications, she did not improve. She was not able to be functional (inability to leave the house, unable to cook for her self, extreme fatigue and with low self-steam).

I also measured her chakras' energy centers through the radiesthesia procedure, that showed that six of the seven chakras' energy centers were without any energy (rated in one out of eight), with exception of the seventh chakra, that was normal (rated in eight) .

The treatment of her started with the Chinese dietary counseling, the same foods orientations done in the first case reported in this article, systemic and auricular acupuncture with apex ear bloodletting and moxibustion.

It was also prescribed homeopathies medications according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* and crystal-based medications, the same as described in the case report one.

Results of the Case Report Two:

She started to feel more energized, happier, and recovered the capacity of performing her daily activities very quickly since the first acupuncture session. Her skin wrinkles were appearing less too and I asked her to reduce her anti-depressant medications together with the treatment done according to Chinese medicine.

Discussion

This depression theme is of paramount importance nowadays since a large part of the world population has been diagnosed with depression and associated as the disease of the century. [8]. In the article written by Kessler and Bromet (2016) entitled *The epidemiology of depression across culture*, they are saying that according to World Health Organization (WHO), depression is considered the fourth cause of disability worldwide and in 2020, it will be the second leading cause of inability [8].

To understand the depth of the theme in question, I would like to refer our minds to the oldest medicines, following Hippocrates (c.460 bce-c.375 bce) thoughts that said “it is important to consider ancient medical traditions prior to the knowledge we have nowadays”. For this reason, to understand the whole process involved in the depression subject, I will use traditional Chinese medicine’s reasoning, together with Western medicine’s thoughts [9].

Traditional Chinese medicine (TCM) is one of the oldest medicines that exists until today. According to the article written by Fung and Linn (2015) entitled *Developing Traditional Chinese Medicine in the Era of Evidence-Based Medicine: Current Evidences and Challenges*, the authors are saying that TCM concepts are based on Syndrome differentiation. The theories are based on Five Elements and Yin and Yang philosophy and *Zhang-Fu, Qi* and the meridians flow of energy, as you can see in the Figure 2, 3 and 4[9, 10].



Figure 3: Relationship between Yin, Yang, Qi and Blood.

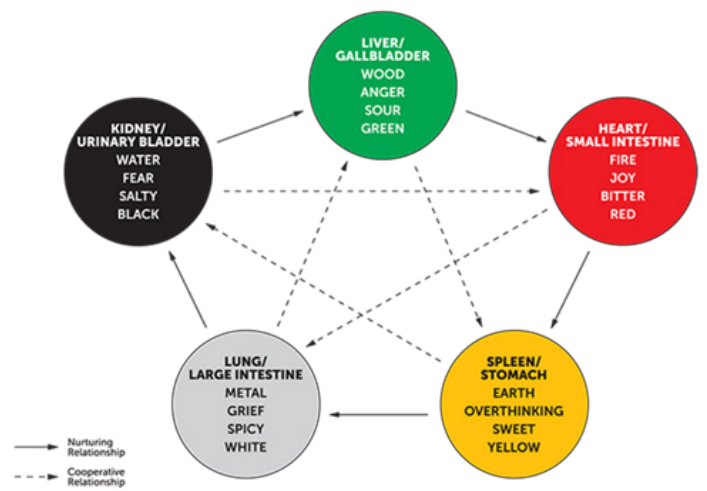


Figure 4: Five Elements theory.

These theories are used by me in all my presentations and scientific publications, where they form the basis of the beginning of formation of all diseases, that comes from these energy alterations in all these theories [11].

The different perspectives with regard to Western medicine that explain depression as being neuro transmitter deficiency and Chinese medicine described as being energy deficiency makes a difference in the treatment of this pathology because Western medicine treats leaf level while Chinese medicine treats it at the root level of the tree. This tree is a metaphor that I usually use in all my articles to demonstrate the different viewpoints between Western medicine and traditional Chinese medicine, as you can see in the Figure 5 [11].



Figure 2: Yin and Yang symbol

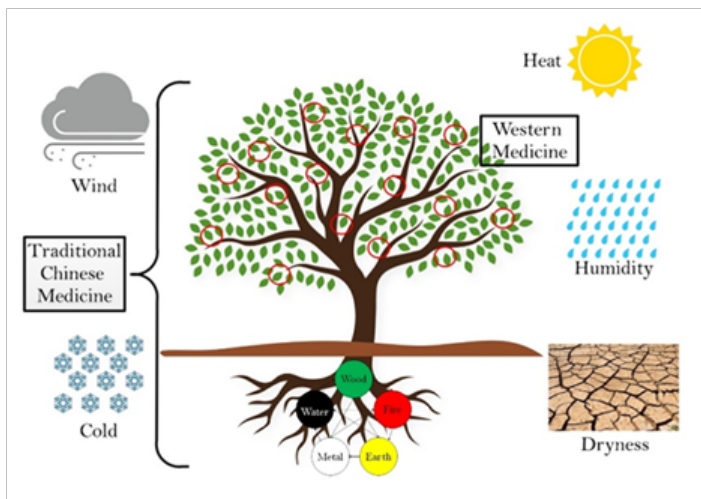


Figure 5: Metaphor of the tree showing different perspectives among Western and traditional Chinese medicine.

In the article written by Ramic et al. (2020) entitled *Assessment of the Antidepressant Side Effects Occurrence in Patients Treated in Primary Care*, they are saying that according to the study that they carried out among depressive patients and using anti-depressant medications, the most common side effects were dry mouth, abdominal pain, swelling, nausea, constipation, stroke, decrease libido and without orgasm, weight loss[12].

I have experience in treating patients with depression symptoms because I was trained in both Western and Eastern medicine. So, I am able to assess how far Western medicine can treat and how far Eastern medicine has to be treated [13].

I did research studying the chakras' energy centers of thousands of patients in my clinic in Brazil, between 2015 to 2020 and the conclusion of this study that I reached was that more than 90% of all my patients do not have energy in the chakras' energy centers, that are responsible for the production of *Yin*, *Yang*, *Qi* and Blood, as you can see in the Table 1.[14].

Table 1: Results of the research of measurement of 1000 patient's chakras energy centers.

| Chakras Ages | 2-19 | 20-59 | 60-79 |
|------------------------|--------------------|-------------------|-----------------------------------|
| 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 Chinese diagnoses | <i>Yin / Yang</i> | <i>Yin</i> | <i>Yin</i> |
| | <i>Yin / Blood</i> | <i>Yin / Yang</i> | <i>Yin / internal Heat</i> |
| | | | <i>Yin / Yang / internal Heat</i> |

In 97% of my patients, they do not have Kidney's energy (second chakra), that is responsible for the protecting against the invasion of the external pathogenic factors and the production of *Yin* and *Yang*, as you can see in the Figure 6. Chakras are energy concentrations that we cannot see by the naked eyes and their function are to send energy to the organs and systems that they command to their proper functioning. The first chakra is representing the Wood element and corresponds to the Liver. The second chakra

corresponds to the Water element and represents the Kidney. The third chakra corresponds to the Fire Element and represents the Heart. The fourth element corresponds to the Metal element and represents the Lungs. The fifth chakra corresponds to the Earth element and represents the Spleen. The sixth chakra corresponds to memory and concentration and it is responsibility of the Kidney and the seventh represents the spiritual chakra, and it is governed by the Liver [14].

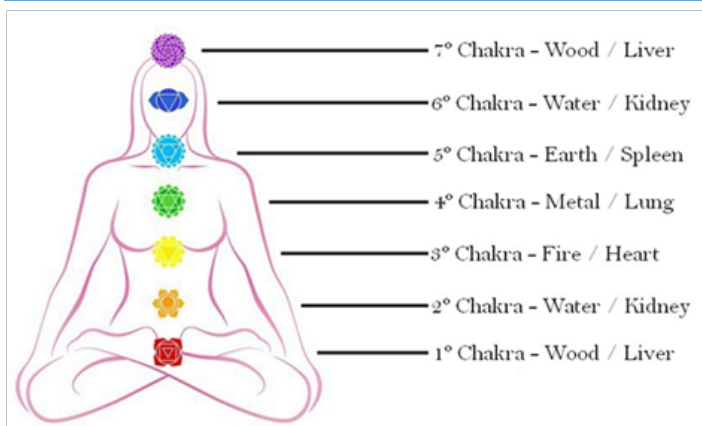


Figure 6: chakras' energy centers and the correspondence to the five internal massive organs in traditional Chinese medicine and the energy produced by each organ.

Each internal massive organ is responsible for the production of each energy to maintain our health. For example, the Liver (first chakra) and Lung (fourth chakra) are responsible for the distribution of *Qi* in the entire body and all systems; The Kidney (second chakra) is responsible for the production of *Yin* and *Yang*. The Spleen is responsible for the production of Blood and the Heart is responsible for controlling the flow of the Blood inside the blood vessels. All these informations were described by me in the article *Why Patients with Spider Veins in The Leg Have Recurrence of Their Conditions by Using Sclerotherapy or Other Kinds of Treatment Recommended Nowadays?*[15].

Such an important reduction in the energy in the five massive organs, caused by the pollution between the sky and the earth (generated by the electromagnetic waves), I come through this study to say that the state of depression almost in the general population on this planet is due to this energy deficiency and not necessarily due to the lack of neuro transmitter or dopamine or norepinephrine, in the central nervous system, according to the book *Chinese Medical Psychiatry* written by Flaws and Lake (2001) [16].

Most patients with depression feel discouraged, lack of energy, loss of memory and concentration, insomnia, loss of libido, loss of will or laziness to exercise, difficulty in waking up from bed in the morning, and it is often associated with anxiety and panic syndrome. These patients could have palpitation and often comes with a feeling of death and this condition can be real and associated with lack of energy when there is a condition of anguish chest pain, shortness of breath, etc. [13, 17].

Usually, these patients are referred to a psychiatrist, who is almost characterized as depression, starts antidepressant drugs, which, according to Western medicine, are the drugs of choice for the treatment of depression. In the article written by Dorval et al. (2006), the authors are saying that severely depressed patients need antidepressant medications but non-severe cases could benefit from other non-biological approaches [4].

In my daily practice, there are constantly patient complaining that

the treatment of their depression symptoms using antidepressant medications were not improving their depression and many of them are saying that the symptoms worsened instead of improving. And when they go to the psychiatry and tell them that their depression was not improving, they usually increase the dose of the antidepressant medications instead of reducing it. When they tell to the doctor that they are not getting better from depression with the prescribed medication, the more pills the doctor prescribes, causing an even greater drop in vital energy [18]. This energy fall is explained by the Arndt Shultz Law, created in 1888 by two German researchers, who say that highly concentrated drugs reduce the vital energy and can be lethal, as you can see in the Figure 7 [18].

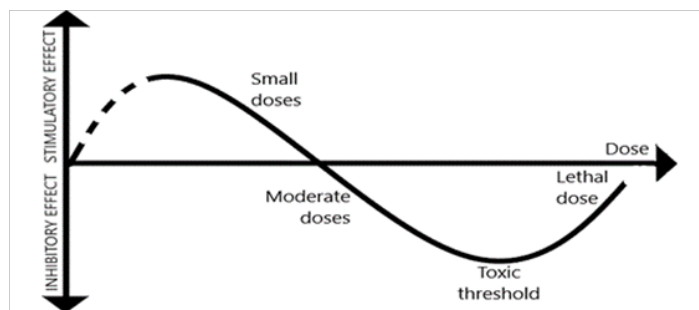


Figure 7: Arndt Schultz law.

The use of highly diluted drugs increases the vital energy, being currently the drugs of choice for any treatment of depression because, according to studies carried out by me, the population nowadays is currently affected by electromagnetic influences, that our entire planet is subjected, causing this drop in our energy of almost all our patients. All this data was published by me (2021) in the article entitled *Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection* [14, 18].

Therefore, the holistic understanding of the human being, opening the horizons for understanding the different ways of reasoning in front of the patient and not only through current medicine (which had a greater impact with the implementation of the Flexner report in 1910 and which completed the centenary in 2010), brought positive and negative points that it can be understood that what was considered scientific is only when the physician can proof by laboratory and radiological exams. All the rest of the human being that is formed by energy, before materializing, was not fitted or understood by this current medicine, because they were not teaching in the medical schools [19].

But we still have a chance to get around this if we expand our views and open our minds and leave it to think that what it is only scientific is only what we can see by the naked eyes and written in several articles by me (2021) as for example *What Flexner Report did to Our Medicine After 100 Years of Implantation?* or in another article written by me (2021) entitled *Are the Pulmonary Manifestations in COVID-19 Really Caused by the Virus?* [20, 21].

To know what kind of medication we should use nowadays, we must know what kind of population we have nowadays. This theme was presented by me on the 9TH Webinar On Healthcare – Health Economics and Policy, that was held on February 09, 2021 in London, UK. According to my explanations, the current population is

characterized by a complete lack of energy and associated with immunosuppression and not characterized as immunocompetent. This data was demonstrated in the article written by me (2021) entitled *Is the Population in the World the Same as in the Past?* and in the article written by me (2021) entitled *Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection* and in the third article also written by me (2021) entitled *Are we vaccinating immunocompetent or immunocompromised people for COVID-19?* [14, 22-24].

I am saying in all these studies that the use of highly diluted medications are currently the drugs of choice for the treatment of any pathology nowadays, including depression, due to this energy pattern that quite everybody in this world is having nowadays. I also wrote articles regarding the influences of psychotropic medications inducing the maintenance of anxiety and panic syndrome, showed in the article wrote by me (2019). *Why Do Patients Still Have Anxiety Symptoms Despite the Use of Psychotropic Medications?* and in another article also wrote by me (2020) entitled *Energy Disturbances in Panic Syndrome and How Can We Treat It in Adolescence?* [9, 25].

To replenish all these energy deficiencies in the five massive organs (Liver, Heart, Spleen, Lung and Kidney), I am using highly diluted medications, such as homeopathies, according to the theory written by me (2020) entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*. Nowadays, I use this theory to treat all kind of conditions, because I am treating the root and for this reason, all the symptoms and diseases of the patient will improve al the same time, as showed in many articles I published, showing the cornerstone of this reasoning, the patients that had leg pain and improved from his intra-ocular pressure, even the doctor do not know that the patient has such symptom of high intra-ocular pressure [26, 27].

To rebalance internal energy, the first step I use is to change the dietary habits of the patient using Chinese dietary counseling, as I did in the case report one and two. I usually follow Hippocrates thoughts that said that “make your food your medicine and your medicine your food” [7].

Why I am emphasizing the needs to be Chinese dietary counseling?

The major difference between Western dietary counseling and Chinese dietary counseling is that, Western medicines diet is based on the components of each food (such as proteins, carbs, lipids, vitamins , etc...) and in Chinese dietary counseling, the foods are

classified in the energy that exists in each food (Cold, Neutral, Warm, Hot) and each food is giving to each patient according to their energy imbalances and not the same type of food for different persons (because each patient is unique and had many different energy imbalances) [11].

The second step I usually use in the treatment to rebalance the internal energy of the organs is to use auricular medicine applying small pieces of adhesive tapes with mustard seeds in some points in the ear, to balance the energy of *Yin, Yang, Qi* and Blood. The energy function of these points were described in the article written by me (2018) entitled *How Do You Treat Back Pain in Your Practice? Part 2* and you can see in the Figure 8. [28].



Figure 8: Auricular acupuncture points used in the depression treatment.

The third step I usually use in all kinds of treatment, in this case depression, is to replenish the chakras' energy centers to improve the energy of the patients with depression. I usually replenish this energy with the use of highly diluted medications such as homeopathies according to the theory created by me (2021) entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*, as you can see in the Table 2[26].

Table 2 - Homeopathy and crystal-based medications used in the replenishment of the chakras' energy centers

| Chakras | Five Elements | Homeopathy Medications | Crystal Based Medications |
|-----------|----------------|------------------------|---------------------------|
| 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 |

I use this theory to treat all kinds of chronic diseases nowadays because according to the research I did in my clinic, demonstrated in the article wrote by me (2021) entitled *Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection*, all chronic diseases have in common chakras' energy centers deficient in energy [14].

I usually use all these tools reported in the case one and two, to manage and improve all patients with depression, who actually need energy for their daily and professional activities, improving memory and concentration, improving sexual energy and libido and the patient has a more normal life because they are able to evacuate every day and urinates normally because usually when the patient has no energy, even urine comes with little pressure and in small quantities and to release the stools are difficult, as I showed in these two case reports and in the article written by me (2020) entitled *Energies Alterations and Chakras' Energies Deficiencies in Patients with Chronic Constipation* [29].

Usually when the patient starts to treat these energy-based treatment, they usually say that they have more energy in their daily life, more desire to do physical activities (that they no longer were having desire to do any activity). When they use antidepressant medications themselves, they usually say that they no longer show emotion of themselves and no longer feel what they feel after beginning this energy-based treatment. They do not know who they are anymore and what the feelings that come from themselves are when they were using anti-depressant medications. This talk was presented by me in the 2nd Webinar On Neuroscience, Psychiatry and CNS, that was held on June 29, 2021 [30].

The side effects generated by the use of high concentrated drugs should be taken into account because it has reduced the memory and concentration of the majority of the patients that were using these kinds of medications (due to the energy deficiencies caused by the chronic ingestion of this kinds of medications), reducing mainly the energy of the Kidney (second chakra), that is responsible for memory and concentration. If used chronically, these patients could have more propensity to have Alzheimer's in the future and Dementia, in addition to maintaining all symptoms of depression or even aggravate due to the state of reduced vital energy (affecting mainly the Kidney's energy that is responsible for the memory and concentration). This affirmation was written by me (2021) in the article entitled *Energy Alterations and Chakras' Energy Deficiencies in Dementia Patients* [31].

To finalize this article, I would like to say that all these tools used in the treatment of both patients reported in this article (acupuncture and homeopathy) were recognized by Brazilian Federal Medical Council since 1995 and 1980 respectively [32].

It is also important to say that, to treat and understand in the deepest level what could be happening in patients with depression and why they still not improving when using anti-depressant medications, it is important to have in mind the two kinds of medicine Western and traditional Chinese medicine, in a metaphor of *Yin* and *Yang*, as you can see in the Figure 9 [11].



Figure 9: *Yin* and *Yang* metaphor of Western and traditional Chinese medicine.

Therefore, I would like to thank the opportunity offered by this journal to disseminate to all physicians who treat patients with depression to look with eyes holistically because depression is a manifestation of a systemic disease and not only located at the level of the central nervous system as it seems nowadays [13].

Conclusion

The conclusion of this study is that patients with depression symptoms have energy alterations in the chakras' energy centers and the use of any highly concentrated medications, in this case, anti-depressant medications to treat depression can induce more energy deficiency and can worsen even more the vital energy of all these patients that are already low, demonstrated through radiesthesia procedure. The treatment using traditional Chinese medicine tools, to rebalance the internal energy and replenish the chakras' energy centers using homeopathy medications, according to the theory *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* and crystal-based medications, can treat this condition of lack of energy that is leading to depression symptoms, improving the vital energy and therefore, reducing the chance to evolve to any other chronic diseases such as diabetes, hypertension, myocardial infarction, cancer etc. All these diseases have in common, energy deficiency in the chakras' energy centers and the treatment of this condition will treat all diseases formation, including in this case, depression.

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