

Chakras' Energy Deficiencies as the Main Cause of Fatigue during Hemodialysis

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Abstract

Introduction: Fatigue is one of the most frequent complaints of dialysis patients and is associated with impaired health-related quality of life. The prevalence of fatigue ranges from 60% to 97% in patients with renal replacement therapy and 94% of hemodialysis patients endorsed a willingness to undergo more frequent dialysis if there would be an associated increase in energy level.

Purpose: To demonstrate that a patient with symptoms of fatigue during hemodialysis has chakras' energy deficiencies and the replenishment of these energies is important to the treatment of this fatigue and the prevention of future events.

Method: In a case study, a 50-year-old woman with chronic renal insufficiency was performing hemodialysis 3 times per week. She was complaining about a severe fatigue symptom during and after each hemodialysis session. These fatigue symptoms were making her afraid to go to her next sessions. She began auricular acupuncture sessions associated with moxibustion and the doctor recommended that she perform a radiesthesia procedure to analyze the level of energy in each of her chakras' energies.

Result: The result of this study was that the 50-year-old a woman was completely depleted in all her chakras' energies with the exception of the seventh which was normal (a rating of eight). She began replenishing her chakras' energies with highly diluted medications according to the theory *Constitutional Homeopathy of Five Elements Based on Traditional Chinese Medicine* and crystal based medications. After one week of taking the medications and maintaining the auricular acupuncture treatment associating with moxibustion, the patient no longer experienced the fatigue symptoms again after each hemodialysis treatment.

Conclusion: The conclusion of this study is that patients with chronic fatigue after hemodialysis sessions should be evaluated for their chakras' energy levels. The replenishment of deficient chakras' energies can be an important tool in the treatment of the fatigue conditions and the prevention of future fatigue events resulting from hemodialysis sessions.

Keywords: Fatigue; Hemodialysis; Chakras; Diet; Acupuncture; Traditional Chinese Medicine; Homeopathy; Hippocrates

Abbreviations: ESRD: End Stage Renal Disease; HD: Hemodialysis; TCM: Traditional Chinese medicine.

Introduction

Fatigue experienced by patients with end stage renal disease (ESRD) undergoing hemodialysis (HD) is one of the daily problems in their life. Although dialysis is a procedure that saves lives, it cannot replace the function of healthy kidneys. Fatigue associated with HD significantly affects the quality of

life of these patients. In general, HD patients suffer from low levels of physical activity and decreased functional capacity while suffering from general muscle weakness resulting in a general feeling of fatigue [1].

Patients who experienced fatigue after dialysis required almost five hours of sleep to recover after their session and had more depression, insomnia, and body aches than those who did not experience post dialysis fatigue [2]. Furthermore,

patients with post dialysis fatigue experienced limitations in their functional independence and participation in social activities on the day of dialysis [3].

Post dialysis fatigue is not predicted by clinical measures such as nutrition, laboratory results, or the adequacy of dialysis. Research suggests that it may be part of a symptom complex that includes nausea, muscle cramps, and headache, which may be the result of fluid shifts that occur during hemodialysis. It is possible that post dialysis fatigue is conceptually similar to the persistent fatigue that patients experience but differs in severity and timing [4].

In this article, the author will bring to you a different point of view by following what Hippocrates said that it is important to consider other ancient medicines prior the knowledge we have in modern days. So the author will show you the causes of fatigue during hemodialysis from a traditional Chinese medicine point of view [5].

Purpose

To demonstrate that a patient with symptoms of fatigue during hemodialysis has a lack of energy in the five massive organs (Liver, Heart, Spleen, Lung and Kidney) in accordance to traditional Chinese medicine. By measuring the energies of the chakras' energy centers through the radiesthesia procedure, the author will show you that it is possible to measure the energy of these five massive organs that are important for the production of *Yin, Yang, Qi* and Blood energies to maintain health. Using this tool and using Chinese dietary counseling, auricular acupuncture, moxibustion and the replenishment of these energies using homeopathic medications according to the theory *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*, it is possible to treat fatigue in patients of hemodialysis.

Method

To prepare this article, the author used an extensive review of what is found in literature concerning fatigue in patients undergoing hemodialysis treatment; using both Western and traditional Chinese medicine reasoning. She also will describe a one case study of a 50-year-old women with a history of renal insufficiency who was undergoing hemodialysis since 2015 and was experiencing extreme fatigue after every hemodialysis session.

Case Study

The 50-year-old woman patient came to the author's clinic at the recommendation of her niece who was already the author's patients for the treatment of anxiety. The woman

reported that every time she went to a hemodialysis session, she became very ill. There were times when she was feeling afraid to undergo hemodialysis due to the weakness she felt afterwards. Her diagnosis in traditional Chinese medicine was Kidney *Yang* deficiency, Blood deficiency and Heat retention.

The first step of treatment to address all her complaints (anxiety & fatigue) was the recommendation of Chinese dietary counseling, which includes avoiding dairy products, raw foods, sweets and cold drinks so as not to imbalance the Spleen-Pancreas Meridian, responsible for the absorption of nutrients and production of Blood. The second group of foods that she was told to avoid was coffee, soda and matte tea so as not to imbalance even more the Kidney's energies. And the third and last group of foods that she was told to eliminate was fried foods, eggs, chocolate, honey, coconut, melted cheese and alcoholic beverages.

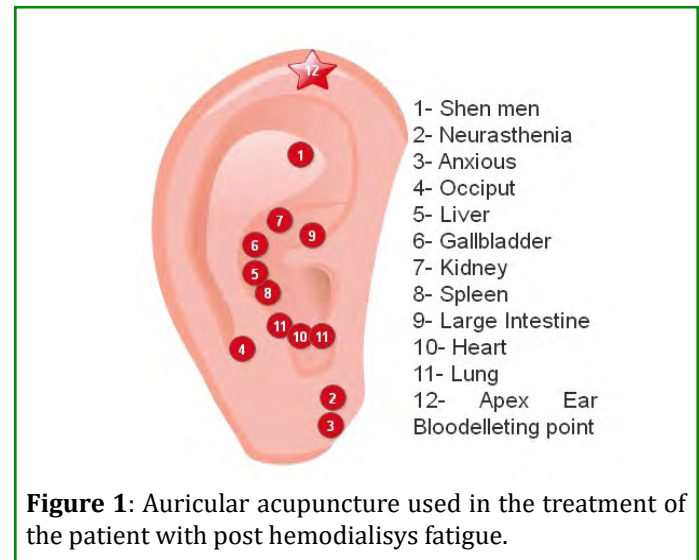


Figure 1: Auricular acupuncture used in the treatment of the patient with post hemodialysis fatigue.

She was subjected to auricular acupuncture twice a week with apex ear bloodletting and the points are described in Figure 1. The author also used the moxibustion therapy in the points (CV4, CV6, CV8 and BL18 bilateral) to transmit energy to these meridians, to tone the production of *Yin* and *Yang* by the Kidney energy meridian.

The patient was subjected to the radiesthesia procedure to analyze the level of the patient's chakras' energy centers. All the patient's chakras appeared very much depleted in energy, rating 1 out of 8, with the exception of the seventh chakra, that had a normal rating of eight.

The patient also received a prescription to take homeopathies and crystal based medications for a period of one year or more. The homeopathies medications prescribed were: 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. The homeopathies were prescribed to be taken at a single dose with a hiatus of one to three days between the medications, in the sequence described. After two months, a new sequence of treatment was started, with the same medications taken on the same order, but now with 200CHXX-20 instead of 30 CHXX-20. After two more months, a new sequence of treatment was started, with the same medications taken on the same order, but now with 1000CHXX-20 instead of 200CHXX-20. After two additional months, a new sequence of treatment was started, with the same medications taken on the same order, but now with 10000CHXX-20 instead of 1000CHXX-20. Finally after two more months, a new sequence of treatment was started, with the same medications taken on the same order, but now with 50000CHXX-20 instead of 10000CHXX-20.

The description of the type of crystal-based medications that were prescribed will be provided in the discussion section.

Results Case Study

Since the first session of auricular acupuncture, the patient had immediate improvement by no longer having weaknesses when undergoing hemodialysis. The more she did the acupuncture sessions (and moxibustion therapy and using the medications prescribed), the better she got. She had a general improvement that was not strictly related to her kidney's function. She had better disposition and strength to work, which she did not have when she was only on hemodialysis (without acupuncture and all the tools used in her treatment). With the COVID-19 pandemic, she stopped doing acupuncture sessions, but continues to do her hemodialysis sessions 3 times a week and is still feeling good. She said that with the treatment she received, she can go to the hemodialysis sessions without the fear fatigue anymore and without feeling sick every time she undergoes each session.

Discussion

The author used to write this article, thoughts from Hippocrates, father of medicine that said, "it is far more important to consider other ancient medical traditions prior to the knowledge we have nowadays". For this reason, the author used the knowledge acquired by traditional Chinese medicine that has more than 5000 years of medicine's history, to explain the fatigue process after a hemodialysis session [5,6].

To understand how the author used her reasoning in the treatment of the patient reported in the case study, she wants to describe the history of one specific patient that she treated

in 2006 and became the cornerstone of all her treatment in a diverse pathologies and specialties [7-10].

This specific case was a 70-year-old male patient, who reported pain in the legs and had no improvement with any anti-inflammatory medication during six months of treatment. He was diagnosed with Kidney-*Yang* deficiency, according to traditional Chinese medicine (TCM). He received treatment with Chinese dietary counseling, acupuncture and auricular acupuncture associated with apex ear bloodletting [7].

With the treatment done, the pain in the legs diminished and the patient was submitted to an interview 30 days after the treatment. In this interview, the patient revealed that his eye pressure had also lowered from 40 mmHg to 17 mmHg, as his ophthalmologist confirmed. During the treatment, he had not reported that he was being treated for glaucoma for the last 40 years with no improvement of his condition. For the first time of his life, his intraocular pressure reduced to a normal level and this unusual case became the cornerstone of all the studies by the author, trying to comprehend how the treatment focused on the root of the problem could treat different diseases and symptoms simultaneously and using the same method [7-10].

After this case, the author began her study in this field as a researcher in the University of Sao Paulo, in the Ophthalmology department, in the glaucoma section, to try to comprehend the influence of the energies imbalances in the formation of diseases in the eye, specific in the manifestation of glaucoma [7-10].

The treatment done in Western medicine presently is an exclusively localized treatment and usually treats what can be seen by the naked eyes. But from the TCM point of view, the symptoms presented by the individual needs to be looked at as a whole, including the energy imbalances that is under the earth, that is not usually seen by the naked eye and also, considering the influences of the external pathogenic factors, as you can see in the Figure 2. To explain these differences, the author likes to use the metaphor of the tree to better understand and visualize the different points of view between these two medicines. The tree has a trunk with several branches. Each branch represents one medical specialty and each leaf coming out of each branch represent the symptoms and diseases treated by each specialty. The leaves and the branches are the visible part and the object of study and practice in the Western medical schools. The focus is to treat each leaf in each specialty. The treatment proposed by the author aims to treat all the tree, through the root to achieve a healthy leaf and also observing the influences of the external pathogenic factors that could also be causing the symptoms on the patient, influencing the root level

or directly at the leaf level, leading to energy imbalances and manifesting as disease in the future, if not diagnosed correctly [7-12].

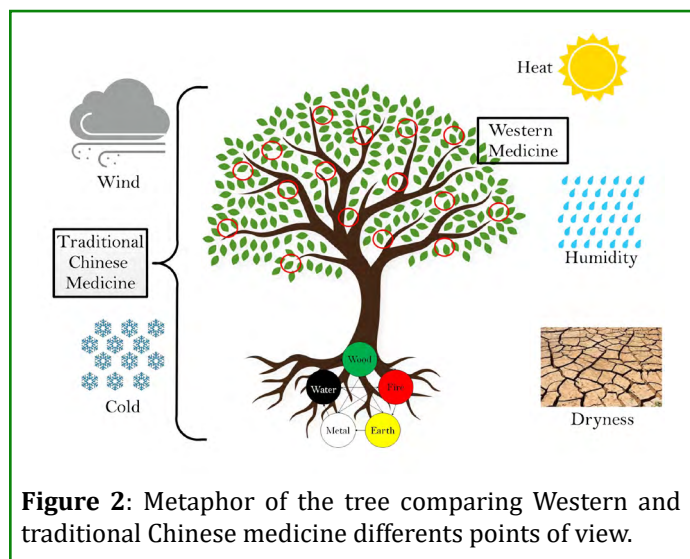


Figure 2: Metaphor of the tree comparing Western and traditional Chinese medicine different points of view.

In the root of the tree, there are some theories that guide the TCM reasoning, the first is the *Yin* and *Yang* theories. *Yin* and *Yang* are the two opposite forces that are believed to be present in all phenomena in the world. For traditional Chinese medicine, the *Yin* and *Yang* is the first and major cornerstone to understand health, diagnosis and treatments. The main principle represented by the *Yin* and *Yang* symbol and contained in its meaning is the idea of complementary and cyclical opposites. This idea came from the observation of different phenomena in nature such as day and night, female and male, darkness and light, right and left, etc. According to traditional Chinese medicine, *Yin* and *Yang* are composed by four aspects: 1) they are opposites, 2) they are interdependent, 3) they are mutually transformative, one always transforming into the other in a cyclical way, 4) they are mutually consuming as well, because one side is always consuming the other, aiming to increase as can be seen in the Figure 3 and 4 [7-13].

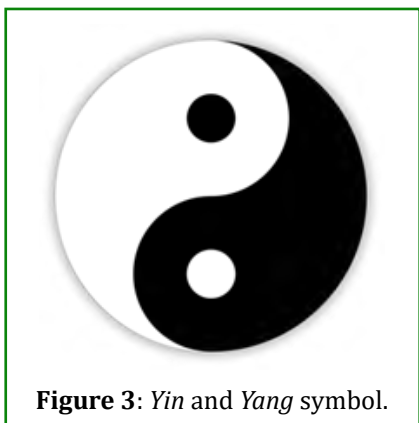


Figure 3: *Yin* and *Yang* symbol.

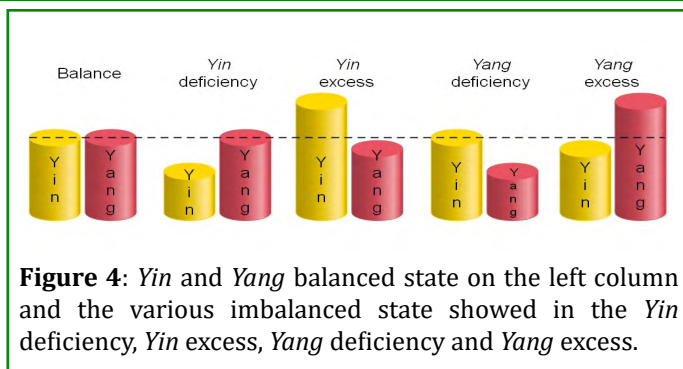


Figure 4: *Yin* and *Yang* balanced state on the left column and the various imbalanced state showed in the *Yin* deficiency, *Yin* excess, *Yang* deficiency and *Yang* excess.

The aim of all treatments is to achieve a balanced state between *Yin*, *Yang*, *Qi* and Blood to achieve health. In the case study described in this article, what the author did was counsel the patient to avoid the foods that could imbalance her internal energies and balance the *Yin* and *Yang* energy using correct diets according to the energy of each food. As demonstrated by the author, the patient had Kidney *Yang* deficiency, Blood deficiency and Heat retention, and all foods that could induce more Blood and *Yang* deficiency and Heat retention could induce more energies disharmony [7-12].

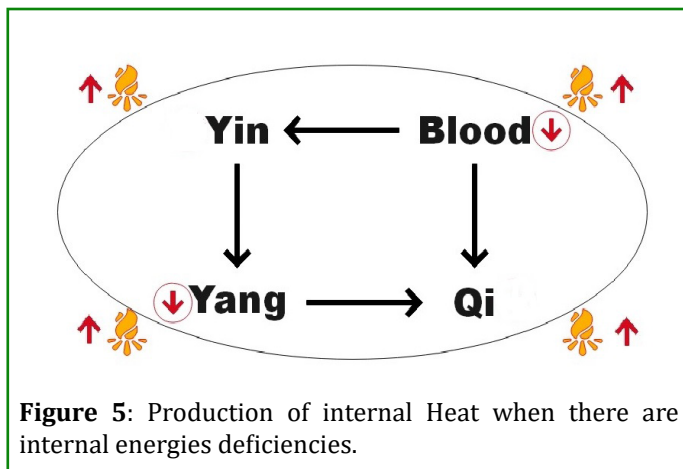
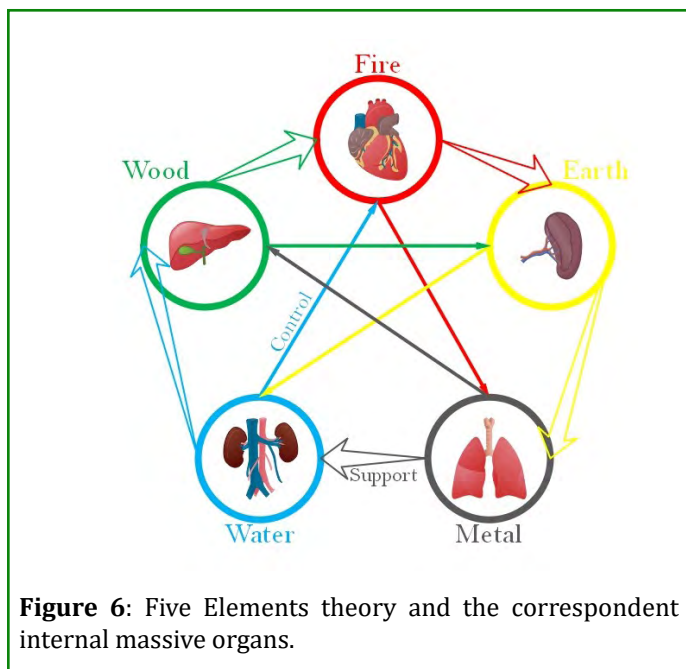


Figure 5: Production of internal Heat when there are internal energies deficiencies.

The internal Heat is an energy imbalance, generated by deficiency of one of *Yin*, *Yang*, *Qi* and Blood energies or a combination of imbalances of these four energies, as showed in Figure 5. It can also be caused by incorrect diet, such as the constant consumption of fried foods, melted cheese, eggs, chocolate, coconut, honey and alcoholic beverages [14]. The second reason for the increase production of internal Heat could be the emotional factors such as excessive anger, that is the emotion that imbalances the Liver energy leading to the increase in internal Fire [15].

The second main theory basing traditional Chinese medicine is the Five Elements Theory. The Five Elements Theory states that there are five elements present in everything in the world, including our bodies. These elements are Water, Wood, Fire, Earth and Metal. Inside our bodies, these elements will be

represented by specific organs. These organs are considered the massive organs, and they have extremely important parts in the correct functioning of the body. The Wood element corresponds to the Liver, the Fire element corresponds to the Heart, the Earth element corresponds to the Spleen, the Metal element corresponds to the Lungs, and the Water element corresponds to the Kidney, as represented in the Figure 6 [16].



In the context of kidney diseases, traditional Chinese medicine explains that the Kidneys stores earlier heaven essence (reproductive essence) and later heaven essence (bowel and viscera essence) [17]. The Kidney stores essential *Qi* and manages the reproduction function of growth and development. The *Yin* energy provides the material foundation for human development and reproduction and the *Yang* promotes the vital function of bowel and viscera [17]. The Kidney energy brings into play important physiological functions for every stage in the human life from birth to growth, maturity, aging and death [17]. The Wood element presented in the Five Elements theory is represented by the Liver, its substance is Blood and its function is *Qi*. It assists and promotes the movement of *Qi*, Blood and fluids. It stimulates the upbearing and inhibits the mind and emotions, and it regulates the reproductive functions. The Liver functioning is of vital importance to the human body. The Liver function is the storage of Blood, regulates the amount of Blood and prevents the amount of Blood [17].

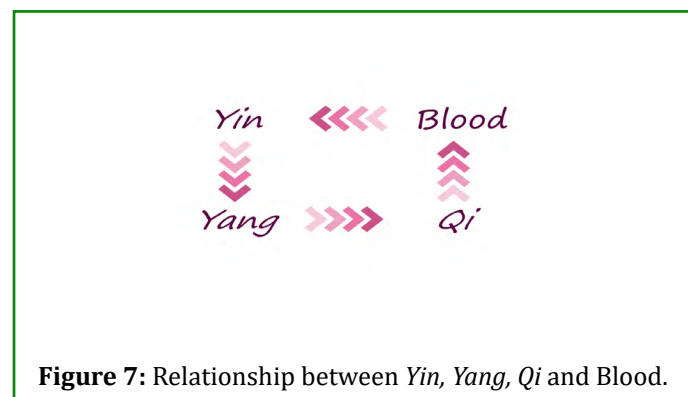
The Fire element corresponds to the Heart and governs the Blood and vessels of the entire body. It transports the nutrients and irrigates the four limbs and the hundreds of bones. It nourishes the skin, hair and interstices. It also

governs the spirit-mind. It supervises the functions of the bowels and viscera and commands the entire body [17].

The Earth element corresponds to the Spleen and it governs the upbearing of the clear and ascendant of enrichment of the Heart, Lungs, Head and Eyes. It keeps the internal organs in the permanent and fixed location. It controls Blood and contains the Blood in the channels and guards against Blood spilling outside the vessels. It is extremely important for the health performance of the vital activities in the human body [18]. The Metal element corresponds to the Lung and it is responsible for the skin. Deficiency in the Lung can lead to the deficiency in the *Qi* that protects our body against the invasion of external pathogenic factors, that are Cold, Humidity and Wind [19].

From a traditional Chinese medicine perspective, the symptoms of fatigue are induced by deficiencies in five massive organs that lead to deficient energy production of *Qi* (deficiency in the fourth-Lung and first chakra-Liver), Blood (deficiency in the fifth chakra-Spleen), *Yin* and *Yang* deficiencies (deficiency in the second chakra or Kidney), excessive physical strain (manual labor, mental labor and sexual intercourse), abnormal emotional states (elation, anger, worry, anxiety, sorrow, fear and terror) or an improper diet [7-12,14].

In TCM terms, Blood functions are to nourish and vitalize the whole body. To maintain the Blood's free flowing state another energy force must work in harmony with it and this energy is *Qi*. *Qi* is the vital energy that invigorates Blood to keep it circulating throughout the body. Blood and *Qi* have a very important relationship and are mutually dependent. *Qi* prevents Blood stagnation and Blood nourishes *Qi*, as can be seen in the Figure 7 - the relationship between *Yin*, *Yang*, *Qi* and Blood [7-12, 20].

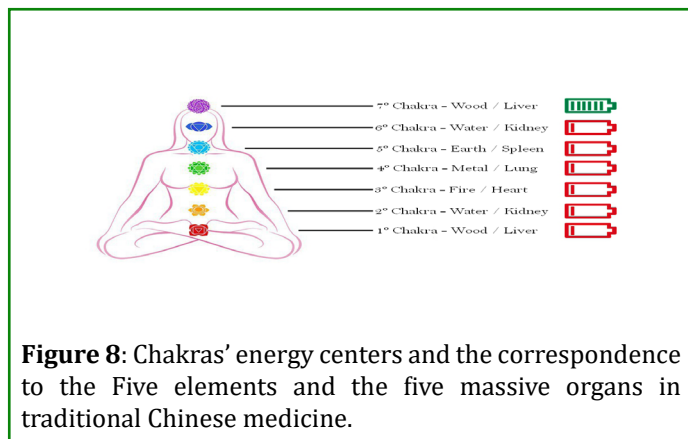


The study of the chakras is also used in the author's daily practice. The chakras correspond to the Five Elements within the Five Elements theory. Chakras are main points of energy concentration. There are seven main chakras present in the body and their relationship among themselves is extremely

important for the body's health. 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 [7-12,16,20].

Radiesthesia is the science of using the vibrational fields of the human body to access information about other objects of animate or inanimate nature by establishing resonance with their energy fields, using specially calibrated instruments and a scale of qualitative measurement to decode this information. The radiesthesia method was used with a crystal pendulum or made by wood in front of each chakra. Depending on the movement of the crystal, clockwise, or counter-clockwise or the crystal's rotation amplitude, it is possible to evaluate the amount of energy that each chakra presents [7-12].

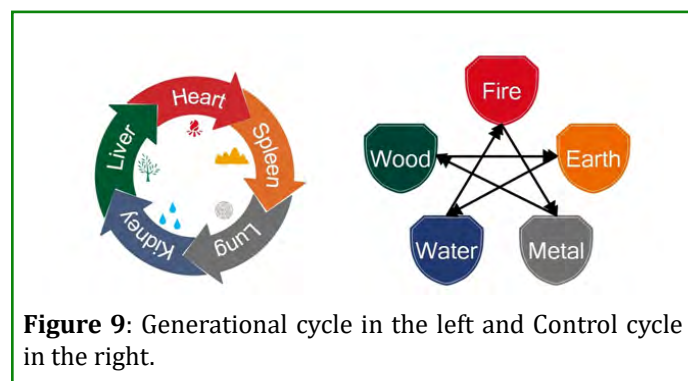
As demonstrated in the case study herein, the patient had a very low energy in all her chakras' energy centers, from one to six, all rated in one, with the exception of the seven chakra, that was normal, rated in eight, as shown in the Figure 8 [7-12].



The lack of energy in all chakra from one to six, means that all internal massive organs in traditional Chinese medicine were in the lowest level of energy. As demonstrated by the author, it is possible to evaluate the level of energy of the five massive organs in traditional Chinese medicine. Chinese medicine's physicians typically use the measurement of the intensity of the wrist pulse to evaluate the state of energy of each internal organ [7-12].

These main organs will support and control each other in the Five Elements cycles. There are two important cycles in the relation of the Five Elements; they are the Cycle of Generation and the Cycle of Control. In the Generating Cycle, the generating interaction of the elements is exposed, Wood

fuels Fire, Fire forms Earth, Earth contains Metal, Metal carries Water, Water feeds Wood. In the Control Cycle, the part of this cycle is to prevent any element from becoming overwhelming or too powerful in relation to the system as a whole, Earth can stop the Water, Water can stop a Fire, Fire can melt Metal, Metal can cut Wood and Wood can consume Earth, as demonstrated in Figure 9 [21].



Now that you understand how the body is formed by a range of different energies, it becomes easier to understand the philosophy used by traditional Chinese medicine to explain acupuncture [22].

Acupuncture has been used by the Oriental traditions for more than 2.500 years. The main idea is that the points used, would be external points where the energy of the body concentrates, and putting pressure on these specific points with the use of needles, it is possible to reestablish the balance of the energy flow, therefore curing a range of diseases, symptoms and varied pains. Auricular acupuncture is a variant of systemic acupuncture, not based on the use of needles all over the body, but focusing treatment on the ear. The ear was specifically chosen by a group of German doctors, which understood the ear as a reproduction of the human fetus, presenting in itself specific points related to all the body [22].

Moxibustion has been used in Japanese and Chinese traditional medicine for at least two millennia to treat a multitude of illnesses including fatigue. This therapy involves repeated applications of brief Heat to specific points on the body. Moxibustion uses the burning moxa to stimulate certain parts or points of the body. Moxa is usually made from a special herb named argy wormwood leaf. The acupuncture and moxibustion treatments can adjust organ function from a traditional Chinese medicine view point and have various ways in which they can be chosen depending on the characters of patients [23].

Another factor to be considered as one of the causes of post hemodialysis fatigue is the weak state of the chakras' energy centers due to the influences of the electromagnetic

waves from 5G technology. In the article in process of publication by this author entitled *Energies Alterations and Chakras' Energies Deficiencies and Propensity to SARS-CoV-2 Infection*, the author demonstrates the possible influences of electromagnetic fields influencing the energies state of the patients that she is treating in her clinic in Brazil. The author studied the chakras' energy centers of 1000 patients and more than 97% percent had a weak *Zheng-Qi*, which is the energy that provides a force to combat the entrance of the external pathogenic factor inside the body [7-12,24].

The 5G technology started to be implemented in 2018 and all the electromagnetic waves are believed to harm energy. It is possible that 5G exposure is related to the lack of the energy of the chakras on the majority of the population, facilitating the situation that we are in today concerning the lack of energy in all the chakras' energy centers [25].

In publications regarding the possible harmful effects of the electromagnetic waves, what the author noticed is that the studies that concluded that these energies cannot induce harmful effects on the human body did not examine the energy of the patients in the majority of them. That is why, the conclusion is not related to the alterations in their energy levels. In the article, entitled *Did Wired and Wireless Telegraphy and Telephony cause the emergence of epidemic Poliomyelitis?* written by Vincent Lauer, the author is showing that the time coincidences of poliomyelitis epidemiology and electromagnetic waves emissions, together with the evolution of the virus of polio, bring strong support to the hypothesis that exposure to electromagnetic fields triggered

both epidemic poliomyelitis and the diversification of the virus of polio [26].

Another article entitled *Health risks from radio-frequency radiation, including 5G, should be assessed by experts with no conflicts of interest* published by Lennart Hardell and Michael Carlberg. They are affirming that the lack of proper risk evaluation of the 5G technology, places the about this subject was not in the point that is affecting the human body, that it is in the population at risk. In this article, they are saying that cartel of individuals monopolizing the committees to evaluate these effects in the human body, reinforcing always the no-risk paradigm are occurring and this kind of activity should qualify as scientific misconduct [27].

As the author said in the beginning of this article, fatigue is something that does not appear in any laboratorial exams, but it is a symptom that so many people have and it is in the energy level. Before a disease is detected during laboratorial exams, there has already an alteration in energy level, the patients have symptoms but the tests are still normal. There are various phases of disease progression in a healthy body, as indicated in Table 1. During phases 1 to 3, only a slowing of the organ functions occurs because of energy imbalances, and the patient has and complains of symptoms, but the results of laboratorial exams are normal. At phase 4 the laboratory exams show some alterations, and the disease is still curable, and at phase 5, the exams are very altered, and the cellular damage is irreversible and the disease incurable. To have changes in the exams, the person must have spent many years with energy deficiency [7-12].

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 Alternation	Consumption of blood reserves	Curable Disease
5	Irreversible Cellular Lesion	Excessive Alteration	Metabolic exhaustion	Incurable Disease

Table 1: Progression from health to disease.

In the case study, the alterations found in the kidney could be caused by the Spleen energy deficiency that corresponds to the fifth chakra and the deficiency of the Liver which

corresponds to the first chakra - the kidney disease could be only the consequence of these deficiencies. When the Spleen (fifth chakra) and Liver (first chakra) was treated, the Kidney

function will improve as well. These alterations are shown in the Figure 10 [7-12].

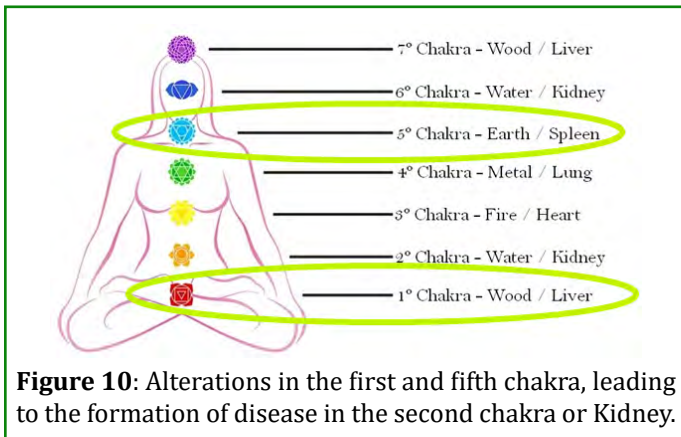


Figure 10: Alterations in the first and fifth chakra, leading to the formation of disease in the second chakra or Kidney.

It is very important to treat the lack of energy in the chakras'

Chakras	Five Elements	Homeopathy Medications	Crystal-based medications
1 ^o Chakra	wood/Liver	Phosphorus	Garnet
2 ^o Chakra	Water/Kidney	Natrium muriaticum	Orange calcite
3 ^o Chakra	Fire/Heat	Sulphur	Rhodochrosite
4 ^o Chakra	Metal/Lung	Silicea	Emerald
5 ^o Chakra	Earth/Spleen	Calcarea carbonica	Blue Quartz
6 ^o Chakra	Water/Kidney	Tone 2 ^o Chakra	Sodalite
7 ^o Chakra	wood/Liver	Tone 1 ^o Chakra	Tiger eye

Table 2: Homeopathies and crystal-based medications used in the treatment of patients with chakras' energies centers deficient in energy.

The description of the functions of each crystal is mentioned in the article written by the author entitled *Why Are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Antiglycemic Medication and Insulin?* published by International Journal of Diabetes & Metabolic Disorders on March 2019 [9].

Traditional Chinese medicine physicians usually prescribe Chinese herbs to replenish the energies of the organs, but in Brazil, there are some difficulties in finding these medications, so the author began to study homeopathy and developed another theory linking homeopathy with traditional Chinese medicine's reasoning entitled *Constitutional Homeopathy of Five Elements based on Traditional Chinese Medicine*, published by Acta Scientific Medical Sciences in July 2020 [16].

To understand why the author used homeopathies medications instead of highly concentrated medications, refer to Figure 11, which depicts the Arndt-Shultz Law. This Law was created by two German researchers in 1888, and

energy centers to treat the cause of the lack of energy that leads the patient to becoming sick. The process of toning the energy of the chakras must be done following the cycle of generation of the elements. For example, if we start with the medicine Silicea to tone the Lung that corresponds to the fourth chakra, then the patient needs to receive Natrum muriaticum to treat the second chakra. After, the Kidney which will send energy to the first chakra, represented by the Liver, that needs to be treated by Phosphorus. To treat the next element, that is the Fire elements, represented by the Heart, the physician needs to tone this element with Sulphur. The next element to be toned would be Earth, represented by the Spleen and the physician needs to tone this element with Calcarea Carbonica. Finally, the Earth element sends energy to the Metal element, represented by the Lung organ that needs to be treated by Silicia. The homeopathies and the crystal-based medications used to treat the lack of energy in each chakra are described in the Table 2 [16].

states that when you use any kind of highly concentrated medications, you can harm the vital energy or decrease the vital energy and when you use highly diluted medications, you can improve the vital energy and all the organic processes. That is why the author recommended the use of homeopathies medications in this patient to improve her internal energies and improve consequently her fatigue symptoms that was caused by this lack of energy [28].

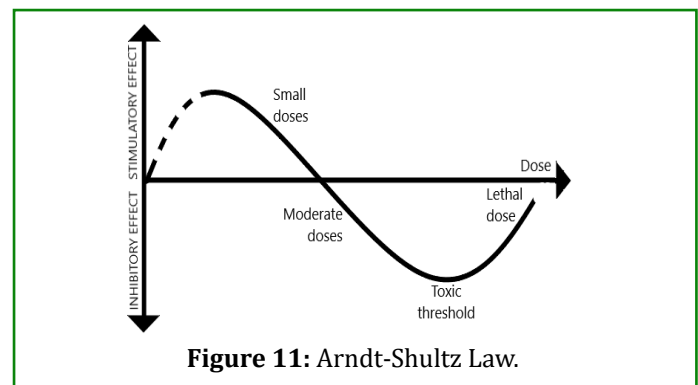


Figure 11: Arndt-Shultz Law.

Homeopathy was created by Samuel Hahnemann. He made a discovery that taking regular doses of cinchona or 'the bark' (ie quinine), that produced all the symptoms of intermittent fever (malaria), but to a moderate degree and without the characteristic rigors of the disease. This led Hahnemann to an idea that was published in 1796 as an Essay on a new principle for determining the healing power of drugs, which was followed in 1810 by his famous work *The Organon of the Art of Healing*. From this principle that a similar cure similar to homeopathy was inaugurated, differing from orthodox medicine [29].

Another important fact is that during the hemodialysis process, they usually offer to the patients' bread with ham and cheese and also cow's milk, in the hospitals in Brazil. According to TCM, these foods can worsen even more the energy of Spleen pancreas meridian or fifth chakra, harming the absorption of nutrients and decreasing the functioning of the Kidney energy meridian. The cow's milk is a kind of food that can cause deficiency in the Spleen pancreas meridian and if this meridian is deficient, it can cause the worsening in the Kidney's energy leading to a decrease in the kidney function, according to the control cycle, shown in the Figure 9 [30].

The foods themselves are inducers of energies alterations, as well as emotions, so a review should be made regarding the foods offered to chronic kidney patients [30].

It is important to say that all the tools used in the patient reported in this article are all recognized in Brazil. Homeopathy was recognized by the Federal Council of Medicine in Brazil in 1980 and by the Council of Medical Specialties of the Brazilian Medical Association in 1990. Since that date, the Brazilian Homeopathic Medical Association has been conducting tests for the Title of Specialists in Homeopathy. And acupuncture has been recognized as a medical specialty by the Brazilian Federal Medical Council since 1995 [31].

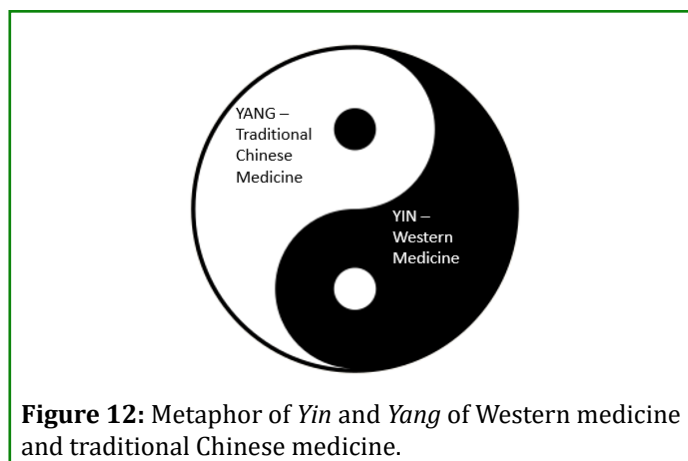


Figure 12: Metaphor of Yin and Yang of Western medicine and traditional Chinese medicine.

To treat patient with post hemodialysis fatigue, it is important to emphasize the importance of increasingly integrating Western and traditional Chinese medicines, as depicted in the metaphor with the symbol of Yin and Yang. One represents the Western medicine (Yin energy) that is materialized energy and traditional Chinese medicine represents Yang energy that is non-materialized energy as can be seen in the Figure 12. Both medicines can work together to understand better how disease is formed at the deepest level and they are opposites but complementary [7-13].

Conclusion

The conclusion of this study is that patients with chronic fatigue after hemodialysis sessions should be evaluated in the energy level, measuring their chakras' energy centers. The use of Chinese dietary counseling, auricular acupuncture, moxibustion and replenishment of these lack of energy in the chakras' energy centers using homeopathies medications according to the theory *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* are an important tool in the treatment of this condition and prevention of future fatigue events during hemodialysis sessions.

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