

# Chakra's energy deficiency as the main cause of infertility in women

## Abstract

**Statement of the problem:** Female infertility is defined as the inability to conceive or carry a pregnancy to term after 12 months of unprotected intercourse or six months if the woman is over 35 years old.

**The purpose of this study** is to demonstrate that infertility problems may be associated with Chakras energy deficiency and deficiency of the massive organs in the Five Elements Theory, especially the Kidney, which is the energy responsible for the reproduction.

**Methodology:** Three case reports of three couples, of women with infertility, with all laboratory tests appearing normal and low sperm count in all the men. In the first case report, they had already been trying IVF treatment with no success. From the energy point of view, in the three cases, all their chakras were depleted. All patients were treated with acupuncture, Chinese dietary counseling, and treatment of the chakras' energy with homeopathy and crystal-based medications.

**Findings:** The three patients were able to achieve pregnancy after the treatment with acupuncture, Chinese dietary nutrition, and replenishment of the chakras' energy through homeopathy and crystal-based medication. Only the first patient made use of IVF.

**Conclusion:** Normal laboratory fertility exams do not mean the absence of disease. It is important to study in the energy level, which is invisible to the naked eye. The corrections of the chakra's energy and the *Yin, Yang, Qi*, and Blood energies, lead to a more successful treatment. The corrections of the energy imbalances improve the blood production, responsible for the fetus's nutrition, and tones the chakras, mainly the second, represented by the Kidney's energy, leading to an improvement of the conception. Even though infertility may be attributed exclusively to women, the energy of both sides of the couple has to be adequate for achieving pregnancy.

**Keywords:** Infertility, Chakras Energy Deficiency, Radiesthesia, Traditional Chinese Medicine, Chinese Dietary Therapy, Auricular Acupuncture, Apex Ear Bloodletting.

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**Abbreviations:** IUI, intrauterine insemination; IVF, *in vitro* fertilization; ICSI, intra cytoplasmic sperm inject; TSH, thyroid-stimulating hormone

## Introduction

Over 100 million heterosexual couples worldwide are physically unable to have children. Infertility affects both women and men. Genetic disorders, infectious and non-infectious diseases, and exposure to certain chemicals are among the causes.<sup>1</sup>

In low- and middle-income countries, infertility treatment is often unavailable for most people. A 2010 study in Brazil found that three-quarters of its states do not offer infertility services at government health clinics.<sup>2</sup>

A band of countries across Central Africa has been termed Africa's "infertility belt." Studies suggest fertility problems there often stem from infections that have gone untreated. These include sexually transmitted diseases and infections due to unsafe abortions.<sup>3,4</sup>

In China, infertility affects many couples. For most, the treatments are too expensive, not easily accessible.<sup>3,4</sup>

In India, couples who are unable to conceive face an uphill battle in their attempts to have a family. The country can offer the most advanced reproductive techniques to circumvent infertility problems, but for most couples, the treatments are too expensive. Indian women are under a lot of pressure to propagate the family name.<sup>3,4</sup>

The prevalence of infertility in Africa is among the highest internationally. Underlying causes for the high infertility rates include a history of female circumcision, sexually transmitted diseases, pregnancy complications, and genital infection. It is estimated that infertility is responsible for 45-65% of gynecological consultations in Africa.<sup>5</sup>

Normal fertility has been defined as achieving a pregnancy within two years by regular unprotected sexual intercourse. However, many define infertility as the failure to conceive after one year of unprotected intercourse. Infertility can be primary, in women who have never conceived, or secondary, in women who have previously conceived.<sup>6</sup>

According to Western Medicine, infertility has different causes such as ovulation issues, old age, endometriosis, unhealthy bodyweights, and abnormal cervical mucus. Ovulation issues may be caused by polycystic ovary syndrome, which is a hormonal imbalance that can

interfere with normal ovulation. Primary ovarian insufficiency (also known as premature ovarian failure) is when the ovaries stop working properly before age 40, affecting the release of eggs and chances of pregnancy. Hyperprolactinemia is where you have too much prolactin, the hormone that stimulates breast milk, and that may also interfere with ovulation. Thyroid issues will also affect a woman's menstrual cycle, too.<sup>1,2</sup>

With endometriosis, the tissue lining the uterus starts to grow in other places like behind the uterus, in the fallopian tubes, in the abdomen, in the pelvis or the ovaries. That causes irritation and scar tissue development. In most cases, endometriosis makes pregnancy difficult—not impossible. In the worst cases, the condition can cause blocked fallopian tubes, disrupt implantation, and cause inflammation in the pelvis and impact egg quality.<sup>1,2</sup>

The tests done in men to analyze infertility may be semen analysis, hormone testing, genetic testing, testicular biopsy, imaging, and in rare cases, other tests to evaluate the semen specimen for DNA abnormalities. In women, the tests may be ovulation testing, hysterosalpingography, and ovarian reserve testing.<sup>1,2</sup>

In Western Medicine, the treatment for men may include the intake of medications to increase the sperm count, as well as surgery for certain conditions. For women, the treatment may include medications to stimulate ovulation, intrauterine insemination (IUI), or even surgery in some specific cases.<sup>1,2</sup>

As previously stated in several other studies of the author, in the medical practice of the last 27 years, the author aimed to propitiate a better comprehension and perspective of the use of ancient medical tools, and the theories of Traditional Chinese Medicine and Ayurveda Medicine, to explain the importance of energy imbalances in the diagnosis and treatment of the most varied pathologies.

In the case of infertility, Traditional Chinese Medicine comprehends the process of conception in a different way. As in TCM, the health is measured by the balance between the internal energies; this balance is major for the conception of a healthy child, the progression of a healthy pregnancy and birth.<sup>7</sup>

The case that originated the logic of the treatment, as previously stated in other studies of the author, was from a patient that presented symptoms of leg pain, who searched for the author's clinic after performing treatment with general anti-inflammatories for the pain without any improvement. The patient was diagnosed with *Kidney-Yang* deficiency, and the treatment was started for treating this energy imbalance. The author then started treatment with Chinese dietary counseling, systemic and auricular acupuncture, and performed the diagnosis of the patient in Traditional Chinese Medicine.<sup>8-14</sup>

After ten sessions of acupuncture, the patient returned to be reevaluated and told the author he had perceived great improvement not only of his leg pain symptoms but of also great diminution in his intraocular pressure. The author was not aware, but the patient was the bearer of glaucoma and was performing treatment with Western Medicine drugs and eye drops for 40 years, without significant improvement in his condition, always with the intraocular pressure appearing around 40mmHg. After the ten sessions of acupuncture, his intraocular pressure diminished to 17mmHg, for the first time in his life.<sup>8-14</sup>

The author observed the results in this patient, and used the same way of reasoning it in the treatment of several other patients and pathologies, including, now, infertility, always treating the energy

imbalances first, as the root of the problem, not focusing on the symptom.

## Purpose

This study aims to demonstrate that infertility problems may be associated with chakras energy deficiency and deficiency of the massive organs in the Five Elements Theory, especially the Kidney, which is the energy meridian responsible for the reproduction, according to Traditional Chinese Medicine.

## Methods

### Case report I

The couple, named F. and I., In September of 2012, after some exams when trying to get pregnant, the patient found out her husband had a lower spermatozoid count, below the normal. Her husband was diagnosed with oligospermia, with an amount of 1 million spermatozooids. The mobility and quality of this sperm were satisfying, but the number was too low for a spontaneous and natural pregnancy.

The couple recurred to a medical specialist in Assisted Human Reproduction, who indicated IVF (In vitro fertilization) and ICSI (Intra Cytoplasmic Sperm Inject).

They started treatment on 03/04/2013, with a medication to ovarian stimulation named Gonal F. They had 14 extracted eggs, and seven embryos. From these seven embryos, only four remained alive until the transference day, and two were transferred to the uterus, and only one survived to be frozen.

After 15 days of the procedure, the patient had a blood BETA HCG exam, which appeared NEGATIVE for pregnancy.

In the day 04/30/2013, the transference of the frozen embryo happened and also did not result in pregnancy.

After the non-successful procedures, the patient decided to search for psychological health, as well as other therapies and alternatives.

She started treatment with an endocrinologist to control Thyroid-stimulating hormone (TSH) count, and the value was of 3, 98 (considered normal for not pregnant patients and above for pregnant in their third semester). She also started psychological therapy, and acupuncture in July 2013, three months after.

She started treatment with ancient medical tools. First, the patient received Chinese dietary counseling, which consisted of avoiding all dairy products, cold water, raw food, and sweets. She was also oriented to avoid soda, coffee, and matte tea—the reasons why it will be better explained later. In the acupuncture sessions, she received treatment with systemic acupuncture, auricular acupuncture, and apex ear bloodletting. The sessions happened twice a week.

In the day 09/04/2013, the patient restarted her treatment with IVF and ICSI, with a specialist in Assisted Human Reproduction, in parallel with the treatment with auricular acupuncture and apex ear bloodletting. In this treatment, the medicine used to stimulate the ovaries was Enlova. From this treatment, 14 eggs were mature, only six formed embryos, and only four embryos survived until the day of the embryo nary transfer. As the patient had three previous attempts without success, three embryos were transferred, and a fourth did not survive to be frozen. After 15 days, the beta HCG exam was realized, and the result was positive for pregnancy. The level of beta HCG was 856mUI/ml, very high, suggesting twin pregnancy.

During all the pregnancy, the patient performed her prenatal consultations with a gynecologist and continued the treatment with Chinese dietary counseling, auricular acupuncture, and apex ear bloodletting.

The pregnancy was calm, without any interurrences. The baby was born healthy with 39 weeks, a boy, 3, 220kg and 50cm, in the day 06/02/2014.

In October of 2017, four years later, the couple started the exams to initiate a new IVF treatment because they wanted to have another baby. The sperm count was even worse than before: only 20 thousand alive spermatozooids were counted.

In December of 2017, three months after, the female patient started the same treatment done in the first pregnancy, except for the measurement of the seven chakras energy, done only in the second pregnancy. The measurement resulted in all the chakras with weakened energy, level 1 of 8, except for the seventh chakra that appeared normal. The treatment was initiated with crystal-based medication, homeopathy (the types of medication are better described in the Discussion session), associated with moxibustion.

The male patient of the couple did not perform the treatment for the chakras or the other orientations because he never went to the consultation, even though he was oriented to go.

In 01/05/2018, five months after, she started treatment with IVF and ICSI. The number of ovarian follicles was also reduced; only two follicles were found in the left ovary. The medical specialist in Assisted Human Reproduction indicated the medication Pergoveris in double doses. From this treatment, 14 eggs were mature, only three embryos were formed, and three embryos were transferred.

After 15 days, the patient realized the beta HCG exam, which resulted in positive for pregnancy, with value 516mUI/ml. With five weeks of gestation, the first ultrasound was done, and the pregnancy was confirmed, with six weeks, it was already possible to hear the heartbeat.

The patient continued the treatment with auricular acupuncture, apex ear bloodletting, and crystal-based medication use. The pregnancy was calm and without interurrences. The baby was born healthy, a girl from 40 weeks gestation, in the 10/10/2018, with 3,235kg and 49cm.

## Case report 2

The patients named P and R, 34, and 35 years old, respectively. The couple was together for more than five years, trying to have a baby for three of them, without success. When they started trying, they were 31 and 32.

When they decided to have kids, they were sure they would have a baby soon, as it always seemed very easy for other families. Months after, the negatives started to appear, as well as the frustration.

A gynecologist told them that it was normal that even a year after starting trying nothing happened, due to many factors, for example, age, continuous use of hormonal contraceptives, and the emotional pressure for being pregnant fast.

After one year, they started the tests to verify what was wrong, and why she could not get pregnant as she wished. Nothing was found of abnormal in her laboratory tests, except a lack of vitamin D that could be making the process more difficult.

When they left for urological exams, the first exam had a lack of spermatozooids, where there was supposed to be 20 million, there were 12million. For the gynecologist, that was influencing the success in the attempts.

He started the use of Indux (Clomifene) for three months, waiting for an increase in the spermatozooids count. When returning to the doctor, the spermatozooids count had dropped even more, to 11million. After the ultrasound, the doctor identified varicocele on the left side and oriented it to surgery.

The couple searched for an assisted reproduction clinic in April of 2018. They decided to realize the treatment, which, according to the patients, was very expensive and tiring. As the issue for the couple was on the reduced count of spermatozooids, *in vitro* fertilization appeared to be a good option. Now, both patients used Clomifene medications.

They collected the eggs on 06-01-2018 and waited for the transfer day. Ten eggs were taken, 4 of them were mature, and 7,2million progressive spermatozooids. The four were fertilized, and two were transferred. The other two left to be frozen, two of them stopped developing.

The results were negative. A few months later, the patient performed surgery for varicocele, and even with new attempts after, the treatment was still not successful.

They started treatment with a specialist in ancient medical traditions. The physical exam of the patients showed that the woman had weight excess, and the man had dark circles around his eyes. Both were diagnosed with Kidney *Yin* and *Yang* deficiency, and the woman had Blood deficiency. It was also noticed that both patients worked with computers, which, in the authors' vision, influences the vital energy negatively.

They received Chinese dietary counseling (same as the first case) and initiated auricular acupuncture with apex ear bloodletting, and after a week, they received measurement of the chakras, and the results demonstrated that both patients' energies were completely depleted on energy (1 of 8), except for the seventh chakra. The couple also used homeopathy based on the theory of the author entitled Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine, and crystal-based medication. As they were both energy-depleted, if they achieved a pregnancy, a baby born would have energy deficiencies as well, leading to more fragile health. They were also oriented to put natural plants in their office near the hardware of the computer, so the magnetic energy of the computer would pass through the plants and not to the patients.

On April 30, 2019, they sent the papers for adoption. On May 22, they find out she was pregnant a month after starting the treatment. After the exams, she confirmed, and the baby is due to 23/01/2020.

## Case report 3

Patients named T.A., 30-year-old female patient and G.A, 29-year-old male patient. The patients were married for almost four years and decided to have kids in the first year of their marriage. The patient was using contraceptive hormonal pills for around six years. They started trying to have a baby and were not successful in their first year. Then, they searched for a gynecologist and a urologist to understand the reason why she was not getting pregnant.

The laboratory exams appeared normal for her and with a low count of sperm for him. They were informed it would be hard for her

to get pregnant naturally. He received a prescription of vitamins and dietary changes, as well as a new sperm count, after three months.

Three months after, with the use of medication and dietary changes, he realized the exams again, and the sperm count was still very low.

They decided to search for a different way of treatment and found acupuncture and Traditional Chinese Medicine after being indicated by a friend who had success in treatment for infertility with acupuncture and other ancient medical tools.

In the first appointment, the patients were asked several questions to diagnose energy deficiencies and were both diagnosed with Kidney *Yin-Yang* and Blood deficiencies.

The physical exam of Traditional Chinese Medicine, who has the goal of looking for energy deficiencies, was normal for the female patient and abnormal for the male patient, who had dark circles around his eyes, which showed a deficiency of Kidney energy.

They both started treatment with Chinese dietary counseling (same as in the first case), auricular acupuncture, and apex ear bloodletting. The patients also received measurement of the chakras, which showed that both patients had energy deficiencies of six out of seven chakras; the six physical chakras were abnormal, only the spiritual chakra (seventh) was functioning normally.

Despite the normal laboratory exams, the patient had an imbalance in her internal energies, which needed to be treated properly for the patient to get pregnant. Because the energy of the second chakra is responsible for sexuality and fertility, depending on the energy of the

other chakras and meridians. As almost all the chakras were depleted, they received homeopathy and crystal-based medication to treat all the chakras energy. The choices of homeopathy and crystal-based medications are better described in the discussion section.

## Results

The three cases resulted in successful pregnancies after the replacement of the chakras' energy.

In the first case, only the female patient did the treatment, and the husband did not perform the treatment. According to the author, this may be one of the reasons why the first patient needed the use of IVF for getting pregnant, as the husband probably also had energy deficiencies that were not properly treated.

The second and third cases resulted in natural pregnancies, not requiring the use of IVF or any other fertility technology. In both cases (second and third), the patients performed the treatment together, since the beginning, following all the instructions required. This is why they did not need IVF. According to the author's experience, the chances of a natural pregnancy increases when both patients are performing the treatment together.

On the second case report, the baby was born on 22/01/2020, from 39 weeks and six days of pregnancy. It is a girl, born healthy, from a cesarean section (Figure 1).

On the third case report, with the treatment done, the patient gave birth to a baby boy, from 39 weeks and six days of pregnancy, 4.120kg, 52cm, apgar 9-10, in December of 2019 (Figure 2).



**Figure 1** Case report 2 - Baby girl born in January 22th 2020.



**Figure 2** Case report 3 – Baby boy born in December of 2019.

## Discussion

### Western medicine infertility diagnosis and treatment

According to Western Medicine, infertility is diagnosed after a couple tries to conceive for 12 months without success. Worldwide, it appears infertility affects 8 to 12% of reproductive-aged couples around the world. According to the article *Infertility and Fertility: Definition and Epidemiology*, written by Vander Borgh, the fertility decline in women starts around 25-30 years, and the medium age of last birth is around 40-41 years. Some aspects affect both genders' fertility regarding the disease-related causes of infertility. For example, hypogonadotropic hypogonadism, hyperprolactinemia, disorders of ciliary function, cystic fibrosis, infections, and systemic diseases. In women, the causes may be premature ovarian insufficiency, polycystic ovary syndrome, endometriosis, uterine fibroids, and endometrial polyps. Male infertility may be due to testicular and post-testicular deficiencies.<sup>15</sup>

There is a report of extreme stress linked to infertility. The article entitled *The relationship between stress and infertility*, written by Kristin L. Rooney. It is established the relationship between infertility and psychological processes such as depression and anxiety.<sup>16</sup>

According to Rooney, depression levels in patients with infertility have been compared with patients who have been diagnosed with cancer. Also, in this same study, it is established the relationship between the stressful environment and the situation and the difficulty to conceive.<sup>16</sup>

The possibility of miscarriage is also a huge worry for women with fertility issues, and it will also reverse psychological stress, anxiety, and depression.<sup>16</sup>

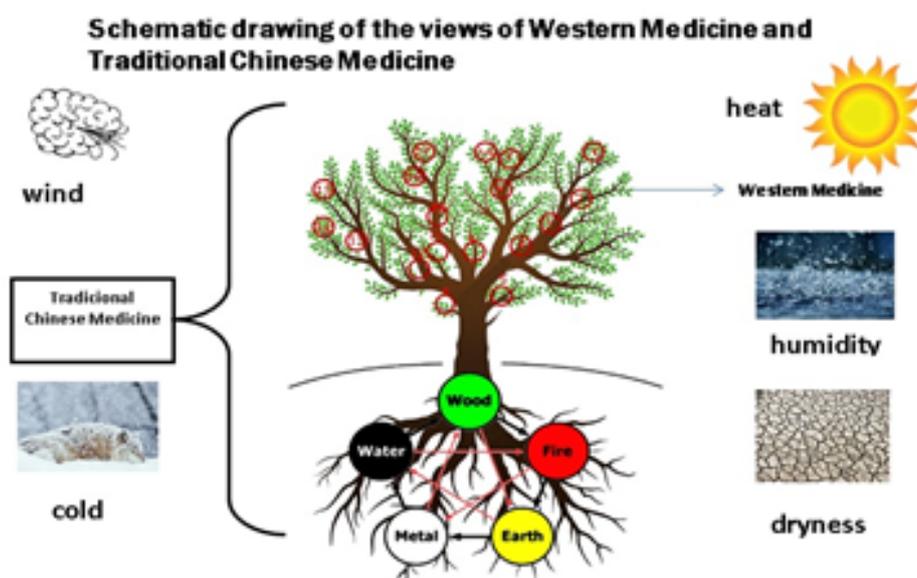
The cost of fertility treatment is also a factor that impairs the success rates of pregnancy, also causing psychological stress and anxiety. According to the study entitled *Management of the infertile couple: an evidence-based protocol*, written by Remah M Kamel, the usual treatment for infertile couples is based on IVF or IVU's. These treatments are extremely expensive, and commonly not offered by public hospitals and healthcare systems, as demonstrated in research done in Brazil in 2011.<sup>17</sup>

According to Kamel in the study, fertility clinics should address the psycho-social and emotional needs of infertile couples as well as their medical needs, as the psychological aspects appear to influence the success in conception.<sup>17</sup>

### Ancient medical traditions and Western medicine, the difference between the perspectives

The author observed the results of the patient who had glaucoma and leg pain and used his case as the cornerstone to developing the logic used in the treatment of several other patients and pathologies, such as, in this case, infertility. To do so, she used the metaphor of the tree.<sup>8-14</sup>

The metaphor of the tree comprehends the medicine as the whole tree. The tree has a trunk with several branches (Figure 3). Each branch represents one medical specialty, and each leaf coming out of each branch represents the symptoms and diseases of each specialty. The leaves and the branches are the visible part and the object of study and practice in the western medical profession. The focus is to treat each leaf in each specialty. The treatment proposed by the author aims to treat the whole tree, through the root, that is invisible to the naked eye.<sup>8-14</sup>



**Figure 3** Schematic drawing of the views of Western and traditional Chinese medicine.

In this root there is energy that, when balanced, can generate health to the whole tree. The reason for this study is to address which are the energy alterations present in the root level, responsible for infertile patients.<sup>8-14</sup>

### Traditional Chinese Medicine main principles

To better understand why the treatment was effective, it is majorly important to understand the main principles of Traditional Chinese Medicine. As previously stated in other articles of the author, health is

related to the dynamic balance between four energies: *Yin*, *Yang*, *Qi*, and Blood.<sup>18</sup>

Traditional Chinese Medicine considers the concept of health and disease in a different way. According to this ancient medical theory, the concept of health is anchored on the idea of balance, and this balance is achieved by finding equilibrium between the internal energies of the body (*Yin*, *Yang*, *Qi*, and Blood).<sup>18</sup>

These four concepts were also explained in previous articles of the author. According to the *Essentials of Traditional Chinese Medicine*, *Yin* and *Yang* is the first cornerstone of Traditional Chinese Medicine and the first step to comprehend the logic and perspective of Traditional Chinese Medicine.<sup>18</sup>

As you can see in Figure 4, the *Yin* and *Yang* symbol proposes the equilibrium between two complementary opposites. Five thousand years ago, when Traditional Chinese Medicine started, it was observed that nature was formed by complementary opposites that behaved in cycles: day and night, male and female, good and bad, darkness and light.<sup>18</sup>



Figure 4 *Yin* and *Yang*.

The same logic was applied to the human body. Health would be achieved, balancing the opposite but yet complimentary energies present in the human body.<sup>18</sup>

However, the *Yin* and *Yang* theory would have to be better distributed to be applied to the human body, and the Five Elements

Theory takes the place of the second main principle of Traditional Chinese Medicine.<sup>18</sup>

The Five Elements Theory was also created observing nature and created the perfect link between the *Yin* and *Yang* theories and the organs of the human body. The elements are Wood, Fire, Earth, Metal, and Water. There is a dynamic balance and relationship among these elements, in that they were so intertwined that if the balance were interrupted or destroyed, the elements would suffer.<sup>18</sup>

The Wood element corresponds to the Liver, and has the eye as its external sensorial organ, being responsible for vision. The emotion that unbalances the Liver is anger. The taste of the Wood element is sour.<sup>18</sup>

The Fire element corresponds to the Heart, represented by the tongue and, subsequently, language. The emotion that unbalances the Heart is excessive joy. The taste of the Fire element is bitter.<sup>18</sup>

The Earth element corresponds to the Spleen, represented by the mouth and being responsible for taste. The emotion that unbalances the Spleen is excessive worry. The taste of the Earth element is sweet.<sup>18</sup>

The Metal element corresponds to the Lungs, represents the nose, and is responsible for the sense of smell. The emotion that unbalances the Lungs is grief. The taste of the Metal element is spicy.<sup>18</sup>

Finally, the Water element corresponds to the Kidney and represents the ears and hearing. The emotion that unbalances the Kidney is fear. The taste of the Water element is salty.<sup>18</sup>

For each massive organ, there is a hollow organ attached. In the case of the Liver, the attached hollow organ is the Gallbladder. In the case of the Spleen, it is the Stomach. In the case of Kidney, it is the Bladder. In the case of the Heart, the coupled organ is the Small-intestine, and in the case of the Lungs, the coupled organ is the Large-intestine (Figure 5).<sup>18</sup>

The Five Elements behave in two cycles, the cycles of Generation and Control. In the generation cycle, as represented, Fire generates Earth, Earth generates Metal, Metal generates Water, Water generates Wood, and Wood generates Fire. In the control cycle, Fire controls Metal, Metal controls Wood, Wood controls Earth, and Earth controls Fire, as in Figure 6.

	WATER	WOOD	FIRE	EARTH	METAL
Season	Winter	Spring	Summer	Late Summer	Autumn
Climatic Qi	Cold	Wind	Heat	Damp	Dryness
Yang Organ	Bladder	Gallbladder	Sm. Intestine	Stomach	Lg. Intestine
Yin Organ	Kidney	Liver	Heart	Spleen	Lung
Sense Organ	Ears	Eyes	Tongue	Mouth	Nose
Body Tissue	Bone	Sinews	Blood Vessel	Muscles	Skin
Emotion	Fear	Anger	Joy/Shock	Worry	Sadness
Color	Black	Green	Red	Yellow	White
Taste	Salty	Sour	Bitter	Sweet	Spicy

Figure 5 Five Elements Theory distribution.

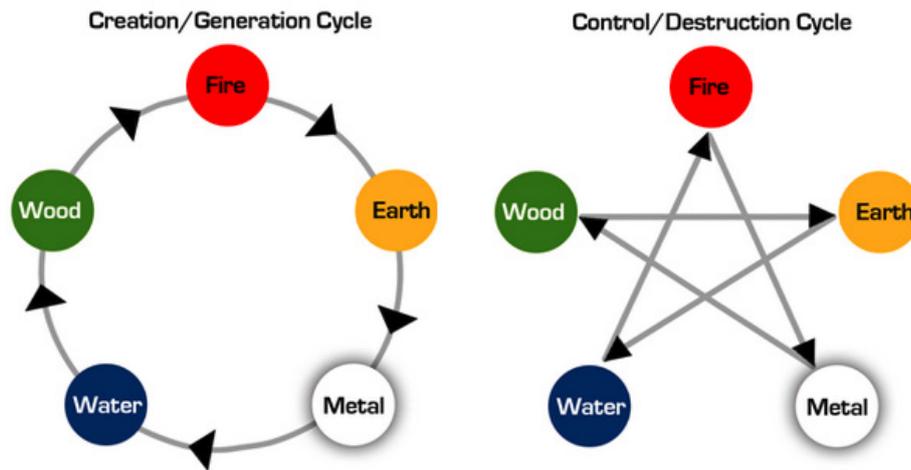


Figure 6 Generation and Control Cycles of the Five Elements Theory.

In the case of the three case reports described, all the patients had energy deficiency in all the massive organs or six chakras. In Western Medicine, the focus of the treatment of infertility is in the ovaries and eggs, or the reproductive system. In Traditional Chinese Medicine, the vision is much broader, despite being the second chakra or the Water Element or the Kidney is responsible for reproduction, it receives energy from other organs, which are also deficient. This is why the treatment was not focused on only one chakra or meridian but in the Generation cycle and Control cycles. One massive organ or chakra depends on the other.

**Five elements theory and chakras theory: where ancient medical theories overlap**

The chakras concept, also already presented by the author in several other articles, appears in the Aryurveda medical theories, as well as in Yoga theories. Chakras are the 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.<sup>18</sup>

The chakras correspond to the Five Elements within the Five Elements Theory, as exposed in small trials in the literature. Many ancient medical scholars believe that the Five Elements Theory and the theory of the chakras can connect. One example is entitled *The Geometry of Emotions: Using Chakra Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use*, where the author links the use of chakras measurement with the principles of Traditional Chinese Medicine. These ideas have been described by the author in other articles, to comprehend the influence of a weakened result in the chakras in the other systems of the body. Although this article is focused on personality archetypes linked to the chakras, it establishes a relationship between the Five Elements Theory and the seven chakras, in the same way as proposed by the author in previous articles.<sup>19</sup>

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). Earth rules the fifth chakra (Spleen-Pancreas), the fourth is ruled by Metal or Lung, the third is ruled by Fire or Heart. The second is ruled by Water or Kidney, and the first chakra is ruled by Wood or Liver, as shown in Figure 7.<sup>13,14,20</sup>



Figure 7 Chakras energy correspondence.

The use of the chakra centers measurement was previously analyzed by George Washington, in the article entitled *The Scientific Basis of Integrative Medicine*. In the article, the author describes the pineal gland as a link between our external environment and the network of internal body systems, comprehending the chakras system as an extension to the body's working systems.<sup>21</sup>

The homeopathy and crystal-based medications used in the treatment for the chakras are better described in Table 1.

The specific use of all the crystal-based medications and the properties of each crystal and homeopathy are described in the study of the author entitled *Why Are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Antiglycemic Medication and Insulin?*, published by the International Journal of Diabetes & Metabolic Disorders, in March 2019.<sup>12</sup>

**Traditional Chinese medicine and infertility**

The reproduction, according to Traditional Chinese Medicine, is linked to one specific meridian of the Five Elements Theory. It is important to state that energy is a dynamic concept, so an imbalance in one organ will imbalance the whole system.<sup>7</sup>

The origin of reproductive issues, according to TCM, is the Kidney meridian. According to Traditional Chinese Medicine theory, the Kidney is the organ responsible for storing essence and control reproduction. Essence and Blood share the same origin and are interchangeable. Sufficient Kidney essence provides adequate blood to nourish the uterus and creates an appropriate environment for implantation.<sup>7</sup>

**Table 1** Homeopathy and crystal-based medications for replenishment of chakras energy<sup>23</sup>

Chakras	Five elements	Homeopathy medications	Crystal based medications <sup>22</sup>
1° Chakra	Wood/Liver	Phosphorus	Garnet
2° Chakra	Water/Kidney	Natrium muriaticum	Orange Calcite
3° Chakra	Fire/ Heart	Sulphur	Rhodochrosite
4° Chakra	Air/Lung	Silicea	Emerald
5° Chakra	Earth/Spleen	Calcarea carbonica	Blue Quartz
6° Chakra	Water/Kidney	Natrium muriaticum	Sodalite
7° Chakra	Wood/Liver	Phosphorus	Tiger Eye

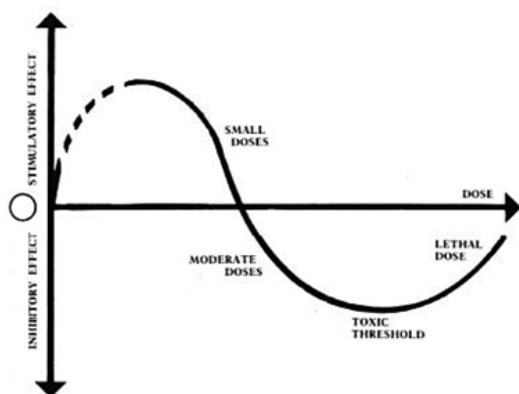
Kidney-Deficiency may lead to a malnourished uterus incapable of supporting implantation. It was reported that Chinese medicines for tonifying the Kidney could increase uterus weight by increasing thickness of the endometrial layer and abundance of endometrial glands, and these changes were associated with the upregulated expression of receptors for estrogen and progesterone. This was all demonstrated in the article entitled *Effects of Chinese Medicines for Tonifying the Kidney on DNMT1 Protein Expression in Endometrium of Infertile Women During Implantation Period* from Liam Fang.<sup>21</sup>

The treatment performed had the major goal of rebalancing the energy of the patients as a whole.

Several studies confirm the effectiveness of acupuncture in reproductive health, such as the article, such as *Acupuncture Treatment for Fertility*, from Jihe Zhu. As she said: "Acupuncture as a treatment for infertility shows great results both in men and women. Acupuncture can be considered as a successful treatment in restoring fertility in the patients, by improving the sperm quality and ovaries function and balancing the endocrine system and hormones."<sup>22,23</sup>

### Arndt-Schultz law

According to the Arndt-Schultz's law, all drugs in high concentrations cause a reduction of vital energy. This reduction would generate the patient's energy weakness and other energy imbalances (Figure 8).<sup>8-14</sup>

**Figure 8** Arndt-Schultz Law.

All the patients reported in this study already had energy imbalances caused by the wrong diet and emotional factors. With the use of high-concentrated drugs, common in all the cases, the vital energy was even more weakened, making the process of achieving pregnancy more difficult.<sup>8-14</sup>

There is a need to have an integral view of the patient, deepening up to the level of his *Yin* and *Yang* energy, to understand, all the possible phenomena associated with the sick patient, including also the environment where he is inserted, which are the external factors that may start the imbalance.<sup>8-14</sup>

As in both cases, the male patients have reduced sperm count; the use of any high-concentrated drug would harm their sperm count even more.

The choice of using homeopathy and crystal-based medication was based on the idea of not generating more energy deficiency and fortifying the energy of the patients that were already low. When maintaining the use of the high-concentrated drug medication, the energy of the patients would only get worse, worsening the chances of success in the infertility treatment.<sup>8-14</sup>

When using homeopathy and crystal-based medication, we strengthened the energy of the patients resulting in an improvement of their energy condition. It is very important to treat the parents that have weakened energy to guarantee a healthy pregnancy and a healthy individual.<sup>12-14</sup>

### Conclusion

Normal laboratory fertility exams do not mean the absence of disease. It is important to study in the energy level, which is invisible to the naked eye. The corrections of the chakra's energy and the *Yin*, *Yang*, *Qi*, and Blood energies, lead to a more successful treatment.

The corrections of the energy imbalances improve Blood production, responsible for the fetus's nutrition, and tones the chakras, mainly the second, represented by the Kidney's energy, leading to an improvement of the conception. Even though infertility may be attributed exclusively to women, the energy of both sides of the couple has to be adequate for achieving pregnancy.

This study attests to the existence of a treatment for infertility with much lower costs than what is proposed in assisted reproduction

clinics, creating conditions for couples who live in third world countries or have no condition to afford treatments for fertility, to find a way of getting the result they need.

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## Conflicts of interest

The authors declare there are no conflicts of interest.

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