

Energies Alterations and Chakras' Energies Deficiencies as One Cause of Abnormal Uterine Bleeding in Women

Huang WL*

Medical Acupuncture and Pain Management Clinic, Franca, São Paulo, Brazil

Abstract

Introduction

Statement of the Problem: Abnormal uterine bleeding (AUB) is any bleeding, which occurs outside of a normal menstrual flow. This includes spotting small amounts of blood between periods or extremely heavy periods. In traditional Chinese medicine (TCM), abnormal uterine bleeding may be caused by the imbalance of the Kidney, Spleen or Liver, as well as any disorder in blood circulation.

Purpose: This study is to demonstrate that patients with abnormal uterine bleeding have chakras' energies deficiencies and the correction and replenishment of these deficiencies is important to control the heavy menstrual bleeding in these patients.

Methods: Two clinical case reports. The first, a 42-years-old woman with a heavy menstrual period twice a month and was diagnosed with uterine myoma. The second, a 54-years-old woman with a heavy menstrual period that could not control with any medications prescribed by her gynaecologist. Both patients were submitted to radiesthesia procedure to measure the energy of the seven chakras' energies centers. Results: Both patients had completely energy deficiency in all the chakras, rated one out of eight, with the exception of the seventh that was normal, rated in eight. They were treated with Chinese dietary counselling, auricular acupuncture with apex ear bloodletting and replenishment of the chakras' energies centers with high-diluted medications such as homeopathies, according to the theory *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*, and crystal-based medications.

Findings: Both patients recovered from their excessive menstrual period, normalizing the menstrual cycle after this treatment.

Conclusion: The conclusion of this study is that to control the heavy menstrual bleeding in women it is necessary to understand the mechanism to control the bleeding in the energy point of view. The regulation of the internal energy harmony between *Yin, Yang, Qi* and Blood and taking out Heat retention using Chinese dietary counselling, auricular acupuncture with apex ear bloodletting and replenishing the chakras' energies centers using homeopathies according to the theory *Constitutional Homeopathy of the five Elements Based on Traditional Chinese Medicine* is an important tool to control the excessive menstrual bleeding in women.

Keywords: Abnormal Uterine Bleeding; Energy; Diet; Acupuncture; Traditional Chinese Medicine; Homeopathy; Chakras' energies centers

***Correspondence to:** Huang Wei Ling, Medical Acupuncture and Pain Management Clinic, Franca, São Paulo, Brazil; Tel: (+55 16) 3721-2437; E-mail: weilingmg@gmail.com

Citation: Huang WL (2021) Energies Alterations and Chakras' Energies Deficiencies as One Cause of Abnormal Uterine Bleeding in Women. *J Womens Health Care Manage*, Volume 2:1. 114. DOI: <https://doi.org/10.47275/2692-0948-114>.

Received: December 07, 2020; **Accepted:** January 04, 2021; **Published:** January 09, 2021

Introduction

Abnormal uterine bleeding is a term describing the irregularities in the menstrual cycle involving volume of flow, duration, frequency, regularity, outside the pregnancy. This irregularity occurs mostly at menarche and perimenopause women and can affect up to one third of women in their life [1].

This abnormal bleeding includes small spotting amounts of blood between periods or extremely heavy periods [2].

This article was written based on Hippocrates thoughts that said that it is extremely important to consider other ancient medical traditions prior to the knowledge we have nowadays. For this reason, the author will use concepts regarding this theme using Western and traditional Chinese medicine reasoning to construct this explanation and to show how she usually treats patients with this kind of problems [3].

Purpose

The purpose of this study is to demonstrate that patients with abnormal uterine bleeding have chakras' energies deficiencies as one of the causes and the treatment replenishing all the chakras' using homeopathies according to the theory *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* and also using Chinese dietary counselling, auricular acupuncture with apex ear bloodletting are important tools to regulate this dysfunction and treat the root of the problem and not just treating the symptoms.

Methods

To write this article, the author searched publications related to abnormal uterine bleeding indexed in PubMed in Western medicine and also, in traditional Chinese medicine. To illustrate how she



conduct patients with this kind of problems, she will describe two cases reports and discuss the concepts in Western and in traditional Chinese medicine point of view.

Case Report 1

A 40-year-old-female patient who came to the author's clinic because of back pain caused by a herniated disc. Her Chinese medicine's diagnosis was Kidney *Yang* deficiency, Blood deficiency and Heat retention.

She started treatment with Chinese dietary counselling, auricular acupuncture with apex ear bloodletting and systemic acupuncture.

After a few sessions, the patient told me that before starting treatment she had a very intense period, with menstruation more than once a month, in addition to many cramps.

Her gynaecologist had diagnosed her with 3 uterine fibroids and according to her doctor, these uterine fibroids were causing the altered menstruation and cramps and recommended that she have surgery to remove the uterus.

The first step of the author's treatment was the Chinese dietary counselling, recommending the patient to avoid cow milk, dairy products, cold water and drinks, raw foods and sweets to balance the Spleen-pancreas meridian. It was also recommended to her to avoid coffee, soda and matte tea, to avoid Kidney deficiency. The author also recommended to her to avoid fried foods, chocolate, honey, coconut, alcoholic beverages to prevent more formation of internal Heat and imbalance the Liver meridian.

In addition, the patient received auricular acupuncture with apex ear bloodletting to take out the Heat retention.

These treatments were already done due to her back pain, because in the beginning of her treatment, the doctor was not aware about her irregular menstruation.

The author also measured the energy of her five massive organs through radiesthesia procedure, using a crystal pendulum.

It showed that all her five massive organs were completely depleted in energy, rated in one out of eight, with the exception of the seventh chakra that was normal, rated in eight.

The author recommended the use of homeopathies and crystal-based medications according to the theory developed by the author entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*. The medications were orientated to intake in the following sequence described: 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 in a single dose with a hiatus of three days between the medications, necessarily on the sequence described. Two months later, a new sequence of treatment was started, with the same medications taken on the same order, but now with 200CHXX-20 instead of 30 CHXX-20. Two months later, a new sequence of treatment was started, as the others, with the same medications taken on the same order, now with 1000CHXX-20 instead of 200CHXX-20.

Two months later, a new sequence of treatment was started, as the others, with the same medications taken on the same order, now with 10000CHXX-20 instead of 1000CHXX-20.

Two months later, a new sequence of treatment was started, as the

others, with the same medications taken on the same order, now with 50000CHXX-20 instead of 10000CHXX-20.

The crystal-based medications used will be described in the discussion session. These kinds of medications are usually recommended to use for a period of one year or more, depending on the results of the new chakras' energies centers measurement after one year of treatment.

Case Report 1- Results

Only after some acupuncture sessions, the patient told the doctor that her menstruation had changed and she didn't have more twice menstruation in one month and the amount of menstrual flow decreased too to a normal menstrual bleeding.

Case Report 2

The second case report is a 53-year-old patient who came to the author's clinic to treat anxiety and try to lose weight. Her diagnosis in traditional Chinese medicine was Kidney *Yin* Deficiency, Blood deficiency and Heat retention.

The treatment consisted in the same tools used in the first case report using Chinese dietary counselling, acupuncture with apex ear bloodletting and measurement of her chakras' energies centers through radiesthesia procedure. The result of this measurement showed that all internal organs of the patient was without any energy, rated one out of eight, with the exception of the seventh chakra that was in normal rate, rated in eight. The patient began her treatment using the same medications described in the case report one (homeopathies and crystal-based medications).

After the first acupuncture sessions, she told to the author that her menstrual flow had changed. The author was not aware that that patient had menstrual problems and asked the patient how her menstrual period before the treatment was she was receiving and she told to the author that since the first menstruation, in adolescence, she had a very strong flow and had only eased it with the use of contraceptives, but after having her fourth child and having a tubal ligation the flow started to increase again. Her gynaecologist had suggested that she remove the uterus, but not satisfied with the diagnosis, she went to a second gynaecologist who diagnosed her with a fibroid and prescribed her for non-menstrual contraception. However, it did not solve it, because even with the medicine its flow was very intense and lasted many days, in some months it lasted all. Due to this intense menstrual flow, the patient also felt very weak.

Case Report 2- Results

After a few acupuncture sessions, the patient already felt more energized and with a better menstruation flow, without losing so much blood. In addition, her anxiety improved, and the author were able to remove the medication that she was using to treat anxiety, in addition to other medications like Omeprazole and Desogestrel, which is a synthetic form of the hormone progesterone.

Discussion

To explain the process of abnormal menstruation period, it is important to understand the normal process of menstruation, in Western and in traditional Chinese medicine [4,5].

According to Western medicine, the menstrual cycle corresponds to a cycle of transformations that occur in the uterus, commanded by hormones that include estrogen, progesterone, follicle stimulating



hormone, testosterone, and others. It has a duration of about 28 days, being divided into 3 phases: Proliferative phase: the action of the hormone estradiol, produced by the growing follicle in the ovary, stimulates the thickening of the uterine wall (endometrium) [6,7].

Secretory phase: As soon as the follicle ruptures, releasing the oocyte, the corpus luteum originates, which secretes estradiol and progesterone, stimulating the maintenance and development of the uterine wall, where, for example, the growth of the glands of the endometrium, responsible for secreting a liquid that will nourish the embryo before implanting in the uterine wall [6,8].

Menstrual phase: If no embryo has been implanted in the uterine wall by the end of the previous phase, the corpus luteum will disintegrate, which will cause a drop in the concentration of ovarian hormones. The fall of these hormones constricts the arteries of the uterine wall, which triggers the disintegration of part of this wall, which is eliminated during menstruation [6,8].

On the other hand, in traditional Chinese medicine the menstrual cycle is divided into 4 phases: [6,9, and 10]

Menstrual phase (about 5 days): During this phase, the Blood is moving, relying on the free flow of Liver Qi and Liver Blood [6].

Postmenstrual phase (about 7 days): During this phase, the Blood and Yin are relatively empty.

Mid-cycle phase (about 7 days): During this phase, the Blood and Yin are gradually filling up.

Pre-menstrual phase (about 7 days): During this phase, the Qi Yang rises, and the Liver Qi moves in preparation for the cycle, the mobility of Liver Qi is essential to move Liver Blood during the cycle [6].

When a woman is menstruating excessively, according to TCM, she is deficient in the Spleen-pancreas that controls the outflow of Blood from the blood vessels or she has a lot of internal Heat and the body is trying to eliminate this excess internal Heat [6].

According to Western medicine's literature, normal vaginal bleeding occurs every 21 to 35 days, and the menstrual period may vary from few days or up to a week. Menstrual flow may be heavier in teens and in women near menopause [6].

This condition may be caused by diverse causes such as: thyroid problems, fluctuating hormone levels, polycystic ovarian syndrome (PCOS), changing or stopping birth control pills, intrauterine devices (IUD), menopause related hormone therapy, noncancerous growths such as fibroids, miscarriage, pregnancy, perimenopause, infections of the female reproductive organs, medications, trauma, cancers and precancerous conditions of the ovaries, uterus, vagina, or cervix [6,11].

To better comprehend the methods the author used to treat all her patients, she likes to use the metaphor of the tree, shown in the Figure 1, where the symptoms and diseases are in the leaves level, the branches are the medical specialties in Western medicine, but in the root, in the energy level, is the focus of TCM, that is usually not considered by Western medicine [5,12,13].

Everything in the body is energy; the menstrual cycle is also considered an energy. Therefore, the author is demonstrating in this article the necessity to treat the root of the symptoms, bringing an improvement in the lives of the patients as a whole and not just a specific symptom [5,12,13].

In the root of the tree there are two theories, the first is the Yin and Yang theory and the Five Elements theory (Figure 1) [5,12,13].

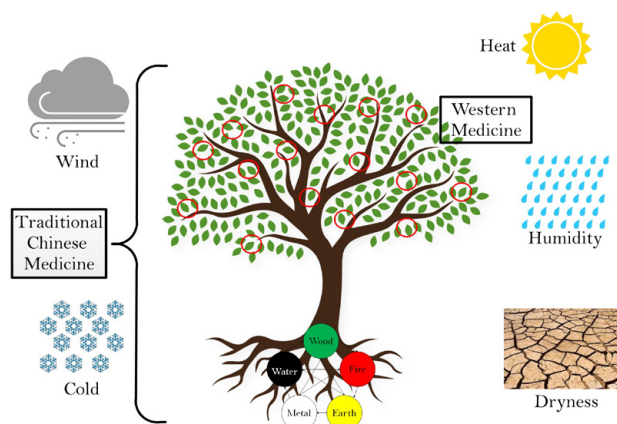


Figure 1: Metaphor of the tree comparing Western medicine and traditional Chinese medicine point of view.

Yin and *Yang* are energy forces that rule the world. Everything in the universe is composed of *Yin* and *Yang*, including the human bodies. The symmetrical arrangement of the dark *Yin* and the light *Yang* is not static, as we can see in the symbol (Figure 2). It is a rotational symmetry that suggests a continuous cyclic movement [12-18].

The reasoning used to treat these two cases reports was based in one case the author treated in 2006 and changed completely the way of thinking after this specific case, that she will describe now [12-16].

This patient was a 70-year-old-male patient, who reported pain in the legs and was using anti-inflammatory medications for about 6



Figure 2: Yin and Yang symbol.

months without any improvement. He was diagnosed with Kidney-Yang deficiency, according to traditional Chinese medicine (TCM). He received treatment with Chinese dietary counselling, acupuncture and auricular acupuncture associated with apex ear bloodletting [12-16].

With the treatment done, the pain in the legs diminished and the patient was submitted to an interview after 30 days of the treatment. The patient revealed that his eye pressure had also lowered with the treatment he received for his leg pain, as his ophthalmologist confirmed. During the treatment, he had not reported to be treating glaucoma in the last 40 years with no improvement of his condition [12-16].

This unusual case became the cornerstone of the author's studies in the field, trying to comprehend how the treatment focused on



the root of the problem could treat different diseases and symptoms simultaneously and using the same methods [12-16].

After this case, the author started to present her study in several congresses around the world in the most diverse specialties, because as in this case, patients often come to treat their illnesses such as anxiety, depression and some type of pain and after treatment they report improvements of symptoms and diseases that the doctor was not aware, they had, in this case, abnormal menstrual period. The reasoning and the focus of the treatment is not the symptom the patient is presenting but the root of all her problems that are usually in the root of the tree that is not seen with the naked eye. Using this method of treatments, looking at the patient, treating the patients' energies imbalances and taking out the Heat retention, it is possible to treat all kinds of diseases using this method, even the doctor doesn't know the patient have such symptoms, as demonstrated in these two cases reports. They both went to treat their low back pain (first case) and the second went to treat anxiety and the excessive weight [4,5,12-16].

For *Yin* and *Yang* energy to flow, two other energies must work in harmony with it: *Qi* and Blood, as shown in the Figure 3.



Figure 3: *Yin*, *Yang*, *Qi*, and Blood energy flow.

Qi is basically the energy that circulates throughout your body. *Qi* moves the Blood, that means if *Qi* stays stagnant long enough, then the local body fluids that are supposed to be flowing begin to stagnate as well [4,5,12-16].

To achieve health, the main aim is to balance these four energies *Yin*, *Yang*, *Qi*, and Blood [4,5,12-16].

The lack of energy of one of these energies or a combination of them can lead to the formation of internal Heat inside the body. When the formation of internal Heat occurs, the body must release this Heat in some way, which may be through urine, feces, nosebleeds, in addition to menstruation [4,5,12-16].

The second theory on the root of the tree is the Five Elements theory. In the Five Elements theory, we have the five elements, Fire, Earth, Metal, Water and Wood. Each element represents one massive organ in TCM that are, Heart, Spleen, Lung, Kidney and Liver, respectively [19].

In this theory we have two cycles: generation and control. In the generation cycle the Kidney receives energy from the Lung, the Lung receives energy from the Spleen, the Spleen receives energy from the Heart, the Heart receives energy from the Liver and the Liver receives energy from the Kidney.

In the control cycle the Kidney controls the Heart, the Heart controls the Lung, the Lung controls the Liver, the Liver controls the Spleen, and the Spleen controls the Kidney [19].

In addition, there are scholars that mentioned the relation of the Five Elements theory with the seven chakras' energies centers, such as the article entitled *The Geometry of Emotions: Using Chakra*

Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use, written by Christopher R Chase [20].

There are seven chakras' energies centers and five elements in the Five Elements theory. The first and the seventh chakra correspond to the Wood or Liver, the second and sixth are related to Water or Kidney, the third to Fire and Heart, the fourth to Metal and Lungs and the fifth to Earth and the Spleen [19,20].

The *Yin* and *Yang* energies are produced in the second chakra on the Kidney [19,20].

The fifth chakra absorbs nutrients and is where the Blood is formed. In both cases reports, they had a deficiency on all the chakras mainly in the fifth chakra, that is responsible for absorption of nutrients and formation of Blood [19,20].

Also, this chakra is responsible for containing the Blood inside the vessels, and the deficiency in energy in all the chakras mainly in the fifth chakra, is responsible for the patients bleeding excessively, because the fifth chakra has no energy to hold Blood inside the vessels [19,20].

Another reason for abnormal menstrual bleeding, in the energy point of view could be the formation of internal Heat, generated by the lack of energy in all the chakras' energies centers. As mentioned previously, the bleeding process through menstruation could be one way of the body to eliminate the excessive production of Heat, because of lack of energy that was not treated for a long time and due to erroneous eating habits, leading to formation of more Heat inside the body. That is why, to have balance in all the internal organs, the author did the Chinese dietary counselling, orientating the patient to avoid all the foods that could induce more energies imbalances that was demonstrated in the description of case report one [4,5,12-16].

The Blood is stored in the first chakra, which is the Liver and is commanded by the third chakra, which is the Heart. The distribution of energy occurs in the first chakra which is the Liver and the fourth chakra which is the Lung [4,5,12-16].

All are compromised in both cases, so there is not an adequate circulation of energy and Blood for the person to stay healthy, so the excessive bleeding during the menstruation occurred, due to lack of energy to maintain the Blood inside the vessels and the formation of internal Heat leading consequently to more abnormal bleeding. When the patient uses the hormone treatment to control the menstrual cycle, as this hormone are considered highly concentrated drugs, they could induce more heavy menstrual periods, as mentioned by both cases reports that no medication used by gynaecologists could improve the abnormal menstrual bleeding leading to a prolonged and constant loss of blood by both patients [4,5,12-16].

As stated in the case description, both patients had been diagnosed with fibroids and fibroids in Western medicine are considered a benign tumour and the doctors usually considered that this tumour could be responsible for the abnormal bleeding process. But according to Chinese medicine, the formation of benign tumour, such as myoma, is considered an accumulation of Blood inside the uterus because there is a lack of energy to make this Blood to circulate, because as the author demonstrated in the Figure 3, to Blood circulate adequately inside the vessel, there is a need to have the other three energies working in harmony, that is *Yin*, *Yang*, *Qi* so Blood is accumulating in the uterus because there is no energy to circulate (second chakra responsible for *Yin* and *Yang* production is without energy, the first and fourth chakra that is responsible for the distribution of energy are without



energy too, and also the third and the fifth chakra were also without energy), leading to stagnation of Blood inside the uterine, leading to the formation of myoma.

There are some scholars from the Chinese medicine's literature, such as Lo der Cheng, in the book entitled *Fórmulas Magistrais Chinesas*, where the author of this book recommends the use of some Chinese herbs to treat the myoma condition of this patients. These Chinese herbal medicines have the property of treating Blood stagnation in the lower Jiao of the abdomen, such as the herb called Gr Shia Ju Yi Tang [21].

In Western medicine literature, they are affirming that the heavy and prolonged menstrual period are caused by the myoma or the benign tumour [21,22], but according to the reasoning made by the author, using TCM point of view, the heavy menstrual period is related to the energies imbalances that is leading to this symptom associated to the formation of internal Heat, that could worse even more the bleeding process. In addition, the benign tumor is formed by the lack of energy too and formed by the same energy imbalances that was leading to the abnormal menstrual bleeding, explained previously. This information is very important to the physician to know that the bleeding process is not related to the benign tumor itself, but by the lack of energy and formation of internal Heat, because after comprehending this kind of thinking, it will be conduct how it will do the treatment process [22,23].

In the two cases reports described by each patient, the first case had recommendation to for hysterectomy due to myoma formation that was causing the heavy menstrual period, according to Western medicine reasoning. However, when they were submitted to the treatment to balance the internal energies thought Chinese dietary counselling and acupuncture with apex ear bloodletting, the heavy menstrual period improved even the doctor do not treat the myoma, because the myoma was not the cause of the heavy menstrual period [4,5,12-16].

So, the first step to treat not only these pathologies of excessive bleeding and uterine fibroids, is to change the diet, avoiding cow's milk, dairy products, cold water and drinks, raw foods, and sweets to balance the Spleen-pancreas. The second group of foods that could lead to energies deficiencies and need to avoid is the ingestion of coffee, soda, and matte tea. Also, the need to avoid fried foods, chocolate, honey, coconut, melted cheese and alcoholic beverages because these kinds of foods could increase the formation of internal Heat making the women lose more blood, leading consequently to more energy deficiencies [4,5,12-16].

The author also used in the treatment of both cases reports, the auricular acupuncture with apex ear bloodletting to take out the excesses of internal Heat and balance the internal energies of *Yin*, *Yang*, *Qi* and Blood and usually is done since the first appointment. But the author wants to emphasize the best time to tone the internal energies is when the patient is not bleeding anymore because if the doctor tones her energy in the menstruation period, it could induce more internal Heat formation and aggravate the uterine bleeding process, instead of improving the condition. Caution should be taken when the physician is using medications to replace the iron in the patient, it should be done only when the patient is not losing blood anymore, because could induce more internal Heat production, leading to lose more blood, causing a harm effect in the women's body, instead of improving [4,5, and 12-16].

To treat the chakras' energies meridians deficiencies, the author used the homeopathies according to the theory created by her entitled

Constitutional homeopathy of the Five Elements based on Traditional Chinese Medicine and crystal-based medications. In the table 1, the author is showing the medications that she usually used to treat the chakras' energies centres deficiencies [19].

The chakra that needs to be toned firstly in this case is the fifth chakra. However, as they are all interconnected by energy flow, in the generation cycle, the medications need to be done in the same sequence of the generation cycle [19].

Chakras	Five Elements	Homeopathy Medications	Crystal-based medications
1° Chakra	Wood / Liver	Phosphorus	Garnet
2° Chakra	Water / Kidney	Natrium 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

Table 1: Highly diluted medications (homeopathies) and crystal-based medications used to tone each chakra energy center.

The author used these treatments in all her patients because the diseases they have are in the root level and in a study the author did in her clinic with among 1000 patients during the last five years (2015-2020) measuring the energies through radiesthesia procedure, she could analyse 409 files and this study showed that 90 % of the patients had no energy in the six of the chakra one to five that is representing the five elements that are Wood-Liver, Fire-Heart, Earth-Spleen, Metal-Lung and Water-Kidney, as shown in the table 2 [19,24].

These results shown the necessity of tone the Chakras' energies for the patients be healthy again, independently on the diagnosis of the patient. It is common in Western medicine for gynaecologists to prescribe hormones for women who are not menstruating to force menstruation, but according to the TCM if she is not menstruating

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

Table 2: Results of the measurement of 409 patients chakras' energies centers measurements.

it is because she is not having enough Blood to overflow and when a menstruation is forced, her energy status is even worst [25].

Because the hormones and contraceptives could be considered high concentrated medications and according to the Arndt-Shultz Law (Figure 4) they affirm that small doses stimulate, moderate doses inhibit and overdoses kill [26].

Therefore, highly diluted medications would improve organic processes, while high concentrations would be harmful for health, decreasing the vital energy [26].

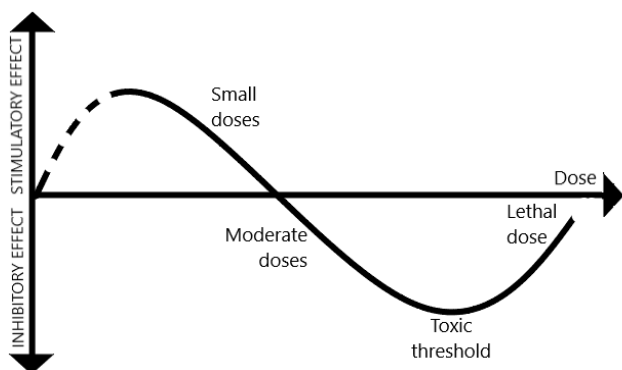


Figure 4: Arndt-Shultz Law.



Figure 5: Metaphor of Yin and Yang of Western medicine and traditional Chinese medicine.

Correcting all these energies imbalances, the patients could improve her symptoms of abnormal uterine bleeding and all others symptoms without the need for specific treatment for menorrhagia and uterine fibroids. As state by Hippocrates, it is more important to know which patient has the disease than to know which disease the patient has [3,26].

To finalize this article, the author would like to show the metaphor between Yin and Yang theory and Western and traditional Chinese medicine [4,5,12-16].

To treat patients with abnormal uterine bleeding in a deeper way, the physician has to comprehend the importance of the different medicine perspectives. The body is not only physical and constituted by organs and tissues, but it is formed by energy. Nowadays, these two perspectives are separated, but they can be complementary. Traditional Chinese medicine can be considered as Yang energy, and Western medicine is considered Yin energy, already materialized. In the same way of the relationship of Yin and Yang, traditional Chinese medicine starts where Western medicine ends [4,5,12-16].

The author wants to emphasize that all the tools used to treat both patients using acupuncture and homeopathies medications are considered medical specialties by the Brazilian Federal Medical Council since 1995 and 1980, respectively [27].

Conclusion

The conclusion of this study is that to control the heavy menstrual bleeding in women it is necessary to understand the mechanism to

control the bleeding in the energy point of view. The regulation of the internal energy harmony between Yin, Yang, Qi and Blood and taking out Heat retention using Chinese dietary counselling, auricular acupuncture with apex ear bloodletting and replenishing the chakras' energies centers using high-diluted medications such as homeopathies according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* is an important tool to control the excessive menstrual bleeding in women.

References

1. Siobán D, Pangaja P (2011) Menstruation and the menopause transition. *Obstet Gynecol Clin North Am* 38: 595-607. <https://doi.org/10.1016/j.ogc.2011.05.010>
2. Davis E, Sparzak PB (2020) *Abnormal uterine bleeding*. StatPearls Publishing, Florida, United States.
3. Yapijakis C (2009) Hippocrates of Kos, the father of clinical medicine, and Asclepiades of Bithynia, the father of molecular medicine. *In Vivo* 23: 507-514.
4. Huang WL (2018) Can hospital osteomyelitis be treated without the use of antibiotics?. *Int J Microbiol Infect Dis* 2: 1-6.
5. Huang WL (2019) Why are diabetic patients still having hyperglycemia despite diet regulation, antiglycemic medication and insulin?. *Int J Diabetes Metab Disord* 4: 1-14.
6. Maciocia G (2000) *Obstetrics and gynecology in Chinese medicine*. *Obstet Gynecol Chinese Med* 2000: 868.
7. Reed BG, Carr BR (2018) *The normal menstrual cycle and the control of ovulation*. Endotext. MDText.com, Inc., Massachusetts, United States.
8. Thiyagarajan DK, Basit H, Jeanmonod R (2020) *Physiology, menstrual cycle*. StatPearls Publishing, Florida, United States.
9. Yeh LL, Liu JY, Lin KS, Liu YS, Chiou JM, et al. (2007) A randomised placebo-controlled trial of a traditional Chinese herbal formula in the treatment of primary dysmenorrhoea. *PLoS One* 2: e719. <https://doi.org/10.1371/journal.pone.0000719>
10. Seki K, Chisaka M, Eriguchi M, Yanagie H, Hisa T, et al. (2005) An attempt to integrate Western and Chinese medicine: rationale for applying Chinese medicine as chronotherapy against cancer. *Biomed Pharmacother* 59: S132-S140. [https://doi.org/10.1016/S0753-3322\(05\)80021-6](https://doi.org/10.1016/S0753-3322(05)80021-6)
11. de Melo AS, dos Reis RM, Ferriani RA, Vieira CS (2017) Hormonal contraception in women with polycystic ovary syndrome: choices, challenges, and noncontraceptive benefits. *Open Access J Contracept* 8: 13-23. <https://dx.doi.org/10.2147/OAJC.S85543>
12. Huang WL (2019) What is the cause of language impairment in traditional Chinese medicine and how can we treat it?. *J Clin Case Rep Trials* 2: 14-22.
13. Huang WL (2019) Is it possible to treat community-acquired and nosocomial infections with the same method, without the use of antibiotics?. *J Appl Microb Res* 2: 1-13.
14. Huang WL (2019) Energy alterations as the underlying cause of primary hypertension?. *ARC J Nephrol* 4: 33-44.
15. Huang WL (2020) The importance of correcting energy imbalances in the prevention and treatment of myocardial infarction. *Acta Scientific Med Sci* 4: 20-27.
16. Huang WL (2019) The importance of correcting energy imbalances and Chakras' energy deficiencies in the treatment of patients with glaucoma. *Clin Res Ophthalmol* 2: 1-9.
17. Jung CG, Kauffer EM (1967) *The I ching: Or, book of changes*. Princeton University Press, New Jersey, United States.
18. Ni M (1995) *The yellow emperor's classic of medicine: The essential text of Chinese health and healing*. Shambala, London, United Kingdom.
19. Huang WL (2020) *Constitutional homeopathy of five elements based on traditional Chinese medicine*. *Acta Scientific Med Sci* 4: 57-69.
20. Chase CR (2018) The geometry of emotions: Using chakra acupuncture and 5-phase theory to describe personality archetypes for clinical use. *Med Acupunct* 30: 167-178. <https://doi.org/10.1089/acu.2018.1288>
21. Cheng LD (2008) *Chinese masterful formulas*. Roca, São Paulo, Brazil.
22. Liu T, Yu J, Kuang W, Wang X, Ye J, et al. (2019) Acupuncture for uterine fibroids protocol for a systematic review of randomized controlled trials. *Medicine* 98: e14631. <https://dx.doi.org/10.1097/MD.00000000000014631>



23. Lu W, Dean-Clover E, Doherty-Gilman A, Rosenthal DS (2008) The value of acupuncture in cancer care. *Hematol Oncol Clin North Am* 22: 631-648. <https://doi.org/10.1016/j.hoc.2008.04.005>
24. Huang WL (2020) Chakra's energy deficiency as the main cause of infertility in women. *Obstet Gynecol Int J* 11: 83-91. <https://doi.org/10.15406/ogij.2020.11.00493>
25. Kaunitz AM, Manson JE (2015) Management of menopausal symptoms. *Obstet Gynecol* 126: 859-876. <https://dx.doi.org/10.1097/AOG.0000000000001058>
26. Leeser O (1953) Support of homeopathy by the Arndt-Schulz law. *Hippokrates* 24: 417-421.
27. CREMEPE (2006) Homeopatia e acupuntura reconhecidas e procuradas. Portugal.