

## Why Do Patients Still have Anxiety Symptoms Despite the Use of Psychotropic Medications

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### Abstract

**Statement of the Problem:** According to Western Medicine, anxiety is as a feeling of diffuse, unpleasant or vague sense of apprehension. Anxiety disorders are characterized by responses to imprecise or unknown threats. TCM theory holds that each of the Zang Organs plays a role in the emotions. Emotions and organ's health are intimately connected.

**The purpose of this study is to show why patients still have anxiety symptoms despite the use of psychotropic medications.**

**Methodology & Theoretical Orientation:** A case study was also used. It described the treatment of a 36-year-old male, who suffered from Generalized Anxiety Disorder since childhood. The patient had undergone different psychotropic medications use for years, without success, only leading to more anxiety, sexual dysfunction, lower self-esteem and depression symptoms. He was treated with auricular acupuncture with mustard seeds, apex ear bloodletting, Chinese dietary counselling and high-diluted medications. The psychotropic medications intake was gradually suspended, because the medication was causing more energy disturbances and leading to more anxiety. The patient was also submitted to chakra centers energy measurement, with radiesthesia procedure.

**Findings:** The result of the radiesthesia showed all the chakras in the lowest energy level (Considering a scale of 1 to 8, 1 being minimal and 8 the maximum), all chakras were rated 1, contributing to the hypothesis proposed in the Arndt-Schultz law. Without the use of the psychotropic medications and with the treatment proposed, the patient achieved a significant improvement of his anxiety symptoms, libido, self-esteem and started feeling more active and happier in his daily activities.

**Conclusion & Significance:** Anxiety, according to Traditional Chinese Medicine is triggered by the imbalance of Yin, Yang, Qi and Blood energies. The use of high-concentrated medications cause more harm to the vital energy, with consequent formation of internal Heat, worsening the anxiety symptoms.

**Keywords:** Anxiety, Psychotropic Medications, Traditional Chinese Medicine, Chinese Dietary Therapy, Acupuncture, Arndt-Schultz Law, Energy.

### INTRODUCTION

Nowadays, more than 19 million adults in the US alone are reported to suffer from anxiety symptoms.[1]A research from OMS showed that 33% of the world's population suffer from anxiety. [1]

Anxiety is described as "a diffuse, unpleasant, vague sense of apprehension". The symptom is often a

response to an imprecise or unknown threat. Usually, it comes from the mind's vision of possible dangers and treats in common situations [2-4]. It is a common feeling among Western patients, and can be accompanied by fear and constant worry.

The use of antidepressants and anxiolytic medications is widespread. A research from TIME reported

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that 13% of Americans take antidepressants. [20] While these medications are known to ease anxiety, patients may also suffer from undesirable side effects, suppressing the symptoms while making individuals chemically intoxicated or weak. [2-6]

There are two classes of drugs prescribed: benzodiazepines and antidepressants. In the case of benzodiazepines, there are some side effects being: hypotension, decreased sex drive or libido, nausea, lack of coordination, disinhibition, depression, unusual emotional dysfunction, including anger and violence, memory loss, difficulty thinking, decreased IQ, etc. [7-8]

Antidepressant side effects, on the other hand, include sexual dysfunction, headache, dizziness, drowsiness, diarrhea or constipation, weight loss or gain, insomnia or hypersomnia, nightmares, dry mouth, etc. [7]

In a long term, the use of benzodiazepines and antidepressants can cause heart problems, especially in those with possible cardiovascular disease, persistent pulmonary hypertension, increased bleeding risks, interactions with other medications, etc. [8]

The Arndt-Schulz's law, which will be better-explained below, states the effects of different drug concentrations on an individual. [9]

According to TCM, the use of any psychotropic medication for more than 30 days may cause deficiency of Kidney energy, which will be better-explained below. [10]

As anxiety is a very common disease on these days, it is important to seek for a treatment different from the usual, with the main goal of treating the symptom without creating a range of side effects.

For starters, it is important to understand the logic used by the author during the treatment performed with ancient medical tools. To understand better this logic, it is important to consider two factors. These factors are the case that created the logic in the treatment, and the metaphor of the tree. [11-17]

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. This patient arrived to the author's clinic after performing treatment with general anti-inflammatories for the pain without any improvement. The author then started a treatment with Chinese dietary counselling, systemic and auricular acupuncture, and performed

the diagnosis of the patient in Traditional Chinese Medicine. [11-17]

The patient was diagnosed with Kidney-*Yang* deficiency, and the treatment was started for treating this energy imbalance. [11-17]

After 10 sessions of acupuncture, the patient returned to be reevaluated, and told the author he had perceived great improvement not only for his leg pain symptoms, but also for great diminution in his intraocular pressure. The author was not aware, but the patient was 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 10 sessions of acupuncture, his intraocular pressure diminished to 17mmHg, for the first time in his life. [11-17]

The author observed the results in this patient, and used it in the treatment of several other patients and pathologies, including in this case anxiety.

### PURPOSE

The purpose of this study is to analyze why patients with anxiety pathologies sometimes do not benefit of the use of psychotropic medications.

### METHODS

One case report was used to illustrate the resistance to the effects of the psychotropic medication, or that did not observe successful results in the medication use, and opted for a treatment centered in ancient medical traditions such as Chinese dietary counselling, auricular acupuncture, apex ear bloodletting and homeopathy and crystal-based medication.

### Case Report

Male patient, 37-year-old. He underwent treatment with antidepressant and benzodiazepines for years, none of which worked, only worsening the symptoms.

The patient had a history of depression and anxiety, and was suffering difficulties and finding a successful treatment. In 2017, the patient found himself in one of the worsts phase of his life regarding anxiety and depression.

The patient in question was experimenting a very stressful moment of his life, with the end of his relationship, a stressful job, among other problems.

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The patient would feel completely isolated and would have no interest in social activities or hobbies, feeling that he was not able to socialize. He would describe the feeling of over-thinking everything he would say.

The patient reported to drink many alcoholic beverages in this phase of his life. A few months went by, and the anxiety would get only worst. He would have panic attacks, and feel constantly dizzy and nauseous.

The patient started a psychiatric treatment, with antidepressants. He tried several medications, but the patient would feel several side effects, and more anxious than before. When using the medications, the patient reported to feel sleepy and without energy to perform common activities. He started drinking more coffee to keep himself awake, what caused more anxiety. His sex drive was also affected; he had no libido, even with the help of Viagra. He also presented itchiness and difficulty in sleeping.

After 8 months, the patient had tried six different antidepressants, and his dose was diminished by a different doctor, with less benzodiazepine for nighttime. The side effects diminished, and his anxiety started being tolerable.

In 2018, he started treatment with ancient medical tools, after the treatment was recommended for his

mom. Started a treatment with ancient medical tools such as auricular acupuncture, apex ear bloodletting, and Chinese dietary therapy. He was diagnosed in TCM with deficiencies of all his internal energies, *Yin, Yang, Qi*, Blood and Heat retention.

First, the treatment was started with Chinese dietary therapy, which recommended the avoidance of foods that can lead to more energy deficiency, thus increasing internal Heat retention.

The foods the patient was recommended to avoid were cold water, raw food, sweets, coffee, soda, matte tea, fried food, chocolate, eggs, honey, alcoholic drinks, coconut, pepper and dairy products especially when cheese is melted.

The patient also started sessions of auricular acupuncture with apex ear bloodletting twice a week. Figure 1 shows the shows the anxiety points, as well as other points used in the auricular acupuncture sessions. Figure 2 shows an image of the procedure done with apex ear bloodletting.

It was also important to perform auricular acupuncture sessions with apex ear bloodletting twice a week, to avoid the common side effects of the withdrawn of the medication.



Fig 1. Auricular Acupuncture Points

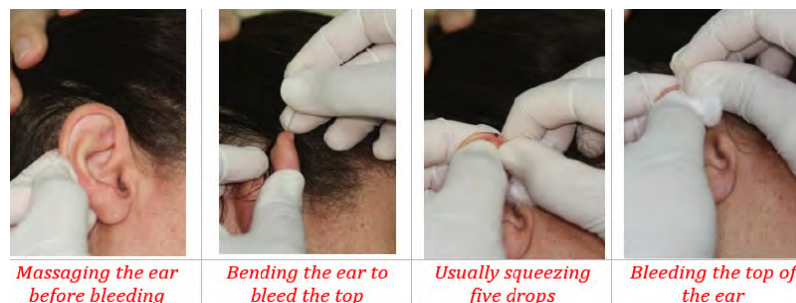


Fig 2. Apex Ear Bloodletting Procedure

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The sessions showed great results for the patient, who perceived great diminution of his anxiety symptoms, after the first session of auricular acupuncture with apex ear bloodletting. In TCM, the apex-ear-bloodletting procedure has the goal of diminishing Heat retention, responsible for the symptoms of anxiety in this case, and for several other symptoms, as demonstrated in previous articles of the author.

After the first acupuncture sessions and Chinese dietary therapy, it was performed the procedure of radiesthesia, for the measurement of the seven chakras energy, which showed that the patient had a major deficiency in the energy of all his chakras.

The symptoms of depression, in TCM are often associated with deficiency of different massive organs and meridians of the Five Elements Theory. The massive organs are correspondent to the seven chakras. In the measurement, all chakras of the patient appeared in level 1 of 8.

It was recommended the use of homeopathy, according to the theory developed by the author entitled *Constitutional Homeopathy of the Five Elements in Traditional Chinese Medicine*, as well as crystal-based medication, which use will be better discussed in the Discussion session.

### Findings

With the treatment done, the patient was able to quit his psychotropic medications, while diminishing continually his symptoms of anxiety almost completely. His depression is not as strong as it was before. He still is able to drink alcoholic beverages, mainly beer, in social events, but never too much, and he does not feel any cravings for doing it more often.

He did not perform the use of any high-concentrated drugs since his treatment with ancient medical

tools started, as benzodiazepine and antidepressant medications.

## DISCUSSION

### Western Medicine and Anxiety

Anxiety is a common feeling among Western patients that can be accompanied by fear and constant worry. [2-6]

While some medications have been known to ease anxiety, not all patients perceive the same response to treatment. There are several side effects associated with the use of anxiety medications. [2-6]

Two classes of drugs may be prescribed for anxious patients: benzodiazepines and antidepressants. [7-8]

There are several side effects associated with the use of these medications. [7-8]

Benzodiazepine act as sedatives and are recommended for anxious patients. They work by increasing the effect of a brain chemical called GABA (gamma amino butyric acid), which reduces brain activity in the areas of the brain responsible for rational thought. [7-8]

Antidepressants work by balancing neurotransmitters that affect mood and emotions. These depression medicines can help improve your mood, help you sleep better, and increase your appetite and concentration. [7-8]

The progression of the health body to the disease happens in five phases, as showed in Table 1. In the phases 1 to 3 there are only energy alterations, which do not show in laboratorial exams, but the patient already complains of symptoms. Western medicine performs the diagnosis in phases 4 and 5, when there is laboratorial alteration. The diagnosis in Western Medicine is delayed because it may take more than 5 years for the energy imbalances reflect themselves as alterations in the laboratorial exams. [11-17]

**Table 1.** Phases of the Disease

PROGRESSION OF HEALTH TO DISEASE				
	Organ	Exams	Energy Reserve	Symptom
Phase 1	Slowing Down of organ functions	Normal	Energy reserves - normal	Without clinical symptoms
Phase 2	Slowing Down of organ functions	Normal	Consumption of internal energy reserves	With symptoms in other organ
Phase 3	Slowing Down of organ functions	Normal	Consumption of external energy reserves	With symptom in same organ
Phase 4	Reversible Cellular Lesion	Little alteration	Consumption of blood reserves	Curable disease
Phase 5	Irreversible Cellular Lesion	Excessive alteration	Metabolic exhaustion	Incurable disease

### Anxiety in Traditional Chinese Medicine

Anxiety and depression in Traditional Chinese Medicine generally comes from the same root, which is the energy imbalance of the *Yin, Yang, Qi* and Blood energies. [11-17] The difference between one and the other is that in anxiety, in addition to the imbalance of these energies, a posterior imbalance occurs, which is the formation of internal heat. [18-22] Therefore, it is very common to see patients with symptoms of depression and anxiety at the same time, because the root of both problems is the same, but anxiety develops from a phase after the energy imbalance, if not properly treated, according to as the author concluded in her presentation in Sydney in 2013, in a conference organized by the WORLD FEDERATION OF ACUPUNCTURE AND MOXIBUSTION SOCIETIES. The study presented there was entitled *Apex Ear Bleeding, Dietary Counselling and Psychotropic Medication in Patients with Anxiety Treated with Auricular Acupuncture - A Double Blind Study*.

The imbalance of *Yin, Yang Qi* and Blood can be caused by bad eating habits, ingestion of cold liquids, raw foods, dairy products and too many sweets. [11-17] These habits will lead to specific disorder, as for example, Blood deficiency. [20-22] When ingesting many cold liquids, raw foods and dairy products, an efficiency of the energy of Spleen-pancreas may occur, thus leading to less absorption of nutrients, and consequently poor Blood formation, or Blood deficiency. In this way, all internal organs would be compromised with reduced nutrition, leading to energy deficiency, symptoms of lack of energy and depression, if not properly treated, may form internal heat, generating anxiety symptoms. [11-17]

This Internal Heat is responsible for irritability, nervousness, which if not treated properly, such as acupuncture and Chinese dietary counselling, may progress to other problems. [18-22]

Internal Heat can be also generated by an inadequate diet, deficiency of energy or emotional issues such as anger. As for an inappropriate diet, this includes the use of fried food, chocolate, eggs, honey, alcoholic drinks, coconut, pepper and dairy products especially when cheese is melted. [23]

### The Metaphor of the Tree

The substantial differences between the Western and Traditional Chinese Medicine can be more clearly seen and understood through the metaphor of the tree. It is important to understand this difference in order to comprehend the effectiveness of the Traditional Chinese Medicine treatment in difficult cases, for example, why anxious patients are still anxious besides the use of psychotropic medication. [11-17]

Traditional Chinese Medicine comprehends the functioning of the human being, through a holistic view, influenced by external factors such as wind, cold, heat, dryness, humidity and diet, and internal factors such as the emotions. [11-17]

The tree that bases the metaphor is a common tree with trunk and several branches. Each branch represents a medical specialty and each leaf that comes out of each branch represents the symptoms and diseases of each specialty. This visible part is the object of study and practice in the western medical profession because of the curriculum offered in the medical schools around the world. The focus is to treat each leaf in each specialty, in this case the anxiety, in a neurological or psychiatry specialty (Figure 3). [11-17]

The leaves represent the symptoms and diseases of the pathologies and the branches represent the medical specialty. Those are the visible part of the pathologies, and the current medical colleges aim to understand, analyze and cure those pathologies. In the case of anxiety, the neurological or psychiatry specialty would represent the branch where the anxiety would be. [11-17]

However, when considering other traditions and approaches of medicine, such as Traditional Chinese Medicine, we can analyze other parts of the tree as well. The roots are the focus of Traditional Chinese Medicine, as they are not visible to the naked eye, they are able to show other ways to understand, and therefore, treat, the pathologies. According to Traditional Chinese Medicine, the root corresponds to the Theory of Five Elements, *Yin*, and *Yang*. Those are the theories and principles basing Traditional Chinese Medicine. [11-17]

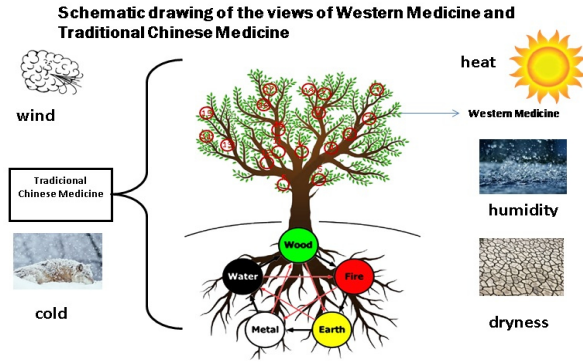


Fig 3. The tree metaphor

**Yin, Yang, Qi and Blood**

The *Yin* and *Yang* are the other theory basing Traditional Chinese Medicine. According to Chinese wise men, everything in the world is ruled by the “measure of balance” understood as *Yin* and *Yang*. Everything is cyclical, and there are always principals

of opposites completing themselves in everything in the universe. [24]

*Yin* and *Yang* symbol, represented in Figure 4, shows the symmetrical arrangement of the dark *Yin* and the light *Yang*; the symmetry, however, is not static. [24]

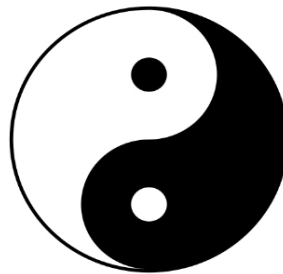


Fig 4. Yin and Yang

The functioning of the body functions based on the flow of four energies: Yin, Yang, Qi, or vital energy, is what we refer when talking about Arndt Schultz’s law, and Blood energy, explained by the theory of The Four Humors, of Hippocrates, which will be better-explained bellow. (Figure 5). [24]

idea of the study is the following state: Treating energy imbalances, the physician would treat the root behind the symptoms. Therefore, he will be able to treat all the symptoms with the same treatments, even symptoms the physician was not aware. Thus, all diseases from all specialties, and remembering the tree metaphor; all the leaves and branches of the tree, can be treated once, as in this case, the rootis being treated, not only the symptoms.[11-17]

This theory was previously presented in 2015 at the Acupuncture Research Conference, hosted at Harvard Medical School, in the city of Boston, USA. The main

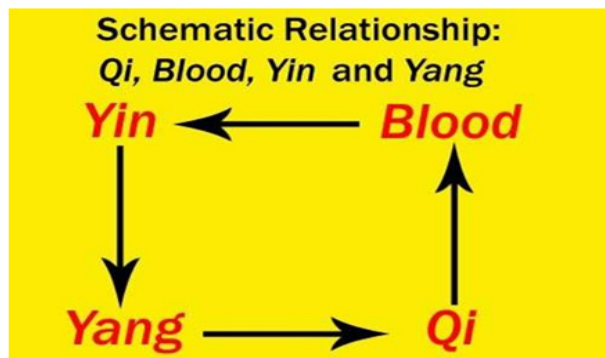


Fig 5. Schematic Relationship: Yin, Yang, Qi and Blood.

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Anxiety treatment in Traditional Chinese Medicine aims to balance the energies of *Yin, Yang, Qi*, Blood, and formation of Internal Heat, which generates the symptoms of anxiety. [24]

### Five Element Theory

The Five Elements, or Wu Ching, is a theory considered what bases and rules the interaction between everything. The Five Elements are Wood, Fire, Water, Metal and Earth. They interact among themselves in cosmic levels and in our internal organs. [24]

On the theory of Five Elements (Figure 6), the human body has organs that are interconnected with the Five

Elements and there is an influence of one element or one organ with the others. [24]

The Wood element corresponds to the Liver, and has the eye as its external sensory organ and is responsible for vision; the Fire Element corresponds to the Heart, and represents the tongue and subsequently language. The Earth Element corresponds to the Spleen, representing the mouth and is responsible for taste. The Air Element corresponds to the Lungs, represents the nose, and is responsible for the sense of smell and the Water Element corresponds to the Kidney and represents the ears and is responsible for hearing.[24]

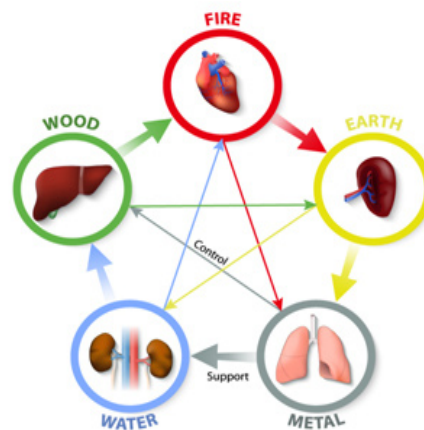


Fig 6. The Five Elements Theory

There is a correspondence between the five massive organs of the Five Elements Theory and the seven chakras. The first chakra corresponds to the Liver, the second chakra corresponds to the Kidney, the third is correspondent with the Heart, the fourth with the Lung and the fifth corresponds to the Spleen, and the sixth chakra corresponds the Kidney, and the seventh corresponds to the Liver. As there is five massive organs and seven chakras, the correspondence appears as demonstrated in Figure 7. [25-26]

For measuring the energy of the chakras, the procedure used by the author is called radiesthesia. To perform this procedure, a pendulum is use - that can be of crystal or wood - according to the pendulum's movement (clock-wise, counter clock-wise or no movement), when placed in front of the chakra in question, it measures if the energy is suitable or not. [25-26]

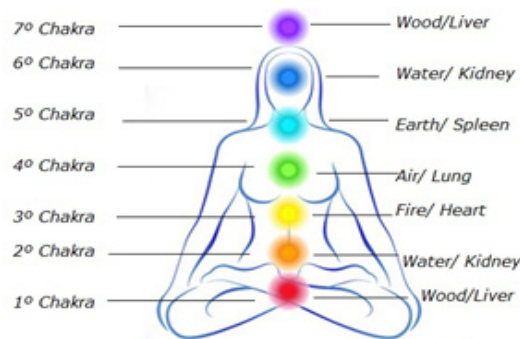


Fig 7. Chakras and Five Elements Correspondence

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There is a study that presented the same idea was *The Geometry of Emotions: Using Chakra Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use*, from Christopher R. Chase. In this study, the author uses the 5-Phase or Five Elements Theory to create personality archetypes for clinical use, based on the idea of correspondence between the Five Elements and the chakras.[25]

This idea of linking these two theories was previously studied by different scholars. Two examples would be Mark Olson, in the article *The Mind-Body Problem in the Chakra Literature*. [26]

In the table of his study, it is possible to perceive that even though not aware of Traditional Chinese Medicine Five Elements theory, the author still links the chakras with the Five Massive Organs of the Five Elements Theory.[25-26]

**Table 2.** Diet and the different energy disturbances associated with it.

Energy Meridian	Spleen-Pancreas Deficiency	Gall-bladder heat retention	Kidney Deficiency
Diet that can imbalance the meridian	<ul style="list-style-type: none"> <li>• Cold Water</li> <li>• Raw Food</li> <li>• Dairy Products</li> <li>• Sweets</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate,</li> <li>• Fried Food</li> <li>• Coconut</li> <li>• Honey</li> <li>• Alcoholic beverages</li> <li>• Dairy Products (specially melted cheese).</li> </ul>	<ul style="list-style-type: none"> <li>• Soda</li> <li>• Coffee</li> <li>• Matte tea</li> </ul>

### Auricular Acupuncture and Apex Ear Bloodletting

*Auriculoacupuncture* or Auricular Acupuncture is a specialty that focuses on the treatment of the framework presented, directly into the ear, thus toning pathogenic points. There are over 200 acupuncture points in the ear. [28-31]

In the daily practice of the author, the main point of view is to rebalance *Yin, Yang, Qi* and Blood, using the points on the ear, treating the root of the problem and the symptom at the same time, as demonstrated in the patient treated in 2007, with leg pain symptoms and high-intraocular pressure. [11-17]

### Arndt-Schultz's Law and Psychotropic Medications

When treating the anxiety symptoms of the patient presented in this article, it was possible to notice an improvement in his general condition, and the patient reported to feel more energized and less anxious when there was a decrease for intake, along with the

### Chinese Dietary Therapy

The Chinese dietary therapy is an important tool of Traditional Chinese Medicine. The ancient who developed the studies of TCM state that there is energy in the food we eat. As the health in TCM is based on the balanced of the internal energies, the Chinese dietary therapy will follow the same principles: search for balance in the energy of the foods, consuming all the five flavors (spicy, sweet, sour, salty and bitter). [23]

In his studies, Hippocrates also dedicated great attention to dietary factors, stating, "Let your food be your medicine, and your medicine be your food". The diet, in his theories, play a very significant whole in recovering help and balance. [27]

In the case report of the patient who had anxiety, the dietary orientations aimed to recover the energy balance and increase nutrients absorption. In Table 2, it is possible to observe the foods the patient was recommended to avoid, and which energy meridian could be imbalanced. [16]

acupuncture treatment, which aimed to rebalance all his energy.[11-17]

In order to withdrawn the psychotropic medications without the common withdrawn side effects, they were gradually substituted by diluted medications, such as homeopathy, floral, crystal-based and quantum medications. According to Traditional Chinese Medicine, those medicines would work at the energy level. [11-17]

Considering the Arndt-Schultz's theory, the use of less concentrated medications would promote an increase in vital energy, unlike the medications he was taking at the beginning, as their high concentrations would promote a decrease in vital energy. [9]

The Arndt-Schultz's law states: Small doses stimulate, moderate doses inhibit and overdoses kill. Therefore, highly diluted medications would improve organic processes, while high concentrations would be harmful for health, decreasing the vital energy. [9]



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Although not on purpose, the theory coincides with homeopathic theory. The Chilean researchers, Maturana and Varela, proved and expanded the study of this law regarding the size of the dose in the role of stimulating or inhibiting the vitalities of living beings. [9]

A process with two sessions of auricular and systemic acupuncture with apex ear bloodletting per week was started, with the main goal to diminish the side effects of the gradual withdrawn of the psychotropic drugs he was taking for years. [11-17]

According to Traditional Chinese Medicine, when there is a deficiency of energy, the formation of Internal Heat may occur. As medications in high concentrations can cause vital energy deficiency, they would lead to Internal Heat formation. This Internal Heat may be the cause of the formation of anxiety symptoms, which in this case can be caused by any medication of high concentrations, including the psychotropic medication itself being used for the treatment of anxiety.[11-17]

### The Constitutional Homeopathy of the Five Elements and Crystal-Based Medication

According to this theory, "The Constitutional Homeopathy of the Five Elements", formulated by the author, each imbalance of an organ would correspond to a chakra, and there would also be a corresponding

homeopathic medicine, which has the tropism for the organ being treated. [16]

In the case, for example, of imbalance of the first chakra, which corresponds to the organ Liver, in the Theory of the Five Elements, the Wood, we can use the Phosphorus.[16]

The imbalance of the second chakra, which corresponds to the Kidney, which is the Water Element in the Theory of Five Elements, can be treated with Natrium Muriaticum.[16]

The imbalance of the third chakra, which corresponds to the Heart, which is represented by the element Fire, can be treated with the Sulfur.[16]

The imbalance of the fourth chakra, which corresponds to the Lung organ, represented by the element Air, can be treated with Silicea. And the last chakra, the fifth one, which corresponds to the Spleen organ, represented by the Earth element, can be treated with Calcarea Carbonica.[16]

The crystal-based medications use and the logic behind it, was better explained in two articles of the author. The first is entitled *Can We Treat Atopic Dermatitis without using Corticosteroids?* and the second is the article entitled *Why Are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Antiglycemic Medication and Insulin?*

**Table 3.** Medications chosen in the treatment of anxiety in the case studied, according to the correspondence of Chakras and Five Elements

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

### Flower Remedies

The first flower remedies were developed by a physician called Edward Bach. His discoveries would include 38 remedies, correspondent to 38 negative emotional states. The remedies are done based on flowers, that grown naturally. According to the theories of Bach, the remedies would be able to restore the balance of the emotional states of the body,

and the flower remedies could be used to treat several psychological problems. [32]

The author complemented the treatment of the patient, as they are high-diluted medications, in order to avoid the side effects of the medications in high-concentrations in the energy level, previously used by the patient. [32]

### Quantum Medications

Functionally, Quantum Medications seeks to act in a “physical” way within the body, hindering and hindering the development of a fertile biological terrain to the installation of degenerative processes. [33]

Two quantum drugs were used in this patient. The second medicine chosen was the CorretorAnergicum, and one specific for control of anxiety, called Neurovit. Both drugs were indicated on gel. [33]

This kind of medication was used to avoid creating more energy imbalances as in the consumption of high-concentrated medication. [33]

### CONCLUSIONS

Summarizing, when anxiety is treated with psychotropic medications, according to the Arndt Schultz Law, these medications will cause greater reduction of vital energy (or Qi), and consequently worsen chakras energy, and worsening symptoms.

The body depends on energy to work, is created and maintained by it. When the energy flow is disrupted or depleted, the body experiences physiological and psychological changes, creating imbalances, and diseases. A stressful environment, life problems, losses, or traumatic events can create blockages in the energy flow, appearing as anxiety or worry symptoms. Balancing the chakras energy can help to restore the energy flow in the system and thus, reduce anxiety levels.

At the point of view of Traditional Chinese Medicine, anxiety comes from the formation of Heat in a condition of energy deficiency. This explains why many patients worsen symptoms rather than improve, as the quantity of high-concentrated medications increased, the side effects also increase.

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## Why Do Patients Still have Anxiety Symptoms Despite the Use of Psychotropic Medications

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