

# Apex Ear Bloodletting, Restriction of Dairy Products, Psychotropic Medication and Energy Disturbances in Patients with Depression Treated with Auricular Acupuncture – A Double Blind Study

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## Abstract

**Purpose:** To observe the different effects of using or not using apex ear bloodletting (AEB), restriction of dairy products, psychotropic medications in patients with depression, being treated with auricular acupuncture.

**Methods:** A retrospective double blind study was conducted with 1500 records of AA patients were studied by the clinic's secretary noting the name and phone of 25 (1.67%) with depression. Another person contacted the patients to fill out a questionnaire by phone, including a Hospital Depression Evaluation Scale (HDES) Test. In this test emphasis was placed on the patient's emotional condition before and after his acupuncture treatment.

**Results:** 11 (73%) had Apex Ear Bloodletting. 4 (27%) did not have AEB. 9 (60%) followed Chinese Dietary Counseling. 6 (40%) did not follow CDC. Results of Hospital Depression Evaluation Scale before AA: 2 (13%) were considered normal. 3 (20%) were considered borderline. 10 (67%) were considered to have depression. The results of HDES after AA: 7 (47%) were considered normal. 3 (20%) were considered borderline. 5 (33%) were considered to have depression. HDES regarding the use of Apex Ear Bloodletting: 3 (27.27%) moved from depression to a normal state after AA. Without having AEB: 0 (0%) moved from depression to a normal state after AA. HDES in relation to the dietary restrictions: 7 (20%) moved from depression to a normal state after AA. Without following CDC: 2 (5.71%) moved from depression to a normal state after AA. HDES in relation to the use of psychotropic medication: 2 (50%) moved from depression to the normal state when psychotropic medication was stopped during AA treatment. 0 (0%) moved from depression to the normal state when they continued to use this kind of medication during AA treatment. Self-evaluation of feeling cured: 4 (27%) felt cured. 11 (73%) felt improvement. 15 (100%) would recommend AA for the treatment of depression. In this study we have patients that have more Qi deficiency, Blood deficiency or Yang deficiency, in relation to the energy disturbances.

**Conclusion:** Apex Ear Bloodletting, in this study, did not influence the improvement of the patients depression treatment. AA, when associated with the avoidance of dairy products, appeared to show significant results in the depression treatment compared to patients who did not follow the diet. The suspension of antidepressant medications had better results, compared to those patients who continued using the medications.

## INTRODUCTION

Literature confirms that depression has been only increasing in the past decades. [1] The majority of depressed patients are around 32.5 years old. The prevalence of adults with a major depressive episode

is highest among individuals between 18 and 25. Worldwide, 11.3% of adults who report two or more races have experienced a major depressive episode in the past year. Depression affects around ten percent of the population around the world. [1]

## Apex Ear Bloodletting, Restriction of Dairy Products, Psychotropic Medication and Energy Disturbances in Patients with Depression Treated with Auricular Acupuncture – A Double Blind Study

For Western Medicine, depression can be caused by genetic factors; family history of depression may increase the risk. It's thought that depression is a complex trait, meaning that there are probably many different genes that each exert small effects, rather than a single gene that contributes to disease risk. The genetics of depression, like most psychiatric disorders, are not as simple or straightforward as in purely genetic diseases such as Huntington's chorea or cystic fibrosis. [2]

Life traumatic situations, such as abuses or grief can also trigger depression, as well as drug use and major events in life, such as moving to another state of country or passing through major changes in life. [1-3]

The treatment in Western Medicine can be based on psychological therapy, such as Cognitive Behavior Therapy, Interpersonal Therapy and Mindfulness therapy are also used. [3]

In Traditional Chinese Medicine, depression is more related to the *Yin* aspect, and many times because of a *Yang* deficiency, and can be linked with each of the organ systems. As depression can result from Deficiency or Stagnation, there are 10 main possibilities: the *Qi* and/or *Yang* Deficiency in the Heart, or Spleen, or Lung, or Kidney and/ or Liver, or a combination of these situations. [9]

The treatment done by the author aimed to treat the patient in the root-level. A form of treatment energy-based, centered on the use of ancient medical theories tools, such as Traditional Chinese Medicine or the study of Hippocrates and the Chakras, all aiming to treat the patient in his deepest energy imbalances, that are believed to influence or even determine the state of health. To do so, the author used a case of one specific patient as a cornerstone [4-8]

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 did the diagnosis of energy imbalances according to TCM. The patient was diagnosed with Kidney-*Yang* deficiency, and then the author started the treatment with Chinese dietary counselling, systemic and auricular acupuncture. [4-8]

After 10 sessions of acupuncture, the patient returned to be reevaluated, and told the author he had perceived great improvement of his not only leg pain symptoms, but also 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. [4-8]

The author observed the results in this patient, and used this kind of reasoning in the treatment of several other patients with diverse pathologies or diseases, all aiming to balance the internal energy to achieve health, and in this study, the author is showing the results of patients diagnosed with depression in Western Medicine, using Traditional Chinese Medicine tools, in the diagnosis and on the treatment. [4-8]

### PURPOSE

To observe the different effects of using or not using apex ear bloodletting, restriction of dairy products, psychotropic medications in patients with depression, being treated with auricular acupuncture.

### METHODS

This study, consisted of the analysis of 1500 records, of patients, who had undergone auricular acupuncture sessions, from 2009-2011, at an acupuncture clinic, in Brazil. This analysis, done by the Clinic's secretary, consisted of the selection, of those patients, who had been diagnosed with depression. The number of 25 or 1, 7% were selected. She wrote down their names, and telephone numbers. The energy disturbances of these patients, according to Traditional Chinese Medicine, were noted.

This list was given to a research assistant, who had never had any contact with the patients. From the total of the selected patients, sixty-per cent were reached by phone. This represents one per cent, of the total number of records analyzed. She filled a questionnaire by telephone call interview, which included a Hospital Depression Evaluation Scale test. The questions, referred to the patient's condition, before and after Auricular Acupuncture, so two sets of results, were obtained

## Apex Ear Bloodletting, Restriction of Dairy Products, Psychotropic Medication and Energy Disturbances in Patients with Depression Treated with Auricular Acupuncture – A Double Blind Study

One questionnaire was used, to obtain data concerning the patients' evaluation, of their treatment. This evaluation consisted of the number of sessions, necessary to show improvement, the effectiveness of this treatment, dietary recommendations, the patient's possible history of neurological or psychiatric treatment, and prior to their acupuncture treatment.

In addition, we analyzed, if the patient was using any antidepressant medication, for how long, and if they stopped taking this medication, during their treatment. Table 1 shows the questionnaire.

In addition, it was important to evaluate the difference in the use or non-use of Apex Ear Bloodletting, in the results.

**Table 1. Questionnaire**

| <b>The Questionnaire:</b>  |  |
|--|--|
| 1. Did you have a diagnosis of depression? Yes ___ No___   |  |
| 2. Was it your main symptom? Yes ___ No___   |  |
| 3. How many acupuncture sessions did you have? One___ Two___ Three___ Four___ More than Four___                  |  |
| 4. After how many sessions did you notice an improvement? One___ Two___ Three___ Four___ More than Four___       |  |
| 5. How would you evaluate it as a solution for your depression? Excellent___ Good___ Bad___                      |  |
| 6. Did you have any treatment for your depression before your Acupuncture? Yes ___ No___                         |  |
| 7. Did you take antidepressants? Yes ___ No___   |  |
| 8. For how long did you take antidepressants? In months: 0-3 ___; 3-6 ___; 6-9 ___; 9-12 ___; more than 12 ___   |  |
| 9. Did you stop your medication during the Acupuncture treatment? Yes ___ No___                                  |  |
| 10. Would you recommend Acupuncture to anyone for depression? Yes ___ No___                                      |  |
| 11. Was there a complete cure, an improvement or did your depression return? Cured___; Improved___; Not Cured___ |  |
| 12. Did you have any dietary recommendations? Yes ___ No___  |  |
| 13. Hospital Depression Scaled Evaluation Survey – before and after AA (Non-case, Borderline & Case)             |  |

The following test (Table 2) was used to evaluate, their emotional state, before and after their acupuncture treatment. Therefore, each patient has two sets of answers. The seven questions, indicates the degree of depression. Between zero and seven, indicates no depression or normal.

From eight to ten, indicates a borderline situation. A score of eleven or more is considered depression. The questions in Table 2 were developed from an altered version of the Hospital Depression and Anxiety Scale, developed by Zigmond and Snaith in 1983. [17]

**Table 2. Hospital Depression Scale Test**

Depression 1, 3, 5, 7, 9, 10, 13

GRADING: 0 - 7 = Non-case 8 - 10 = Borderline case 11+ = Case

Scoring 3, 2, 1, 0 (For items 7 & 10 the scoring is reversed)

|  | <b>Yes definitely</b> | <b>Yes sometimes</b> | <b>No, not much</b> | <b>No, not at all</b> |
|--|-----------------------|----------------------|---------------------|-----------------------|
| <b>1. I wake early and then sleep badly for the rest of the night.</b> | 3                     | 2                    | 1                   | 0                     |
| <b>3. I feel miserable and sad.</b>                                    | 3                     | 2                    | 1                   | 0                     |
| <b>5. I have lost interest in things.</b>                              | 3                     | 2                    | 1                   | 0                     |
| <b>7. I have a good appetite.</b>                                      | 0                     | 1                    | 2                   | 3                     |
| <b>9. I feel life is not worth living.</b>                             | 3                     | 2                    | 1                   | 0                     |
| <b>10. I still enjoy the things I used to.</b>                         | 0                     | 1                    | 2                   | 3                     |
| <b>13. I feel as if I have slowed down.</b>                            | 3                     | 2                    | 1                   | 0                     |

## Apex Ear Bloodletting, Restriction of Dairy Products, Psychotropic Medication and Energy Disturbances in Patients with Depression Treated with Auricular Acupuncture – A Double Blind Study

### RESULTS

The patient evaluation of Auricular Acupuncture, for depression, was positive. 87% evaluated their treatment, as excellent or good. Thirteen percent, considered their treatment regular.

To discover the use or non-use, of antidepressant medication, during their auricular acupuncture treatment, Figure 1 was used. Most of them, or almost three-quarters, had been taking antidepressants. On the other hand, more than a quarter, had not taken any.

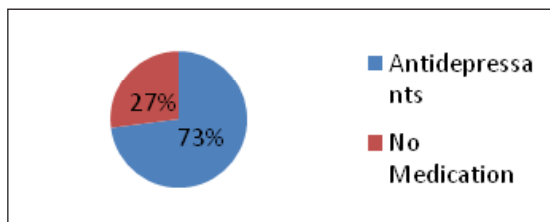


Figure 1. Use of Antidepressants

Considering the group of patients, who were taking antidepressants, 36% managed to discontinue their use, during their acupuncture treatment. The rest of them, or more than 60%, continued using their antidepressant medication.

As you can see in Figure 2, of the total number of patients, who did acupuncture for the treatment of depression, almost three quarters had Apex Ear Bloodletting, and the remaining quarter did not.

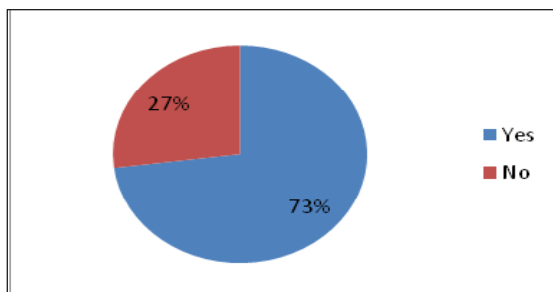


Figure 2. Patients who performed Apex Ear Bloodletting

From the total of the patients researched, 73% did Apex Ear Bloodletting. Of the total number of patients studied, 73% did the Apex Ear Bloodletting, but twenty-seven percent did not. Comparing with the group that did Apex Ear

Bloodletting and the group that did not do it, we can see that the ones who did had 45% of improvement. The group that did not, had an improvement of 50%, the data can be observed in Table 3.

Table 3. Apex Ear Bloodletting and AA Treatment in Depression

| Initial State Before Treatment | Total of Patients Before Treatment | Final State after Treatment | Total of Patients After Treatment | Apex Ear Bloodletting |  |    |  |
|--------------------------------|------------------------------------|-----------------------------|-----------------------------------|-----------------------|--|----|--|
|                                |                                    |                             |                                   | Yes                   | % in relation to the total who did AEB (11 patients) | No | % in relation to the total who did not do AEB (4 patients) |
| Depression                     | 10                                 | Depression                  | 5                                 | 4                     | 36.36%   | 1  | 25.00%   |
|                                |                                    | Borderline                  | 2                                 | 1                     | 9.09%  | 1  | 25.00%   |
|                                |                                    | Normal                      | 3                                 | 3                     | 27.27%   | 0  | 0.00%  |
| Borderline                     | 3                                  | Borderline                  | 1                                 | 0                     | 0.00%  | 1  | 25.00%   |
|                                |                                    | Normal                      | 2                                 | 1                     | 9.09%  | 1  | 25.00%   |
| Normal                         | 2                                  | Normal                      | 2                                 | 2                     | 18.18%   | 0  | 0.00%  |
| Total                          | 15                                 |                             | 15                                | 11                    | 100.00%  | 4  | 100.00%  |

**Apex Ear Bloodletting, Restriction of Dairy Products, Psychotropic Medication and Energy Disturbances in Patients with Depression Treated with Auricular Acupuncture – A Double Blind Study**

Regarding diet, 60% of the patients stated they performed the dietary changes required, and followed the recommended diet. The diet required in this case, had the main goal to withdraw dairy products, the influence of the withdrawn of dairy products in the depression symptoms can be observed in Table 4.

**Table 4.** *The Influence of the Suspension of Dairy Intake on the Results of AA Treatment for Depression*

| Analysis of Patients that Followed the Dietary Recommendations (9 or 60%) |                             |          |                                  | Analysis of Patients that did not Follow the Dietary Recommendations (6 or 40%) |                             |          |                                  |
|---|-----------------------------|----------|----------------------------------|---|-----------------------------|----------|----------------------------------|
| Initial State Before Treatment  | Final State After Treatment | Improved | Remained at same Emotional State | Initial State Before Treatment  | Final State After Treatment | Improved | Remained at same Emotional State |
| Depression  | Depression                  |          | 3                                | Depression  | Depression                  |          | 2                                |
|   | Borderline                  | 1        |                                  |   | Borderline                  | 1        |                                  |
|   | Normal                      | 3        |                                  |   | Normal                      | 0        |                                  |
| Borderline  | Borderline                  |          | 1                                | Borderline  | Borderline                  |          | 0                                |
|   | Normal                      | 0        |                                  |   | Normal                      | 2        |                                  |
| Normal  | Normal                      | 0        | 1                                | Normal  | Normal                      | 0        | 1                                |
| Total   |                             | 4        | 5                                | Total   |                             | 3        | 3                                |
| Improvement with Treatment  |                             | 44.44%   |                                  | Improvement without Treatment   |                             | 50%      |                                  |
| Remained at same Emotional State with Treatment                           |                             |          | 55,56%                           | Remained at same Emotional State without Treatment                              |                             |          | 50%                              |

The last Table, Table 5, focuses in the difference of results for patient who were intaking antidepressants medications and for patient who were not.

**Table 5.** *The Influence of the Use or Non-use of Antidepressants on the Results of AA Treatment for Depression*

| Initial State Before Treatment | Total of Patients Before Treatment | Final State After Treatment | Total of Patients After Treatment | Group that took antidepressants (73%) and Group that stopped antidepressants during AA treatment (36%) |   |         |  |              |  |
|--------------------------------|------------------------------------|-----------------------------|-----------------------------------|--|---|---------|--|--------------|--|
|                                |                                    |                             |                                   | Used   | % In relation to the total that used anti depressants (11 patients) | Stopped | % In relation to the total that used anti depressants and stopped (4 patients) | Did not stop | % In relation to the total that used anti depressants and that did not stop (7 patients) |
| Depression                     | 10                                 | Depression                  | 5                                 | 5  | 45.45%  | 1       | 25.00%   | 4            | 57.14%   |
|                                |                                    | Borderline                  | 2                                 | 2  | 18.18%  | 0       | 0,00%  | 2            | 28.57%   |
|                                |                                    | Normal                      | 3                                 | 2  | 18.18%  | 2       | 50.00%   | 0            | 0.00%  |
| Borderline                     | 3                                  | Borderline                  | 1                                 | 1  | 9.09%   | 0       | 0.00%  | 1            | 14.29%   |
|                                |                                    | Normal                      | 2                                 | 1  | 9.09%   | 1       | 25.00%   | 0            | 0.00%  |
| Normal                         | 2                                  | Normal                      | 2                                 | 0  | 0.00%   | 0       | 0.00%  | 0            | 0.00%  |
| Total                          | 15                                 |                             | 15                                | 11   | 100.00%   | 4       | 100.00%  | 7            | 100.00%  |

## Apex Ear Bloodletting, Restriction of Dairy Products, Psychotropic Medication and Energy Disturbances in Patients with Depression Treated with Auricular Acupuncture – A Double Blind Study

Figure 3 shows the different energy imbalances diagnosed in the depression patients, according to Traditional Chinese Medicine. The distribution of different kind of energy alterations show that different energy imbalances may cause depression symptoms.

All the patients questioned recommended the acupuncture treatment for depression, 73% of the patients declared themselves cured after the treatment with auricular acupuncture and apex ear bloodletting.

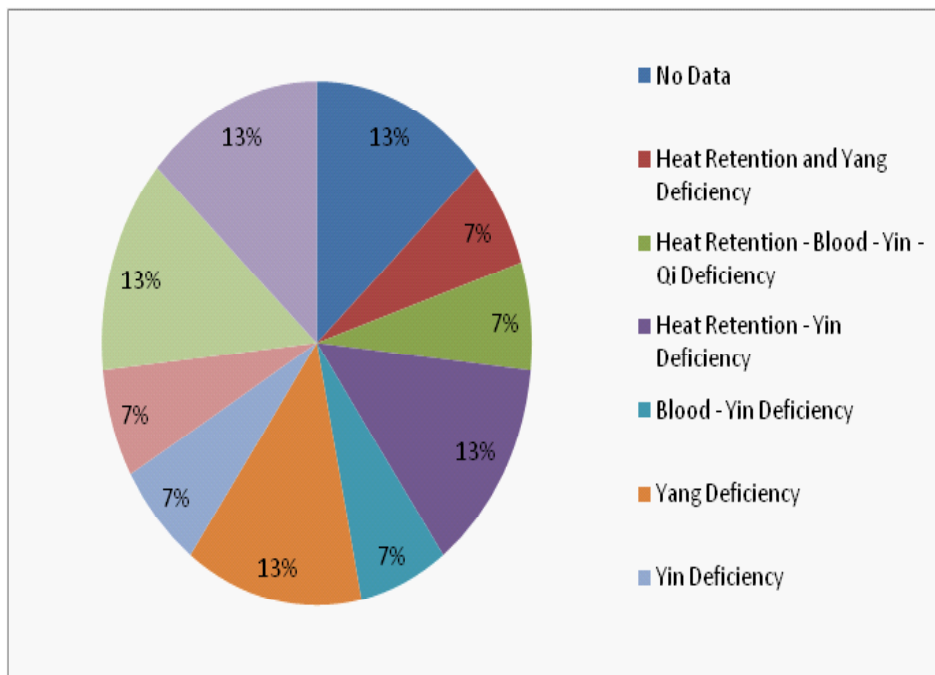


Figure 3. Most Common Energy Imbalances in the Evaluated Patients

## DISCUSSION

### Western Medicine and Depression

The cause of depression in Western Medicine is not well known. There are several factors that may influence a patient to have more tendency to be depressive, or to develop more symptoms than others. [1-3]

Literature demonstrates that depression only has been increasing worldwide in the last decade. Some studies even attest, that there is a bigger increase of depression in patients of *millennials* generation. For example, the study entitled *Depression as a disease of modernity: explanations for increasing prevalence*, written by Brandon Hidaka, this increase can be explained with the differences that the human life passed in the past century, altering human lifestyle completely. [10-11]

In Western Medicine, the treatment for depression is mainly centered in the use of medications, as well

as psychological therapy, such as Cognitive Behavior Therapy and others. [1-3]

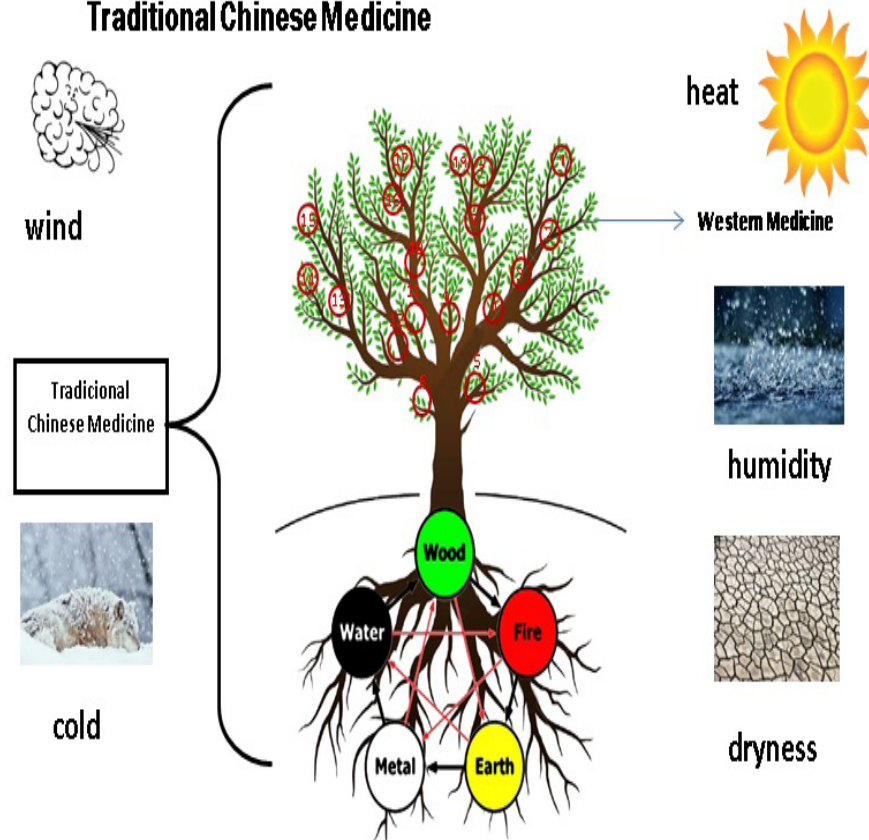
The medications usually used are: Selective Serotonin Inhibitors are used such as Serotonin and Noradrenalin. Reuptake Inhibitors; desvenlafaxine; duloxetine. Reversible Inhibitors of Monoamine oxidase. Tricyclic Antidepressants, Noradrenalin-Serotonin Specific Antidepressants. Noradrenalin Reuptake Inhibitors, Monoamine Oxidase Inhibitors. [1-3]

### Ancient Medical Traditions and Western Medicine, the different between the perspectives

As stated in the introduction, there is a substantial difference between the perspective usually used for treating depression and the perspective of the author; this difference dates from 2007, when the author attended a patient with leg pain. After the treatment of this specific patient, the author developed the metaphor of the tree, to illustrate the differences between the point of view of Western Medicine and Traditional Chinese Medicine (Figure 4).



### Schematic drawing of the views of Western Medicine and Traditional Chinese Medicine



**Figure 4.** Metaphor of the tree or the Schematic Relationship Between Western and Traditional Chinese Medicine

The metaphor of the tree comprehends the medicine as the whole tree. The tree has a trunk with several branches. Each branch represents one medical specialty and each leaf coming out of each branch represent the symptoms and diseases 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. In the case of depression, the branch is neurology or mental health, even affective disorders. The treatment proposed by the author aims to treat the whole tree, through the root, that is invisible to the naked eye. [4-8]

#### Yin and Yang

Firstly, Traditional Chinese main cornerstone are the concepts of *Yin* and *Yang*. The *Yin* and *Yang* symbol originated from Oriental cultures and it represents the main source of opposites behaving in a cycle. According to TCM, everything existing in the world is

ruled by the main principles of *Yin* and *Yang*. These two energy forces would be present in everything including our body, and more specifically our organs. [12-13]

There is a symmetrical relationship between them, as they are opposite and completely complementary: *Yin* represents darkness, earth, and cold, the passive and female energy. *Yang* represents light, heaven, active energy and male energy. [12-13]

The cycle suggests continuous movement, and these can be clearly understood in the Figure 5. *Yang* cyclically returns to its beginning; the *Yin* reaches its apogee and yields its place to the *Yang*. [12-13]

In order to achieve health, the main principle is the balance of *Yin* and *Yang* energies present inside our bodies. These energies can be influenced by many other factors, but their balance is the only way to seek complete health.[12-13]

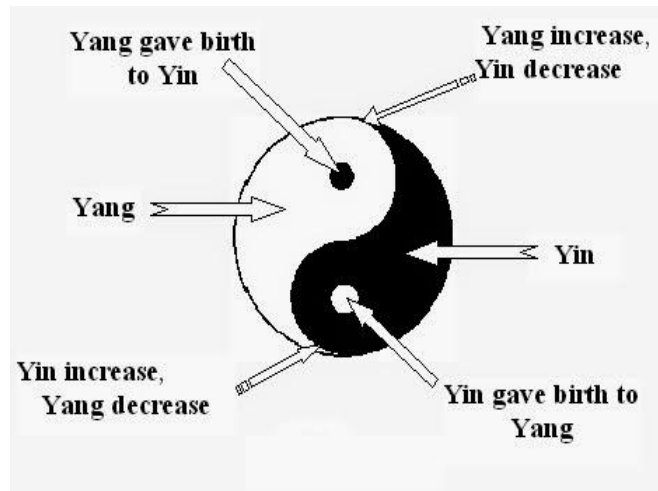


Figure 5. Yin and Yang scheme

### Five Elements Theory

The other cornerstone of TCM is the Five Elements theory. According to this theory, there is a relationship between Fire, Earth, Metal, Water and Wood. This energy is present inside our bodies and is associated with specific organs, entitled the massive organs.

The Wood element corresponds to the Liver; The Fire element corresponds to the Heart. The Earth element corresponds to the Spleen, The Metal element corresponds to the Lungs, and the Water element corresponds to the Kidney, as represented in Figure 6. [12-13]

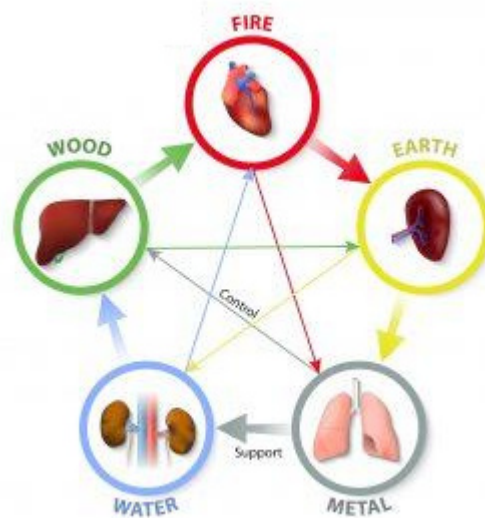


Figure 6. Five Elements Theory and Five Massive Organs

These organs, as well as the elements in the theory are ruled by two cycles. The generation cycle and control cycle. In the generation cycle, as represented in Figure 2, 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 Water.[12-13]

when understanding the Five Elements theory. [12-13]

The main objective of this scheme of relationship between the organs, for the TCM physician is the comprehension of the body and the patient as whole. As can be seen in the following section, everything around the patient will influence their energy health. When the Five Elements scheme is comprehended, the physician will finally be able to see the body as

There is also another relationship of major importance



## Apex Ear Bloodletting, Restriction of Dairy Products, Psychotropic Medication and Energy Disturbances in Patients with Depression Treated with Auricular Acupuncture – A Double Blind Study

whole, with interconnections between the organs, receiving external and internal influence, and, with this knowledge in hands, it will become easier to develop new ways of treatment.[12-13]

### Diagnosis and Main Causes of Energy Deficiencies

#### Diagnosis

In order to make an energy imbalance diagnosis, the

patient is submitted to a questionnaire in the first appointment. The questions are described in Table 2. Making these five questions is possible for the physician to diagnose the energy deficiencies of the patient. If he has *Yin, Yang, Qi* and Blood energy deficiencies and Heat retention. Through these questionings the doctor, will adequate first the diet of the patient, and after he can be submitted to acupuncture sessions to rebalance the imbalanced system. [4-8]

**Table 6.** How to Diagnose Yin, Yang, Qi, Blood and Heat Retention Imbalances?

| Question | Does the patient have a daily bowel movement?                 | Does the patient have excessive sweating during day? | Does the patient feel cold mainly in the extremities of the body? (Cold feet or hands) | Does the patient feel hot mainly in the extremities? | Does the patient has dry mouth, Bloodletting gums, bad breath, acne and/or redness in the skin, abdominal pain, micro hematuria, or itching? |
|----------|---|--|--|--|--|
| Meaning  | The lack of daily bowel movements can mean Blood deficiency.* | This could be a symptom of Qideficiency.             | Commonly, this is a sign of Yangdeficiency.  | Commonly a sign of Yin deficiency.                   | Commonly this is a sign of Heat retention.   |

### Main Causes of Energy Imbalances

#### Eating Habits

Everything that is formed by matter is made by energy, as already discussed above. Therefore, foods will have their own energy as well. As in Western common diets there is no conscience of the importance of the energy present in the foods, many times, our eating habits are the first source of energy imbalances inside the body. Some diseases can be easily cured only making diet changes. [14]

As Hippocrates stated: “Make your food your medicine and your medicine your food”. This sentence emphasizes the importance of a correct diet to maintain the health of the body, and to cure diseases. As there are foods causing energy imbalances, there are also diets that can rebalance and restore the health of the body. [14]

The Spleen-pancreas meridian is the most important meridian regarding diet, as it is responsible for the absorption of nutrients. When the Spleen-pancreas meridian is deficient, no matter the diet the patient has, he will not absorb nutrients properly, not forming

proper Blood energy, not being able to replenish the energy of other organs and systems, causing depression symptoms. Foods that cause Spleen-pancreas deficiency are very common in Western eating habits, such as ingestion of cold water, raw foods, dairy products and excessive sugar. In the study performed, all the patients were recommended to withdrawn dairy products, because dairy products are mainly associated with imbalances in the Spleen-pancreas meridians. [14]

#### Emotional

Emotional problems will also influence the body. Different organs are affected in different ways by different energies. The lungs for example, are affected by grief or sadness. When feeling too sad, pathologies regarding the respiratory system may appear. Spleen pancreas is affected by excessive worry. The heart is mostly affected by excessive joy. Liver is affected by anger. Kidney is affected by fear. As according to the Five Element theory all organs are related to other hollow organ, the emotions will influence the health of the whole body. [15]

## Apex Ear Bloodletting, Restriction of Dairy Products, Psychotropic Medication and Energy Disturbances in Patients with Depression Treated with Auricular Acupuncture – A Double Blind Study

### Apex Ear Bloodletting and Auricular Acupuncture

The Auricular Acupuncture is technique developed on the West Europe, although based on the Acupuncture techniques, developed on the Asian countries, 2000 years ago. It was better developed by the German physicians, with associated the points on the ear as a microsystem of the whole body, being able to diagnose and treat using it. [16]

The major idea of the Auricular Acupuncture is that the ear has a representation of an inverted fetus, and on this fetus, we have all the anatomical properties of the body. As the ear is formed first, on the 18th week of pregnancy, it is believed that it developed a microsystem, representing the body. [16]

This theory coincides with the theory presented by the Canadian neurologist, Paul Nogier, which defended the idea of a map of the body existing on the surface of the brain. This map would spread to different areas of the body, developing microsystems. The ear and the feet are two good examples. This idea was able to explain on other words, the exactly treatment done by TCM. [16]

It is very common for patients to have symptoms of depression and anxiety together. In patients that present these two conditions at the same time, it is important to perform the Apex Ear Bloodletting, as the research demonstrated that the Apex Ear Bloodletting procedure has great effect in anxious patients. In patients that only have depression symptoms, the procedure is not that significant. This idea was already exposed by the author in the WFAS congress of Sidney in 2013, entitled *Apex Ear Bleeding, Dietary Counselling and Psychotropic Medication in Patients with Anxiety Treated with Auricular Acupuncture - A Double Blind Study*. Acupuncture is considered a medical specialty in Brazil since 1995 by the Federal Medical Council.

### Arndt-Schultz's law

Another process commonly prescribed that might create energy worsening is the consumption of high-concentrated medication. The Arndt-Schultz law was used by the author to justify this decision. The study was originally formulated in 1888, stating the effects of different drug concentrations in an individual. They developed a rule, which would state for all substances: *"Small doses stimulate, moderate doses inhibit and overdoses kill"* (ARNDT-SCHULTZ, 1888), as demonstrated in Figure 7.

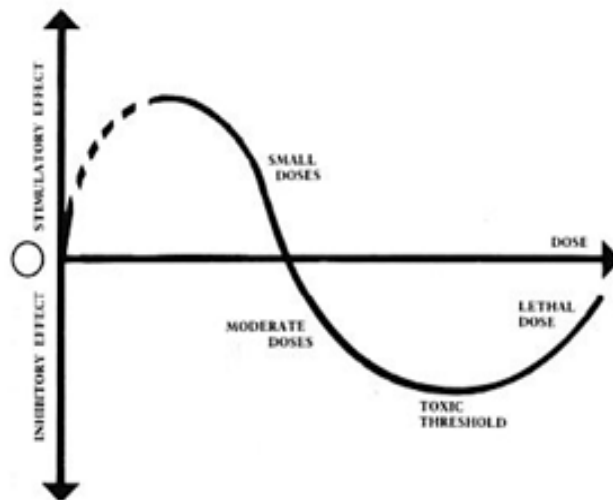


Figure 7. Arndt-Schultz Law

Based on the use of this law, drugs with high dilution can improve organic processes, while drugs too concentrated will harm health. Arndt-Schultz law is similar to the proposal of homeopathy, developed by Maturana and Varela, two Chilean researchers, who

have proved this law and more, regarding dose sizes, and their role in stimulating or inhibiting the vitalities of living beings. [4-8]

The second proposed law of Arndt-Schultz's places the use of an infinitesimal dose, which would be so

## Apex Ear Bloodletting, Restriction of Dairy Products, Psychotropic Medication and Energy Disturbances in Patients with Depression Treated with Auricular Acupuncture – A Double Blind Study

small, no molecules would be left in the substance and the results would be a gentle and fast cure of the pathology, with no side effects, allergic reactions or toxicity effects of any sort. [4-8] Homeopathy is recognized as a medical specialty in Brazil since 1985 by the Federal Medical Council.

### CONCLUSION

To conclude this study, we can remember, that the patients' evaluation of Auricular Acupuncture, was 87% good or excellent, and 13% regular. In relation to their recommendation, of their auricular acupuncture treatment for depression, 100% would recommend it. Apex Ear Bloodletting, in this study, was not an important influence in the improvement of the patients in their treatment of depression. Auricular acupuncture, when associated with dietary recommendations, or the avoidance of dairy products, appeared to show significant results in the depression treatment compared to patients, who did not follow them.

The suspension of antidepressant medication during the auricular acupuncture treatment for depression, had a significantly better result, compared to those patients who continued using them.

The use of antidepressant medication could be a factor maintaining an energy imbalance, and inhibiting the patient to feel an improvement.

All kinds of energy imbalances disturbances can induce a depressive state in this study.

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## Apex Ear Bloodletting, Restriction of Dairy Products, Psychotropic Medication and Energy Disturbances in Patients with Depression Treated with Auricular Acupuncture – A Double Blind Study

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