

# Why Patients with Depression do Not Improve the Symptoms with Antidepressant Medications?

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## Abstract

This theme is of paramount importance nowadays since a large part of the world population has been diagnosed with depression and associated as the disease of the century. In the article written by Kessler and Bromet (2016) entitled the epidemiology of depression across culture, they are saying that according to World Health Organization (WHO), depression is considered the fourth cause of disability worldwide and in 2020, it will be the second leading cause of inability. To understand the depth of the theme in question, the author will refer our minds to the oldest medicines, following Hippocrates thoughts that said "It is important to consider ancient medical traditions prior to the knowledge we have nowadays". For this reason, to understand the whole process involved in this subject, the author will use traditional Chinese medicine's reasoning together with Western medicine's thoughts.

**Keywords:** Neurotransmitter • Psychiatry • Immunosuppression • Central Nervous System • Counseling • SARS-CoV-2 Infection

## Introduction

Traditional Chinese medicine (TCM) is one of the oldest medicines that exists until today. According to the article written by Fung and Linn (2015) entitled Developing Traditional Chinese Medicine in the Era of Evidence-Based Medicine: Current Evidences and Challenges, the authors are saying that TCM concepts are based on Syndrome differentiation. The theories are based on Five Elements and Yin and Yang philosophy and Zhang-Fu, Qi and the meridians flow of energy.

These theories are used by the author in all her presentations and scientific publications, where they form the basis of the beginning of formation of all diseases, that comes from these energy alterations in all these theories.

The different perspectives with regard to Western medicine that explain depression as being neurotransmitter deficiency and Chinese medicine described as being energy deficiency makes a difference in the treatment of this pathology because Western medicine treats leaf level while Chinese medicine treats it at the root level of the tree. This tree is a metaphor that the author usually uses in all her articles to demonstrate the different viewpoints between Western medicine and traditional Chinese medicine.

In the article entitled Assessment of the Antidepressant Side Effects Occurrence in Patients Treated in Primary Care, they are saying that according to the study that they carried out among depressive patients and using anti-depressant medications, the most common side effects

were dry mouth, abdominal pain, swelling, nausea, constipation, stroke, decrease libido and without orgasm, weight loss.

The author has experience in treating patients with depression symptoms because she was trained in both Western and Eastern medicine. She is able to assess how far Western medicine can treat and how far Eastern medicine has to be treated.

The author did a research studying the chakras' energy centers of thousands patients in her clinic in Brazil, between 2015 to 2020 and the conclusion she reached was that more than 90% of all her patients do not have energy in the chakras' energy centers that are responsible for the production of Yin, Yang, Qi and Blood. In 97% of her patients, they do not have Kidney's energy, that is responsible for the protecting against the invasion of the external pathogenic factors and the production of Yin and Yang.

Such an important reduction in the energy in the five massive organs, caused by the pollution between the sky and the earth (generated by the electromagnetic waves), the author comes through this study to say that the state of depression almost in the general population on this planet is due to this energy deficiency and not necessarily due to the lack of neurotransmitter or dopamine or norepinephrine, in the central nervous system, according to the book Chinese Medical Psychiatry written by Flaws and Lake (2001).

Most patients with depression feel discouraged, lack of energy, loss of memory and concentration, insomnia, loss of libido, loss of will or laziness to exercise, difficulty in waking up from bed in the morning, and it is often associated with anxiety and panic syndrome. These patients could have palpitation and often comes with a feeling of death and this condition can be real and associated with lack of energy when there is a condition of anguish chest pain, shortness of breath, etc.

Usually, these patients are referred to a psychiatrist, who is almost characterized as depression, starts antidepressant drugs, which, according to Western medicine, are the drugs of choice for the treatment of depression. In the article written by the authors are saying that severely depressed patients needs anti-depressant medications but non-severe cases could benefit from other non-biological approaches.

In the author's daily practice, there are constantly patient complaining that the treatment of their depression symptoms using antidepressant medications were not improving their depression and many of them are saying that the symptoms worsened instead of improving. And when they go to the psychiatry and tell them that their depression was not improving, they usually increase the dose of the anti-depressant medications instead of reducing it. When they tell to the doctor that they are not getting better from depression with the prescribed medication, the more pills the doctor prescribes, causing an even greater drop in vital energy.

This energy fall is explained by the Arndt Shultz Law, created in 1888 by two German researchers, who say that highly concentrated drugs reduce the vital energy and can be lethal. The use of highly diluted drugs increases the vital energy, being currently the drugs of choice for any treatment of depression because, according to studies carried out by the author, the population nowadays is currently affected by electromagnetic influences, that our entire planet is subjected, causing this drop in our energy of almost all our patients. All this data was published by Huang (2021) in the article entitled Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection.

Therefore, the holistic understanding of the human being, opening the horizons for understanding the different ways of reasoning in front of the patient and not only through current medicine (which had a greater impact with the implementation of the Flexner report in 1913 and which completed the centenary in 2013), brought positive and negative points

that it can be understood that what was considered scientific is only when the physician can prove by laboratory and radiological exams. All the rest of the human being that is formed by energy, before materializing, was not fitted or understood by this current medicine, because they were not teaching in the medical schools.

But we still have a chance to get around this if we expand our views and open our minds and leave it to think that what it is only scientific is only what we can see by the naked eyes and written in several articles by the author (2021) as for example What Flexner Report did to Our Medicine After 100 Years of Implantation? Or in another article written by Huang (2021) entitled Are the Pulmonary Manifestations in COVID-19 Really Caused by the Virus?

To know what kind of medication we should use nowadays, we must know what kind of population we have nowadays. This theme was presented by the author on the 9TH Webinar on Healthcare-Health Economics and Policy, that was held on February 09, 2021 in London, UK. According to the author, the current population is characterized by a complete lack of energy and associated with immunosuppression and not characterized as immunocompetent. This data was demonstrated in the article written by Huang (2021) entitled is the Population in the World the same as in the Past? And in the article written by the author (2021) entitled Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection and in the article also written by her (2021) entitled are we vaccinating immunocompetent or immunocompromised people for COVID 19?

The author in all these studies is saying that the use of highly diluted medications are currently the drugs of choice for the treatment of any pathology nowadays, including depression, due to this energy pattern that quite everybody in this world is having nowadays.

To replenish all these energy deficiencies in the five massive organs (Liver, Heart, Spleen, Lung and Kidney) the author uses highly diluted medications, such as homeopathies, according to the theory written by her (2020) entitled Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine. Nowadays, the author uses this theory to treat all kind of conditions, because she is treating the root and for this reason, all the symptoms and diseases of the patient will improve at the same time, as showed in many articles she published showing the cornerstone of this reasoning, of patients that had leg pain and improved from his intra-ocular pressure, even the doctors does not know that the patient has such symptom.

To rebalance internal energy, the first step the author uses is to change the dietary habits of the patient using Chinese dietary counseling. The author usually follows Hippocrates thoughts that said that "Make your food your medicine and your medicine your food."

Why the author is emphasizing that needs to be Chinese dietary counseling?

The major difference between Western dietary counseling and Chinese dietary counseling is that, Western medicines diet is based on the components of each food (such as proteins, carbs, lipids, vitamins, etc..) and in Chinese dietary counseling, the foods are classified in the energy that exists in each food ( Cold, Neutral, Warm, Hot) and each food is giving to each patient according to their energy imbalances and not the same type of food for different persons ( because each patient is unique and had many different energy imbalances).

The second step the author usually uses in the treatment to rebalance the internal energy of the organs is to use auricular medicine applying small pieces of adhesive tapes with mustard seeds in some points in the ear, to balance the energy of Yin, Yang, Qi and Blood. These points were described in the article written by Huang (2018) entitled How Do You Treat Back Pain in Your Practice? Part 2

The third step the author usually uses in the treatment is to replenish the chakras' energy centers to improve the energy of the patients with

depression. The author replenishes this energy with the use of highly diluted medications such as homeopathies according to the theory Huang (2021) created entitled Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine. The author uses this theory to treat all kinds of chronic diseases nowadays because according to the research she did in her clinic, demonstrated in the article wrote by her (2021) entitled Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection, all chronic diseases have in common chakras' energy centers deficient in energy.

The author using all these tools, manages to improve all patients with depression, who actually need energy for their daily and professional activities, improving memory and concentration, improving sexual energy and libido and the patient has a more normal life because he is able to evacuate every day and urinates normally because usually when the patient has no energy, even urine comes with little pressure and in small quantities and to release the stools are difficult, as the author showed in the article written by her (2020) entitled Energies Alterations and Chakras' Energies Deficiencies in Patients with Chronic Constipation.

Usually when the patient starts to treat these energies based treatment, they usually say that they have more energy in their daily life, more desire to do physical activities (that they no longer were having desire to do any activity). When they use antidepressant medications themselves, they usually say that they no longer show emotion of themselves and no longer feel what they feel after beginning this energy based treatment. They do not know who they are anymore and what the feelings that come from themselves are when they were using anti-depressant medications. This talk was presented by the author in the 2nd Webinar on Neuroscience, Psychiatry and CNS, that was held on June 29, 2021.

The side effects generated by the use of high concentrated drugs should be taken into account because it has reduced the memory and concentration of the majority of the patients that were using this kinds of medications (due to the energy deficiencies caused by the chronic ingestion of this kinds of medications), reducing mainly the energy of the Kidney (second chakra), that is responsible for memory and concentration. If used chronically, these patients could have more propensity to have Alzheimer's in the future and Dementia, in addition to maintaining all symptoms of depression or even aggravate due to the state of reduced vital energy (affecting mainly the Kidney's energy that is responsible for the memory and concentration). This affirmation was written by Huang (2021) in the article entitled Energy Alterations and Chakras' Energy Deficiencies in Dementia Patients.

Therefore, the author would like to thank the opportunity offered by this journal to disseminate to all physicians who treat patients with depression to look with eyes holistically because depression is a manifestation of a systemic disease and not only located at the level of the central nervous system as it seems nowadays.

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