

# Energy Imbalances and Chakras Energy Replenishment to Treat Patients with Urinary Incontinence and Sexual Dysfunction Post Cancer Prostatectomy

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## Statement of the Problem

Urinary incontinence, or the loss of the ability to control urination, is common in men who have had surgery or radiation for prostate cancer. In traditional Chinese medicine (TCM), urinary incontinence and sexual dysfunction are caused by Kidney energy deficiency.

## Purpose

To demonstrate which are the energy imbalances linked to urinary incontinence and sexual dysfunction after prostate cancer surgery and how can we treat it clinically.

## Methods

One case report. 68-year-old male patient. Started treatment for urinary incontinence and sexual dysfunction, after being submitted to a prostatectomy due to prostate cancer. He was also using medications for control the prostate cancer (anti masculine hormones). The patient had to use special diapers on the penis to contain urine. As the patient was not satisfied with the standard treatment he was receiving in Western medicine, he searched for a TCM based treatment. He was diagnosed with Kidney-Yang deficiency. Treatment was started with Chinese dietary counselling, auricular acupuncture associated with apex ear bloodletting and moxibustion. It was performed measurement of the chakras, which resulted in no energy in any of the patients' chakras (considering a scale of 1 to 8 in energy, all chakras were measured in 1). To replenish the energy of the chakras, it was started the use of crystal-based medications and homeopathy according to the *Constitutional Homeopathy of the Five Elements based on TCM theory*, developed by the author.

## Results

With the instituted treatment, the patient recovered the ability to control urine and sexual function.

## Conclusion

There are energy alterations related to patients with urinary incontinence and sexual dysfunction after prostate cancer and are usually related to kidney energy deficiencies. The corrections of these energies, as well as the replenishment of the chakras energy is important to recover normal urinary and sexual function on this kind of patient.

## Introduction

Urinary incontinence is a common side effect of prostatectomy, affecting 6-8% of men who pass through the surgery. As during the surgery, one of the valves is removed, according to Western medicine, Kegel exercises and some medications may recover the well-functioning of the urinary tract.

In traditional Chinese medicine, urinary incontinence is associated with Kidney Yang deficiency. It is possible that the patient already had energy deficiencies and Heat retention before the surgery, which lead to the formation of cancer. These energy imbalances would worse with the surgery, the blood loss and other fluids, leading to the process of urinary incontinence after the surgery. Therefore, treating these energy imbalances is very important for the patient in their post-surgery period, in this case, patients who just had prostatectomy surgery. It is important for the physician to know about these energy imbalances to treat the patient adequately.

This study is centered on the idea of Hippocrates, that we have to consider all previous medical knowledge prior to what we have nowadays, when performing diagnosis and treatment. This is why the author chose to use traditional Chinese medicine as a tool in this study.

## Purpose

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## Methods

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Treatment was started with Chinese dietary counselling, which consisted in avoid all raw foods, cold beverages, dairy products, sweets, coffee, soda and matte tea. He was also oriented to avoid frying, honey, coconut, eggs, chocolate, alcoholic beverages and melted cheese. It was also oriented to drink lukewarm water, boiled and grilled food, including fruits (with exception of papaya, apples and lemons that can still be consumed raw). He also received auricular acupuncture. The points used were: Shen men, Bladder, Kidney, Liver, Spleen, Lung, Heart, Large intestine, Prostate point, Occiput, Endocrine point, Neurasthenia point, Hunger point and Genital point at the helix of the ear, performed twice a week, done with mustard seeds and applied with adhesive tape. This treatment was associated with apex ear bloodletting. The patient was oriented to press the points in the ear three times a day, for one minute. The patient also received moxibustion (points used: CV4, CV6, GV20 CV8). The moxibustion was performed with a piece of coal.

It was performed measurement of the chakras, which resulted in no energy in any of the patients' chakras (considering a scale of 1 to 8 in energy, all chakras were measured in 1). To replenish the energy of the chakras, it was started the use of crystal-based medications and homeopathy according to the *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine theory*, developed by the author. The medications used were described on the article entitled *Can We Treat Atopic Dermatitis without using Corticosteroids?* published by the Journal of Pediatrics and Infants from Innovation Info. They were also described on the article entitled *Why Are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Anti glycemic Medication and Insulin?* published by the International Journal of Diabetes & Metabolic Disorders. The patients were oriented to take the medications for the period of one year or more, when a new chakras' energy measurement would be performed.

## Results

With the instituted treatment, the patient recovered the ability to control urine and sexual function normally. The patient is very happy and had a boost in his self-esteem, helping him to work and live normally. He appears to be grateful for the treatment.

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## Discussions

The study entitled *Energy Imbalances and Chakras Energy Replenishment to Treat Patients with Urinary Incontinence and Sexual Dysfunction Post Cancer Prostatectomy*, was published by the Journal of Andrology & Gynecology, in 2020. The reasoning used on this study was based on one specific patient of the author, in 2007, who's story has been extensively described and discussed in other articles of the author. The patient looked for treatment for pain in the legs, and had improvement of glaucoma, after the treatment for the pain in the legs was concluded, presenting diminution of his intraocular pressure from 40mmHg to 17mmHg, even though the doctor was not aware of that the patient had glaucoma. He was performing treatment with eye drops for 40 years with no improvement of his intraocular pressure. Based on this study, the author started a research treating patients with several other diseases from the energy point of view. In this study the author is analyzing if the same reasoning of treatment (on the root of the problem), would be effective in the case urinary incontinence and sexual dysfunction after cancer prostatectomy, in the case of this patient.

Cancer, in traditional Chinese medicine, develops when the patient has deficiency of energy and formation of internal Heat. Therefore, the treatment proposed to treat post-cancer prostatectomy urinary incontinence, is treating, at the same time, the energy imbalance that lead to the formation of cancer.

In the *Yellow Emperor's Classic of Internal Medicine*, it is stated that in order to perform a diagnosis of any pathologies, it is important to analyze the symptoms and classify them into Yin and Yang in order to perform the diagnosis. The Bladder, according to the Five Elements Theory is the hollow organ related to the Kidney meridian or massive organ. The Kidney meridian is linked to the Water element and the correspondent emotion is fear. When there is a Kidney-Yang deficiency. *Spleen Qi energy* is important to maintain the organs up, on their places. As the energies are systemic, when the Spleen energy is weak it will affect the Kidney-Yang energy. This is why the person with urinary incontinence cannot maintain the urine inside the Bladder, due to Kidney-Yang deficiency. [17]

The Kidney meridian or the second chakra is also associated with the reproduction and sexual function. The formation of cancer is also related to the general lack of energy on the body, when the general energy of all the meridians is treated, as well as the Kidney, all symptoms will improve at the same time. This is why the sexual dysfunction improved, because the root of the tree was treated, what was the cause of all the patients'

symptoms, including the prostate cancer. As the patient already had done the surgery for treating the cancer, the treatment of the lack of energy was important for the patient to maintain a normal level of energy, to avoid the recurrence of the cancer, or its appearance in different organs. According to TCM, the energy of the patient, when balanced, will fight the formation of malignant cells, eliminating them without the necessity of using medication.

The first step in the treatment of this patient was to perform Chinese dietary counseling. This step is of major importance, because, according to Hippocrates, an effective way of treatment is to consider food as medicine and medicine as food, prioritizing a diet that would improve symptoms.

The treatment of the patient is also based on a third quote of Hippocrates: "Natural forces within us are the true healers of the disease". The main goal of the treatment was to fortify the patient body for it to overcome the symptoms. Another used quote was "Its far more important what sort of person has a disease, than what sort of disease a person has". The treatment has to be individualized and centered on treating the patient as a whole, in the energy point of view, as the energy imbalances are the root of the problem, generating symptoms and diseases presented by the patient, even when the doctor is not aware of the symptoms presented by the patient.

Traditional Chinese medicine states the importance of treating Yin, Yang, Qi and Blood energies disturbances to treat any kind of physical and emotional symptoms. This idea has been presented by the author in Boston, USA, at the Conference of Acupuncture Research in Harvard University, in 2015.

As the patient was already with the chakras energy in the lowest level, as diagnosed through radiesthesia, and also had a history of cancer, what shows, indirectly, that the patient had a severe energy deficiency, it was preferred to avoid the use of high-concentrated drugs in any circumstances, because it might worsen the energy of the patient, compromising the treatment of urinary incontinence and sexual dysfunction.

## Conclusion

There are energy alterations related to patients with urinary incontinence and sexual dysfunction after prostate cancer and are usually related to kidney energy deficiencies. The corrections of these energies, as well as the replenishment of the chakras energy is important to recover normal urinary and sexual function on this kind of patient.