



Why patients with knee pain still have symptoms despite the use of anti-inflammatory medications

Huang WL

MD, Infectious Disease Doctor, General Practitioner, Nutrition Doctor, Medical Acupuncturist, Pain Management Doctor, Medical Acupuncture and Pain Management Clinic, Franca, São Paulo, Brazil

Abstract

Statement of the Problem: According to Western medicine, chronic knee pain can have different causes. The problem is usually associated with sprained ligaments, meniscus tears, tendinitis, and runner's knee. The usual treatment is done with ice, stretching exercises and anti-inflammatory medications. According to traditional Chinese medicine (TCM), the knee pain is associated with invasion of external Wind, Cold, Damp, Heat and Dryness, deficiency of Liver and Kidney, or deficiency of *Qi* and Blood.

Purpose: Demonstrate that by using anti-inflammatory for the treatment of knee pain, we will be causing a greater injury in Kidney and Liver energy, according to TCM, which are responsible for the integrity of the knee. Therefore, the use of these medications will worsen the energy imbalance, maintaining the pain condition.

Methods: The description of three case reports patients with chronic knee pain, who were using anti-inflammatory drugs for long periods without any significant improvement, only side effects such as epigastric pain and drug intolerance. They sought a different kind of treatment in an attempt to control their pain without having to use such medications.

Results: There was a significant improvement in pain symptoms when using acupuncture, dietary counseling and general guidelines on external pathogenic factors such as Wind, Cold, Humidity, and so on. We noticed that when the patient underwent treatment to restore the energy of the chakras corresponding in TCM to the Five Elements, using homeopathy according to the *Constitutional Homeopathy of the Five Elements based On Traditional Chinese Medicine*, the pain that the patients presented improved a lot.

Conclusion: In order to adequately treat patients with knee pain, we should understand more deeply the significance of this symptom at the energy level by treating the organs that command the knee such as Liver and Kidney according to TCM. The treatment of energy replenishment of the internal organs through homeopathy and crystal-based drugs has proved to be very important for the consolidation of the treatment.

Keywords: knee pain, traditional chinese medicine, hippocratic medicine, diet, energy alterations, chakras, acupuncture, homeopathy and crystal-based medication

1. Introduction

The knee joints and connects with the legs, being formed by two joints: one between the femur and tibia, and one between the femur and the patella. The knee is a modified hinge joint, which permits flexion and extension as well as slight internal and external rotation. The knees' biggest vulnerability are injuries and the development of osteoarthritis^[1,3].

There are more than 100 different types of arthritis. The ones who affect the knee are:

Osteoarthritis is a degenerative joint disease that causes the cartilage in the joints to break. When that layer of cartilage is damaged, the bones grind against each other, causing severe pain. Joint injuries, aging, obesity, and genetics are some of the factors related to osteoarthritis, according to Western medicine^[1,3].

Rheumatoid Arthritis, occurs when the synovium, also known as the lining of the joint, becomes inflamed. This inflammation causes chemicals to be released that thicken the synovium and damage the cartilage and bone of the affected joint. This inflammation causes pain and swelling. In Western medicine, Rheumatoid arthritis is a disease that typically worsens over the

years^[1,3].

Western medicine points out risk factors that could be the cause or could increase considerably the risk of a patient's knee problems. The first one would be obesity. Being obese or even overweight increases stress on the knee joints, even during ordinary activities. Being overweight is also a major red flag for osteoarthritis, because it accelerates the breakdown of joint cartilage^[1,3].

What also accounts as a risk factor is the lack of flexibility and strength. Tight or weak muscles offer less support for the knees because they do not absorb enough of the stress exerted on the joint^[4,5].

Sports might be universally considered healthy, but on an orthopedic point of view, it does account for a great number of knee injuries. That occurs because sports put greater stress on the knees. A proper medical follow-up, rest and relief exercises are necessary to avoid further damage. Actually, is quite well known in the medical field that once you had a knee injury, it is far more likely that will injure it again^[4,5].

The location and severity of knee pain may vary, depending on

the cause of the problem. Signs and symptoms that sometimes accompany knee pain include swelling and stiffness, redness and warmth to touch, weakness or instability, popping or crunching noises, inability to straighten fully the knee [6].

For traditional Chinese medicine, knee pain can have different causes and treatments [7].

For the compilation of this article, the author based her perspective and pathways of treatment in a specific case of a patient the author had in 2006. This patient was a 70-year-old male, who reported pain in the legs and was diagnosed with Kidney-*Yang* deficiency, according to TCM. He received treatment with Chinese dietary counselling, acupuncture and auricular acupuncture associated with apex ear bloodletting [8, 13]. With the treatment done, the pain in the legs diminished and the patient was submitted to an interview after the treatment. In this interview, 30 days after the treatment, the patient revealed that his eye pressure had also lowered with the treatment, as his ophthalmologist confirmed. During the treatment, he had not reported to be treating glaucoma in the last 40 years with no improvement of his condition, with intraocular pressure always appearing at 40mmHg or more. With the treatment performed, his pressure lowers to 17mmHg [8, 13].

This interesting case became the cornerstone of the author studies in the field, trying to comprehend how the treatment based on the root of the problem could treat different diseases and symptoms simultaneously and using the same methods. In this study, this reasoning will be used for patients with knee pain [8, 13]. Therefore, the symptoms (knee pain) will be treated, always treating the energy imbalances between *Yin*, *Yang*, *Qi*, Blood and taking out Heat retention at the same time.

2. Purpose

The main goal of this study is to discuss the possible factors and influences that may be leading to patients with knee pain present non-response to the anti-inflammatory medications. These will be explained by the traditional Chinese medicine point of view and using other ancient medical traditions.

3. Methods

This study was based on a literature review of *PubMed* articles regarding the treatment of different types of knee pain in both Western medicine and other ancient medical traditions, such as traditional Chinese medicine and Ayurvedic medicine. Three case reports were also used.

3.1 Case Report 1

Patient A. was a 61-year-old woman, who started to complain of severe knee pain after a fall on winter snow. Her main complaint is that the pain worsened in colder days and after physical effort. In 2013, the patient had an arthroscopy to clean cartilages. The surgery was successful but did not result in any improvement for the pain and discomfort. The patient lived with pain and cramps on a daily basis, night and day. She went to different doctors who only indicated painkillers and physiotherapy, which did not improve her condition either.

The painkillers harmed the patient's stomach, kidneys, liver, and even caused high eye pressure. She used to wake up feeling swollen, without energy and could not sleep well at night. The patient also presented many hot flashes, which the doctor

associated with menopause. As the patient lives in a cold country, in Europe, sometimes she would feel her body temperature becoming very low; even at home with warm clothing and a heating system. When she drank cold liquids and ate cold food, she would also feel colder, feeling an increase in the knee pain.

In July 2018, she travelled to Brazil, searching for a treatment to improve her health, especially for her knee pain. She searched for a rheumatologist, which performed exams and diagnosed her with arthrosis, once again prescribing drugs and physiotherapy. The treatment was once again not successful, and the pain continued.

She searched for a vascular specialist, which asked for an ultrasonography vascular Doppler. With the results, the vascular specialist concluded the blood was not circulating properly in her legs. The patient started treatment with specific medicines, but had to stop due to the many medications side effects.

She weighed 85 kilos, with excess fluid in the body. She started to do special massages to reduce the fluid excesses, and after 10 sessions, she had a relative result, reducing measures. She then received an indication of a traditional Chinese medicine infectious disease doctor and that is how she started treatment with the author.

Her TCM diagnosis was Kidney *Yang*, Blood, *Qi* deficiency and Blood stagnation. In the appointments, she had her energy measured, and results showed no energy in all of her seven chakras (1 out of 8). She started the treatment with Chinese dietary counselling, acupuncture, moxibustion, and different crystal-based and homeopathic medications; it was indicated to use these medications during one year, to replace the energy of the chakras.

The patient changed her diet avoiding cold drinks, dairy products, raw food and sweets. She was advised to avoid alcoholic beverages, eggs, fried food, honey, coconut, melted cheese and chocolate. She was also advised to avoid coffee, soda and matte tea. Besides avoiding white bread and white flour, replacing it with other types of flour, such as corn or rice.

The auricular acupuncture points used are described in Figure 1.



Figure 1: Auricular Acupuncture Points Used

3.2 Result Case Report 1

In her first acupuncture session, she started to feel there was something happening with her body, and gradually, everything improved. The pain in her knee had significant improvement, of about 80%. She also felt great improvement on her self-esteem, body temperature and disposition. The treatment lasted a month, as the patient had to return to Europe, and the result was completely satisfying to the patient. She was happy because in Europe she works as a dance teacher, and she could return to her function. The patient also lost weight and was feeling prettier.

3.3 Case Report 2

Patient named I, 66-year-old, male. He was performing treatment for arthrosis and cartilage wear of the knee for 12 years. The patient was intaking the following medications for the pain: Metamizole, Paracetamol, Collagen, Omeprazole. Vitamin B12 and Naproxen.

The patient also received the medication HYLAN G-F20 HYLANO G -F 20 6 ML, directly in the knee for reposition of elasticity in the articulation (Synvisc One), Miodlex A 20. This treatment had no good results, maintaining the pain and swelling. The patient was going to place a knee prosthesis when he decided to start a treatment with a different treatment. He searched for the author's clinic, where he was diagnosed with Kidney *Yang* deficiency and *Qi* deficiency, according to TCM.

Treatment was started with Chinese dietary counselling, the same as in the case one. Auricular acupuncture associated with apex ear bloodletting, as well as scalp acupuncture were also used. This treatment caused improved, but not completely, so it was suggested for the patient to perform the measurement of the chakras. The results of the measurement showed that all chakras were completely depleted in energy (1 out of 8) with exception of the seventh.

After this result, the previous treatment was associated with homeopathy according to the theory of the author *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* and crystal-based medication.

The crystal-based medication were recommended for intake at least during one year, when a new chakras energy measurement would be done.

3.4 Result Case Report 2

The patient perceived an improvement of 50% on the pain and swallowing with the treatment done with Chinese dietary counselling, auricular acupuncture and apex ear bloodletting.

Then, the treatment with homeopathy and crystal-based medication was integrated reducing the patient's pain and swallowing in 85%. He was very satisfied with the treatment, as the treatment he was doing before was not as effective.

3.5 Case Report 3

Patient named M.R.S.S, 71-year-old female patient, 1,67 height, 65 kg. The patient started treatment due to pain in both legs. The patient is diabetic and has three previous surgeries, one of surgical removal of the uterus, one in the gallbladder and one in the aorta.

She performed physiotherapy for the pain in the knees, was previously diagnosed with lack of collagen in the knee's articulations, and received indication of several medications for

the pain, which did not cause any improvement. She was also indicated for the placement of a prosthesis in the knee. She was performing treatment with Amitril and a medication for recovering the collagen of the knee.

As this patient had strong pain with the treatment she was doing, she started searching for acupuncture. Her house was only a block away of the acupuncture clinic. She was diagnosed with Kidney-*Yin-Yang*, Blood deficiency and *Qi* deficiency.

The treatment was done with Chinese dietary counselling, same as in the first case, auricular acupuncture associated with systemic acupuncture and apex ear bloodletting. The patient had gradual and slow improvement, but not complete.

Besides the problem of the knee, the patient reported later, that she had carpal tunnel syndrome feeling pain and tingling of the wrists, arms and hands for several years. She had already performed surgery for this matter, with no improvement.

After this information, the author decided to perform the measurement of the chakras, and they were all depleted (level 1 of 8) with exception of the seventh. Treatment with homeopathy and crystal-based medication were integrated to the previous treatment, the same as in case 2.

3.6 Results Case Report 3

For the surprise of the author, with the institution of the homeopathy and crystal-based medication for replenishment of the author, the patient had a very significant improvement of the knee pain and from the pain on the wrists and hands, what impressed the author.

The patient also felt great improvement on her emotional state, feeling more energized and happier.

4. Discussion

4.1 Western Medicine Management of Knee Pain

According to Western medicine there is no explanation on why some patients with knee pain do not feel better even with the administration of anti-inflammatories. Therefore, the author searched for explanations given by older medicines such as traditional Chinese medicine and other theories and literature review that will be explained later^[1,6].

According to the study entitled *Nonsurgical Management of Knee Pain in Adults*, oral analgesics-most commonly nonsteroidal anti-inflammatory drugs and acetaminophen-are used initially in combination with physical therapy to manage the most typical causes of chronic knee pain.

According to a second study entitled *Knee Pain in Adults and Adolescents: The Initial Evaluation, Knee Pain in Adults and Adolescents: The Initial Evaluation*, knee pain affects approximately 25% of adults, and its prevalence has increased almost 65% over the past 20 years, accounting for nearly 4 million primary care visits annually^[6].

A third study entitled *The Influence of Knee Pain Location on Symptoms, Functional Status And Knee-Related Quality Of Life In Older Adults With Chronic Knee Pain: Data From The Osteoarthritis Initiative*, demonstrates that the most common knee pain pattern was tibiofemoral only pain (62%), followed by patellofemoral only pain (23%) and combined pain (15%)^[15].

4.2 Traditional Chinese Medicine and Knee Pain

The metaphor of the tree has been established by the author as an

important tool for the comprehension of the differences between Western and traditional Chinese medicine. As it can be seen on Figure 2, on the metaphor, the symptoms of the patient are considered leaves of the tree. The medical specialties are represented by the branches of the tree. In the case of knee pain, the symptom or leaf is the knee pain and the branch in which it is treated is the orthopedic specialty. In traditional Chinese medicine, however, the whole tree is considered. The roots of the tree are represented by the *Yin* and *Yang* theory and Five Elements theory, symbolizing the energy of the patients. Their energy imbalances will be located on the root, and will influence the health of the whole tree. These energies can also be influenced by the external pathogenic factors described in TCM; Wind, Cold, Heat, Dryness and Humidity, as showed in Figure 2 [8, 13].

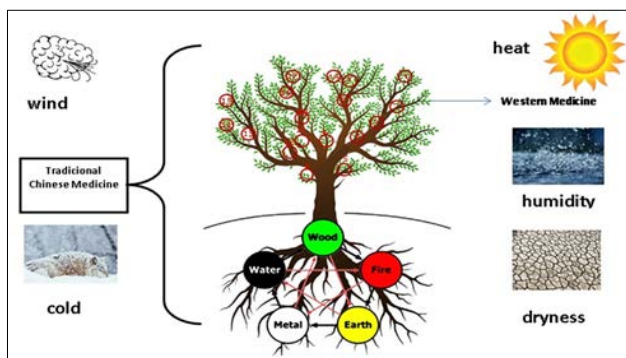


Fig 2: Schematic Drawing of the Tree: Western and Traditional Chinese Medicine

On the root of the tree, there is a description of the Five Elements theory. On this theory there are five elements; Wood, Fire, Earth, Metal and Water. There is a dynamic balance occurring between these five elements. Each element is represented by a massive organ in the human body. The massive organs are Liver, Heart, Spleen, Lungs and Kidneys. Each one of these organs has also an external sensory organ that they command [16].

The Kidney and Liver meridians are linked to the knees, according to the Five Elements Theory. The hollow organ associated with the Liver meridian is the Gallbladder, responsible for the tendons [16].

Therefore, imbalances in the Gallbladder, Liver and Kidney meridians may result in pain in the knees. Another cause associated with knee pain is stagnant *Qi* [16].

The Kidney energy is responsible for the growth and development of a child, memory and concentration, youth, for strengthening bones and teeth, for hearing and all reproduction and sexuality [16].

The Liver is responsible for the distribution of energy in the body and has an external sensory organ, the eye, responsible for vision [16].

The imbalance of the Kidney energy can be caused by different factors. The first factor will depend on the patient's parents' Kidney-energy, now of conception. If this energy was weak, the individual born of this union will already be born with weak Kidney energy. When the patient experiences knee pain, this may be an indirect symptom signing a deficiency in the Kidney and/or Liver energy [16].

As previously explained, all massive organs have hollow coupled

organs. In the case of the Liver, this organ is the Gallbladder [16]. When imbalanced, the Gallbladder can generate fear, insecurity, insomnia, tendonitis and even panic attacks. The Kidney is responsible for the formation of *Yin* and *Yang* energies, and the replenishment of these energies is performed during sleep [16].

One of the most common signs of Kidney energy deficiency are dark circles underneath the eyes. Therefore, for a proper replacement of Kidney's energy, the patient should have the habit of sleeping early, around 9 pm and having a restful sleep of about 8 hours. In addition, it is important to hydrate properly as the main energy of the Kidney comes through intake of water in adequate quantity [16].

There are some foods, which cause a decrease in Kidney energy, increasing the chance of the patient experiencing knee pain. These are coffee, matte tea and soda. Normally, it is advised for the patients to drink water in the same amount that they have taken in soda to avoid dehydration and consequentially reduction of Kidney energy [16].

Another factor that can compromise Kidney energy may be frequent sexual activity or excessive masturbation, especially in men, for there is loss of Kidney essence through the elimination of semen [16].

In the treatment of these specific patients, the study of the chakras and the measurement of the chakra's energy were also used. Several scholars point out that there is a correspondence between the chakras and the five massive organs of the Five Elements theory. To exemplify, there is the study of Korotkov entitled *The Basis of Integrative Medicine*, and *The Geometry of Emotions: Using Chakra Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use*. In Figure 3, this correspondence is represented. As there are seven chakras and five elements, the seventh chakra is ruled by the first (Wood or Liver), and the sixth chakra is ruled by the second (Water or Kidney). The fifth chakra is ruled by Earth (Spleen-Pancreas), the fourth is ruled by Metal, or Lung, the third is ruled by Fire or Heart. The second is ruled by Water or Kidney and the first chakra is ruled by Wood or Liver [17, 18].

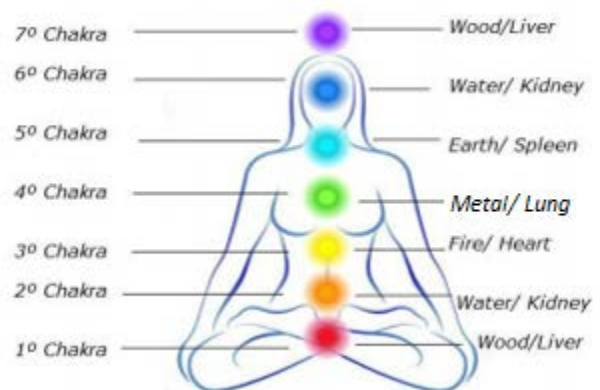


Fig 3: Chakras Energy Correspondence

On the patients described, they all had their energy depleted, and a treatment with homeopathy and crystal-based medication was started to replenish the energy of the chakras. The homeopathy was developed according to the study of the author entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*, and the homeopathy and crystal-

based medications of choice are described in Table 1. These medications were chosen because they are high-diluted medication, because according to the Arndt-Schultz law, they would improve the energy level of the patients, instead of dropping it, like when the high-concentrated medications were used.

Regarding pain in the knee, the knee suffers influence from the first (Liver) and second (Kidney) chakra. The replenishment of the chakras energy was important to make the treatment stronger, because the patients were improving, but after the beginning of the replenishment of the chakras, the improvement started appearing faster. The treatment with Chinese dietary counselling auricular acupuncture associated with apex ear bloodletting was not sufficient to improve the patients even further.

Table 1: Medications chosen in the treatment of atopic dermatitis in the two cases studied, according to the correspondence of Chakras and Five Elements

Chakras	Five Elements	Homeopathy Medications	Crystal Based Medications
1 ^o Chakra	Wood / Liver	Phosphorus	Garnet
2 ^o Chakra	Water / Kidney	Natrium muriaticum	Orange Calcite
3 ^o Chakra	Fire / Heart	Sulphur	Rhodochrosite
4 ^o Chakra	Metal / Lung	Silicea	Emerald
5 ^o Chakra	Earth / Spleen	Calcarea carbonica	Blue Quartz
6 ^o Chakra	Water / Kidney	Tone 2 ^o chakra	Sodalite
7 ^o Chakra	Wood / Liver	Tone 1 ^o chakra	Tiger Eye

4.3 The Treatment Performed and Why

In the case reports described, the patients were diagnosed according to their systemic energy imbalance in traditional Chinese medicine, the same reasoning used to treat the glaucoma patient, described on the Introduction. The knee is commanded by the Kidney energy, and the ligaments are commanded by the Gallbladder, a hollow organ linked to the Liver energy.

First, in the case of the first patient, as she was feeling a lot of cold, she was diagnosed with Kidney- *Yang* deficiency, and was oriented to change her diet completely, in order to rebalance this energy deficiency.

People with Kidney-*Yang* deficiency have a lack of energy to warm the body, that is why the patient on the first case was oriented to avoid all raw foods, because these foods have cold energy and can worsen the energy condition of the patient, leading to a worsening in the knee pain. She was oriented to boil the water and avoid eating raw foods, even fruits and vegetables.

Patients with chronic knee pain are also advised not to accept the physiotherapeutic procedure when it involves the placement of ice at the pain site, because this factor may improve the symptoms at the time, but causes great amount of pain on the future. Because, in traditional Chinese medicine, the external pathogenic factors formed by Wind, Cold, Heat, Humidity and Dryness, when invade the body, make an obstruction in the circulation of energy in the meridians, causing pain.

Therefore, patients with joint pain should be oriented to avoid being subjected to Wind and Cold, and adequately cover the pain sites with clothing, thus avoiding the invasion of the external pathogenic factors that may lead to the worsening of pain presented by the patients.

Second, she was oriented to avoid all food that could imbalance the energy of the Kidney and Liver, foods that imbalance these energies are: coffee, soda and matte tea. Foods which imbalance

the Liver are frying, eggs, chocolate, honey, coconut, alcoholic beverages and dairy products, especially when the cheese is melted.

Besides, the patient was also oriented to increase the amount of water intake per day to maintain the energy of the Kidney, and was treated for her energy deficiencies, after the measurement of the chakras energy, where all the chakras appeared without energy (1 out of 8).

The measurement of all organs in level 1 of 8, mean that all organs were energetically empty and therefore, the indicated treatment (Chinese dietary counselling, auricular acupuncture, apex ear bloodletting), would not be sufficient to treat the patient, needing the use of different medications to replenish the energy of the chakras, improving the vital energy of the patient. For this aim, were chosen homeopathy and crystal-based medications, because according to the Arndt-Schultz law, they would improve the vital energy. The use of high-concentrated medication would harm the energy even further, worsening the knee pain symptoms instead of improving then.

The same explanation can be used for the second and third case. On the third case, the patient also had carpal tunnel syndrome, which also improved with the medications to replenish the energy of the chakras, meaning that the treatment of the chakras energy can be one way of treating this specific kind of patient. In the case of the third patient, due to the energy imbalances, she was retaining liquid on the body and had other alterations, which the chakras energy replacement improved, as well as the symptoms of carpal tunnel syndrome.

Besides, this kind of treatment, not improved only the knee pain but all other symptoms that the patients already had, because the root was treated, not only the symptom.

4.4 Dairy Consumption and Knee Pain

For all cases of joint pain in any joint of the body, it is recommended to avoid the intake of dairy products.

A study published in The Journal of Nutrition in 2015 found that eating dairy increased low-grade inflammation in a small sample of German adults. Another study of more than 40,000 people with osteoarthritis found that those who ate more dairy products were more likely to need hip replacement surgery ^[20].

In traditional Chinese medicine, it is recommended to avoid dairy products to prevent and treat osteoporosis. In fact, this food instead of preventing and treating, as it is common sense in Western medicine, may be inducing the formation of osteoporosis, because it causes energy deficiency of the Spleen-Pancreas leading to the weakening Kidney's energy that is responsible for maintaining the bone.

The milk passes through a process to become more uniform and easier to consume (pasteurisation and artificial heating), in this process, an enzyme named alkaline phosphatase is lost, essential to the calcium absorption in human beings. When destroying this enzyme, the calcium in dairy products starts to be deposited in the articulations, nor fortifying the bones ^[21].

Therefore, dairy products have lots of calcium that are not absorbed properly. This calcium is firstly deposited in the Kidney's bile ducts, forming kidney stones, in addition to tendon calcification ^[21].

This may explain the high incidence of osteoporosis in Brazil, as we consume lots of milk. In Brazil, around 10 million Brazilian

have osteoporosis, and the majority of them doesn't know they have this problem [21].

25% of sixty-five-year-old women in the United States are diagnosed with osteoporosis. For a person technically to qualify for this label, it means she has lost 50- 75% of the original bone material from her skeleton. That is 1 out of every 4 women of sixty-five years old has lost over half her bone density! [22]

Today, more deaths are caused by osteoporosis than cancer of breast and cervix combined. The consumption of dairy products is extremely common in the US, and during years, they were the biggest dairy consumers in the world. The author comprehends that there is a relation between the dairy products consumption and the high rate of osteoporosis and osteoarthritis [23].

4.5 Ice and External Pathogenic Factors

Traditional Chinese medicine considers the influence of external pathogenic factors. A very common factor these days is finding chronic pain patients who put ice on the spot to try relieve the pain they have. This procedure can be performed with caution in patients with acute pain, but patients with chronic pain, usually secondary to an energy deficiency, the practice should be avoided, as the cold factor itself would cause and maintain the condition presented by the patients. When this cold invades the body, it can stick to the joint and cause pain in older patients [8, 13, 16].

Instead, the doctor has to send a prescription when forwarding the patients to physiotherapy, to avoid the use of therapies with ice, in order to prevent pain in the future, in this case, knee pain.

4.6 Arndt-Schultz Law

The Arndt-Schulz's law, originally formulated in 1888, stating the effects of different drug concentrations on an individual. The rule states that for all substances, small doses stimulate, moderate doses inhibit and overdoses kill. According to this law, highly diluted drugs improve organic processes, while high-concentrated medicines harm health [8, 13].

The use of anti-inflammatory drugs can cause an internal energy imbalance through three mechanisms.

The first mechanism is the energy damage of the Liver, where the anti-inflammatory drug will be metabolized causing an imbalance of this energy. This imbalance strikes the Kidney, according to the Theory of Five Elements, leading to the aggravation of the knee pain symptoms, because the Kidney is associated with the knee [8, 13].

The second mechanism is that using high-concentrated medications such as anti-inflammatories, internal energy reduction may occur according to the Arndt Shultz Law. According to what the author demonstrates on the three case reports, all the patients had a lack of energy, worsening, in this case, the knee pain symptoms, as explained previously, the knee is commanded by the Kidney energy (second chakra) and the Liver (first chakra) [8, 13].

In Figure 4, it is possible to observe, the part above the zero point corresponds to the stimulating effect, and below the zero, inhibitory effect of the drug. We can observe that the more concentrated the drug, the more deleterious effect it will cause in the body. On the contrary, the more diluted the drug, the more stimulating effect on the patient's energy will occur [8, 13].

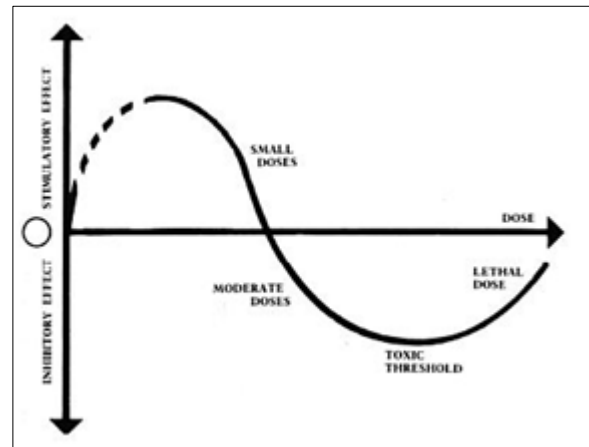


Fig 4: Arndt-Schultz Law

4.7 Yin and Yang metaphor of Western and Traditional Chinese Medicine

In order to treat patients with knee pain in a deeper way, the physician has to comprehend the importance of the different medicine perspectives. The body, and therefore, the possible treatments, is not only physical and constituted by organs and tissues. It is formed by energy. In Figure 5, a metaphor of *Yin* and *Yang* as the different kinds of medicine was created by the author. Nowadays, these two perspectives are separated, but they can be complementary [8, 13].

Traditional Chinese medicine can be considered as *Yang* energy, and Western medicine is considered *Yin* energy, already materialized. In the same way of the relationship of *Yin* and *Yang*, traditional Chinese medicine starts where Western medicine ends [8, 13].



Fig 5: Traditional Chinese Medicine and Western Medicine – Yin and Yang Metaphor

5. Conclusion

Therefore, the conclusion of this study is that when a patient seek treatment for knee pain, in addition to treating the knee, it is important to treat the patient as a whole, rebalancing all their energies. In this case described, the author corrected the imbalances of *Yin*, *Yang*, *Qi*, and Blood, with Chinese dietary counselling, auricular acupuncture with apex ear bloodletting,

homeopathy and crystal-based medications.

If there is necessity of using some medications, is preferable to use high-diluted medications, to not reduce vital energy and cause worsening of the symptoms. The external pathogenic factors have also to be considered during treatment, preventing the patient from exposure to them, especially Cold and Wind.

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