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Energy Alterations in Patients with Burnout Syndrome

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Abstract

According to Western medicine's studies, burnout is considered an occupational apparition resulted from a chronic stress in the place where someone works.

The purpose of this study: To demonstrate that patients with burnout syndrome has in the background energy deficiency inside the five internal massive organs of the five elements theory of traditional Chinese medicine and the treatment of this condition can reduce or prevent the development of burnout syndrome in the majority of patients nowadays.

Methods: through one case report of a 42 years-old female patient with history of symptoms of extreme fatigue, depression after changing her position in the school and the death of her mother due to heart problems. She was feeling many sadness and the intense grief made her to seek for a psychiatry (which receipt anti-depressant medications) and psychological treatment. She was laid off from her job for an unknown period. She did not improve with this kind of treatment so, she searched for another type of management using Chinese medicine's tools. I suggested her to measure the energy of the five internal massive organs (Liver, Heart, Spleen, Lungs and Kidney) of the five elements theory of Traditional Chinese Medicine using radiesthesia procedure.

Results: all internal five massive organs were in the lowest level of energy, rated one out of eight. The treatment of this condition was done rebalancing and replenishing the internal energy of these organs using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting, moxibustion and using highly diluted medications to replenish the energy of these organs according to the theory of Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine and crystal-based medications. Using all these tools, the patient improved a lot and returned to her function in the school after being away from work for about 8 months.

The conclusion of this study is to show that patient with burnout syndrome has in the back ground energy deficiency inside the five internal massive organs of the five elements theory of traditional Chinese Medicine and the treatment of this condition rebalancing the energy of these organs using Chinese dietary counseling, auricular acupuncture, moxibustion and replenishing the energy of these organs using highly diluted medications according to the theory of Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine is of paramount importance to treat the cause of burnout formation and not just treating the symptoms presented by the patients.

Keywords: Burnout, Energy, Traditional Chinese Medicine, Homeopathy, Hippocrates.

Introduction

Burnout is a syndrome characterized by emotional fatigue or extreme tiredness, negative thinking, and reduced self-realization [1].

In another study written by Valsania et al (2022) titled *Burnout: A Review of Theory and Measurement*, they are saying that burnout is an occupational syndrome leading to a chronic stress in the place where people work [2].

In the study written by Martinez et al. (2021) titled *Anxiolytic and Antidepressant Use and Burnout: Optimism as a Mediator in Spanish Nurses,* they are showing that 10% of nurses have tendency to have burnout syndrome but they usually do not treat their condition [3].

Study

The purpose of this study is to demonstrate that patients with burnout syndrome has energy deficiency inside the five internal

massive organs of the five elements theory of traditional Chinese medicine prior to disease formation and these energy alterations are the same alterations found in patients with depression. The treatment of this condition rebalancing the internal energy using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting, systemic acupuncture and replenishing the internal energy of these patients using highly diluted medications according to the theory of *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* and crystal-based medications are important to treat the cause of disease formation and not just treating the symptoms. The use of any kind of highly concentrated medications in this type of patients can worsen the symptoms and can increase the chance to have any kind of chronic disease or even death.

Methods

It was searched articles in PubMed in burnout syndrome in Western and in Traditional Chinese medicine. It was also used one case report of a female school director patient with burnout syndrome diagnosed by psychiatry and she was using antidepressant medications with no improvement of her clinical condition.

Case Report

A.A.S.B., 42 years-old female patient, school director, with history of working since when she was 15 years-old in the school. In 2019, she was designated from her teacher position to the school director status after doing a competition in São Paulo in 2018. After moving to this city, to begin her new job, she said that managing people was difficult especially in a place where there is a lot of teachers and a lot of staff. Also, there are students and their parents to deal with. In reality, the students are the ones who gives the least work, according to her words. There are people who works there that have a bad behavior. And they play against her. She feels that the people already caught her weak point that always say certain things that could offend her that wear and tear there on a daily basis. She was felling responsible for everything and all started tiring her out.

Her mother passed away due to heart problems (Chagas) and anemia. Her mother had four pregnancies but lost two. She usually had health problems throughout her life.

After this, she started to have depression with a lot of sadness because she was always very attached to her mother and the lack of her mom was destroying herself. At that time, she continued to work in the school. She started to sank in everything.

The grief was so intense that she needs to search for psychologists and psychiatry that gave to her strong medications that gave her dizziness.

She started to be so intense in her new job because it was a new function but after this, the COVID-19 pandemic started. She needs to deal with her emotions, her new job and a lot of responsibilities.

She started living her job 24 hours a day and when she got home, she cannot sleep. Her head was processing all the time and she started the treatment with new psychiatry using less medications to treat her depression and anxiety and it was better for her. She was using Buspirona and when she was really bad, the doctor associates Clonazepam. Since 2020, she was using this kind of medication but even using them, she was still very nervous.

She was removed from work for an indefinite period by the psychiatrist and continued to be prescribed antidepressants and sleep-inducers medications.

Really out of control, with much fear to need to return to her job with all emotional problems, she decides to come to my clinic to try another form of treatment and I asked her the permission to measure the energy of her five internal massive organs of the five elements theory of traditional Chinese medicine using radiesthesia procedure.

Results

All her five internal massive organs were in the lowest level of energy, rated one out of eight. The treatment of her condition consisted in changing her diet orientating to her to avoid the ingestion of dairy products, raw food, Cold water and sweets (to avoid worsening the energy of the Spleen and Pancreas energy, responsible for the absorption of nutrients and formation of Blood).

The second group of foods that I orientated was to avoid the ingestion of fried foods, eggs, honey, chocolate, coconut, alcoholic beverages, melted cheese and pepper because all these foods could cause energy imbalances in the Liver and also in the Gall bladder energy, worsening the anxiety and fear symptoms.

The third group of foods that I orientated to avoid was the ingestion of soft drinks, matte tea and coffee because all these drinks can induce Kidney energy deficiency, causing less production of *Yin* and *Yang* energy and other functions such as sexuality and reproduction.

The other tool used in this treatment was to do auricular acupuncture associated with apex ear bloodletting and systemic acupuncture.

The points used in her treatment will be shown in the discussion section. It was also used moxibustion in the points corresponds to the Kidney, to improve her energy.

The third step in her treatment was to replenish the energy of the internal five massive organs using highly diluted medications according to the theory of *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* and crystal-based medications.

The medications used in her treatment will be shown in the discussion section.

After about one month of treatment, the patient returned to the school.

Nowadays she is feeling much better with less anxiety, less depression, improved a lot herself stem and she did not fell anything bad in relation to his job.

She has more self-confidence and is happier with the improvement of her self-condition. All bad feelings that she was presenting earlier disappeared. She said she is much better.

She is still in treatment until today (January 2024) and I orientated her to use the highly diluted medications prescribed for her entire life to have a continues replenishment of these five internal massive organs to have more condition to support the pressure on her daily work in the school and the problems related to her life.

Discussion

This article will be written following Hippocrates (460 a.c - 377 a.c) oaths, which said that "foolish the doctor who despises the knowledge acquired by the ancients" [4].

For this reason, I will combine the reasoning used by traditional Chinese medicine, one of the most ancient medicines which exists for more than 5000 years, with Western medicine's reasoning, to explain the energy alterations behind patients with burnout syndrome [5].

According to Albert Einstein (1879-1955), the most famous physics in the world, he said that "all the things are composed of energy". The human body is also part of this universe and can also be included in this phrase [6].

To understand the patients wholistically, I usually use the tree metaphor to show the different point of view in the diagnosis and treatment of Western and traditional Chinese medicine, as you can see in the Figure 1 [7, 8].

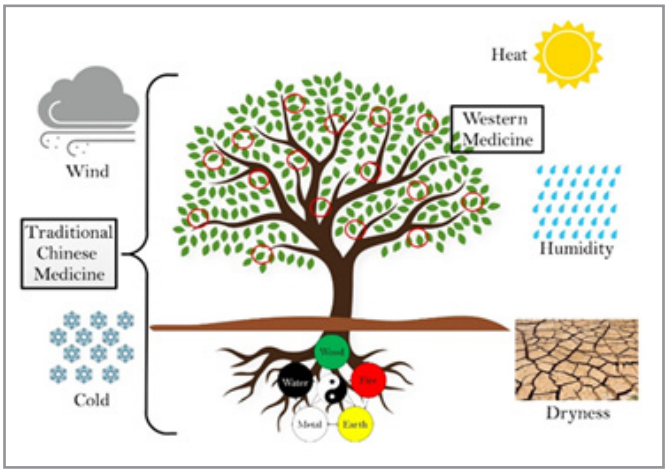

Figure 1: Metaphor of the tree showing the different levels of diagnosis between Western and traditional Chinese medicine.

In this tree, I am showing that Western medicine is doing diagnosis and focusing the treatment in the "leaf "level of the tree.

Each leaf means one symptom or disease treated by each medical specialty, represented by each branch of the tree.

In this case, burnout is a "leaf" of a psychiatry branches, where the doctor is treating the symptoms using psychotropic medications [7-9].

If we analyze from the point of view of traditional Chinese medicine (TCM), they understand that the cause of all disease formation is not on the site of the symptom.

For example, in patient with glaucoma, they understand that the problem causing high intra-ocular pressure is not inside the eye but the real problem is a systemic energy deficiency causing high intra-ocular pressure as shown in the article written by myself (2022) titled *Is Glaucoma a Local or Systemic Disease?* [10].

In the treatment of the majority of diseases, Western medicine's doctor usually treats the symptom and they usually are not aware that there are other causes for disease formation, invisible by the naked eye, studied by other ancient medical traditions, such as traditional Chinese medicine.

This is happening nowadays due to the implementations made in the past after Flexner report in 1910. After this, all medical schools in America and Canada should consider "scientific" only what they could proof by laboratory or radiological level and the part of energy presented in the human body was put aside and was not studied by the medical faculties since then [11].

If we compile both knowledges, we will understand that before materializing in the "leaf" level of the tree, there are energy alterations that leaded to the formation of disease, presented in the "root" level of the tree, as shown in Figure 1 [12, 13].

In this "root", there are two main theories in traditional Chinese medicine, that are *Yin* and *Yang* theory and the Five Elements Theory, as you can see in Figure 2 and 3 [14, 15].

Figure 2: *Yin* and *Yang* Symbol.

Yin and *Yang* are two opposites but complementary forces that exists inside the body and are responsible for our health.

They are both produced by the Kidney and needs to be in harmony and in equilibrium as you can see in the left side of Figure 3 [16].

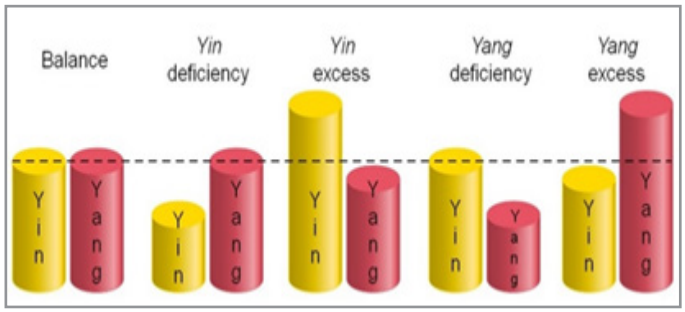

Figure 3: *Yin* and *Yang* energy imbalances and the balance state in the leaf side of this figure.

The second theory presented in the "root" of this tree is the Five Elements theory, shown in Figure 4 [17, 18].

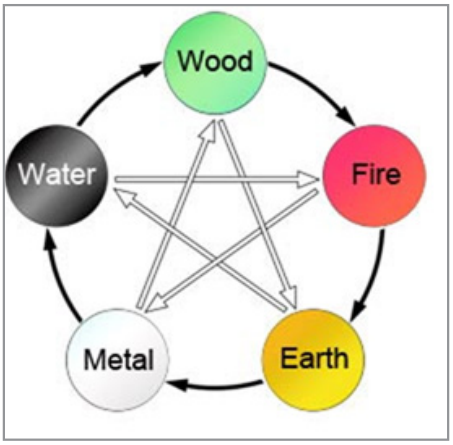

Figure 4: Five Elements theory

The five elements correspond to Wood, Fire, Earth, Metal and Water and they have representations inside the body, as you can see in Figure 5 [19].

Figure 5: Five Elements theory and the internal massive organs that each one represents.

In this theory, they say that all internal five massive organs are interconnected by the energy flow and each organ sends energy to the following one, as you can see in Table6 [20].

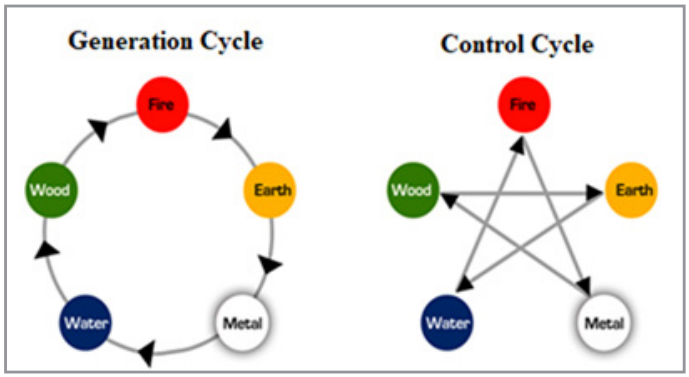

Figure 6: Five Elements and Generation cycle and Control cycle.

In this article, I am showing that the patient reported in this article with burnout syndrome has energy deficiency inside the five massive organs of the five elements theory of traditional Chinese medicine, as you can see in Figure 7.

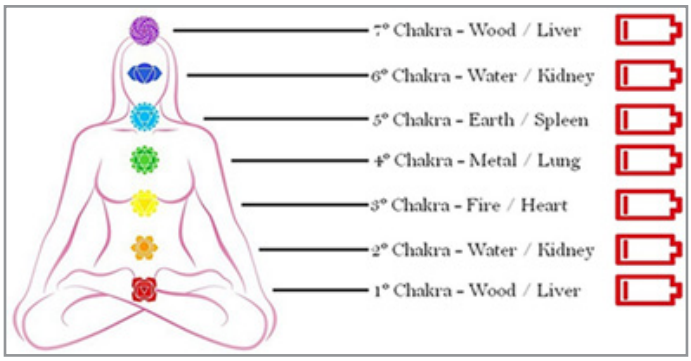

Figure 7: Energy deficiency inside the five internal massive organs

There are some studies correlating the chakras' energy centers, studied by Ayurvedic medicine, with the five elements of traditional Chinese medicine [21].

The cause of extreme physical fatigue presented by the patient reported in this article is caused by this energy deficiency condition as shown in the articles written by myself (2021) titled *Chakras' Energy Deficiencies as the Main Cause of Fatigue during Hemodialysis* [22].

The energy of the Heart is responsible for the normal sleep process and patients with burnout can have insomnia due to this energy deficiency situation.

The treatment replenishing the energy of this organ is of paramount importance to restore the normal sleeping process as I am showing in the article written by myself (2021) titled *What Are the Other Energy Functions of the Heart That We Need to Know Besides It Being a Blood Pump?* [23].

In the case reported in this article, the patient with burnout syndrome has a mother with history of two pregnancies loss.

This could mean that her mother also has energy alterations and deficiencies because to have these alterations, the mother could have Blood deficiency and Kidney *Yang* deficiency, as I presented in the VIIth World Congress on Women, that was held on May 22nd 2022 the study titled *Energy Alterations and Chakras Energy Deficiency In Patients With Recurrent Pregnancy Loss* [24].

This could mean that when her mother was pregnant of her, she could have also energy deficiency and transmitting this energy deficiency situation to her child that caused a propensity to have in this case, burnout syndrome [25].

The treatment of this condition was first changing the dietary aspects according to Chinese dietary counseling (studying the energy presented by each food to treat the disequilibrium presented by each patient) [14, 26].

According to Hippocrates (460 a.c - 377 a.c), he said in one of his oaths that "make our food your medicine and your medicine your food" [4].

In the case of the patient reported in this article, it was advised her to avoid the ingestion of dairy products, raw foods, Cold water and sweets (to do not cause more energy imbalances in the Spleen and pancreas energy, responsible for the absorption of nutrients and formation of Blood) [7, 14].

The second groups of foods that I orientated to avoid was the ingestion of eggs, honey, coconut, alcoholic beverages, melted cheese, chocolate, to avoid the formation of more internal Fire, responsible for the formation of anxiety and panic syndrome presented by the patient [8, 9].

The third group of foods that I orientated to avoid was the ingestion of soda, coffee, matte tea to do not cause more energy deficiency in the Kidney's energy, responsible for the production of *Yin* and *Yang* energy among many other functions such as sexuality and reproduction. Energy deficiency in the Kidney is also responsible for fear symptoms so, it was important to treat this energy deficiency condition to normalize the symptoms presented by this patient [8, 9].

According to Hippocrates (460 a.c - 377 a.c) he said that "make your food your medicine and your medicine your food" [4].

The second tool used to treat the energy deficiency situation of this patient was to balance the internal energy using auricular acupuncture (Figure 8) with apex ear bloodletting (Figure 9), systemic acupuncture and moxibustion.

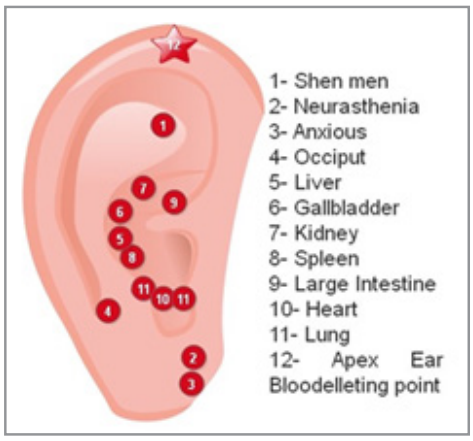

Figure 8: Auricular acupuncture points used to treat the patient with burnout syndrome.

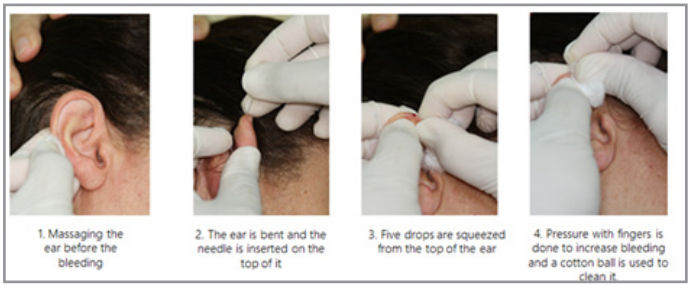

Figure 9 a: Apex ear bloodletting

Apex ear bloodletting is an important procedure done in the ear to take out the internal Fire that was inducing anxiety and panic syndrome in the patient reported in this article [8, 9].

All these procedures were important to treat the energy alterations presented in the "root" of the tree, in this patient with burnout syndrome, because the symptoms were not the cause and were only the "tip of the iceberg". All the alterations presented by this patient (depression, anxiety, panic syndrome, burnout syndrome) was presented in the energy level, invisible by the naked eyes [8, 9].

In traditional Chinese medicine (TCM), many diseases can come from the same "root" and the same disease can come from different energy alterations [5].

It was also used in her treatment moxibustion in the back points to tone the energy of the Kidney to increase the production of *Yin* and *Yang* energy [27].

To increase the energy of the five internal massive organs, I used highly diluted medications such as homeopathies created by Samuel Hahnemann (1755- 1843) but according to the theory created by myself (2020) titled *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*.

In this case, it was used Sulphur to tone the energy of the Heart, Calcarea carbonic to replenish the energy of the Spleen and pancreas, Silicea to replenish the energy of the Lungs, Natrum muriaticum to replenish the energy of the Kidneys and Phosphorus to replenish the energy of the Liver [28].

These medications should be used daily for the entire life of the patient with burnout syndrome because the alterations in the energy level is caused by the chronic exposition to the electromagnetic radiation after the modernization of the telecommunication [28-30].

The use of any kind of highly concentrated medications should be avoided in this situation because it would decrease even more the internal energy and can worsen the patient's condition instead of improving it.

According to Arndt-Schultz Law, created in 1888 by two German researchers, they say that any kind of highly concentrated medications can reduce the internal energy of the patient and the use of highly diluted medications can increase the internal energy, shown in Figure 9 [31].

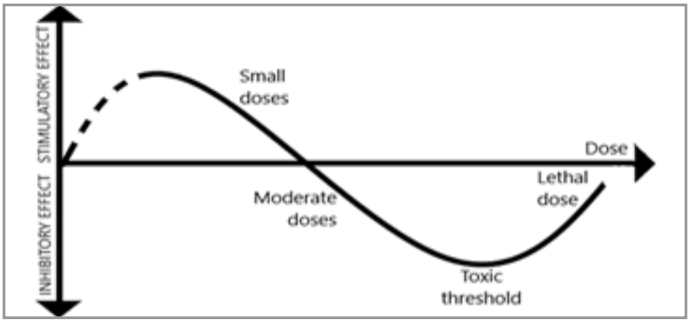

Figure 9 b: Arndt-Schultz Law

There are some studies in the literature showing that burnout syndrome could have depression as the same "root" but they could not proof this relationship.

What I want to say in this case is that, the majority of diseases came from the same "root" because according to traditional Chinese medicine's thoughts, many diseases can come from the same energy imbalances and one disease can come from different energy imbalances [5, 7, 32].

In the article written by myself (2021) titled *Why Patients with Depression Do Not Improve their Symptoms When Using Anti-Depressant Medications?* I am showing that all patients with depression have in common, energy deficiency inside the five internal massive organs of the five elements theory of traditional Chinese medicine.

These alterations are the same found in patients with burnout syndrome, so we have the same energy imbalances with different diagnosis in Western medicine, but they could be the same disease because they have the same clinical presentation [5, 7].

In research made by myself in my clinic in Brazil analyzing a 1000 patient's energy of the five internal massive organs from 2015 to 2020, 90% of them were in the lowest level of energy, rated one out of eight, as you can see in Table 1 [29].

Table 1: Results of research analyzing a 1000 patient's energy of the five internal massive organs.

Ages Chakras	2-19	20-59	60-79
7	8	8	8
6	1	1	1
5	1	1	1
4	1	1	1
3	1	1	1
2	1	1	1
1	1	1	1
Total of Patients	26	170	86
Main Western diagnoses	Anxiety	Anxiety	Anxiety
	Depression	Headache	Knee pain
Main Oriental Diagnoses	Anxiety	Anxiety	Anxiety
	Depression	Headache	Knee pain
			Yin/Yang/Internal Heat

In this study, I am showing that patients were very immunocompromised when the COVID-19 pandemic began and it was not the virus that killed many people at that time, but it was caused by the type of medication used in the treatment of this infection, reducing even more the internal energy, that was already very low (if the physician uses highly concentrated medications), leading to complications or even death, as I am showing in the article written by myself (2021) titled *Chakras' Energies Deficiencies as the Cause of Dyspnea Post COVID-19 Treatment*, and in the second article also written by myself (2021) titled *Chakras' Energy Deficiencies as the Cause of Fatigue Post SARS-CoV-2 Infection Patients Treatment* [33, 34].

So, people nowadays with burnout syndrome have energy deficiency since long time ago and it is manifesting the energy deficiency situation after stream exhaustion, fatigue, stress, without replenishing adequately the energy of these organs, that were the cause of these clinical manifestations [7-9, 29, 30].

According to traditional Chinese medicine's reasoning, the evolution from health to disease is divided into five phases and in the first three phases, there are only energy deficiencies but the laboratorial exams are normal. Only in the phase four, the patient can have abnormalities in the laboratorial exams corresponding to patients with diabetes, hypercholesterolemia, etc. And in the phase five corresponds to patients with any kind of cancer, as you can see in Table 2 [35].

Table 2: Evolution from health to disease.

Progression from Health to Disease				
	Organ	Exams	Energy Reserve	Symptoms
Phase 1	Slowing down of organ functions	Normal	Energy Reserves-normal	Without clinical symptoms
Phase 2	Slowing down of organ functions	Normal	Consumption of internal Energy Reserves	With symptoms in another organ
Phase 3	Slowing down of organ functions	Normal	Consumption of external Energy Reserves	With symptoms in same organ
Phase 4	Reversible cellular lesion	Little alternation	Consumption of blood Reserves	Curable disease
Phase 5	Irreversible cellular lesion	Excessive alteration	Metabolic exhaustion	Incurable disease

The medications used in this treatment should be highly diluted remedy according to the theory created by myself (2020) titled *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* and crystal-based medications, as shown in Figure 10 and Table 3 [28].

Figure 10: Homeopathy medications used to replenish the energy of the five internal massive organs of the five elements theory of traditional Chinese medicine.

Table 3: Homeopathy and Crystal-based medications used to replenish the energy of the five internal massive organs.

Chakras	Five Elements	Homeopathy Medications	Crystal-Based Medications
1º Chakra	Wood/Liver	Phosphorus	Garnet
2º Chakra	Water/Kidney	Natrum Muriaticum	Orange calcite
3º Chakra	Fire/Heart	Sulphur	Rhodochrosite
4º Chakra	Metal/Lung	Silicea	Emerald
5º Chakra	Earth/Spleen	Calcarea Carbonica	Blue Quartz
6º Chakra	Water/kidney	Tone 2º chakra	Sodalite
7º Chakra	Wood/Liver	Tone 1º chakra	Tiger eye

Normally, psychiatry physicians usually use anti-depressant medications to treat this condition, as shown in the article written by Matinez et al. (2021) titled *Anxiolytic and Antidepressant Use and Burnout: Optimism as a Mediator in Spanish Nurses* [36].

To finalize this article, I would like to say that, the tools used to treat burnout syndrome patients such as homeopathy and acupuncture are considered medical specialties by the Federal Medical Council in Brazil and these two specialties should be considered by the countries that does not include them as medical specialties because they are very important tools to be used to treat energy alterations presented in the "root" of the tree, that could not improve using highly concentrated medications, as they would reduce even more this internal energy and would cause complications such as Blood stagnation leading to tendency to have thrombosis, myocardial infarction, strokes, cancer or even death [31, 37].

The integrations of both kinds of medicine, such as Western and traditional Chinese medicine (shown in Figure 11), are very important nowadays, because we need to understand wholistically the part of energy of the human being that it is invisible to the part of the human body and deserves our attention [7, 8].

Figure 11: Metaphor of *Yin* and *Yang* symbolizing the integration of Western with traditional Chinese medicine.

Conclusion

The conclusion of this study is to demonstrate that patients with burnout syndrome have in the back ground, energy deficiency

inside the five internal massive organs of the five elements theory of traditional Chinese medicine.

The treatment of this condition rebalancing the internal energy using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting, systemic acupuncture, moxibustion and replenishing the energy of these organs using highly diluted medications according to the theory of *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* and crystal-based medications is of paramount importan
ce to treat the cause of the formation of disease and not just treating the symptoms, as showed in this article.

The use of highly concentrated medications in this type of patient can worse the energy deficiency condition and cause worsening of the symptoms or lead to complications such as Blood stagnation causing myocardial infarction, etc. or even death of this patient.

Acknowledgement

I would like to thank to all my professors in Western and in Traditional Chinese medicine which teaches to me until today giving me the possibility to compile and write this article to understand what has behind patients with burnout syndrome. Special thanks to Dr Lo Der Cheng (in memory), my Chinese herbal therapy teacher in Brazil, that was so important to my life, and for the life the whole population in this world to share all his knowledge in Traditional Chinese Medicine.

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