

# Why Insomnia Patients Do Not Sleep Even When Taking Sleep Inducers Medications?



Huang Wei Ling\*

Infectious Diseases, General Practice, Nutrition, Acupuncture and Pain Management. Medical Acupuncture and Pain Management Clinic, Franca, Brazil

Submission: June 11, 2021; Published: June 23, 2021

\*Corresponding author: Huang Wei Ling, Infectious Diseases, General Practice, Nutrition, Acupuncture and Pain Management, Medical Acupuncture and Pain Management Clinic, Rua Homero Pacheco Alves, 1929, Franca, São Paulo, Brazil

## Editorial

Insomnia is a very common problem nowadays even patient and party so many percent in the world population. In the article written by Bhaskar (2016) entitled Prevalence of chronic insomnia in adult patients and its correlation with medical comorbidities, chronic insomnia was seen in 33 % of the population she studied at that time. Other factors such as diabetes and increasing age are the factors that increase the incidence of insomnia [1]. In the author's daily practice, she noticed that many of the patients that she is attending in her acupuncture clinic were using medications prescribed by other medical professionals but even using this kind of medications to induce sleep, they still complaining that they still cannot sleep. In the article written by Pagel (2001) entitled Medications for the Treatment of Sleep Disorders An Overview, he is saying that medications can affects the sleep stages and can cause sleep disorders or exacerbates the effects of chronic diseases in the sleeping process [2]. The lack of understanding of how the use of medications could induce sleep disorders by Western medicine, is maintaining the use of this kind of medication to this kind of symptoms. According to traditional Chinese medicine, sleep disorders can be caused by many energy imbalances and each patient should be evaluated individually because the cause of each patient could be different and needs to be treated according to their energy disturbances, as the author demonstrated in the article written by the author (2020) entitled Auricular Acupuncture and Chinese Dietary Counselling in the Treatment of Insomnia [3].

According to traditional Chinese medicine, all diseases came from the internal energy imbalance of Yin, Yang, Qi and Blood and retention of Heat, and the treatment of this condition, using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting to restore the balance state between these energies, is the primordial importance to bring health again to this patient [3-5]. The first step in all treatments in insomnia patients is the correction of the errors in the diet. According to Hippocrates, make your food your medicine and your medicine your food. In

Chinese dietary nutrition, many diseases could be cured only doing dietary changes and this is a specialty in Chinese medicine to treat all diseases [6].

The foods are grouped in different energies (Cold, Warm, Neutral, Warm and Hot) and for each patient, there is a recommendation for which food the patient needs to eat, to regulate the energy disharmony. Differently from Western medicine perspective, when they study the components of each food, in TCM, they study the energy in each food [6]. Equally in regarding to drinks, also some drinks have the potential to induce more energy alteration and if the patient drink during the night. In this situation, the knowledge about the energy cycle between Yin and Yang during the day and night is very important to physician understand that which kinds of foods he needs to orientate the patient, according to the Yin and Yang cycle, during the day and night, showed by the presentation of the study entitled Could Your Eating Habits be affecting your Sleep and How Can We treat it Without Using Drugs, at the Global Physicians and Healthcare Congress that was held in June 25-27, 2018 in Dubai, UAE [7]. Patients with insomnia should be advised to avoid eating food with a lot of energy during the night such as red meat, corn, beans, rice and all leaves that grow above the earth. The patient needs to eat dinner in the early evening around 6 PM, because after this period, the functioning of the organs of the digestive system is stagnant, causing the food to stay standing in the stomach and digestion is not carried out, being one of the causes of insomnia according to traditional Chinese medicine [3]. The most suitable foods to be eaten at night are foods that grow underground like cassava, carrot, onion, beetroot, yam etc. and white meet [3].

Use of sleep-inducing medications nowadays can cause an imbalance in internal energy, drawing a greater energy deficiency with internal Heat formation. This energy deficiency is explained according to Arndt Shultz Law, created by two German researchers in 1888. In this law, highly concentrated medications reduce the vital energy or even can cause death and the use of highly

diluted medications improves the organic process and increase the vital energy. The decrease in the vital energy is responsible for other energy imbalance production, that is the formation of internal Heat, very common in patients with insomnia symptoms and all these manifestations are in the energy level, not visible by naked eyes. So, the use of highly concentrated medications, even produced by the treatment of insomnia, is causing energy imbalances, maintaining the insomnia symptoms, according to this law, mentioned before [3,8].

Another important factor that could inducing insomnia in the patients could be the alterations found in the chakras' energy centers. The lack of Heart energy (third chakra) found in the survey that the author did during the period of 2015 to 2020, published in the article entitled Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection, could be another reason for the propensity to insomnia in our patients. According to traditional Chinese medicine, one internal massive organ is responsible for each function of external sensorial organ. And the organ that is responsible for the sleep process of the Heart (third chakra) but as the author demonstrated in many of her publications, each organ is interconnected and not working separately and for this reason, the imbalance in one organ can affect the function in another organ [4, 5,9].

The author reinforces the need to understand the circadian cycle of energy flow between day and night to understand how to understand the problems of insomnia. During the day, there is an increasing in the Yang energy that gets to its utmost at 12 PM, when begging's to decline and reach the Yin utmost at 12AM [3].

In addition to this problem, there is the influence of electromagnetic waves that are altering the internal energy of our bodies, leading to an important deficiency situation [9,10]. According to Chinese medicine, the internal organ that is responsible for normal sleep process is the Heart (third chakra). When she treats this energy deficiency using homeopathy medications according to the theory Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine and crystal based medications, the patients usually sleeps normally, without the necessity of using psychotropic medications, that is one of the causes of maintaining the energy deficiency, leading to the cascade reaction [11].

Therefore, the author uses homeopathy medicines for the treatment of replenishing the energy of these chakras according to the theory Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine, published in 2020. In this theory, she is using the reasoning in TCM, but treating using homeopathy. According to Hippocrates, we need to consider other ancient medical traditions prior to the knowledge we have nowadays, and for this this reason, the author chose the theory that exists for more than 5000years, together with what we have until now regarding the homeopathy reasoning. In the homeopathy discovered by Hahnemann, the reasoning behind this method of treatment was based by the simillimum theory, when the physician will give

the same medication that the substance could induce in a health person, but in a very diluted way [11].

In the book Bioenergetic Medicines East and West: Acupuncture and Homeopathy written by Manning and Vanrenen (1763), the authors are saying that homeopathy works like acupuncture in traditional Chinese medicine and for this reason, it is action is in the energy level, not visible by naked eyes, and for this reason, this kind of reasoning is not yet comprehended by Western medicine, due to some errors implanted in the past ( Flexner report ), when they only understand that what is scientific is what could be proved by exams and radiological evidence, for this reason, the diagnosis in Western medicine is very delay, due to the first three phases of the symptoms of the patients are in the energy level and only in the phase four and five, there are energy imbalances and the alteration in the laboratory exams and there are alterations in the cells that could be reversible ( phase four) or irreversible ( phase five) [12].

In the 9<sup>th</sup> Webinar on Healthcare- Healthcare Economics and Policy that was held in February 9<sup>th</sup>, 2021, in London UK, the author presented the theme To Know Which Medicine We Should Prescribe, We Need To Know What Type Of Patient We Have Nowadays. As she slowed in the article Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection Is the Population in the World the Same as in the Past?. the majority of the people nowadays are in the lowest level of energy, caused by the influences of the electromagnetic waves in our lives and the medications recommended for this kind of patients are highly diluted such as homeopathies and the use of highly concentrated medications will harm even more, including this psychotropic medications or sleep inducers, recommended to treat insomnia nowadays [9].

Therefore, the evaluation in the medical curriculum of all faculties of medicine on our planet must be done. Currently, medical schools are teaching future doctors to prescribe on medications that are causing more harm than benefit to our patients who are with an altered energy pattern being the drugs currently recommended for the population nowadays, highly diluted medications, such as homeopathies, as showed in the article Is the Population in the World the Same as in the Past? [13].

### References

1. Bhaskar S, Hemavathy D, Shankar Prasad (2016) Prevalence of chronic insomnia in adult patients and its correlation with medical comorbidities. *J Family Med Prim Care* 5(4): 780-784.
2. Pagel J, Parnes B (2001) Medications for the Treatment of Sleep Disorders: An Overview. *Prim Care Companion J Clin Psychiatry* 3(3): 118-125.
3. Huang WL (2020) Auricular Acupuncture and Chinese Dietary Counselling in the Treatment of Insomnia. *Archives of Neurology and Neuro Disorders* 3(1): 1-11.
4. Huang WL (2018) Why do Patients Still Catch Hospital Infections Despite the Practice of Infection Prevention and Control Programs? *Acta Scientific Microbiology* 1(4): 34-43.

5. Huang WL (2019) Why Are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Antglycemic Medication and Insulin? *International Journal of Diabetes and Metabolic Disorder* 4(2): 1-14.
6. PERINI, Mauro (2020) *Chinese Diet Therapy*. 2<sup>nd</sup> (ed). Livraria E Editora Andreoli.
7. (2018) *Global Physicians and Healthcare Congress*. Dubai CA UK.
8. (2020) Arndt Schultz *Law and its applications in Homeopathy* Homeopathy Resource by Homeobook.com.
9. Huang Wei Ling (2021) Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection. *Acta Scientific Microbiology* 4(4):167-196.
10. Huang WL (2021) Are We Vaccinating Immunocompetent or Immunocompromised People for COVID 19? *Journal of Vaccines Research & Vaccination*.
11. Huang WL (2020) Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine. *Acta Scientific Medical Sciences* 4(7): 57-69.
12. Clark A Manning and Louis J. Vanrenen. *Bioenergetic Medicines East and West – Acupuncture and Homeopathy*. 1<sup>st</sup> (ed) – 1763.
13. Huang Wei Ling (2021) Is the Population in the World the Same as in the Past? *Acta Scientific Clinical Case Reports* 2(6).



This work is licensed under Creative Commons Attribution 4.0 License  
DOI: 10.19080/OAJNN.2021.15.555916

### Your next submission with Juniper Publishers will reach you the below assets

- Quality Editorial service
- Swift Peer Review
- Reprints availability
- E-prints Service
- Manuscript Podcast for convenient understanding
- Global attainment for your research
- Manuscript accessibility in different formats  
( Pdf, E-pub, Full Text, Audio)
- Unceasing customer service

Track the below URL for one-step submission

<https://juniperpublishers.com/online-submission.php>