

Why patients with depression do not improve their symptoms when using anti-depressant medications?

Huang Wei Ling

Medical Acupuncture and Pain Management Clinic, Brazil



Abstract

Statement of the Problem: Depression is considered a mood disorder characterized by persistent feeling of loss of interest and sadness. In TCM, vital energy deficiency is the cause of depression caused by dysfunction of systems in the body such as deficiencies in the Blood, Qi, Yin and Yang energy, accumulation of Phlegm and Dampness. The principle of the treatment is to strengthen the vital energy, stimulating the Blood circulation, take out the Heat that is causing inflammation and removing Phlegm and Dampness.

Purpose: To address that depression has an energy deficiency as the cause, diagnosed and confirmed by the chakras' energy centers measurement and could worsen even more when antidepressant medications are used, in this case in the treatment of depression-like symptoms patients.

Methods: I brought two case reports, the first was a 22-year-old man with a diagnosis of depression since 2019, and was using antidepressant medications without any improvement. The second was an 80-year-old woman, suffering from late-life depression since her 60's, and using antidepressant medication since then. Both patients were not able to be functional (inability to leave the house, unable to cook for herself, extreme fatigue and with low self-esteem). The patient complained that her symptoms were not improving, even with the increase of the dosage of the antidepressant drugs. Chinese dietary counselling, acupuncture and moxibustion were started in both patients. They also performed measurement of the chakras' energy centers, considering a scale of one to eight, one being the minimum and 8 the normal level, six of her seven chakras were measured in one. To replenish the energy of the chakras' energy centers, she also used crystal-based medication and homeopathy based on the Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine. She was oriented to gradually withdraw the antidepressant medication, always associating the acupuncture sessions to reduce withdrawal symptoms.

Results: Both patients started to feel more energized, happier, and recovered the capacity of performing her daily activities very quickly since the first acupuncture session. The skin wrinkles of the second case report were appearing less too.

Conclusion: The depression has an energy deficiency as the root. It is important to treat these deficiencies to improve the patients' symptoms and their quality of life. The use of antidepressant medication in this case can worsen the vital energy, according to Arndt Shultz Law, maintaining or worsening the energy deficiencies that was causing the depression symptoms.

Biography

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, a General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. Once in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress in 1998. Since 1997, she works with the approach and treatment of all chronic diseases in a holistic way, with treatment guided through the teachings of Traditional Chinese Medicine and Hippocrates. Researcher in the University of São Paulo, in the Ophthalmology department from 2012 to 2013. Author of the theory Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine.



15th International Conference on Traditional Medicine and Acupuncture | December 10, 2021

Citation: Huang Wei Ling, [Why patients with depression do not improve their symptoms when using anti-depressant medications, 15th International Conference on Traditional Medicine and Acupuncture, December 10, 2021, 2](#)