

Case Report

Role of Energy Medicine in enhancing hemoglobin levels – A case study

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ABSTRACT

Background: Anemia, characterized by low hemoglobin levels, often leads to fatigue, weakness, and diminished quality of life. Conventional treatments typically involve iron supplementation and dietary adjustments, but some cases remain resistant to these approaches. This case study explores the potential benefits of Acupuncture and Energy Medicine as energy therapies in managing anemia. **Methods:** A 43-year-old female with severe anemia (hemoglobin 6.5 g/dL) participated in a three-month treatment plan that combined acupuncture and energy therapy. Acupuncture targets specific points to enhance Qi flow, stimulate blood production, and restore energy balance. The energy therapy plan focused on blood-nourishing foods aimed at supporting hematopoiesis. **Results:** After three months of treatment, the patient's hemoglobin levels increased by 4.9 g/dL, reaching 11.4 g/dL. Clinical symptoms, including fatigue, dizziness, and weakness, showed marked improvement. Additionally, the patient reported better sleep, enhanced mood, and an increase in appetite, all of which contributed to an improved overall sense of well-being. **Conclusion:** The results suggest that Acupuncture and Energy Medicine can serve as effective energy therapies in managing anemia, particularly for cases that do not respond well to conventional treatments. This case study provides preliminary evidence of their potential to improve hemoglobin levels and alleviate anemia-related symptoms. However, further research is necessary to validate these findings and explore the broader application of acupuncture and energy medicine in anemia management.

Key words: Anaemia, Acupuncture, Energy medicine, Haemoglobin, Qi flow, Prana

Anemia is characterized by a reduction in the proportion of Red Blood Cells (RBCs) and is seen as a manifestation of an underlying condition rather than a standalone diagnosis. The severity of symptoms varies based on the cause of the anemia, its rate of onset, and any co-morbidities, particularly cardiovascular disease. Symptoms typically emerge when hemoglobin levels drop below 7.0 g/dL. Erythropoietin (EPO), is a hormone produced in the kidneys, is crucial for stimulating red blood cell production. Tissue hypoxia primarily drives EPO production, with levels inversely correlated to hemoglobin concentration, meaning that anemic individuals often exhibit elevated EPO levels. However, patients with renal failure may present with lower than expected EPO levels, while in anemia of chronic disease (AOCD), EPO levels are elevated but insufficient, indicating a relative deficiency.

Normal hemoglobin (Hb) levels vary slightly but generally are defined as follows: 13.5 to 18.0 g/dL for men, 12.0 to 15.0 g/dL for women [1-3]. Anemia is a prevalent condition among older adults, with more than 10% of community-dwelling individuals aged 65 years and older are meeting the criteria of World Health Organization's definition (hemoglobin <12 g/dL

in women and <13 g/dL in men). The prevalence of anemia significantly increases with age, exceeding 20% in those aged 85 and older. Despite its commonality, the overall incidence of anemia in older adults is not well characterized, indicating a need for further research. Among older adults diagnosed with anemia, approximately one-third exhibit deficiencies in iron, folate, or vitamin B12, while another third may have renal insufficiency and/or chronic inflammation. The remaining cases often have no identifiable cause. Moreover, several studies have shown that anemia is associated with poorer survival rates in this population, emphasizing its importance as a significant health issue that warrants attention [4-6].

Conventional treatment for anemia involves supplements for vitamin B12, folic acid and iron deficiencies, potentially erythropoietin-stimulating agents or blood transfusions but this study explores the potential benefits of acupuncture and energy medicine as complementary therapies for enhancing hemoglobin levels in patients with anemia, aiming to provide insights into alternative treatment options. Energy medicine refers to a range of practices that aim to balance and restore the body's energy systems. These modalities are based on the

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concept that the body’s physical and mental health are influenced by a flow of vital energy, also referred to as Qi (in Traditional Chinese Medicine), Prana (in Ayurveda), or Biofield (in modern energy medicine). When this energy flow is blocked or imbalanced, it is believed that the body may experience illness or dysfunction. Acupuncture, a key component of Traditional Chinese Medicine (TCM), and energy medicine, an umbrella term encompassing a variety of healing practices that aim to balance the body’s energy flow, have been gaining interest as alternative or complementary treatments for a variety of health conditions.

Acupuncture works by stimulating specific points on the body to balance the flow of Qi (vital energy), while energy medicine focuses on restoring harmony to the body’s electromagnetic fields [7]. Previous studies have suggested potential benefits for both modalities in improving circulation, enhancing the body’s ability to heal itself, and managing chronic conditions. This case study aims to examine the effects of acupuncture and energy medicine on a patient with low hemoglobin levels, focusing on whether these complementary approaches can increase hemoglobin levels and alleviate associated symptoms.

CASE PRESENTATION

Patient Demographics

The patient is a 43 year old female presented in the Out Patient Department at International Institute of Yoga and Naturopathy Medical Sciences, Chengalpattu with a complaint of history of anemia, presenting with fatigue, dizziness, and shortness of breath upon exertion. She had been diagnosed with anemia three months prior and had been taking iron supplements without significant improvement in her hemoglobin (Hb) levels. Her baseline hemoglobin level at the time of initial assessment was 6.5 g/dL (normal range: 12–16 g/dL for women). Associated with the history of disturbed sleep, indigestion, frequent headache, giddiness and psychological stress is persistent. No history of metabolic and chronic diseases. Her menstrual cycle and flow is normal.

Table 1: Treatment plan executed during the treatment of the case

ENERGY MEDICINE	TECHNIQUE	FREQUENCY
Acupuncture	Selected points are given bilaterally, SP 10 SP 6 UB 17 GB 39 LIV 13	First ten days in a month for 3 months
Diet therapy	Pearl millet milk Beetroot juice	Twice a week for next 20 days in a month for 3 months.

Table 2: Table showing Importance of Acupuncture points

ACUPUNCTURE POINTS	IMPORTANCE
SP 10 (Xue hai)	Sea of blood
SP 6 (Sanyinjiao)	All 3 meridians of yin converge at a point (KI , SP , LR)
UB 17 (Geshu)	Influent point for blood
GB 39 (Xuanzhong)	Influent point for bone marrow
LIV 13 (Zhangmen)	Mu front point - SP

Treatment Plan

The patient was treated with energy medicine and the treatment protocol includes Acupuncture, Diet therapy that was designed in such a way to improve the blood circulation, balance energy flow, and address underlying deficiencies in Qi and blood, particularly in relation to the Spleen, Liver and Kidney meridians, which are believed to play a role in blood production in Traditional Chinese Medicine.

RESULTS

The patient’s treatment with energy medicine, including acupuncture and diet therapy aimed at improving blood circulation and addressing deficiencies in Qi and blood, demonstrated significant improvements in both her clinical symptoms and laboratory findings.

1. **Hemoglobin Levels:** The patient’s hemoglobin was closely monitored throughout the treatment process. Initially, her hemoglobin level was 6.4 g/dL at the time of presentation, which is below the normal range for women (12–16 g/dL). After completing the prescribed treatment regimen over a period of three months, her hemoglobin level increased to 11.4 g/dL, showing an improvement of hemoglobin 4.9 g/dL. This significant rise in hemoglobin was consistent with the therapeutic goals of improving blood production and addressing underlying deficiencies.
2. **Clinical Symptoms:** The patient’s presenting symptoms, including fatigue, dizziness and shortness of breath upon exertion, indigestion, frequent headaches, and disturbed sleep, improved markedly.
- **Fatigue:** The patient reported a marked reduction in fatigue, with a notable increase in energy levels.
- **Dizziness and Shortness of Breath:** Both symptoms improved substantially, with the patient experiencing less breathlessness and dizziness, particularly during physical exertion.
- **Sleep and Mood:** There was a significant improvement in the quality of her sleep and a reduction in feelings of giddiness. She also reported a better mood and increased emotional stability.
- **Hunger and Appetite:** The patient's appetite improved and she noted a reduction in hunger-related discomforts.

3. Overall Well-being: By the end of the third month treatment course, the patient expressed an enhanced sense of overall well-being and vitality. She reported feeling more energetic, with improved stamina, and a greater sense of mental clarity and emotional balance.

Table 3: Pre and Post-Assessment Parameters

PARAMETERS	PRE-ASSESSMENT	POST-ASSESSMENT
Height	155 cm	155cm
Weight	59 kg	58kg
BMI	24.6 kg/m ²	24.2 kg/m ²
Blood pressure	110/70 mmHg	112/78 mmHg
Haemoglobin levels	6.5 g/dL	11.4 g/dL

DISCUSSION

Anemia, particularly iron-deficiency anemia, is a widespread health issue characterized by a decrease in hemoglobin level, leading to symptoms such as fatigue, weakness, and dizziness. While conventional treatments typically involve iron supplementation, energy medicine (alternative and complementary therapies), such as beetroot juice, pearl millet milk, and acupuncture therapy, have garnered attention for their potential to support blood and increase hemoglobin levels. These natural interventions may work synergistically, combining nutritional benefits with therapeutic effects to enhance red blood cell production and improve overall health.

Acupuncture, a key component of Traditional Chinese Medicine, adds a therapeutic dimension to anemia management. Acupuncture is believed to improve blood circulation by stimulating specific acupuncture points related to the cardiovascular system and Qi flow. By enhancing circulation, acupuncture can help increase the delivery of oxygen to tissues, which is particularly beneficial for individuals with anemia, who often suffer from symptoms such as fatigue and low energy due to insufficient oxygenation of tissues. In Traditional Chinese Medicine, anemia is often seen as a result of Qi deficiency or poor blood flow, and acupuncture aims to restore balance and stimulate the production of blood (Xue) by enhancing Qi and blood flow [8]. Acupuncture also reduces stress and lowers cortisol levels, which can have a positive impact on red blood cell production, as chronic stress can impair the function of the immune system and red blood cells. Some studies suggest that acupuncture may stimulate bone marrow function, further enhancing red blood cell production and improving hemoglobin levels [9, 10].

Beetroot juice, rich in non-heme iron, folate, and vitamin C, plays a significant role in increasing hemoglobin level. While the iron in beetroot is less bioavailable than heme iron from animal sources, its absorption is enhanced when consumed with vitamin C-rich foods, such as citrus fruits. This combination boosts the body’s ability to absorb and utilize iron, facilitating

hemoglobin production. Additionally, beetroot is an excellent source of folate, a vital nutrient for the maturation and proper functioning of red blood cells [11, 12]. Folate deficiency can lead to megaloblastic anemia, characterized by large, dysfunctional red blood cells, but regular consumption of beetroot juice helps in preventing this. Beetroot is also rich in betalains, powerful antioxidant that reduces oxidative stress, which prevents the damage of red blood cells and improves their function. By protecting red blood cells from oxidative damage, beetroot juice may improve their lifespan and function, thereby supporting overall blood health. Furthermore, beetroot's high nitrate content, which converts to nitric oxide in the body, helps to dilate the blood vessels, improving blood circulation and enhancing oxygen delivery to tissues—a crucial benefit for individuals with anemia, who often experience fatigue and low energy levels due to poor oxygen transport [13].

Pearl millet milk, made from the nutrient-dense grain pearl millet, further complements these benefits. Pearl millet is an excellent plant-based source of non-heme iron, protein, folate, and magnesium, all of which contribute to hemoglobin production and overall blood health. Like beetroot, the iron in pearl millet milk is more efficiently absorbed when consumed with vitamin C. The protein in pearl millet plays a key role in hemoglobin synthesis, providing the necessary amino acids for the formation of hemoglobin protein subunits. Additionally, the folate content in pearl millet supports the maturation of red blood cells, preventing folate deficiency anemia. Magnesium, which is abundant in pearl millet, is involved in various enzymatic processes that support red blood cell production and overall hematologic health. The synergistic effects of these nutrients in pearl millet milk contribute to the body’s ability to produce and maintain healthy red blood cells, thereby supporting hemoglobin levels [14-16].

The combined use of beetroot juice, pearl millet milk, and acupuncture presents a holistic approach in managing anemia. Beetroot juice boosts iron absorption and provides folate, antioxidants, and nitrates that support red blood cell health and circulation. Pearl millet milk contributes additional iron, protein, and magnesium to support hemoglobin synthesis and red blood cell production. Acupuncture enhances circulation, balances Qi, and potentially stimulates bone marrow activity, promoting the overall function of the blood system. These interventions, working together, offer a comprehensive strategy that addresses both the nutritional and energetic aspects of anemia management. While further research is necessary to confirm the efficacy and optimal application of these therapies, their combined effects provide a promising adjunct to traditional treatments for anemia, especially for individuals seeking complementary approaches to improve their blood health.

This case study provides preliminary evidence that acupuncture and energy medicine may offer a complementary approach to increasing hemoglobin levels in patients with

anemia. These modalities, when used alongside conventional treatments, could help address underlying imbalances, improve circulation, and enhance the body's ability to heal and regenerate. More research is needed to confirm these findings and determine the most effective protocols for treating anemia with acupuncture and energy medicine.

Limitations and Considerations

While energy medicine, including approaches such as acupuncture and diet therapy, shows promise for supporting the treatment of anemia, several important limitations and considerations should be kept in mind. These therapies should not be seen as a replacement for traditional medical treatments but rather as complementary or adjunctive options that can support overall well-being, improve symptoms, and enhance the body's natural healing processes. Anemia, especially when caused by severe nutritional deficiencies or chronic diseases, often requires conventional medical interventions, such as iron supplementation or management of underlying health conditions.

Research on the effectiveness of energy medicine approaches for anemia is still in its early stages. The majority of current evidence is derived from small-scale studies, clinical observations, or anecdotal reports, rather than large, well-controlled clinical trials. Consequently, the scientific basis for the widespread use of energy medicine in anemia management remains limited. Further research with larger sample sizes, randomized controlled trials, and long-term follow-up is needed to establish the clinical efficacy and safety of these treatments.

The effectiveness of energy medicine interventions can vary significantly from person to person. While some individuals may experience significant improvements in their symptoms or overall health, others may not respond as positively or may find these approaches less effective. Factors such as the severity of anemia, underlying causes, individual health conditions, and differences in the body's response to energy-based therapies all play a role in how these treatments are experienced. Therefore, it is important to approach energy medicine with an understanding that results may be individualized, and it may not be suitable or effective for everyone.

These limitations highlight the need for a balanced, evidence-based approach to the treatment of anemia, integrating traditional medical practices with complementary therapies where appropriate, while acknowledging the current gaps in research and the variability in patient responses.

CONCLUSION

In conclusion, while acupuncture and dietary interventions like beetroot juice and pearl millet milk show promise as complementary therapies for anemia. These natural approaches can support hemoglobin production, improve circulation, and enhance overall blood health through their nutritional content

and potential to balance energy flow. However, due to the limited evidence from small-scale studies and individual variability in response, further research is needed to confirm their effectiveness. Energy medicine should be viewed as a supplementary treatment, used in conjunction with conventional therapies, to improve well-being and manage anemia more holistically.

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