

Course:	Acupuncture Treatment of Disease 3	Date:	June 1, 2009
Class #:	7 – Chemical Dependence and Anxiety Disorder		

TEST NEXT WEEK!

Chemical Dependency

Wide problem in the US, both drugs and alcohol. Alcohol is almost 5 times more prevalent than drug abuse.

Be sure you can tell the difference between physical and psychological dependence. Physical dependence is easier to treat than is psychological dependence. That requires treatment of the seven emotions.

- ☉ Physical dependence
Characterized by physical symptoms which manifest when intake of the substance ceases. This is an adaptive state the develops through resetting homeostatis mechanisms to permit normal function despite the continued presence of a substance.
Applies to opium, sometimes alcohol, even prescription drugs such as Paxil and Effexor.
- ☉ Psychological dependence
Characterized by cravings for the substance.
- ☉ Tolerance
Reduction in response to a drug or substance after repeated use. This is a normal adaptive physiologic response and can apply to a wide range of substances including Chinese herbs.

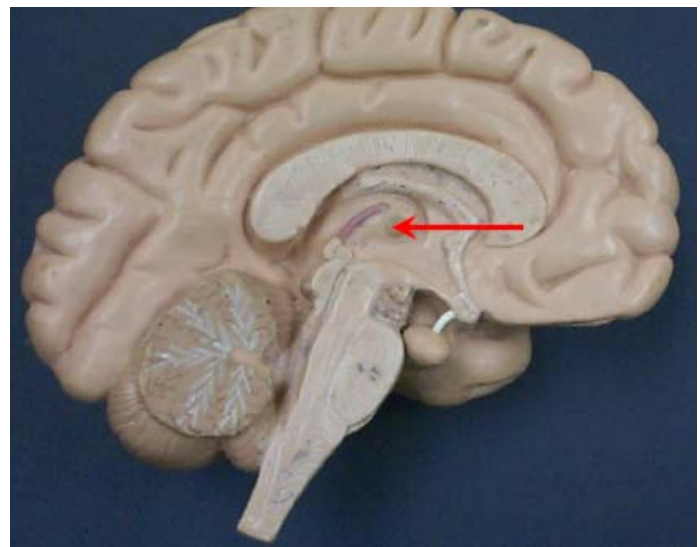
The mechanism for chemical dependence is “drug reward.” This has to do with body memory. The body remembers the substance and often responds with euphoria. Extracellular dopamine levels elevate. This is a form of tonification.

This happens in the brain. Specifically, it happens here →:

Withdrawal from substances comes with consequences. Here’s an example of alcohol withdrawal.

Symptoms manifest as early as 4 – 12 hours after ceasing but may take a few days. **At first symptoms are mild:**

- ☉ Intense worry
- ☉ **N/V**
Since this can be a manifestation of a lot of things (cervical spondylosis and hypertension in older patients, pregnancy in women of childbearing age, infections of various types, etc.) be sure to rule out other causes.



- ☉ Shakiness
- ☉ Sweating

Then the **symptoms become more severe:**

- ☉ Confusion and irritability
- ☉ **Tactile hallucinations**
Feeling things on the body that aren't actually there.
- ☉ **Visual and auditory hallucinations**
Seeing and hearing things that aren't actually there.
- ☉ Severe agitation
- ☉ Severe trembling

Patients may also experience the “DT’s” or **Delirium Tremens** which are all of the above plus the fun extra symptom of **seizures**. *This is a life-threatening condition!*

Withdrawal from drugs

Liver has the detoxification function so alcohol and drug abuse can deplete Liver resources causing Liver Yin xu, Qi stagnation, etc. Liver is implicated in many neurological disorders including these.

Common symptoms of drug withdrawal:

- ☉ Abdominal pain
- ☉ N/V
Happens within 6 – 8 hours with heroin withdrawal. Also anxiety, sleep disturbance...in the beginning it looks a lot like flu: nasal discharge, chills/fever, insomnia, anxiety, pupils enlarged, n/v, skin feels cold and looks goose-pimpley.
- ☉ Drenching sweats
- ☉ Nervousness and shaking
- ☉ Seizures
- ☉ Death

Some drugs have no withdrawal symptoms: marijuana, PCP.

Treatment

Alcoholism can be treated with vitamin B1 at dosages of 50 – 100 mg daily. Can also use diazepam in injection form. Opioid drug abuse can be treated with methadone at 10 – 25 mg 2ce per day.

TCM Mechanism

Most chemical dependency in TCM is a condition of deficiency. Usually all of the 5 zang have been involved when one gets to the point of dependency.

- ☉ Liver - Tremors and visual hallucinations
- ☉ Heart (or Kidney if long term) - Psychological cravings
- ☉ Spleen - Nasal discharge, salivary overload
- ☉ Lung – easily sweat and catch colds/illnesses
- ☉ Kidney – poor sleeping and memory, pain, auditory hallucinations

Chosen method of drug delivery can be indicative of the deficiency too. If a client likes to inhale their drug, that's a lung xu. If want to shoot up (muscular injection) then that's Spleen xu. If want to shoot up intravenously, this is a Heart xu. If they like to eat their drugs that's Stomach xu.

Chemical dependency can also cause fire in the body. You must reduce this fire when it is present.

TCM Differential Diagnosis and Treatment

Deficient Types

<p>Qi Xu</p>	<p>LU, SP or KID Qi Xu</p> <ul style="list-style-type: none"> - Fatigue; easy to catch cold; SOB - Soft voice; pale face; depressed appetite <p>T: Pale, swollen, w/ moist coat P: Deep, weak</p>	<p>Remove Toxic Heat; Tonify Qi</p> <p>-----</p> <p>REN-17, 4, 6; LU-9; ST-36; LI-10; UB-13, 20, 23 ...</p> <p>Add tonifying points for affected organ (i.e. backshu; yuan, etc)</p> <p>Herbs: white ginseng, or xi yang shen</p>
<p>Yin Xu</p>	<ul style="list-style-type: none"> - Palm fever; night sweats; tidal fever in the afternoon/p.m.; thirsty etc. <p>T: Red w/ cracks & little or no coat P: Thin, fast</p>	<p>Remove Toxic Heat; Nourish Yin</p> <p>-----</p> <p>KID-3; UB-23, 43, 52; SP-6;</p> <p>Herbal therapy is stronger</p>

Use back shu points to tonify.

Excess Types

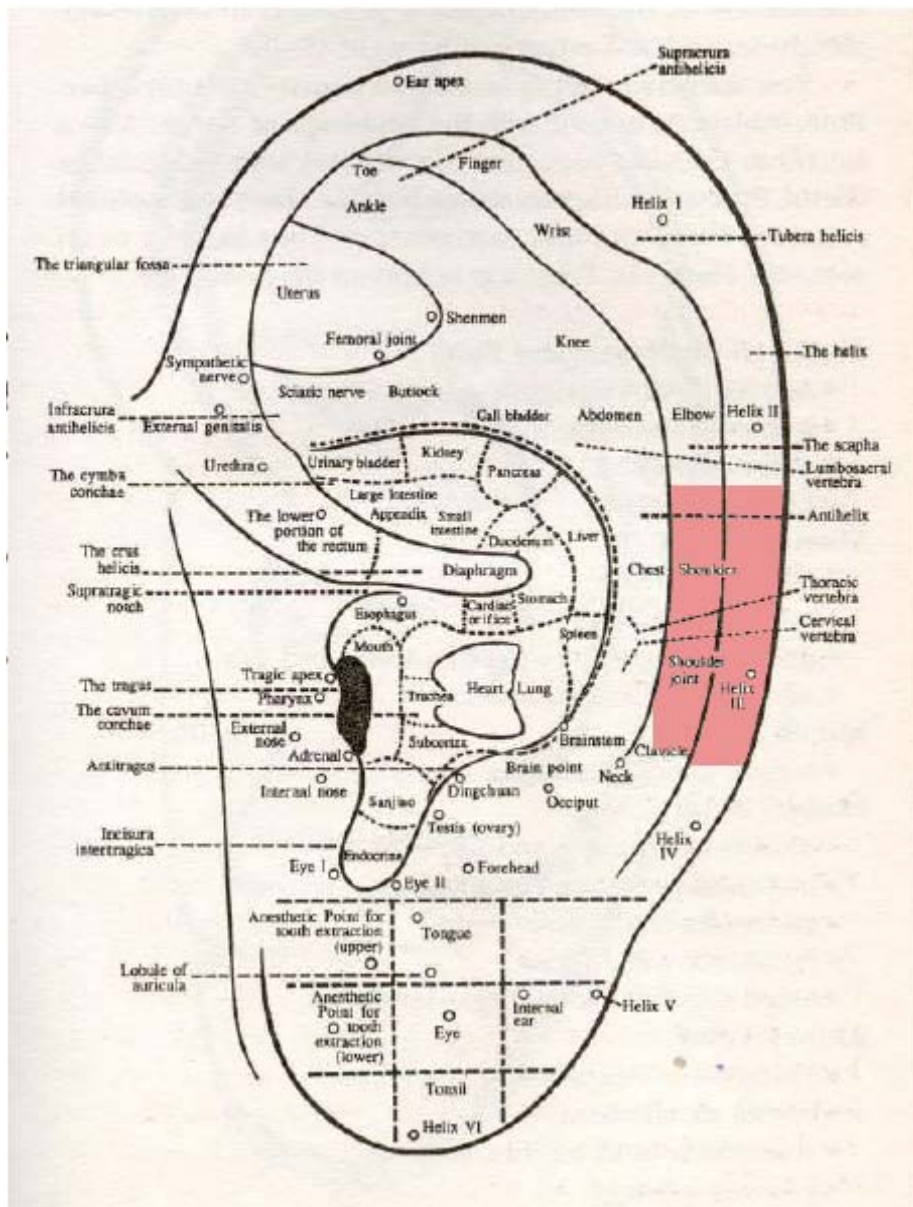
<p>Retention of Damp-Heat or Toxic Heat</p>	<ul style="list-style-type: none"> - Restless; irritable - Thirst for cold or w/ no desire to drink - Fever; nausea; vomit - Constipation; dark yellow urine <p>T: Scarlet C: Yellow, greasy P: Slippery, fast</p>	<p>Remove Toxic Heat or Damp-Heat</p> <p>-----</p> <p>P-6 (toxic heat + nausea vomit) SP-10; REN-3; UB-40; DU-14; SJ-5 LI-11 + SJ-6 - if very severe</p> <p>Herbs for toxic heat from LU: yu xin cao LIV: long dan cao</p>
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You will also see black or dark brown coatings on tongues, scarlet bodies.

<p>Disharmony between internal organs: LIV & SP, HT & KID, ...</p>	<ul style="list-style-type: none"> - Depression; stress; chest distension; sighing from time to time - Depressed appetite; loose stool/diarrhea; gas & bloating - Hypochondriac pain or upper abdomen <p>T: Pale, thin white P: Wiry, weak in SP area</p>	<p>Soothe LIV Qi; Tonify SP Qi; Harmonize LIV & SP</p> <p>-----</p> <p>4 gates; ST-36; SP-6 GB-34; LIV-8, 1 to 3, 14 (or UB-18, 20)</p> <p><i>If more:</i> HT & KID: P-6, HT-7, KID-6 SP & ST: ST-25, 36; REN-12; SP-6 UB-20, 21</p>
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Liver and Spleen would apply to irritable type dependency – PCP
Heart and Kidney are a relationship between fire and water.

Treatment must include psychological adjustment, differential points and NADA auricular protocol.



NADA protocol

- ☯ Shenmen is a good choice for calming.
- ☯ Sympathetic nerve point
- ☯ Brain point
- ☯ Can also use KI, LV, LU to help with detoxification.

I've added in the hunger point and sugar points for cravings. Seems to help.

Be sure to carefully clean the ear and needle superficially. Repeat and deep use on the ear will sometimes leave a bump scar tissue. See the [Advanced Needling notes](#) for more on auricular acupuncture.

Anxiety Disorder

Anxiety should be differentiated from anxiety disorder. The disorder indicates a state of distressing, chronic and fluctuating nervousness which is inappropriately severe for the person's circumstances.

Anxiety Disorders can be classified this way:

- ☉ Broad
 - Neurasthenia
 - Phobias
 - Obsessive Compulsive
 - PTSD
- ☉ Narrow definition belongs to the Neurosis category.
 - **Acute Panic Attack Disorder**

Generally begins to occur around 20 y.o. Allergy patients are more likely to have this disorder – about 50% greater chance than non-allergy sufferers. Episodes usually last 5 – 10 minutes. Can be induced by any of a series of triggers – elevators and closed spaces. Manifestations of panic disorder are as follows:

 - Palpitations
 - Profuse sweating
 - Trembling
 - Dizziness
 - Sensations of numbness
 - Severe fright
 - Hot flashes
 - Generalized Anxiety Disorder

Lots of things can result in stress and anxiety – this is situational anxiety and resolves once the situation resolves. This is not generalized anxiety disorder. Multiple stressors however which bother one's life can be categorized as a generalized anxiety disorder. People who worry about everything all the time.

[NIMH](#) defines it as “an anxiety disorder characterized by chronic anxiety, exaggerated worry and tension, even if there is little to provoke it.”
 - Phobic Disorders

Fears that are so strong they alter normal life and behavior. Per John's Hopkins: A condition characterized by persistent, irrational fears that significantly impair an individual's social or work performance.
 - Obsessive Compulsive Neurosis

John's Hopkins: A condition characterized by recurrent, repetitive thoughts (obsessions), behaviors (compulsions), or a combination of both. A person with OCD recognizes that his or her obsessions and compulsions are unreasonable, intrusive, unnecessary, or foolish but cannot resist them.
 - PTSD

Again from Johns Hopkins: A form of chronic psychological stress that follows exposure

to a traumatic event such as an earthquake, a violent crime (rape, child abuse, murder), torture, an accident, or warfare.

Physical symptoms of anxiety disorders can mimic several other disease, especially hyperthyroid. Be sure to rule those out first.

Physical symptoms include:

- ☉ Abdominal discomfort
- ☉ Diarrhea
- ☉ Dry mouth
- ☉ Rapid heartbeat/palpitations
- ☉ Tightness or pain in the chest
- ☉ SOB
- ☉ Dizziness
- ☉ Frequent urination
- ☉ Difficulty swallowing

Psychological symptoms include:

- ☉ Insomnia
- ☉ Irritability
- ☉ Inability to concentrate
- ☉ Fear of madness
- ☉ Depersonalization – feeling unreal and not in control of actions

TCM Etiology

- ☉ Emotional disorders
- ☉ Overworking depleting the organs

TCM Mechanism

Rebellious Qi of the HT, KI, LV
Too much energy in the upper body and not enough in the lower

All of these energies move upward – too much of this leads to feelings of loss of control. Could also be expressed as excess in the UJ, deficiency in the LJ.

TCM Differentiation and Treatment

Basic Points:

- ☉ Du 20 – reducing. Point posteriorly
- ☉ Ren 14 – heart front mu
- ☉ Ren 17
- ☉ UB 14 - pericardium
- ☉ UB 15 – heart back shu

- ☉ HT 7
- ☉ PC 6 – palpitations
- ☉ KID 3 and KID 6 – fright unroots the kidney. This roots it back down.
- ☉ SP 6

Seven emotion points and Qigong are also excellent for anxiety disorders. See end.

<p>HT & GB Qi Xu</p>	<ul style="list-style-type: none"> - Genetic factors: personality; family tree - Timidity; hesitant to make decisions; fatigue & tired - Nightmares; palpitations; sob; poor appetite <p>T: Pale, swollen w/tm C: Thin, white P: Deep, weak</p>	<p>Tonify Heart Qi; Calm Spirit</p> <p>-----</p> <p>Basic + HT-7; P-6; GB-34, 24 (+ Qi herbs)</p>
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<p>HT & LIV Blood Xu</p> <p>People with anemia are in this group</p>	<ul style="list-style-type: none"> - Palpitations w/ empty sensation in chest; poor concentration; bad memory - Dream disturbed sleep (HT & LIV Xue Xu); scanty, light red (color) menses; amenorrhea - Blurred vision; pale face, floaters - Severe cases: fainting or tremoring hands. (Inner wind due to Liver Xue Xu) <p>T: Pale C: Thin, white P: Weak, thin (thready), esp. on left</p>	<p>Nourish HT & LIV Blood; Benefit Shen</p> <p>-----</p> <p>Basic + UB-17, 18; LIV-3, 8; ST-36, DU-20, 24</p>
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Might also see tremors with this one. Can also choose shen points – sishenqong.

<p>Heart & KID Disharmony:</p> <p>Heart Yin and KID Yin Xu with Empty Heat</p> <p>At menopausal age, Pulse is often thin</p>	<ul style="list-style-type: none"> - Palpitations w/ empty sensation in lower dantien; hot flash; dizzy, even fainting, tinnitus - Palm sweat or spontaneous sweating (from Qi going up) - Insomnia; tachycardia; low back pain (must have KID symptoms such as low back pain) <p>T: Red, small size w/ cracks C: Less, or mapped/peeled, or thin yellow P: Thin & fast, could be superficial</p> <p>* KID-1: only point to use for Xu Heat (to take empty fire back to its origin) - use 20-30 gauge needle</p>	<p>Harmonize HT & KID; Nourish Heart & KID Yin; Remove Empty Heat; Benefit Shen</p> <p>-----</p> <p>Basic + UB-23, 52; KID-3, 8 KID-1* w/ moxa or needling Yintang</p> <p>- Must do both HT & KID points</p>
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Wind, yin xu and blood stasis signs.

Prior to either of these treatments (chem dep or anxiety), you need excellent communication with the client and you need trust from the client. They must feel safe and comfortable in order for your treatment to be effective.

Guided Qigong would be an excellent way to start. Give them a simple qigong practice they can do on their own. Slow gradual inhale from Du 20, slow gradual exhale to KI 1. Might be enough!

Seven Emotion Treatment

He's talking about it, but he's not really telling us what it is!

Review for Quiz 2

40 m/c

- Bi syndrome
- Carpal tunnel
- Stiff neck
- Anxiety disorder
- Ankle sprain

Mechs, diffs, basic points are the most important. Know the chem dep ear points too.