Nicotine Dependency

Smoking prevalence worldwide is 1.3 billion. In the US about 55% have tried it and 22.3 are currently smoking. That comes to about 61 million with 23 million of those being female.

Nicotine produces a pleasurable feeling, even euphoria, that makes a smoker want more. Gives a light floating feeling. The sympathetic nervous system gets very excited. During this process the body develops drug tolerance and more smoking is required to get the hit.

Not surprisingly, the etiology of nicotine dependency is nicotine in the smoke. (I know…duh.)

Benefits of stopping (subtitled: It’s never too late):

☯ After 20 min the ht rate and bp drops
☯ After 12 hours the CO level in the blood drops to normal
☯ 2 weeks – 3 months: circulation improves, lun fnx increases
☯ 1 – 9 months: cough/sob decreases. Cilia restored to normal fnx in LU, increasing ability to handle mucus, clean the lungs, reduce risk of infection
☯ After 1 year the excess risk of coronary ht dx is half that of a smoker’s.
   (Smoking causes the blood to be sticky and increases risk of clotting)
☯ After 5 years stroke risk is reduced to that of a non-smoker
   (Again with the sticky blood thing)
☯ 10 years after quitting lung cancer death rate is about ½ that of a continuing smoker. Risk of cancer of mouth, esophagus, bladder, cervix and pancreas decrease.
☯ 15 years: risk of coronary heart dx is that of a non-smoker’s.

Diagnostic criteria for nicotine dependency (which is really moot, no? )

Greater than 3 = nicotine dependency

☯ Nicotine tolerance
   Increased amts, decreased fx.
☯ Nicotine withdrawal sx
☯ Unsuccessfully tried to cut down.
☯ Spends a great deal of time using nicotine
☯ Reduction in social, occupational, or recreational activities because can’t smoke there.
☯ Continued use despite problems due to smoking

Symptoms of nicotine withdrawal
These begin within a couple of hours of not smoking. Sx peak 48 – 72 hours. This is the best time to help patients through the rough spot. Symptoms can last for a few days to a few weeks. Generally takes about a month for the cravings to stop.

☯ Chest pain
☯ N/V
☯ Sweating
Insomnia
Anxiety
Visual, tactile, auditory hallucinations or illusions
Physical agitation
Hand tremors
Seizures
Craving for smoking

Treatment methods
Acupuncture alone is not enough.

First stage
Avoidance and alteration of behaviors, alternatives to smoking, activities.

Prepare first.
Let the patient know how it’s going to go down and what to expect. Have them pick a quit date. In the meantime, get rid of all smoking paraphernalia in the house, all “Marlboro man” t-shirts, the Joe Camel posters, all the ashtrays, lighters, whatever. Patient has to gear themselves up for this.

Keep active and social in situations that aren’t smoking dependent.

Drink lots of water - long term smoking causes toxic Lung heat and Lung damage. This will decrease fire and moisten the Lungs. Note that cravings for food after smoking is the same as cravings for nicotine. The heat can transfer to the stomach and cause high appetite. Hence the water advice.

Nicotine replacement – patches, gum, nasal sprays, inhalers, etc.
There’s also a little fake filter to chew on that gives the oral fix. In China there are detox herbs rolled into a cigarette. Is this a good idea? Doesn’t seem so to me, but what do I know?

Stop smoking class
Kind of like AA for smokers. Support group type help.

Avoid high risk areas and situations
Bars, social gathering where everyone around you smokes, etc. If you smell it…you want it! You see it…you want it! Especially important those first 2-3 days and the first month.

Avoid caffeine and alcohol.
Coffee and boozin’ it up are when most smokers/ex-smokers want to smoke.

Second stage
Nicotine withdrawal syndrome. Can use Wellbutrin (aka, bupropion), a weak inhibitor of neuronal uptake of dopamine, serotonin, norepinephrine. Can do the same with herbs and acupuncture.

Third stage
Avoid relapse
TCM Mechanism:

**Retention of heat/toxic heat in the Lung.**

Long term smoking and the heat/toxic heat causes Yin and Qi damage/deficiency, and Phlegm-heat.

Organs affected:
- **Lung Qi xu**
  
  So much phlegm and heat that the phlegm goes systemic and stores abnormally. Lung Qi and Yin becomes deficient
- **Kidney**
  
  Long term smoking causes lung qi and yin xu to affected the water element of the kidney.
  Lung color is black – KI color. Very long term smoking + age → incontinence of urine. Lung can no longer function as the upper source of water.
- **Liver**
  
  Metal normally controls wood, but with smoking it cannot. Irritability and tremors upon withdrawal.
- **Heart**
  
  Restlessness and insomnia – more frequent waking at night b/c shen cannot rest, body is asking for nicotine. This is heart fire.
- **Spleen**
  
  Weight gain and phlegm.

### Differential Dx and Tx

**Basic points**

<table>
<thead>
<tr>
<th>Basic Points</th>
<th>LI-4, 5, 11; LU-7; SJ-5; ST-36; REN-17; P-6; LIV-3; GB-13 (root of shen; good to remove heat/phlegm &amp; calm shen)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Auricular</td>
<td>Shenmen; sympathetic; ST; LU; external nose</td>
</tr>
<tr>
<td><strong>Herbs</strong></td>
<td>Jamie Wu’s</td>
</tr>
</tbody>
</table>
|              | ren shen/dang shen 10 g (white/ xia yang shen) + yuan zhi 12 g (works on nerve system; relax brachial) + di long 10 g (relax brachial spasm; convulsions, wind) + yu xing cao 20 g (can add mai men dong, ...)
|              | - if yu xing cao is not available, use pi pa ye (W-H in UI) or huaaq qin (D-H in UI)
|              | - may have some dark urine or constipation – heat is coming out; keep taking until successfully quits |
|              | Lu 7, and LI 5 and Ren 17 are for the lung.  
|              | Spleen – ST 36
|              | Liver – 4 gates  
|              | Ht and Shen – PC 6 for palps, GB 13 for shen – “root of shen”  
|              | Heat – LI 11 and SJ 5 |

**Retention of Toxic Heat with D-Ph or Ph-Heat**

- Phlegm + heat Sx

  | T: Red or scarlet or dark red | REN-12; SP-9; ST-40 |
  | C: Yellow greasy thick rough or even brown | DU-14; UB-13 |
  | P: Slippery, forceful, fast | |

SJ 5 also good. Ren 17 too. LU 10 to clear the lung heat. Could also bleed it.
**Lung and Spleen Xu**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fatigue; SOB; spontaneous sweating; easy to get cold; poor appetite; loose stool; diarrhea; craving; + dampness in SP</td>
<td><strong>Tonify SP &amp; LU Qi</strong></td>
</tr>
<tr>
<td>T: Pale swollen w/ teeth marks</td>
<td>LU-9; SP-6</td>
</tr>
<tr>
<td>C: Thin white coat</td>
<td>UB-13, 20, 21</td>
</tr>
<tr>
<td>P: Deep, weak, esp. on right</td>
<td><strong>LU and LV Yin Xu</strong></td>
</tr>
</tbody>
</table>

Other complications: frequent common cold. ST 36 another good choice and LI 10 together – tonifies Wei Qi. Add cough to the list of sx above.

**LU and LV Yin Xu**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dry cough;</td>
<td><strong>UB-43; LIV-8; UB-18, 13; LU-9, 5; KID-7</strong></td>
</tr>
<tr>
<td>- LIV yin Sx w/ empty heat in LIV – irritability; anger; dizziness; shaking of hands; frequent constipation</td>
<td></td>
</tr>
<tr>
<td>T: Small, thin, peeled w/cracks</td>
<td>UB-13, 20, 21</td>
</tr>
<tr>
<td>P: Thin; fast – thinner on left</td>
<td><strong>HT and KI Disharmony</strong></td>
</tr>
</tbody>
</table>

Body shape will probably be thinner. Heat manifestations and dry cough. See the inner wind sx above. UB 30 another good choice. UB 43 is for long term. Add LV 3 to tonify or LV 8 for stronger hit. KI 7 is for night sweating.

**HT and KI Disharmony**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insomnia; palpitations; poor spirit; low back pain; dizziness; vertigo; desire for smoking</td>
<td><strong>HT-7, 8; KID-1, 6</strong></td>
</tr>
<tr>
<td>T: Small &amp; thin, red tip; less coat</td>
<td>UB-15, 23</td>
</tr>
<tr>
<td>P: Thin &amp; fast – over flowing on HT</td>
<td></td>
</tr>
</tbody>
</table>

Probably has tried to smoke a lot of times, lots of cravings (KI is related to Will, Ht related to Shen). Dizziness and vertigo = deficient heat generating the internal wind. Might also have some tremors. Use HT back shu and HT 7 plus clear heat and tonify yin for cravings. HT 8 will clear heat from heart well.

Schizophrenia

Schizophrenia is a mental disorder characterized by loss of contact with reality, abnormal thinking, disturbed social functioning, diminished motivation, hallucinations (seeing or hearing what isn’t there) and delusions (false beliefs – like someone is going to kill them – altered form of reality).

Etiology is due to hereditary factors and environmental factors.

Hereditary factors

- 10% family history – more than 10 times more likely to manifest
- 50% monozygotic twin – if one twin has schizophrenia, 50% chance the other will too.
- 1% general population

Environmental factors

- Infections
- Stress or starvation during preggers
- Birth in urban areas or in winter
- Obstetric complications

Schizophrenia is diagnosed by:

- Two or more of the following lasting 1+ months.
  - Delusions
  - Hallucinations
  - Disorganized speech
  - Lack of normal behaviours
- Decline in social, personal or occupational function
- Disturbed behavior lasting 6 months or more

Other factors such as physical and mental problems must be ruled out for a good diagnosis.

DSM 4 differentiations of Schizophrenia

Disorganized Schizophrenia

Happens younger than 25 years old. Comes with behavior change and disheveled appearance of clothing, hair, etc. Again, must have this behavior 6 months before the diagnosis can be made.

Catatonic Schizophrenia.

No self-directed movement. Will hold strange postures for hours on end.

Paranoid Schizophrenia

Hears voices, directing patient to do stuff. Hallucinations. Typical manifestation: persecution complex – belief that someone wants to hurt or kill the patient.

Positive and Negative Symptoms:

Has sx normal people don’t have and vice versa.

- Positive = this person has symptoms normal folk don’t have
  - Hallucinations
Negative = normal people have X but the schizophrenic person doesn’t
- Flat affects
- Social withdrawal
- Lack of motivation
- Refusal to talk where it would be appropriate to do so.

Treatment includes antipsychotics that address both positive and negative symptoms.

**TCM Discussion**
Schizophrenia is called “jing shen bing” in Chinese.

Two flavors of Schizophrenia in TCM:
1. **Dian or Depressive disorder**
   This is a Yin syndrome. Often due to phlegm (no heat) and / or deficiency. Commonly Liver Qi stagnation with phlegm retention. Can also be Heart/Spleen deficiency.

2. **Kuang or Manic disorder**
   This is a Yang syndrome. Often due to phlegm heat. Many heat signs. This is heat phlegm disturbing the Heart Shen.

Guai Bing Dou Tan = strange disease due to phlegm.

**Basic Points**

<table>
<thead>
<tr>
<th>Basic Points</th>
<th>DU-20, 26; HT-8; P-6 or 8; REN-17</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>UB-62; K-6; SP-6; SI-40</td>
</tr>
<tr>
<td>auditory hallucinations</td>
<td>SI-19; SJ-3, 17</td>
</tr>
<tr>
<td>visual hallucinations</td>
<td>UB-1; GB-20, 37</td>
</tr>
<tr>
<td>muteness</td>
<td>DU-15; HT-5; REN-23</td>
</tr>
</tbody>
</table>

UB 62 and KI 6 will calm the shen – yin qiao and yang qiao movement regulation. Helps with insomnia too. Local treatments for types of hallucinations and muteness. GB 20 because often has wind type sx – tremors – and because vision area of the brain is in this zone.

Du 15 is the Dumb Gate. Ren 23 is for pronunciation. Ht 5 is the connection to the tongue.

**Deficiency or Dian**
Dian means quiet and is a yin syndrome.

<table>
<thead>
<tr>
<th>LIV Qi Yu</th>
<th>- Gradual onset</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>- Emotional dejection; followed by incoherent speech; wooden; mute; isolated</td>
</tr>
<tr>
<td></td>
<td>T: swollen, greasy thick coat</td>
</tr>
<tr>
<td></td>
<td>P: slippery, wiry</td>
</tr>
</tbody>
</table>

Symptoms may be induced by any kinds of emotional change – anger, unhappiness.
### Kuang or Excess
This is a yang syndrome.

<table>
<thead>
<tr>
<th>Heat-phlegm Harassing the Mind</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Sudden onset; irritability, insomnia, toss &amp; turn; excessive motor activity with increasing energy; qi gong psychosis; full of energy</td>
</tr>
<tr>
<td>- Stripping naked &amp; running; desire to climb high on a mountain &amp; sing</td>
</tr>
<tr>
<td>T: red or dark red, yellow greasy thick</td>
</tr>
<tr>
<td>P: fast, slippery, forceful</td>
</tr>
</tbody>
</table>

<table>
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<tr>
<th>HT &amp; KID Disharmony</th>
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</thead>
<tbody>
<tr>
<td>- Often from taking drugs (heroin, marijuana – affects yin of whole body);</td>
</tr>
<tr>
<td>- HT &amp; KID yin xu → more floating of yang &amp; empty heat/fire → hallucinations (visual &amp; auditory)</td>
</tr>
<tr>
<td>T: red, cracks through out, peeled or no coat or mirror</td>
</tr>
</tbody>
</table>

Diseases affecting heart and kidney are more difficult to resolve. Jing well points with scarring moxa at LU 11 and SP 1 is effective.

Can also add other Shen points – e-stim on Sishencong for instance.
Case Study:

Zhang, a 25 year old male.
Patient’s mother revealed he argued with his family 2 weeks past and became disturbed afterwards. He slept badly at night, sometimes not at all, was dizzy and absent-minded and did not want to move. He looked lack-luster and depressed and had no appetite. He would hide in a corner and talk to himself, crying and smiling at the same time. His language was illogical and he was pessimistic and suspicious. He had a previous history of mental illness.

At the examination, he appeared depressed and was reluctant to speak. His responses to questions were not to the point.

Pulse: deep, soggy, wiry
Tongue: Swollen with TM, white coating, dusky color.

Liver Qi stagnation, Phlegm misting the Heart, Spleen Qi xu w/damp/phlegm retention

4 gates, ST 40, SP 9, SP 6, UB 20, HT 3/7, DU 20, DU 26 (if severe), ST 36, REN 12.