Nicotine Dependency (zheng jiu jie yan)

Schizophrenia (jing shen bing)
Nicotine Dependency

- Biomedicine
- TCM
- Differential Diagnosis & Treatment
Nicotine Dependency

Biomedicine

- **Prevalence** 55% of Americans have tried smoking
  - 25% of Americans are current smokers
  - 30% are exsmokers
- **Smokers In 2001** 25% -- males 20% -- females

- **Definition** Nicotine produces pleasurable feelings that make the smoker want to smoke more

- **Etiology** Nicotine in the smoke
Diagnostic Criteria(≥3)

- Nicotine tolerance--increased amounts/decreased effect
- Nicotine withdrawal symptoms(≥2)
- Unsuccessful cut down
- Great deal of time in using nicotine
- Reduction in social, occupational, recreational activities
- Continued using nicotine despite many problems
Symptoms of nicotine withdrawal

- chest pain
- nausea or vomiting
- sweating
- insomnia
- anxiety
- visual, tactile, auditory hallucinations or illusions
- physical agitation
- hand tremor
- seizures
- craving for smoking

- beginning: a few hours
- Peaking: 48-72h
- Lasting: a few days –weeks
Treatment

❖ First stage:

• Quit date preparation
• Keep active
• Drink lots of water
• Nicotine replacement (nicotine patches, gum, nasal spray and inhaler)
• Stop smoking class
• Avoid high-risk area
• Avoid caffeine and alcohol

4 A
Second stage: nicotine withdrawal syndrome

Wellbutrin—weak inhibitor of the neuronal uptake of dopamine, serotonin, norepinephrine

Third stage: avoiding relapse
Nicotine Dependency

➢ TCM

❖ Mechanism

• Lung
• Spleen
• Heart
• Liver
• Kidney

Heat/toxic heat
• phlegm-heat
• yin xu
• qi xu
Differential Diagnosis

- Excess: Toxic-Heat/Damp-Phlegm/Heat-Phlegm
- Deficiency: LU & SP Qi Xu/LU & LIV Yin Xu
- Disharmony between HT & KID

Treatment

- Basic Points LU-7; LI-4, 5, 11; SJ-5; ST-36; REN-17; LIV-3; P-6; GB-13
- Differential Points (pictures)
- Auricular points Shenmen; sympathetic; ST; LU; external nose
Schizophrenia (*jing shen bing*)

- Biomedicine
- TCM
- Differential Diagnosis & Treatment
Schizophrenia

Definition—mental disorder characterized by the loss of contact to reality, abnormal thinking, disturbed social functioning, diminished motivation, hallucination, delusion
Etiology

- Hereditary factors (10% family history)
  (50% monozygotic twin)
  (1% general population)

- Environmental factors
  - infections
  - stress or starvation during pregnancy
  - birth in urban areas or winter
  - obstetric complications
Diagnosis

- Lasting 1 month: delusions, hallucinations, disorganized speech or lack of normal behaviors (≥2)
- Decline in social, personal, or occupational functions
- The disturbed behavior ≥ 6 months.
- Ruled out other physical and mental problems (Encephalitis)

Treatment

Psychotherapy/family guildline/self-help (community support)
Antipsychotic: haloperidol
Schizophrenia (*jing shen bing*)

- **TCM**

  - **Dian**: Depressive disorder – Yin Syndrome

  - **Kuang**: Mania – Yang Syndrome
Differential Diagnosis

- **Deficiency (Dian):** LIV Qi Yu / HT Xue & SP Qi Xu
- **Excess (Kuang):** Heat-phlegm Harassing Mind / HT & KID Disharmony

Treatment

- **Basic points** DU-20, 26; HT-8; P-6 or 8; REN-17; UB-62; K-6; SP-6; ST-40
- **Auditory hallucinations** SI-19; SJ-3, 17
- **Visual hallucinations** UB-1; GB-20, 37
- **Muteness** DU-15; HT-5; REN-23

- **Differential points!!**