Acupuncture Treatment of Disease

SONG LUO
- Insomnia (*shi mian*)

- Depression and Melancholia (*yu zheng*)
Insomnia (shi mian)

- Biomedicine
- TCM
- Differential Diagnosis & Treatment
Insomnia *(shi mian)*

- **Biomedicine**

- **Prevalence** 11.76%

- **Definition** difficulty in falling asleep, staying asleep or a disturbance in sleep that makes sleep seem inadequate or unrefreshing.
Etiology

Common causes for short-term insomnia

- Stress
- Noise
- Extreme temperatures
- Environment change
- Sleep schedule problems
- Jet Lag
- Certain medications
- Caffeine
- Anxiety
- Excitement
Common causes for chronic insomnia

- Caffeine
- Alcohol
- Substance abuse
- Shift work
- Nighttime activity schedules
- Chronic stress
Mechanism

Pineal—melatonin—inducing sleep

Sleep Stages

- Non-REM sleep (1—4 stages)
- REM sleep
Symptoms

- Difficulty falling asleep
- Waking up frequently during the night with difficulty returning to sleep
- Waking up too early
- Feeling un-refreshed after sleep
Treatment

- Benzodiazepines
- Melatonin
- Biologic clock--bright light therapy
# Insomnia (shi mian)

- **TCM**

- **Mechanism**
  - yin-yang disorder
  - bio-clock disorder

<table>
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<th>Earthy branch</th>
<th>Zi</th>
<th>Chou</th>
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<th>Mao</th>
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<th>Si</th>
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<td>lung</td>
<td>LI</td>
<td>St</td>
<td>Sp</td>
<td>H</td>
<td>SI</td>
<td>B</td>
<td>K</td>
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Differential Diagnosis

- **Excess: LIV Fire Blazing / HT Fire Blazing**
  - Phlegm-Heat Harassing the Mind
  - Residual Heat in the diaphragm

- **Deficiency: LIV Yin Xu / HT Yin Xu / HT & KID disharmony**
  - HT Xue & SP Xu
  - HT & GB Xu

Treatment

- **Basic Points**
  - DU-24, GB-12, GB-13, HT-7
  - KID-6, UB-62, UB-1
  - Anmian 1; Anmian 2; Shimian:

- **Differential Points (pictures)**

- **Auricular points**
  - Shenmen; HT; Liv; KD
Depression & Melancholia (yu zheng)

- Biomedicine
- TCM
- Differential Diagnosis & Treatment
Definition—a feeling of intense sadness, which may follow a recent loss or other sad event, but is out of proportion to the inducing event and beyond an appropriate length of time
Types of Depression

- **Major depression** is marked by a depressed mood that lasts more than two weeks and is accompanied by several distinct symptoms associated with eating, sleeping, concentrating, etc.
- **Dysthymia** is a chronic, low-grade form of depression that is not as severe as major depression.
- **Seasonal Affective Disorder (SAD)** is a pattern of depression that comes and goes with the change in season.
- **Postpartum depression** occurs in some women after childbirth.
- **Bipolar disorder** is a mood disorder in which people have extreme mood swings that include emotional highs (manias) and lows (depression).
- **Adjustment disorders** with depressed mood are characterized by emotional symptoms that occur after a particularly stressful event.
- **Depression with psychosis** is an extremely serious but uncommon condition that is characterized by delusions or hallucinations.
Etiology

- Hereditary factors
- Gender
- Age
- Previous episodes
Signs and Symptoms

• Persistent sadness
• Irritability
• Feelings of anxiety
• Loss of interest or pleasure in life
• Neglect of personal responsibility or personal care
• Changes in eating habits
• Changes in sleeping patterns
• Fatigue and loss of energy
• Extreme mood changes
• Feeling helpless, hopeless, or worthless
• Physical symptoms (e.g., headaches, chronic pain)
• Increased alcohol or drug use
• Thoughts of death or suicide

http://www.enotalone.com/article/4984.html adults-adolescents
Treatment

- Causes
- Psychological treatment
- Anti-depressants

  e.g. selective serotonin reuptake inhibitors-Prozac (fluoxetine)
TCM

Etiology

- Emotional disorders
- Seasonal and climatic changes
- Congenital factors
- Overworking
- Irregular diet
Mechanism

Qi / Xue / Phlegm / Fire / Food / Dampness --

YU
REN-17 / UB-17 / ST-40 / LI-11 / REN-12 / SP-9 ----Basic points
Differential Diagnosis

- **Excess:** LIV Qi Yu Type / Qi Yu with Retention of Phlegm
- **Deficiency:** Blood Xu Type
- **Tightness of Muscles and Ligaments due to Liver and Spleen**

Treatment

- **Basic points** REN-17/UB-17/ST-40/LI-11/REN-12/SP-9
  - Emotional Yingtang+4 gates

- **Differential points**