

Course:	Acupuncture Treatment of Disease	Date:	June 15, 2009
Class #:	Insomnia and Depression/Melancholia		

## Insomnia

### Biomedical Discussion

By definition is difficulty falling asleep, staying asleep or a disturbance in sleep that makes sleep seem inadequate or unrefreshing. Females are 2-3 times more likely to suffer from it than men. Prevalence of 11.76% supposedly, but is probably higher than that.

Causes for short term insomnia can include **stress**, noise, extreme temperatures, environmental changes, sleep schedule disturbance, **jet lag**, medications, caffeine, **anxiety**, and excitement.

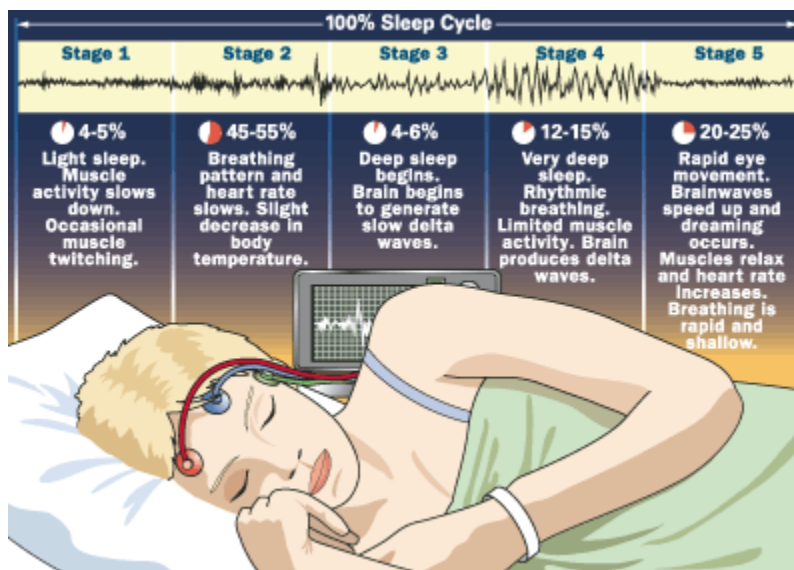
Causes for chronic insomnia include caffeine, **alcohol**, **substance abuse**, shift work, nighttime activity schedules, **chronic stress**

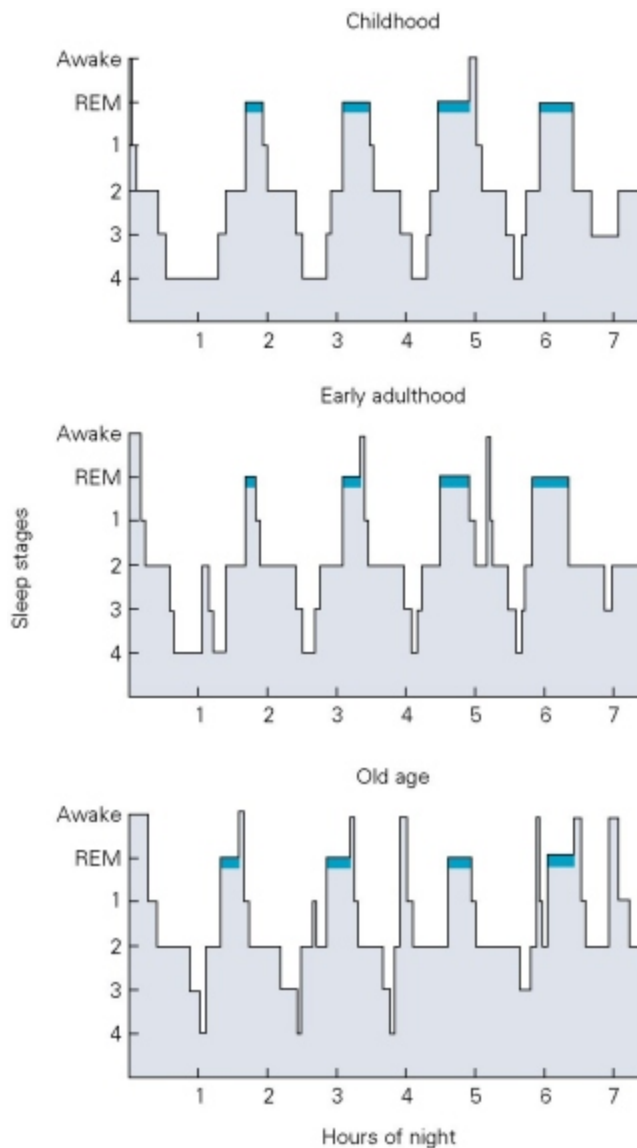
The mechanism for insomnia is the pineal gland which create melatonin which in turn induces sleep. The pineal gland is deep in the brain near the pons about the level of GB 8. You can use light treatments in clinic to stimulate the area since the pineal is light aware.

Sleep stages include 1) non-REM sleep which covers 1 – 4 stages as well as 2) REM sleep. It's important to understand the stages of sleep in order to know where sleep is going wrong for your patient.

### Stages of sleep

Stages 1 – 4 are non-REM sleep.





Sleep walking occurs in stages 3 and 4, characterized by deep sleep, but muscles still have tension to move around. During REM the extremities are completely relaxed. The body cycles through these stages about 1ce in 90 minutes. Sleep stages and time spent in them change with age. Less deeper stages in childhood, more in young adults and even more in the elderly. Children fall into sleep more easily than young adults and the elderly.

### Symptoms of insomnia

Constant symptoms are required for a diagnosis. Should have at least one of the first 3 and definitely have the last one for an insomnia diagnosis.

- ☹️ Difficult to fall asleep  
Takes 30 minutes or greater to fall asleep.
- ☹️ Wakes up frequently during the night, hard to get back to sleep

- ☉ Waking too early compared to normal condition  
Usually 30 minutes earlier than you should.
- ☉ Feels unrefreshed after sleep.  
This is a common for insomnia.

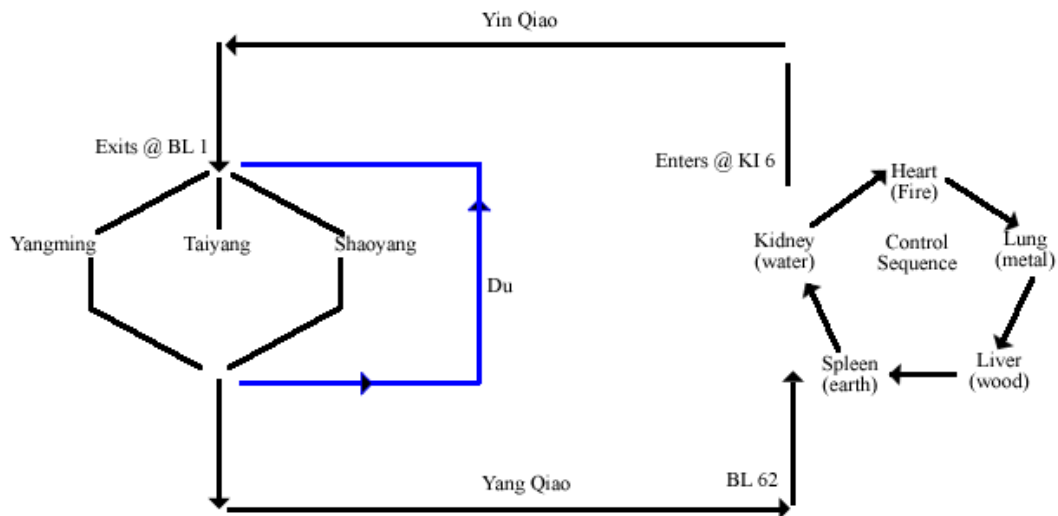
There are also objective and subjective standards for diagnosis.

- ☉ Subjective:
  - feels tired in the daytime, fatigued
  - experiences insomnia at least 3 times per week for a month
- ☉ Objective:
  - Period prior to falling asleep is longer than 30 minutes
  - Less than 6.5 hours of sleep
  - Wakes 30 minutes + early

Treatments include benzodiazepines, melatonin and bio clock bright light therapy. Melatonin is very effective for jet lag for instance.

### TCM Mechanism

Insomnia is called Shi Mian – lose sleep.



Difficulty falling asleep:

You tonify UB 62 and reduce KI 6 to encourage sleep.

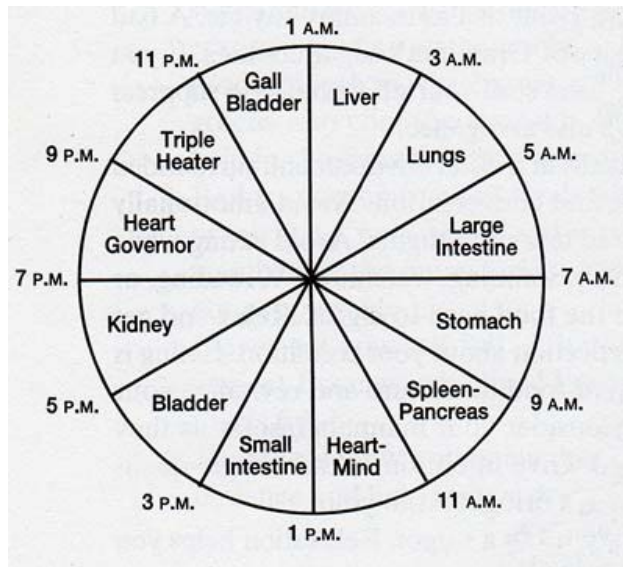
Wei Qi cannot enter the interior. Might be due to Qi deficiency (too weak to get in) or to Qi stagnation (Qi is not weak, but stagnated).

Difficulty staying asleep/wake easily:

Reduce UB 62 and Tonify KI 6.

This is common for blood xu.

**Know the Chinese Bioclock!!!** The hours one wakes or can't fall asleep or have other symptoms is indicative of the reason they are having problems.



Basically what you need to know is Gallbladder at midnight and Heart at noon. The rest you can fill in by going through the normal flow of the cycles (i.e. Lung to LI to ST to Spleen, etc.)

Organs related to insomnia in TCM:

- ☉ Heart – Heart/Kidney disharmony specifically.
- ☉ Kidney
- ☉ Spleen – Qi xu means Qi cannot enter the interior.
- ☉ Liver – circulation of energy is controlled by Liver, also Liver blood.
- ☉ Gallbladder – Ht/GB deficiency – look for timidity, very light sleeping.

### Basic Points

Heart and Kidney most important. Shen points and spirit points too. Also so extra points.

<b>Basic Points</b>	<b>DU-24</b> <b>GB-12, GB-13</b> (root of shen) <b>HT-7</b> (door of shen)	these 3 pts adjust the flow of wei Qi: <b>KID-6</b> – <i>mild/even stimulation</i> <b>UB-62</b> – <i>tonify</i> <b>UB-1</b> – <i>acupressure</i>	<b>Anmian (1)</b> : midway between SJ-17 & GB-20 <b>Anmian 2</b> : midway betw/ anmian 1 & GB-20 <b>Shimian</b> : on the sole of the foot, ½ way betw/ the lateral and medial malleoli – <i>often treated w/ acupressure</i>
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Add Buddha's triangle and shen points. UB 1 because that is where the energy flows in/out.

<p><b>LIV Fire Blazing</b></p>	<p>- Restless sleep; unpleasant dream; nightmares; dreams of fires; irritability; bitter taste; headache; thirst; dark urine; dry stools; dizziness</p> <p>T: Red, redder on sides C: Dry, yellow P: Wiry, rapid</p>	<p><b>Drain LIV Fire; Calm Mind; Settle Ethereal Soul</b></p> <p>-----</p> <p>LIV-2, 3; GB-44, 20, 12, 13, 15 SP-6; UB-18, 47; DU-24 UB-62 (reduce), UB-1 (even), KID-6 (reinforce)</p> <p>&gt; <i>Long Dan Xie Gan Tang</i>      &gt; <i>An Mian Pian</i></p>
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Irritability and bitter taste in the mouth are important. UB 47 is very important. 1<sup>st</sup> bladder line is more for back shu, more yin in nature. 2<sup>nd</sup> line is more yang in nature. Slightly tonify for fatigued patients. For mixed symptoms can use 2<sup>nd</sup> line too to balance the body.

<p><b>HT Fire Blazing</b></p>	<p>-Wake up frequently during night; nightmares; dreams of flying; mental restlessness; bitter taste; thirst; tongue ulcers; palpitations</p> <p>T: Red; redder tip &amp; red points C: Yellow P: Rapid &amp; overflowing in HT position</p>	<p><b>Drain HT Fire; Calm the Mind</b></p> <p>-----</p> <p>HT-8, 7; SP-6; LI-11 REN-15 + DU-19; UB-15, 44</p> <p>&gt; <i>Xie Xin Tang</i>                      &gt; <i>Dao Chi San</i> &gt; <i>Zhu Sha An Shen Wan</i></p>
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Cannot fall asleep well. Wake frequently. Key sx of heart fire: wake a lot. Heart controls the blood, but fire disturbs the blood. Qi keeps going toward exterior. Look for palpitations, bitter taste, fresh red tip to the tongue and prickles. This is an excess. Possible ulcers on the tongue.

Heart KI yin xu is more deficient type.

<p><b>Phlegm-Heat Harassing the Mind</b></p>	<p>- Restless sleep; tossing &amp; turning; unpleasant dreams; feeling of heaviness; dizziness; feeling of oppression of chest; no appetite; palpitations; mental restlessness; sticky taste</p> <p>T: Red</p>	<p><b>Clear Heat; Resolve Phlegm; Calm The Mind</b></p> <p>-----</p> <p>ST-40; REN-12, 9; SP-9 UB-20; LI-11; ST-8; GB-12 SP-6; ST-45 (moxa only); SP-1 + ST-44</p> <p>*Reduce all except REN-12 &amp; UB-20</p>
	<p>C: Sticky yellow, ST crack P: Slippery &amp; rapid</p>	<p>&gt; <i>Shi Wei Wen Dan Tang</i> &gt; <i>Huang Lian Wen Dan Tang</i> &gt; <i>An Shen Bu Xin Wan</i></p>

Lots of dreams along with the insomnia. (Always dreams of floating? Can be heart qi xu. Shen floats. Always dream of water? Kidney xu. Always running? Depends – excess HT fire perhaps.) Look for sputum, overweight, heavy feelings, lots of dreams.

<p><b>Residual Heat in Diaphragm</b></p>	<p>- Restless sleep; waking during the night; mental restlessness; cannot lie down or sit; feeling of stuffiness of chest; epigastric discomfort &amp; sour regurgitation</p> <p>T: Red in front or red points around center P: Deep &amp; slightly rapid</p>	<p><b>Clear Residual Heat; Calm Irritability; Calm The Mind</b></p> <p>-----</p> <p>LU-10; HT-8; UB-17; ST-40 LI-11; SP-6; REN-12, 17, 15 LI-4; SJ-5; UB-13</p> <p>*Reducing, no moxa</p> <p>&gt; <i>Zhu Ye Shi Gao Tang</i> (clears residual heat esp. in diaphragm) &gt; <i>Zhi Zi Chi Tang</i> (lightly clears heat; oft used to clear residual heat)</p>
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Lots of clear heat points. Could have this due to Liver Qi stagnation.

<p><b>LIV Yin Xu</b></p>	<p>- Wake up early during night; dream a lot; talks in sleep (sleep walk in severe cases); dry throat; irritability; blurred vision; feeling of heat; sore &amp; dry eyes; dry skin &amp; hair; dizziness</p> <p>- Ethereal soul w/o root</p> <p>T: Red            C: w/o coat P: Floating, empty, esp. on left</p>	<p><b>Nourish LIV Yin; Root The Soul; Calm The Mind</b></p> <p>-----</p> <p>LIV-8; REN-4; SP-6; P-7 DU-24; GB-15; UB-47; Anmian</p> <p>*No moxa</p> <p>&gt; <i>Suan Zao Ren Tang</i>            &gt; <i>Yin Mei Tang</i></p>
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The sleep walker. Dry eyes, blurred vision are important sx. Lots of hot sensations. Both LV blood and LV yin will cause dreams. LV 8 is most important. UB 47 also a great point as is UB 18 (same level, 1<sup>st</sup> bladder line).

<p><b>HT Yin Xu</b></p>	<p>- Waking up frequently; dry throat; mental restlessness; palpitations; night sweating; poor memory; five palm heat</p> <p>T: Red, heart crack; redder tip C: w/o coat P: Floating, empty</p>	<p><b>Nourish HT Yin; Calm The Mind</b></p> <p>-----</p> <p>HT-7; UB-15; REN-14 SP-6; ST-36; REN-4</p> <p>&gt; <i>Yang Xin Tang (II)</i>            &gt; <i>Ding Xin Wan</i> &gt; <i>An Shen Bu Nao Pian</i></p>
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HT 7 and UB 15 are most important. Add Ren 14 for a front/back tx.

<p><b>HT &amp; KID not Harmonized</b></p>	<p>- Wake up frequently; difficulty falling asleep; dry throat; night sweats; five palm heat; poor memory; palpitations; dizziness; mental restlessness; tinnitus; headache</p> <p>T: Red, redder tip; HT cracks, dry C: w/o coat P: Floating, empty, slightly rapid</p>	<p><b>Nourish Yin; Tonify KID &amp; HT; Clear Empty Heat; Calm The Mind</b></p> <p>-----</p> <p>HT-7, 6; P-7; REN-4, 15 SP-6; KID-3, 6; UB-15 UB-23, 44, 52</p> <p>*Reinforce all except reduce HT-7</p> <p>&gt; <i>Tian Wang Bu Xin Dan</i></p>
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Note all of the yin xu sx. Might have lower back weakness at the Kidney hours on the Chinese bioclock.

<p><b>HT &amp; SP Xu</b></p> <p>[HT Xue &amp; SP Qi Xu]</p>	<p>- Difficulty falling asleep; palpitations; tiredness; poor appetite; slight anxiety; blurred vision; dizziness; poor memory; pale face</p> <p>T: Pale P: Choppy</p>	<p><b>Tonify SP &amp; HT; Nourish Blood; Calm the Mind</b></p> <p>-----</p> <p>ST-36; SP-6; HT-7; REN-14; Anmian UB-20, 15; 18; 19; 21; 23; REN-12; Yintang *Reinforcing      *Moxa is ok</p> <p>&gt; <i>Gui Pi Tang</i>      &gt; <i>Bai Zi Yang Xin Wan</i></p>
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<p><b>HT &amp; GB Xu</b></p>	<p>- Wakes up early in a.m. and unable to sleep again; light sleep; dreaming a lot; propensity to be startled easily; timidity; lack of initiative &amp; assertiveness; palpitations; breathlessness; tiredness - More than a pattern - <u>personality type</u></p> <p>T: Pale, HT crack P: Empty</p>	<p><b>Tonify HT &amp; GB; Calm the Mind</b></p> <p>-----</p> <p>HT-7; GB-40 (both yuan)</p> <p>&gt; <i>An Shen Ding Zhi Wan</i></p> <p>Single herb: zhu ru</p>
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Gallbladder sx: startles easily and has timidity. Timidity is not the same as fright (kidney).

Use shenmen in auricular acupuncture

## Depression and Melancholia

### Biomedical discussion:

A feeling of intense sadness which may follow a recent loss or other sorrow but is out of the proportion to the inducing event and beyond an appropriate length of time.

There are several types

- ☉ Major depression  
Lasts more than 2 weeks, accompanied by several distinct symptoms associated with sleeping, eating, and concentration.
- ☉ Dysthymia  
Mild depression. Chronic and low-grade. Not as severe as major depression.
- ☉ Seasonal Affective Disorder  
Depression that comes/goes with season. More common in fall/winter when energy is going in.
- ☉ Postpartum Depression  
Women and after childbirth.
  - “Postpartum blues” – 2-3 days, less than 10. Depressed and crying. 50-85% of delivering women have this.
  - Postpartum depression is 2 weeks to 12 months after delivery women experiences depression, depressed libido, anxiety, concentration weak. More common after 2<sup>nd</sup> child.
  - Postpartum Psychosis. This might be days or weeks after delivery, most often on the 1<sup>st</sup> child.
- ☉ Bipolar Disorder  
Mood disorder with swings between depression and mania—emotional highs and lows. TCM regulates the liver qi to treat it.
- ☉ Adjustment Disorder  
Depressed mood characterized by onset occurring within 6 months after a particularly stressful event.
- ☉ Depression with Psychosis  
Add in some delusions and hallucinations

Etiology includes heredity, gender, age and previous episodes of depression. Symptoms include the following for major depression (the most typical to see):

- ☉ Persistent sadness
- ☉ Irritability
- ☉ Anxiety
- ☉ Loss of interest in life and in pleasure
- ☉ Neglect of personal responsibility or personal care
- ☉ Changes in appetite
- ☉ Changes in sleeping patterns
- ☉ Fatigue/loss of energy
- ☉ Extreme mood changes
- ☉ Feeling helpless, hopeless, worthless
- ☉ Physical sx: headaches, chronic pain, etc.
- ☉ Increased alcohol/drug use
- ☉ Thoughts of death or suicide



<http://www.enotalone.com/article/4984.html>

Treatment includes identifying the causes, psychological treatment, anti-depressants such as Prozac (SSRI's – selective serotonin reuptake inhibitors) which strongly affect the libido.

### TCM Etiology

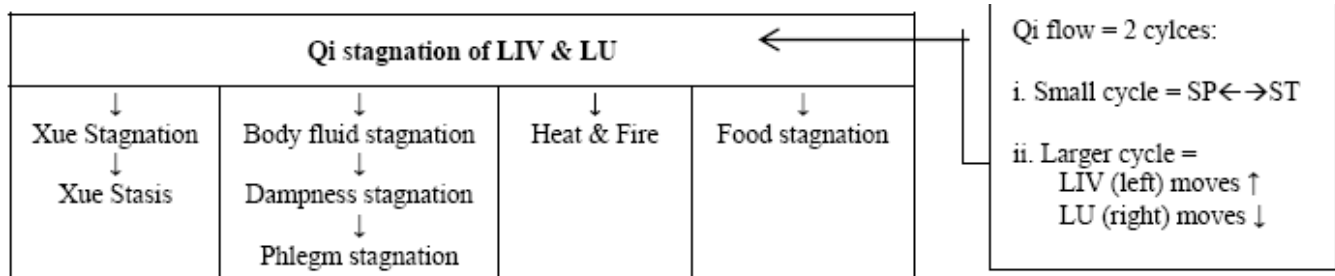
Emotional disorder  
 Seasonal and climactic changes  
 Congenital factors  
 Overworking  
 Irregular Diet

### TCM Mechanism

The Six stagnations:

- ☉ Qi – use Ren 17
- ☉ Blood – UB 17
- ☉ Phlegm – ST 40
- ☉ Fire – LI 11, HT 8, etc depending on where the fire is.
- ☉ Food – Ren 12
- ☉ Dampness – SP 9

This referred to as Yu Syndrome.



## Differentiations and Points

Basic points	<i>For 6 Yu:</i>		<i>Emotional symptoms:</i> <b>Yintang</b> <b>4 gates</b>
	REN-17 (Qi yu) UB-17 (Xue yu) SP-9 (dampness yu)	ST-40 (phlegm yu) LI-11 (fire yu) REN-12 (food yu)	

<b>LIV Qi Yu Type</b>	<ul style="list-style-type: none"> <li>- History of emotional disorder</li> <li>- Depression; restlessness, stress</li> <li>- Fullness in chest; dull pain in hypochondrium</li> <li>- Abdominal distension; poor appetite; nausea, vomit</li> <li>- LIV overact on SP, alternating diarrhea-constipation</li> </ul> <p>T: Thin, greasy coat      P: Wiry</p>	<p><b>Soothe Liver Qi; Regulate Emotions; Harmonize Liver and Middle Warmer</b></p> <p>-----</p> <p>4 gates; SP-6; KID-6; GB-34; LIV-14 GB-24; HT-5; DU-16 UB-18, 47 (Spiritual pt of LIV)</p>
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GB 21 can be a great point as well as GB 34 – this is for upper body congestion and lower body congestion. Patient might have intolerance for oily foods.

<b>Qi Yu with Retention of Phlegm</b>	<ul style="list-style-type: none"> <li>- <b>Plum pit Qi</b> (sensation on lump in throat which is difficult to spit out, choking) could be initial stage of esophageal cancer -- “Plum-pit Qi” term from <i>Golden Chamber</i></li> <li>- Depression; chest fullness</li> <li>- Cough with profuse mucus; vaginal discharge, severe PMS; likely to sigh</li> </ul>	<p><b>Soothe Liver Qi; Resolve Phlegm; Benefit Qi Tract (brachial to nose)</b></p> <p>-----</p> <p>REN-22, 17; P-6; ST-40, 36 SP-9; LU-7; KID-6; ST-9; LI-18</p>
	<p>T: Normal or pale body</p> <p>C: Thin, greasy, white coat (d/t phlegm)</p> <p>P: Wiry, slippery</p>	

Qi stagnation with Phlegm typically manifests as Plum Pit Qi. Might very well be a board question! Ren 22 will treat this as will Ren 23 and ST 9. Also, open the Ren Channel – LU 7 + KI 6.

<p><b>Blood Xu Type</b></p> <p><b>Zang Zao = Internal Organ Dryness</b></p>	<ul style="list-style-type: none"> <li>- Grief without any obvious reason (usually seen in patients with hysteria), may faint</li> <li>- Abnormal joy or abnormal rage; unreasonable suspiciousness; unreasonable fear</li> <li>- Liable to be frightened (like a squirrel)</li> <li>- Sudden aphasia</li> <li>- Poor memory, poor concentration; palpitations; unsound sleep, dream disturbed sleep</li> </ul> <p>T: Normal or pale body C: Thin, white coat P: Thin and weak</p>	<p style="text-align: center;"><b>Tonify Qi; Nourish Blood; Benefit Shen /Calm HT &amp; Mind</b></p> <p style="text-align: center;">-----</p> <p>REN-14; LIV-3; HT-7; P-5; SP-6 UB-15, 17, 18, 19, 44 ST-36; DU-24; GB-13 (for shen)</p> <ul style="list-style-type: none"> <li>• Should also suggest patient get treatment with therapist/MD</li> <li>• Should have good relationship with patient because may be very sensitive about trivial things</li> <li>• Recommend Tai Chi or Qi Gong!</li> </ul>
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Zang Zao is a traditional TCM diagnosis. Patients often cry easily and lots. Concentration, memory, palps.  
Ren 14/UB 15 is a good front/back treatment. UB 44 calms shen.

<p><b>Depression with Tightness of Muscles and Ligaments due to Liver and Spleen</b></p>	<ul style="list-style-type: none"> <li>- Tightness or soreness of muscles and ligaments in upper back and shoulders</li> <li>- Stiff neck</li> <li>- Spasm of abdomen (esp. Stomach and Intestines)</li> <li>- Irritable bowel syndrome or colitis (chronic non-specific)</li> <li>- Emotional swings, anxiety</li> </ul> <p>T: Normal or pale body    C: Thin coat P: Wiry or uneven</p>	<p style="text-align: center;"><b>Harmonize Liv and Spleen; Relax Muscles and Ligaments</b></p> <p style="text-align: center;">-----</p> <p>GB-20, 21; Bailao; GB-34; SP-6 4 Gates; ST-25; SP-15 ST-36 (influential point of muscle Dr. Wu)</p>
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Auricular acupuncture:  
Can also add Shen men and Liver points. If there's a lot of fire, bleed at the apex of the ear.

**Case study:**

Definite insomnia diagnosis...

Zhang, a 55 yo male has a history of inability to sleep for 7 years especially in the recent month. He also has low back pain, tinnitus, palps and poor memory for 5 years. With sleeping pills he might sleep for 3 hours at a night. He felt hot in his palms, short of breath and sweats a lot after going up stairs. He has a poor appetite for a long time. Sometimes early in the morning he coughed out white sticky sputum.

Upon examination it was noted he looks thin.

Diagnosis: Insomnia.

Kidney yin xu and Heart yin xu (HT/KI disharmony)

Heart blood xu

Spleen Qi xu

Lung Qi xu

Tongue: pale, swollen, mega teethmarks. No coating

Pulse: generally thin, soggy, and fast/deep/thin/weak in 3<sup>rd</sup> position both sides.