

Treatment Strategy III

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1.0 Depression

1.1 *Warning signs of depression*

- 5 of following symptoms within 2 weeks and represents a change for normal
 - Depressed mood (lack of enjoyment, interest of pleasure)
 - Depressed mood for most of the day, every day, either subjective or objective.
 - This can be irritability in children and adolescence

- Markedly diminished in activities at all
- Significant weight loss or weight gain without trying
 - 5% of body weight in a month
 - Or increased/decreased appetite
- Insomnia or hypersomnia
 - This is night after night
- Psychomotor agitation
 - Nearly everyday.
 - Can be observed by other people.
- Fatigue or loss of energy everyday.
- Feelings of worthlessness or excessive and inappropriate guilt (delusional)
 - Nearly everyday.
- Diminished ability to think or concentrate, or to make decisions
 - Nearly everyday.
- Recurrent thoughts of death
 - Thoughts of suicide.
 - You don't need a specific plan

1.2 In TCM

- Treating depression with acupuncture.
 - New study shows that acupuncture can be effective in treating women for acupuncture. The symptoms of major depressive disorder were relieved at rates similar to current drug and other therapy treatments.
 - Increasingly being used for all kinds of mental illnesses, not just depression.
 - Anxious, exhaustion, insomnia, depression, sexual disturbances
 - We harmonize the mind, sedate excessive problems, tonify deficiency problems.
 - Not a substitute for counseling therapy.
 - Can be used to cut back on medications.
 - But only in conjunction with the prescribing physicians.
 - Some of these meds need to be weaned off of regularly.
 - Some herbs can interact with SSRI's (or other antidepressants)
- Mental conditions are related to the heart and shen disturbances.
 - "Shen disturbed" is not a diagnosis.
- It can also be spleen dysfunction
 - Problems with the spleen can cause phlegm (due to transport problems) and phlegm can block out the portals of reality.
- Kidney Yang can cause depressive disorders
 - Fire of life gives spark to the spirit, enthusiasm, fire.
 - A KD yang deficiency can result in a lack of zest for life, or a lack of energy itself.
 - KD's are also associated with willpower. With insufficient KD energy, there's a lack of willpower to get anything done.
- Liver can be associated with emotional problems
 - A smooth flow of qi is essential for healthy emotions.

- Stagnate qi can be the cause for an obstruction in the mind.
- Obstructions in the mind can cause people to lose their perspective – from Manic depressives, to mental confusion.
- Classification by severity
 - Stagnation of qi
 - Stasis of blood
 - Phlegm

1.2.1 Causes in TCM

- Constitutional make up of a person
 - Shock to the mother during pregnancy can cause damage to the fetus. The baby can have a blue/green tint to the forehead and has sleep problems.
 - Without proper treatment, the issues can turn more serious in later life.
 - This can be an inherited nervous weakness.
 - Can show as a heart crack that goes to the tip of the tongue.
 - The crack may not show up without a stressful situation in their lives
- Diet
 - Too many hot and spicy foods or drinks (alcohol)
 - These all led to fire.
 - Fire easily harasses the mind
 - Damp producing foods
 - Dairy or raw can cause the production of phlegm.
 - When combined with the heat, it makes the problem even worse.
 - With manic behavior, if you see yellow-dried tongue fur within the central crack you can have a combination of phlegm and fire.
- Excess sexual activities or overwork
 - Deplete the kidneys or essence
 - They feel exhausted or feel depressed
 - The adrenal system is exhausted.
- Drugs
 - Cocaine, LSD, heroine, marijuana, etc
 - Continued use causes mental confusion, lack of concentration, loss of memory
 - This can combine with other factors and contributes to the overall clouding of the mind.
- Thinking too hard/different emotional issues
 - Can injure the liver or spleen
 - Stagnate liver qi, etc...

1.2.2 Frequently used points

- DU20
- Si Shen Cong
- HT7
- PC6
- BL62

- BL15

1.2.3 Stagnation of Liver Qi

- Depressed behavior
- Stay in bed a lot
- They feel fullness in the chest
- Hypochondrium pain
- Abdominal distention
- Poor appetite
- Nausea
- Wants to sigh a lot
- Bowel movements can be affected
- Tongue: white, thin (not heat...)
- Pulse: Wiry
- Sooth the liver and relieve depression

1.2.4 Treatment

- BL15 – back shu of heart
- LV3 - liver
- BL18 – back shu of liver
- CV17 – front mu of PC
- CV12 – indicated for manic depression, (how close is the stomach and mental illness!)
- ST36 – also indicated for manic depression, or inappropriate behaviors (it will ground them)
- PC6 – chest oppression and nausea
- SP4
- BL17, SP6 for blood stasis

1.2.5 Qi stagnation with signs of heat

- Stuck qi transforming into fire
- Anger, frustration or even hatred
- Negative emotions can cause the problem.
- They aren't just depressed, they are acting up.
- Chest oppression
- Stuck feeling under ribs
- Acid regurgitation
- Anger causes liver yang or liver wind to rise.
 - Liver yang rising brings up stomach acids
- Dry bitter taste in mouth
- Constipation
- Eyes are blood shot
- H/A
- Tinnitus

- Tongue: red with yellow coat
- Pulse: Wiry (still talking liver stuff), rapid
- Clear liver fire

1.2.5.1 Treatment

- LV2
- GB34 – relax a little bit. He-sea point of GB. Takes damp heat out of the body
- GB43 – ying spring and water point (puts out fire), clears the heat, especially good for H/A and red eyes.
- CV13 – meeting point off Stomach, SI , and CV. Indicated for heat in the heart, agitation, or feels hot all over. (Perhaps CV14 for heat or heart disorders)
- TW6 – for constipation. Moves qi and energy in the lower abdomen.

1.2.6 Qi and Phlegm Stagnation

- Feel uncomfortable
- Lump in throat (plum pit glomus)
- Tongue: White coat (this isn't heat) but slimy
- Pulse: wiry/slippery
- Transform phlegm, relieve depression

1.2.6.1 treatment

- CV17
- PC6 – congestion in chest
- LV3 – stagnate liver qi
- ST40 – for phlegm
- CV22 – local point for congestion in throat
- CV12
- LV14 – for pain in ribs (local point)

1.2.7 Deficiency of yin and blood

- This is the shen not being nourished
- The person will have a long time depression, it actually damages the mind. You've dug a ditch you can't get out of.
- Difficulty paying attention
- Can't think straight
- Unstable emotions
- Sad, desire to cry
- Feel restlessness at times, agitation, fidgets (yin deficiency)

1.2.7.1 Treatment

- CV14
- HT7
- SP6

- ST36
- LI4
- Severe cases:
 - Can actually cause convulsions. Big disturbance in consciousness

1.2.8 Kidney yang deficiency

- Person looks cold and pale
- Cold feet and hands
- Person feels cold
- Person is spiritually exhausted, down to the bone
- No energy
- Depressed
- Back feels cold upon palpation
- Lack of drive and willpower.
- Withdrawal from normal activities

1.2.8.1 Treatment

- Moxa (person can do their own moxa, or spouse, etc...)
 - Encourage people to help themselves.
 - Rather than just be treated
- UB23
- GB25 – MU point for the kidney
- CV6 – see of vital energy. General tonification point (Qi hai)
- CV8 – moxa only
- (CV4 is also a rescue the yang point – especially with moxa)
- KD7 – tonification for the kd channel – metal point on the water channel.
- Kd8 – helps kidney 7, enhance the tonification effect.
- SP6, ST36 – standard tonification points

2.0 Psychotic Patterns

- Depression over a long period of time without changes (or even long time sadness) can develop into more serious patterns. Psychotic patterns
- Types of psychotic patterns
 - Dian (depressed side of psychotic pattern)
 - Kuang (manic side of psychotic.
- Bipolar folks flip-flop between these two extremes of the psychotic range.
 - The deeper the depression, the lower they go.
 - The higher they go, the higher they can get.
 - It can get worse and worse.
 - If you can make it more stable you can even them out.
- Often treated with lithium
 - Has lots of side effects
 - The creative highs are extinguished as well.

- The depressed mood over time can turn into fire.

2.1 Dian

- Causes are from
 - stagnation of qi and phlegm.
 - Thinking too much (damages liver and spleen)
 - Constitutional (inherited)
 - There's no component of fire. They just want to sit and drool and look at the floor
 - They are confounded.
 - Deficiency of the heart and spleen
 - They just don't have the energy to do anything
- This is phlegm and deficiency
- This depression is more of a gradual onset.
- At first it starts as sadness and dulled about reality.
- Over time signs of the psychosis develop such as
 - Babbling
 - Changing moods
 - Inability to speak
 - Want to sleep
 - Slow movement

2.1.1 Phlegm and qi stagnation

- Gradual onset
- No facial expression
- No smiling, no talking
- Ghost eyes (the lights are on but nobody is home)
- Unable to make intelligent sentences.
- Inappropriate behavior
 - Laughing, crying
 - Emotional response (anger, whatever)
- No appetite, no thirst
- No heat
- Tongue: white coat, greasy slimy
- Pulse: wiry/slippery, perhaps thin

2.1.1.1 Treatment

- Rectify qi, resolve stagnation, resolve phlegm, open the orifices of the heart.
- HT7 – shu stream point, yuan source point, earth point – ground them – treats all disorders of the spirit. All deficiency problems of the heart
- LV3 – phlegm and qi stagnation. Get liver qi to start moving
- PC7 – better than PC6 when there is known mental type of problem. PC is the Jue Yin, just like the liver.

- PC5 – share a lot of the same qualities as PC6, but PC5 is more for phlegm condition in the upper part of the body. The ST40 for the upper body.
- CV17 – mu point for the PC
- Yin Tang – calming
- ST40 - for the phlegm
- SP6 – calms the spirit for one thing as well as tonify the spleen. (in case there is underlying deficiency)
- BL15 – heart shu point
- LU9 – for sadness with desire to cry.

2.1.2 Deficiency of HT and Spleen

- This is specifically: Heart blood and spleen qi.
- You can have this without being psychotic. It's just a matter of degrees.
- It can be a psychotic manifestation
- It's more of a chronic type of problem.
- It can develop from stagnate qi and phlegm. (the problem becomes worse and you get organ damage)
- Inattentive to reality, lost touch with reality
- Trance like state
- Palpitation – from heart
- Changes in heart rate
- Tendency to be easily startled
- Insomnia
- Excessive dreaming at night (shen can't find a place to rest quietly)
- Fatigue (Spleen qi deficiency)
- Poor appetite
- Feel sad all the time – want to cry (when you have a deficiency in the heart, the upper jiao, the organs can reflect the problem) HT can impact the Lu, the LU can impact the heart, etc...
- Tongue: No heat, pale tongue. Thin coating (deficient)
- Pulse; weak, thready, not much force
- Strengthen spleen qi to build qi and blood, nourish the heart blood

2.1.2.1 Treatment

- BL15
- BL18
- BL20 to help the spleen
- Ht7
- St36
- Sp6
- For easy startled people – PC7 – yikes! How about ear shen men says Barb

2.2 Kuang

- There's a presence of fire. They act manic.

- The difference between Kuang and Dian is the existence of fire. It's the component of fire that causes them to act out during the manic phase or manic psychosis.
- They are agitated.
- This is phlegm and fire.
- Emotional imbalance is at the root of this problem.
 - Anger is at the root. Combine this anger with phlegm and you can grow your own psychosis.
 - If anger is causing the stagnation liver qi and generate heat and will over time turn into fire.
 - This fire will cook down body fluids to create phlegm.
 - A weak spleen or poor diet will contribute to the phlegm.
- The phlegm fire rushes up and clouds the mind. The heat makes them want to act out.
- This is the sudden onset of acting outrageous.
- Loss of appetite
- Excessive motor activity
 - Singing loudly, running about naked, running about day and night.
- Insomnia
- This is the increased energy, even violent behavior.

2.2.1 Exuberant Fire

- Can cause injury to the yin.
- Can come from long term emotional type of problem , or psychosis
- Irritable
- Easily frightened
- Insomnia
- Yin deficiency signs
 - Emaciation
 - Thin body type
 - Feel tired and weak
- Want to talk and they talk a lot
 - May not make sense
- Face is red
- Dry mouth and lips
- Tongue: red, without coat (yin deficiency) or peeled
- Pulse: Thin and fast
- Nourish the yin and bring down the fire

2.2.1.1 Treatment

- Ht7 – as before – all heart and spirit (shen problems)
- SP6 – nourish the yin
- KD4 – luo of kidney, strengthen the will and dispel fear, reinforce the kidneys. For agitation, dementia, for tendency to anger, or fright and fear. People who want to stay home and close the door.
- PC7

- BL15
- BL23

2.2.2 Blood stasis

- Look for signs of blood stasis.
- Look under the tongue for distended and dark veins
- Pulse: rough, uneven flow of blood

2.2.2.1 treatment

- Signs of blood stasis add
- BL17, or
- PC6 – to dispel and move blood
- HT7
- Yin tang
- Ear shen men
- SP6 – to help move blood
- CV14 – maybe not with palpitations
- Cv17 – maybe not the first treatments

2.2.3 Phlegm and fire rising

- Acute sudden attack
- They are agitated
- Hot temperament
- H/A
- Face and eyes are red
- Intense stare in the eyes.
- Lack of judgment
- Unstable behavior and moods
- Abnormal energy (all revved up)
- No need to sleep
- Exhibitionism
- Tongue: yellow and slimy coat
- Pulse: rapid and wiry-slippery
- Settle the heart and transform the phlegm, clear fire

2.2.3.1 Treatment

- Draining technique
- DU14
- DU26
- DU16 – indicated for mental disorders. The brain is the sea of marrow, the lower part reaches du16.
- ST40
- PC6 – clear heat

- Prick the 12 jing well points on the hand

2.3 13 special points to treat

- Prick to bleed in the following order
- DU26
- LU11
- SP1
- PC7
- BL62
- DU16
- ST6
- CV24
- PC8
- DU23
- CV1
- LI11
- Extra point – midline on underside of tongue. (She Xia Zhong Feng)

2.3.1 Auditory hallucinations

- SI19
- TW17

2.3.2 Visual hallucination

- BL1 or BL2 sez Barb

2.3.3 Rule of thumb

- Over a period of time the shen can be disturbed.
- Start doing acupuncture immediately to keep it from becoming a full blown mental illness.
- Changes in the shape of the tongue can reflect pathologies in the shen.

3.0 Insomnia

- Sleeping through the night is a relatively new idea
- Insomnia can be:
 - Not sleeping through the night
 - Not getting to sleep
 - No deep sleep
 - Waking early in the morning
 - Dream disturbed sleep
- Depth and quality of sleep is determined by the state of mind, then shen.
- The shen needs heart blood and heart yin to nourish it.

- If the heart is healthy and the blood is adequate, the mind is anchored and sleep will be good. If the heart is deficient or there is a pathogenic influence, the mind is not rooted properly and sleep will be affected.
- It can be situational
 - A new mattress
 - Some temporary cause
 - Environmental or outside influences
 - Diet? Coffee or alcohol
 - Dog barking? Baby crying?
- What happening instead of sleep?
 - Worrying? - Spleen
 - Fear? – Kidney
 - See handout
 - Is it pain related?
- Disturbed sleep can be caused by asthma
- Itching can cause insomnia
- Western medicine doesn't know the cause of insomnia.
- In western medicine it's an emotional disturbance.

3.1 TCM

- Organs of insomnia
 - Ht
 - Lv
 - Gb
 - Spleen
 - Kidney
- Substances
 - Qi (stagnant or deficient)
 - Blood deficiency
 - Fire (in excess)
 - Yin deficiency
 - Phlegm (obviously in excess)
- Hurting the spleen, there is an inadequate amount of blood
- Emotion (worry and anxiety) can cause heart fire
- There can be a constitutional tendency toward heat. (Yang excess) agitating the mind to cause insomnia
- Heart yin can be affected by
 - Overworking mentally
 - Not getting enough rest
 - Working or studying when stressed out
 - Combined with irregular diet
 - Too much sex
- The heart and the kidneys are not harmonized (too little fluid for heart)
- Transition from wakefulness to sleep is connected to the yang flowing into yin.

- Defensive qi flows at yang during the day, if the defensive qi stays at yang during the night instead of flowing into yin, the person will not be able to sleep. Yang qi becomes sleep and yin becomes deficient and the eyes cannot close. (Yang qiao and yin qiao)
- Both useful points are:
 - BL62 - yang qiao
 - KD66 – yin qiao

3.1.1 Liver depression transforming into fire

- Insomnia
- Restless sleep
- Unpleasant dreams (nightmares)
- Dreams of fires
- Irritable
- Blood shot eyes
- Bitter taste
- h/a
- thirst
- dark urine
- (things yo'd expect with fire)
- Constipation
- Pain under the ribs.
- Tongue: sides are redder, dry yellow coat (maybe)
- Pulse: wiry and rapid

3.1.1.1 Treatment

- Sooth the liver, clear the heat, calm the spirit
- LV2 – specific for fire
- LV3 – to calm and balance the liver
- SP6 – calm the mind – cool the blood
- HT7 – for any heart – shu stream
- BL18 – back liver shu, good for excess conditions too
- PC5
- An Mian – on the body of the SCM in the crevice between the heads of the SCM.
- GB44 – good for dream disturbed sleep
- GB20 – help subdue liver qi, promote sleep
- BL47 – outer shu point. Gate of the ethereal soul Hun Men. Outside BL18. Roots the ethereal soul into the liver yin to promote sleep

3.1.2 Phlegm fire harassing the mind

- This is like the mental illness patterns.
- Restless, irritable.
- Boiling over with heat, phlegm makes them disoriented
- Unpleasant dream

- Feeling heavy
- Hear phlegm in throat
- Oppression in the chest
- No appetite – belching and perhaps acid reflux
- Palpitations
- Dizzy
- Mental restlessness
- Tongue: red with sticky/yellow slimy coat (stomach crack with yellow fur)
- Pulse: rapid slippery pulse

3.1.2.1 Treatment

- Cv12 – stomach is associated with mental disorders.
- ST40 – for phlegm
- BL21 – shu of stomach
- ST36
- Ht7
- Sp6
- PC6
- If person is dizzy, vertigo – yin tang – to help ground. Esp. w/ LI4
- ST8 – resolves phlegm from the head. Foggy or dense in the head
- GB12 – promote sleep

3.1.3 Yin deficiency with fire

- Heart and kidneys are not harmonized
- Person wakes frequently at night
- Difficulty falling asleep
- Yin deficiency signs
- Dry mouth and throat
- Night sweats
- Fire heart heat
- Palpitations
- Tinnitus
- Poor memory
- Forgetfulness
- Back ache (kidneys)
- Tongue: red peeled
- Pulse; deep rapid

3.1.3.1 Treatment

- Nourish kidney yin
- Ht7
- Ht6 – clear empty heat in heart
- Sp6

- Bl15
- Bl23
- Kd3
- Pc6

3.1.4 HT and Spleen blood deficiency

- Young people have abundant qi and blood and are energetic during the day and sleep well at night. Older people have less qi and blood and can't sleep at night.
- Common problem with older people
- Difficulty falling asleep
- Lots of dreaming
- Light sleep (no deep sleep)
- Palpitations
- Forgetfulness
- Poor appetite
- Fatigue
- Tired
- Slight anxiety (this is deficiency anxiousness)
- Look pale
- Tongue: pale
- Pulse: choppy

3.1.4.1 Treatment

- Tonify spleen and heart
- Ht7 – shu point
- Sp6
- St36
- Bl20
- Bl15
- For forgetfulness bl52
- Si shen cong (aimed down)
- DU 20

3.1.5 HT and GB Qi deficiency

- This isn't something you develop. This is more of a constitutional type.
- Perhaps after a long time illness.
- Waking early in the morning and can't go back to sleep
- Only a light sleep, no deep REM sleep.
- Spend the night in bed, but don't wake rested.
- Easy to startle person. They are timid people. Shy
- Prone to be easily frightened
- Lack of initiative or assertiveness
- Palpitations

- SOB
- Restlessness
- Tongue: pale – no heat signs
- Pulse: thready, wiry

3.1.5.1 Treatment

- Supplement qi
- HT7
- GB40 – yuan source point
- SP6
- BL15
- BL19 – gb back shu
- PC7 – or really? Sez barb? How about PC6 or ear shen men

3.2 Others

- Herbs help
- Acupuncture works well to
- The best cure for insomnia – exercise until you are tired.
- Stay away from bad habits
- Qi gong

4.0 Midterm

- Look through notes on edema
- Diabetes
- Cases will be added into midterm.
- We go back to the first week
 - Heart bi
 - Everything up until today
 - Thyroid problems
 - Drum distention
-