

STABLISHING PARALLELS

More than 2,500 years ago, Traditional Chinese Medicine uses Emotions as a diagnosis to establish a Internal pathogen factor

| | |
|----------------------------------|-----------------------|
| Fear hurts the kidney | Dejection to the lung |
| Excessive thinking to the spleen | The joy to the heart |
| The anger to the liver | |

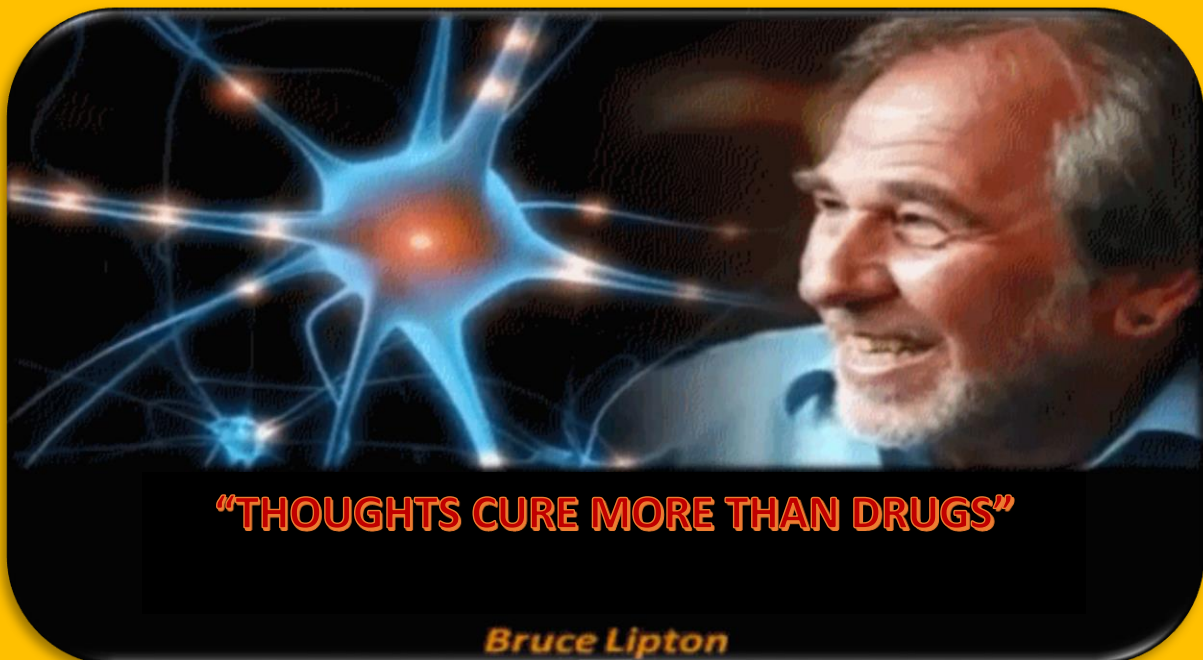
Emotions affect the QI (Life Energy)

| | |
|---|-------------------------------------|
| With joy the QI relaxes | with anger the QI rises |
| With excessive thinking the QI knots itself | With the sadness the QI is consumed |
| With fear the QI falls out | With the fright the QI is messed up |

TODAY

It is not the hormones or neurotransmitters included in the genes that control our body and our mind; It is our beliefs that control our Body and our mind, therefore, our life.

Dr. Bruce Lipton



How the Emotions affect your health?

There are seven Emotions

In normal conditions it is not going to cause the disease, most of the time not the reason of disease but from long period of the exposition to the symptom can cause organs failure or diseases.

| | |
|---|------------------|
| ➤ Anger impairs the liver (LV) | NU (Anger) |
| ➤ Joy impairs the heart (HT) | XI (Joy) |
| ➤ Pensiveness impairs the spleen (SP) | SI (Pensiveness) |
| ➤ Fear impairs the kidney (KI) | KONG (Fears) |
| ➤ Worry impairs the lung (LU) | YOU (Worry) |
| ➤ Sadness affects both the lung (LU)and the heart (HT) | BEI (Sadness) |
| ➤ Shock affects the heart (HT) | JING (Shock) |

When your LV has blood Deficiency you will easy get LV Stagnation, or LV Blood Def.

The first effect of emotional stress on the body is to affect the proper circulation and movement on the direction of Qi.

Each emotion has a particular effect on the circulation of Qi.

- Anger causes Qi to rise.
- Joy slows Qi down.
- Sadness and Grief deplete/ dissolve Qi. (when you cry a lot)
- Fear and Fright deplete and make Qi descend.
- Worry knots Qi,
- Shock scatters flow of Qi.
- Pensiveness knots Qi

*** ALL emotions tend to cause Qi stagnation - Liver***

Other effects of emotional stress

- Qi stagnation
Early stage, could be the reason for most problem
(Blood stagnation, and or accumulation of phlegm)
- Blood stasis
- Heat/fire
- phlegm

Characteristics in Causing Diseases of the Seven Emotions

1. Anger

The anger should be interpreted broadly in modern society to include several other allied emotional states including resentment, repressed anger, irritability, frustration, rage, hatred, indignation, animosity and bitterness.

- It affects the liver, cause liver qi stagnation, liver yang rising and liver fire blazing
- It makes qi rise with symptoms such as headache, dizziness, tinnitus, red face, stiff neck
- Anger may affect intestines, stomach, and spleen
- Anger may affect heart

2. Joy

The *<simple questions>* in chapter 39 says 'joy makes the mind peaceful and relaxed, it benefits the nutritive and defensive Qi and it makes Qi relax and slow down.

But excessive joy is not a state of healthy contentment, but one of excessive over excitement'.

Excessive Joy slow the Qi down

- It affects the heart with symptoms of palpitation, insomnia, restlessness, red tip to the tongue
- It slows down qi which cannot control mind with manifestations such as mad laughter, great Happiness, desires to ascend to high places and sing, discards clothing and runs around
- Sudden joy is akin to shock

3. Pensiveness and Worry

Pensiveness and Worry knot Qi (stagnation of Qi) and affect the spleen (thinking, ideas) and lung

- It knots Qi. (Qi Stagnation)
- If worry affects the lung (LU) it will cause an uncomfortable feeling of the chest, slight breathlessness, tensing of the shoulders sometimes a dry cough. Weak voice. The right front pulse position may feel slightly tight or wiry. Indicating the knotting action of worry on Qi. Chronic pharyngitis, more like itching sensation not real infection (We will use LU7-KD6)
- If worry affects the spleen, it may cause poor appetite, epigastric discomfort, some abdominal pain and distention, tiredness and a pale complexion.
- Worry affects heart causing tightness of the chest and insomnia

4. Sadness and Grief

- It affects the lung (LU) and heart (HT)
- It dissolves qi with symptoms of breathlessness, tiredness, a feeling of discomfort in the chest, depression or crying. (Hysteria, most in woman under educated , stress from family, job)

5. Fright, Fear

Fear includes both a chronic state of fear and anxiety and a sudden fright.

- Fear and Fright deplete kidney (KI) Qi and make Qi descend:
- Symptoms: incontinence of defecation and urination due to sudden fright. Incontinence urine in children following a sudden fright. Nocturnal enuresis of children.

6. Shock

Mental shock affects heart (HT) and kidneys (KI). It causes a sudden depletion of heart (HT) Qi.

- It affects the heart (HT)
- It scatters Qi
- Symptoms: palpitations, breathlessness, insomnia.

Physiological Function of HT

Dominating the blood and vessels and manifesting on the face

2. Housing the mind
3. Opening into the tongue

Pathogenesis of the Heart

Heart qi deficiency

Causes: chronic disease, severe disease, elder and constitutional weak can lead heart qi deficiency.

Manifestation: pale complexion, palpitation, low spirit, fatigue (Qi Def), insomnia, pale tongue,

HOAF-CAIM

Complementary, Alternative, Integrative Medicine

weak and feeble pulse.

Heart blood deficiency

Causes: different kinds of bleeding, spleen deficiency leading insufficient of generation, emotional disorder consuming heart blood can lead heart blood deficiency.

Manifestation: foggy head, lassitude, pale complexion (Blood Def), pale tongue and lips, insomnia, (Bl. Def) multiple dreams, palpitation, terror feeling, fine and weak pulse.

Heart yin deficiency

Causes: overwork, chronic disease, emotional disorder, heart and liver fire consume heart yin.

The different from Blood Def is No pale anymore. It is redder

Manifestation: red face, flashed face, (Yin Def) irritability, restlessness, night sweating (Yin Def), dry mouth and throat, insomnia, red tongue, (Yin Def) No coat, cracked) fine and rapid pulse. (Or Floating Empty pulse)

Heart yang deficiency

Causes: chronic disease, constitutional weak, elder, or severe pathogens win the vital qi in severe disease.

The different from Yin Def is very cold, this pattern have more cold pattern

Manifestation: low spirit, slow reaction, foggy head, sleepy, pale complexion, aversion to cold, cold limb, pale or purple tongue, weak slow choppy or feeble pulse. (Weak / Empty pulse)

Heart fire

Causes: heat pathogens attack heart, emotional disorder generate fire, over eat hot or spicy food.

Manifestation: red face, restlessness, irritability, insomnia, delirium, mania, coma, different kinds of bleeding (heat invading the vessel) , painful urination, or scanty dark urine, red or dark red tongue, rapid pulse (have this UTI because related to SI channel)

Heart blood stasis

Manifestation: painful and fullness in the chest, radiate to the back and left shoulder, terrier feeling, pale complexion, profuse sweating, weak and feeble pulse.

Most Heart pattern eventually will caused Blood stasis

In Stasis, most symptom is Pain. It could be in Shoulder or in Stomach especially in older people who have pain for long time. Have to be careful and concern about HT problem.

Have feeling like Dying: Angina Pectoris

Complexion could be pale or cyanosis

Phlegm obstruction in the heart orifice

Causes: liver qi stagnation lead phlegm obstruction, liver wind combined phlegm upward; heat pathogens boiled the body fluid to phlegm.

Manifestation: unconsciousness (Like in Heart attack), or restlessness, irritability, delirium, mania, (Phlegm, Phlegm heat) coma, white or yellow greasy (Phlegm, Phlegm heat) coating or watery coating, slippery or slippery rapid pulse.

Key points on the Heart and Pericardium channels

Key Points on Heart channel

1. HT1: Feel artery, but when needle have to avoid the artery. Could prevent vascular disease and

HOAF-CAIM

Complementary, Alternative, Integrative Medicine

numbness, weak: (in numbness for long time could be the early stroke). We use this point for prevention of early stroke

2. HT5: 1 cun at crest. Treat all kind of HT. Best point for aphasia
3. HT6: Xi-Cleft, for Heart pain, treat acute problem and Blood problem.
4. HT7: Treat all HT. problem. Very strong action to calm spirit, most Shen disturbance. Two ways to needle this point. This point touch the tendon and bone , so a lot of doctor like to put needle from the side of wrist and insert deep to the HT7

Key Points on Pericardium channel

PC have a strong sensation more than HT

1. PC3: He Sea. Pain , palpitation
2. PC4: Xi Cleft. Bloodstasis
3. PC6: All kind of HT problem. Luo connecting, Yin Linking channel. Control Yin Channel. Very good for open the chest, treat problem of the whole chest and ST. like ST Qi (Hiccup, acid reflux, and ST pain). This point paired with SP4 for Heart, Chest, ST Needle, you need to do move the tendon first. In some case we going to do the HT7 instead. Can use for local problem like Carpal Tunnel syndrome. PC6, PC4, PC7.
4. PC7
5. PC8: Ying Spring> good for clear heat, very painful. This one good for headache (Top of the head)

For High fever in night, use DU14, and LI11

Maniac-Depressive Disorders

In TCM, depressive psychosis is caused by qi stagnation complicated by phlegm misting the heart's orifice, it is characterized by depression, apathy, and incoherent speech, and dementia, quiet, subdued and non-violent behavior. In contrast, manic psychosis is induced by phlegm-fire disturbing the mind. It is characterized by mental hyperactivity and manic behavior, manifesting with shouting, agitation, hostility and violent behavior (Schizophrenia).

'Step to the high place to sing, discard the clothes to run'

They are two aspects of one disorder and their clinical manifestations may be interchangeable.

In the view of Western medicine, Manic-depressive psychosis is a bipolar affective disorder characterized by severe alterations in mood that are usually episodic and recurrent. Mood fluctuates between depression and mania. It is also similar to the different types of schizophrenia of western medicine. Schizophrenia is usually characterized by withdrawal from reality, illogical patterns of thinking, delusions, and hallucinations, and accompanied in varying degrees by other emotional, behavioral, or intellectual disturbances. Schizophrenia is often associated with dopamine imbalances in the brain and defects of the frontal lobe, may have an underlying genetic cause.

In TCM Manic-Depressive Disorders not just only Bipolar. We included Schizophrenia in this group too.

Etiology and Pathology

1. Emotional strain
2. Congenital problems (especially in Bipolar)
3. Lack of equilibrium between Yin and Yang

HOAF-CAIM

Complementary, Alternative, Integrative Medicine

4. Turbid phlegm misting the heart's orifice
5. Qi stagnation and blood stasis

Differentiation and Treatment

1. Depressive psychotic patterns

Clinical manifestations

Stagnation of Qi and phlegm

Gradual onset, long duration. Emotional depression, increase dullness of sense, incoherent speech, muttering to oneself, sadness, crying, inability to differentiate clean from dirty. White, sticky coating, wiry slippery pulse. (Phlegm)

Phlegm struck in Heart Orifice.

Patient could have long time mania and one episode of depressive called Bipolar already.

Heart and spleen qi deficiency

Gradual onset, long duration. Trance like mental state, loss of contact with reality, palpitations, tendency to be frightened, fatigue, decrease in food intake, (Sp Qi Def) lusterless complexion. Pale tongue, thready forceless pulse. (Heart and SP Qi Def)

Treatment principle

Remove qi stagnation, drain dampness and open orifice, Tonify Spleen SP Qi, nourish heart blood, and activate spirit

Acupuncture

DU20, DU24, GB13, BL18, Ren 17, ST40, LI4, LV3, BL15, Ren14, BL20, HT7, PC4, PC6, PC7, DU20: Open Orifice

DU 24: Shen Ting (Spirit Yard) GB 13: Ben Shen (Root of Spirit) HT 7 = Shen Men (Gate of Spirit) UB18, Back Shu LV, Ren17, Upper Sea of Qi, ST40, Luo Connecting, treat Phlegm (non-substantial phlegm)

LI4, LV3: Open 4 gates (Because obstruction of Heart orifice > need to open the gate) ST 8 > Due to the Phlegm obstruct the orifice

***All the point have to give Strong Stimulation ***

We can use Si Shen Cong, UB15 - Ren14: Back Shu and Front Mu of the HT UB 20 > Tonify SP Qi
PC6 > Help to open the orifice activate the spirit. HT7 - PC4

2. Manic psychotic patterns

Clinical manifestations

Abrupt onset, agitation, irritability, headache, insomnia, flushed complexion and bloodshot eyes, lack of judgment, physical aggression, destructive behavior, boisterousness, cessation of food intake and sleep. Yellow sticky tongue coating (Phlegm heat), rapid wiry slippery pulse.

Treatment principle

Clear heat, dissolve phlegm, calm the heart and ease the mind

Acupuncture DU20, DU24, GB13, DU14, DU16, DU26, ST40, PC6, PC8, LI11, twelve Jing well points, DU14 Clear heat, clam the spirit. Do sedate technique, also do bleeding.

DU16 = Wind palace > for wind, open the orifice. Go deep till have electric sensation. DU26 > Important for open orifice.

DU26 > this point have 2 different name and function

HOAF-CAIM

Complementary, Alternative, Integrative Medicine

1. **Ren Zhong** (Human Middle) Because above this point is nose> Nose inhale the air (Du meridian), below this point is mouth to eat food (Yang Meridian) So this point is between Yin and Yang This point use to rescue the spirit, consciousness. Very important to treat mental problem.
2. **Shui Gou** (Water groove / water channel) this point have function to treat the facial edema. This point is very painful> good function to relieve pain in menstruation problem.

ST40 for Phlegm heat

PC6> Open orifice

12 Jing Well points> Restore consciousness Shi

Xuan> on tip of finger.

Blood stasis add BL17, SP10

Thirteen Ghost points from Sun Simiao. DU26, LU11, SP1, PC7, BL62, DU16, ST6, DU24, PC8, DU23, Ren1, LI11, She xia feng In TCM, concern the mental problem as a ghosts.

Window Sky Points (points at neck to treat the Mental) second line of UB channel.

Jing Well points for Excess and Heat, Shen Points

Epilepsy

Falling down, foam in mouth, loss of consciousness. Most of time from long term disease like Schizophrenia, cancer.

Differentiation and the Treatment

1. During seizure

Clinical manifestations

Dizziness and vertigo, oppression in the chest and loss of strength prior to seizures. Sudden falling to the ground, loss of consciousness, convulsions,(Wind) foaming at the mouth, screaming and possible incontinence of urine and stools. Or temporary clouding of consciousness or trance-like mental state without convulsions. White sticky coating, (Wind Phlegm) wiry and slippery pulse. (Wind phlegm)

Treatment principle

Dissolve phlegm, induce resuscitation, soothe liver and dispel wind.

Acupuncture

DU26, Ren15, PC5, LV3, ST40

DU26> rescueconsciousness

PC5> Open the HT orifice

LV3> for Wind

ST40> for Phlegm

Re15> Front Mu of HT

2. Afterseizure

Liver and kidney yindeficiency

Clinical manifestations

Prolonged epilepsy with dizziness and vertigo, insomnia, forgetfulness, weak aching lower back and knees. Red tongue with little coating. Rapid thready pulse.

Treatment principle

Tonify liver and kidney yin (With Empty Heat)

HOAF-CAIM

Complementary, Alternative, Integrative Medicine

Acupuncture

SP6, KD3, LV3, BL18, BL23, Re 4

SP6> Crossing Point of 3 legs Yin meridian

KD3> Yuan of KD

LV3 > Yuan of LV

UB18, 23> Back shu of KD-LV

(Both Back shu and Front Mu used for tonify)

Ren4> Crossing of ???? (In KD Yang Def> Moxa in this point> Tonify KD Yang)

Spleen and stomach qi deficiency

Clinical manifestations

Prolonged epilepsy with tiredness, fatigue, dizziness and vertigo, poor appetite, lusterless complexion, loose stools, (SP Qi Def) nausea and vomiting (SP Qi Def) . Pale tongue, soft weak pulse.

Treatment principle

Tonify spleen and stomach qi

Acupuncture

SP6, ST36, BL20,

SP6-ST36> paired point

SP3> Yuan source point, you can do moxa

Calm down spirit: BL15 (Back Shu of HT), Yin Tang, HT7 (Calm Spirit), also can add DU20, DU24 Daytime seizure: BL62 (Confluent of Yang Qiao)

Night time seizure: KI 6 (Confluent point of Yin Qiao) Phlegm stagnation: Ren 12, ST40 and SP9

Be careful to use the E-Stim because can trigger Seizure.

We can do the scalp treatment in some point of the treatment.

*LV2 more to clear heat and any kind of LV problem

*LV3 can use for both Tonify and Sedate.

Melancholia

Melancholia is a kind of emotional depression (mild) accompanied with symptoms such as anxiety, sadness, change of appetite, change of sleep (included change the time of wake up like normally wake up at 6 change to 4am), loss of interests, over thinking, hesitation, etc. Could be from Genetic, most emotional.

Major problem> could have suicide> have to report to family member.

Etiology and Pathology

1. Emotional injury
2. Heredity
3. Liver qi stagnation

Depression have 2 type

Major depression: Clinical change in the Brain, more severe. No matter what happen in life, this group of patient will have this symptom. This group response well with the medication.

Most symptom happened from chemical changed

Patient won't tell you a lot.

HOAF-CAIM

Complementary, Alternative, Integrative Medicine

Depressive disorder: Belong to Neurosis. (We don't use 'Neurosis' term in explanation of depress, emotional problem anymore> sound disrespectful) Most patient will open to you, tell you the symptom.

Differentiation and Treatment

1. Stagnation of liver qi (LV Qi Stagnation)

Clinical manifestations

Despondence, distention and pain of chest and hypochondriac, epigastric fullness (LV invading ST), belching, frequent sighing, abdominal distention, loss of appetite, abnormal bowel movements (either constipation or diarrhea) or amenorrhea (LV Qi Stagnation could cause the period) Thin white coating and wiry pulse. (Tongue could be normal, but pulse going to be Wiry)

Treatment principle

Soothe liver and cheer up spirit.

Acupuncture

BL18, Ren17, Ren12, LV3, ST36, SP6, Du20, Yintang

UB 18> Back Shu of LV

Ren17> Upper Sea of Qi

Ren12> ST, LV

LV3 combined with LI4> Open gate.

LI4 Focus on Yang and Qi, LV3 focus on Yin> Combine to open the gate. ST36> Tonify SP-ST

SP6> Crossing point of LV, SP, KD

Du20, 24, YinTang (Root of Spirit) for calm the spirit.

Auricular acupuncture.

2. Transformation of Static qi into fire (Qi stagnation transform to Fire)> LV Qi stagnation + Heat

Clinical manifestations

Agitation, irritability, Depression (Melancholia) , oppression in the chest, distention of hypochondriac, acid regurgitation, clamoring stomach (discomfort) , dry bitter taste in mouth, constipation, headache, bloodshot eyes and tinnitus. Red tongue with yellow coating. Rapid wiry pulse.

Treatment principle

Soothe liver and clear heat

Acupuncture

Ren13, SJ6, GB34, LV2, GB43

Ren13> for acid regurgitation

SJ6> for constipation and also is the point on GB channel (Shao Yang Channel)

GB34> Sooth LV

LV2> Clear heat

GB43> Clear heat from GB

3. Stagnation of phlegm

Clinical manifestations

Discomfort in throat as if obstructed by a plum pit, relief brought neither by coughing nor swallowing, sensation of congestion and blockage in chest, costal pain. white sticky coating, wiry slippery pulse. (Qi Stagnation caused accumulation of Phlegm)

Treatment principle

Soothe liver, remove phlegm and relieve depression

Acupuncture

Ren22, Ren17, PC6, ST40, LV3

Ren22> Local point, use 1.5 Cun, perpendicular after passed the bone change the direction. Patient. have to feel tightness in chest. Do not do too deep. Not till patient feel coughing. If patient feel want to cough> **Stop!** (That's mean you touch the trachea)

Ren17> Upper Sea of Qi for Chest

PC6> Treat throat, ST, Diaphragm

ST40> for phlegm

You can use LU7> but more for Excess. You can use PC6-SP4> for phlegm

4. Deficiency of yin and blood

Clinical manifestations

Hysteria, trance-like mental state, susceptibility to fright, agitation, restlessness, abnormal emotional reactions, grief and crying without apparent reason, oppression in the chest, loss of voice, convulsions, disturbance of consciousness. Pale tongue with thin white coating. Thready wiry pulse. (Emotional small but have a bigger action)

Hysteria could have loss of consciousness, convulsion, paralyze, can have all different symptom. We can tell from critical sign are normal. 95% of the symptom happened with a lot people around. Need more attention. Appropriate reaction and personality to draw attention.

Treatment principle

Soothe liver, nourish yin and tranquilize the mind

Acupuncture

Ren17, LV3, HT7, SP6

Distress of the chest: PC6, Ren17

Hiccup: SP4, Ren22

Sudden aphasia: HT5, Ren23

Convulsion: LI4, GB34

Loss of consciousness: DU26, KI1

Ren23> 1 cun, 0.5 cun> do toward the tongue. Treat hemiplegia after stroke, tongue not flexible. KD1> use the needle not moxa.

5. Spleen Qi and Heart Blood Deficiency

Down, low, do not want to get out of bed. Depress. Pale, weak, cold. (SP Qi and Yang deficiency)

Ren4, Ren6, DU20, ST36