

Class 11: Depression patterns, Mania and withdrawal, Epilepsy patterns

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Depression patterns

yu zheng

- A class of patterns stemming from emotional disturbance that are characterized by stagnation and obstruction of the flow of qi
- Manifestations: despondence, moodiness, atrancelike mental state, melancholy or bouts of crying
- Includes:
 - Neurosis, hysteria, manic-depression (depressive phase) and menopausal pattern

Etiology and pathogenesis

- Internal disruption from emotional factors
- Liver, heart
- Repletion: phlegm-dampness, food matter heat, qi stagnation
- Vacuity: Prolonged cases injuring yin and blood

Patterns

- Stagnation of liver qi
- Transformation of Static qi into fire
- Obstruction by static qi and phlegm
- Deficiency of yin and blood

Stagnation of liver qi

- **Key symptoms:**
 - Despondence, distention and pain of chest and hypochondrium, epigastric fullness, belching, frequent sighing, abdominal distention, loss of appetite, abnormal bowel movements or amenorrhea
 - Thin white coating and wiry pulse.
- **Treatment method:** soothe the liver, regulate qi, relieve depression
- **Formula:** Chai hu shu gan san (Bupleurum liver-coursing powder)
- **Acupuncture:** UB18 gan shu, LR3 tai chong, Ren17 tan zhong, Ren12 zhong wan, ST36 zu san li

Formula and modifications

- Chai hu shu gan san (Bupleurum liver-coursing powder):
 - Chai hu, bai shao yao, xiang fu zi, chuan xiong, chen pi, zhi ke, zhi gan cao
- Modifications:
 - To soothe liver qi, add: yu jin, qing pi
 - For frequent belching, epigastric and thoracic discomfort, add xuan fu hua, dai zhe shi
 - For food stasis and abdominal distention, add shen qu, shan zha, ji nei jin
 - For fixed pain in thorax and hypochondrium, add dang gui, dan shen, tao ren, hong hua

Transformation of Static qi into fire

- **Key symptoms:**
 - Agitation, irritability, oppression in the chest, distention of hypochondrium, acid regurgitation, clamoring stomach, dry bitter taste in mouth, constipation, headache, bloodshot eyes and tinnitus. Red tongue with yellow coating. Rapid wiry pulse.
- **Treatment method:** clear the liver, drain fire, calm the stomach, relieve depression
- **Formula:** Dan zhi xiao yao san (Moutan and gardenia free wanderer powder) With Zuo jin wan (left metal pill)
- **Acupuncture:** LR2 xing jian, GB34 yang ling quan, GB43 xia xi, Ren13 shang wan

Formula and modifications

- Dan zhi xiao yao san (Moutan and gardenia free wanderer powder)
 - Chai hu, bai shao yao, dang gui, bai zhu, fu ling, mu dan pi, shan zhi zi, zhi gan cao, sheng jiang, bo he
- Zuo jin wan (left metal pill):
 - Huang lian, wu zhu yu
- Modifications:
 - For bitter taste in the mouth, yellow tongue coating and constipation, add long dan cao, da huang

Obstruction by static qi and phlegm

- **Key symptoms:**
 - 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.
- **Treatment method:** regulate qi, transform phlegm, dissipate binds, relieve depression
- **Formula:** Ban xia hou po tang (Pinella and magnolia bark decoction)
- **Acupuncture:** LR3 tai chong, Ren17 tan zhong, PC6 nei guan, ST40 feng long, Ren22 tian tu, Ren12 zhong wan

Formula and modifications

- Ban xia hou po tang (Pinella and magnolia bark decoction):
 - Ban xia, hou po, fu ling, sheng jiang, zi su ye
- Modifications:
 - To regulate qi and transform phlegm, add xiang fu zi, zhi ke, fo shou, xuan fu hua, dai zhe shi
 - For phlegm heat, use wen dan tang

Deficiency of yin and blood

- **Key symptoms:**
 - 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.
- **Treatment method:** nourish the heart, quiet the spirit
- **Formula:** Gan mai da zao tang (Licorice, wheat and jujube decoction)
- **Acupuncture:** Ren14 ju que, HT7 shen men, SP san yin jiao, ST36 zu san li, LI4 he gu

Formula and modifications

- Gan mai da zao tang (Licorice, wheat and jujube decoction):
 - Gan cao, fu xiao mai, da zao
- Modifications:
 - To increase the effects, add bai zi ren, suan zao ren, fu shen, he huan hua
 - For qi and blood deficiency, use gui pi tang

Mania and withdrawal dian kuang

- For abnormal psychological or emotional behavior
- Includes:
 - Manic-depression, schizophrenia and catatonic psychosis

Etiology and pathogenesis

- Seven affects
- Emotional disturbance, disharmony of yin and yang
- Stagnation of qi and blood, stagnation of phlegm and qi, phlegm fire
- Liver, gallbladder, heart and spleen

Patterns

- Depressive psychotic patterns
 - Stagnation of qi and phlegm
 - Heart and spleen qi deficiency
- Manic psychotic patterns
 - Phlegm fire harassing the interior
 - Exuberant fire with injury to yin

Depressive psychotic patterns-- Stagnation of qi and phlegm

- **Key symptoms:**
 - 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.
- **Treatment method:** rectify qi, resolve stagnation, transform phlegm, open the orifices
- **Formula:** Shun qi dao tan tang (Qi normalizing phlegm-abducting decoction)
- **Acupuncture:** LR3 tai chong, HT7 shen men, Ren17 tan zhong, PC7 da ling, ST40 feng long, M-HN3 yin tang, SP6 san yin jiao

Formula and modifications

- Shun qi dao tan tang (Qi normalizing phlegm-abducting decoction):
 - Fa ban xia, chen pi, fu ling, dan xing, zhi shi, mu xiang, xiang fu zi, sheng jiang, zhi gan cao
- Modifications:
 - To reinforce the function, add yuan zhi, yu jin, shi chang pu
 - For phlegm and qi giving rise to heat, use huang lian wen dan tang

Depressive psychotic patterns-- Heart and spleen qi deficiency

- **Key symptoms:**

- Gradual onset, long duration. Trance like mental state, loss of contact with reality, palpitations, tendency to be frightened, fatigue, decrease in food intake, lusterless complexion. Pale tongue, thready forceless pulse.

- **Treatment method:** strengthen spleen, nourish heart blood, boost qi, quiet the spirit

- **Formula:** Yang xin tang (heart-nourishing decoction) with gan mai da zao tang (Licorice, wheat and jujube decoction)

- **Acupuncture:** UB15 xin shu, UB18 gan shu, UB20 pi shu, HT7 shen men, ST36 zu san li, SP6 san yin jiao

Formula and modifications

- Yang xin tang (heart-nourishing decoction):
 - Huang qi, ren shen, fu ling, fu shen, dang gui, chuan xiong, zhi ban xia, bai zi ren, yuan zhi, suan zao ren, wu wei zi, rou gui, zhi gan cao
- Gan mai da zao tang (Licorice, wheat and jujube decoction):
 - Gan cao, fu xiao mai, da zao

Manic psychotic patterns-- Phlegm fire harassing the interior

- **Key symptoms:**
 - 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, rapid wiry slippery pulse.
- **Treatment method:** settle the heart, transform phlegm, drain the liver, clear fire
- **Formula:** Sheng tie luo yin (Iron flakes beverage)
- **Acupuncture:** DU14 da zhui, DU26 shui gou, DU16 feng fu, PC6 nei guan, ST40 feng long

Formula and modifications

- Sheng tie luo yin (Iron flakes beverage):
 - Tie luo, tian men dong, mai men dong, zhe bei mu, dan xing, ju hong, yuan zhi, shi chang pu, lian qiao, fu ling, fu shen, xuan shen, dan shen, gou teng, zhu sha
- Modifications:
 - For severe phlegm fire, use meng shi gun tan wan, an gong niu huang wan
 - For constipation, use jia jian cheng qi tang
 - For irritability and insomnia, use wen dan tang and zhu sha an shen wan

Manic psychotic patterns-- Exuberant fire with injury to yin

- **Key symptoms:**
 - Prolonged illness, irritability, easily to be frightened, insomnia, emaciation, tiredness. Red tongue with little coating. Thin rapid pulse.
- **Treatment method:** nourish yin, downbear fire, quiet the spirit, stabilize emotions
- **Formula:** Er yin jian (Two yin brew)
- **Acupuncture:** HT7 shen men, SP6 san yin jiao, KI4 da zhong, PC7 da ling, UB15 xin shu, UB23 shen shu

Formula and modifications

- Er yin jian (Two yin brew):
 - Sheng di huang, mai men dong, xuan shen, huan lian, mu tong, zhu ye, fu shen, deng xin cao, suan zao ren, gan cao

Epilepsy patterns

Xian zheng

- A nervous disorder presenting convulsive seizures as its major symptom
- Manifestation: trance-like states or, in more severe cases, loss of consciousness, foaming at the mouth, bleating sounds, rolling back of the eyes and violent involuntary movements of the limbs
- Includes:
 - The grand mal and petit mal, psychomotor and focal epilepsies

Etiology and pathogenesis

- Constitutional factors, emotional disturbances, improper diet and eating habits, stress, overstrain and traumatic injury
- Disharmony of yin and yang of zang and fu and injuring of normal qi movement---phlegm-turbidity obstructing the channels
- Liver, kidney, heart, spleen

Patterns

- Obstruction by wind phlegm
- Internal phlegm fire
- Liver and kidney yin deficiency
- Spleen and stomach qi deficiency

Obstruction by wind phlegm

- **Key symptoms:**
 - Dizziness and vertigo, oppression in the chest and loss of strength prior to seizures. Sudden falling to the ground, loss of consciousness, convulsions, 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, wiry and slippery pulse.
- **Treatment method:** expel phlegm, extinguish wind, open the orifices, stabilize epilepsy
- **Formula:** Ding xian wan (Epilepsy-stabilizing pill)
- **Acupuncture:** Ren15 jiu wei, PC5 jian shi, M-BW29 yao qi, LR3 tai chong, ST40 feng long, LR3 tai chong

Formula and modifications

- Ding xian wan (Epilepsy-stabilizing pill) :
 - Tian ma, chuan bei mu, ban xia, fu ling, fu shen, dan xing, shi chang pu, quan xie, bai jiang can, hu po, deng xin cao, chen pi, yuan zhi, dan shen, mai men dong, zhu sha, gan, cao, zhu li, jiang zhi
- Modifications:
 - Chronic epilepsy, add ren shen

Internal phlegm fire

- **Key symptoms:**
 - Seizures that characterized by sudden falling to the ground, loss of consciousness, convulsions, foaming at the mouth, screaming and possible incontinence of urine and stools. Irritability, insomnia, difficult expectoration of yellow phlegm, dry bitter taste in mouth and constipation. Red tongue with yellow sticky coating. Rapid wiry and slippery pulse.
- **Treatment method:** clear liver, drain fire, transform phlegm, open the orifice
- **Formula:** Long dan xie gan tang (Gentiana Longdanco Decoction to Drain Liver) , Di tan tang (Phlegm-flushing decoction)
- **Acupuncture:** Ren15 jiu wei, PC5 jian shi, M-BW29 yao qi, LR3 tai chong, ST40 feng long, GB13 ben shen, DU14 da zhui

Formula and modifications

- Long dan xie gan tang (Gentiana Longdancao Decoction to Drain Liver):
 - Long dan cao, Huang qin, Zhi zi, Mu tong, Che qian zi, Ze xie, Chai hu, Sheng di huang, Dang gui, Gan cao
- Di tan tang (Phlegm-flushing decoction):
 - Ban xia, zhi tian nan xing, chen pi, zhi shi, fu ling, ren shen, shi chang pu, zhu ru, sheng jiang, gan cao
- Modifications:
 - To subdue liver, eradicate wind, dissolve phlegm, add shi jue ming, gou teng, zhu li, di long
 - For constipation, add da huang, mang xiao

Liver and kidney yin deficiency

- **Key symptoms:**
 - Prolonged epilepsy with dizziness and vertigo, insomnia, forgetfulness, weak aching lower back and knees. Red tongue with little coating. Rapid thready pulse.
- **Treatment method:** nourish and supplement liver and kidney yin, subdue yang, quiet the spirit
- **Formula:** Zuo gui wan (Left-restoring pill)
- **Acupuncture:** UB23 shen shu, UB18 gan shu, KI3 tai xi, SP6 san yin jiao, M-BW29 yao qi, Ren15 jiu wei

Formula and modifications

- Zuo gui wan (Left-restoring pill):
 - Shu di huang, shan yao, shan zhu yu, gou qi zi, chuan niu xi, tu si zi, lu jiao jiao, gui ban jiao
- Modifications:
 - To reinforce the effects of nourishing yin and subduing yang, add mu li, bie jia
 - To settle heart and calm the spirit, add bai zi ren, ci shi,
 - For constipation, add xuan shen, huo ma ren

Spleen and stomach qi deficiency

- **Key symptoms:**
 - Prolonged epilepsy with tiredness, fatigue, dizziness and vertigo, poor appetite, lusterless complexion, loose stools, nausea and vomiting. Pale tongue, soft weak pulse.
- **Treatment method:** strengthen the spleen, boost qi, calm the stomach, transform turbidity
- **Formula:** Liu jun zi tang (six gentlemen decoction)
- **Acupuncture:** UB20 pi shu, Ren12 zzhong wan, ST36 zu san li, SP6 san yin jiao, M-BW29 yao qi, Ren15 jiu wei

Formula and modifications

- Liu jun zi tang (six gentlemen decoction):
 - Ren shen, bai zhu, fu ling, gan cao, ban xia, chen pi
- Modifications:
 - To reinforce expelling phlegm and setting spirit, add shi chang pu, yuan zhi, dan xing, ban jiang can