THE TREATMENT OF ANXIETY WITH CHINESE MEDICINE

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ANXIETY IN WESTERN MEDICINE

Anxiety is a normal reaction to stress. In general, it helps one to cope. But when anxiety becomes an excessive, irrational dread of everyday situations, it has become a disabling disorder.

Anxiety disorders discussed in Western medicine are:

- generalized anxiety disorder
- panic disorder
- obsessive-compulsive disorder
- post-traumatic stress disorder
- social phobia (or social anxiety disorder)
- specific phobias
Each anxiety disorder has its own distinct features, but they are all bound together by the common theme of excessive, irrational fear, worry and dread.

A chronic state of anxiety is usually called Generalized Anxiety Disorder (GAD). The essential characteristic of this is an uncontrollable worrying about everyday things, affecting daily functioning and which can cause physical symptoms.
GAD can occur with other anxiety disorders, depressive disorders, or substance abuse. It is often difficult to diagnose because it lacks some of the dramatic symptoms, such as unprovoked panic attacks, that are seen with other anxiety disorders; for a diagnosis to be made, worry must be present more days than not for at least 6 months.

Physical symptoms may include:

- Muscle tension
- Jumpiness
- Sweating
- Gastrointestinal discomfort or diarrhoea
- Nausea
- Irritability, feeling on edge
- Cold, clammy hands
- Tiredness
- Difficulty in swallowing
- Insomnia
Anxiety is the most common psychiatric condition in Western countries. In the USA, it is estimated that 25% of the adult population suffers or has suffered at some point from anxiety.
WESTERN VIEW

- CORTEX
  - HYPOTHALAMUS
    - SYMPATHETIC
    - PARASYMPATHETIC
      - VISCERA
CHINESE VIEW

气

ZANG-FU  SHEN
PANIC ATTACKS

A panic attack is defined as the abrupt onset of an episode of intense fear or discomfort, which peaks in approximately 10 minutes, and includes at least four of the following symptoms:

- a feeling of imminent danger or doom
- the need to escape
- palpitations
- sweating
- trembling
- shortness of breath or a smothering feeling
- a feeling of choking
- chest pain or discomfort

- nausea or abdominal discomfort
- dizziness or lightheadedness
- a fear of dying
- tingling sensations
- chills or hot flushes

- a sense of things being unreal, depersonalization
- a fear of losing control or "going crazy"
- a fear of dying
Panic Disorder is diagnosed when an individual suffers at least two unexpected panic attacks, followed by at least one month of concern over having another attack. Sufferers are also prone to situationally predisposed attacks. The frequency and severity of the attacks varies from person to person: an individual might suffer from repeated attacks for weeks, while another will have short bursts of very severe attacks.

Panic attacks are similar to phobia and PTSD in the sense that the patient suffers from strong emotional arousal. However, while phobias and PTSD occur from external stimuli, panic attacks are related to internal stimuli.

According to Wolpe, the first panic attack is the result of hyperventilation which increases carbon dioxide in the lungs and blood causing dizziness, racing heart and a feeling of suffocation. Most panic attacks occur in persons who are particularly anxious and worried and who have been under severe stress.

Panic disorder affects about 2.4 million adult Americans; and is twice as common in women as in men.
One study shows that several marital conflict occurred during the year before the first panic attack in 84% of patients. According to Wolpe, the cause of the first panic attack is not important, it may be organic or psychological.

Once panic occurs, the stimuli that happen to be present at the time will become conditioned fear stimuli. But unlike typical fear conditioning, the critical stimuli are internal rather than external.

For example, an elevation of blood pressure that occurs in response to hyperventilation might become a conditioned fear stimulus.
If blood pressure happens to increase for some other reason, such as talking to one’s superior or being in some other socially tense situation, the noxious sensations previously elicited by hyperventilation, having been conditioned to increases in blood pressure levels, are now brought on. These sensations are then noticed and the panic attack appears to be spontaneous.

There are neurons in the lower brain stem that are very sensitive to changes in blood levels of carbon dioxide. The amygdala receives inputs from the neurons in this region. The amygdala also receives information about the status of the internal organs – the heart rate, blood pressure, and other vital processes of the body.
From the Chinese perspective, the pathology of panic attacks is interesting. Of all the anxiety disorders, it is the one that is most connected to internal bodily stimuli (hyperventilation, carbon dioxide levels, blood pressure).

This indicates that panic attacks stem first and foremost from the Po, from unconscious feelings imprinted in the Po. Therefore, treatment of the Lungs (apart from other organs) is important.
ANXIETY IN CHINESE MEDICINE

“Anxiety” is a modern term that does not have an exact equivalent in Chinese medicine. I shall discuss the view of anxiety in Chinese medicine according to the following topics:

a) Chinese disease entities corresponding to anxiety

b) Rebellious Qi of the Chong Mai

c) “Palpitations” in Chinese diagnosis

d) Difference between Shen Unsettled and Shen Obstructed in anxiety
a) CHINESE DISEASE ENTITIES CORRESPONDING TO ANXIETY

There is no Chinese medicine term that corresponds exactly to what we call “anxiety” but several ancient Chinese disease entities closely resemble anxiety. The four main disease entities that correspond to Anxiety are:

“Fear and Palpitations” (Jing Ji 惊 悸)

“Panic Throbbing” (Zheng Chong 怔 忡)

“Mental restlessness” (Fan Zao 烦 躁)

“Agitation” (Zang Zao 脏 躁)

rash, impetuous
vexed
“Respect” and “horse”. To startle, alarm, stampede.

JING

Palpitations with terror

JI

Terrified, panic-stricken

ZHENG

Anxious, palpitations (cognate with “chong’ of Chong Mai 冲）

CHONG
All these conditions involve a state of fear, worry and anxiety

**Fear and Palpitations (Jing Ji) = palpitations**

“Fear and Palpitations” is usually caused by external events such as a fright or shock and it comes and goes: it is more frequently of a Full nature.

In chronic cases, “Fear and Palpitations” may turn into “Panic Throbbing”. Despite the name “Fear and Palpitations”, such states of fear and anxiety may occur without palpitations.

**Panic Throbbing (Zheng Chong) = throbbing sensation in the chest and below the umbilicus.**

“Panic Throbbing” is not caused by external events and it is continuous: this condition is usually of an Empty nature and is more serious than the first.

In severe cases, “Panic Throbbing” may correspond to panic attacks.
Jing Ji

palpitations, anxiety from external event

Zheng Chong - PanicThrobbing

from abdomen to chest. Full-Empty
“In both Fear and Palpitations [Jing Ji] and Panic Throbbing [Zheng Chong] there is Blood deficiency. Fear and Palpitations come in bouts; Panic Throbbing is constant. Panic Throbbing is due to worry and pensiveness agitating within causing a deficiency and Phlegm-Heat.”

Zhu Dan Xi (1281-1358)

“In Panic Throbbing the heart is shaking in the chest, the patient feels fear and anxiety. There is Yin deficiency and exhaustion; there is Yin deficiency below so that the Zong Qi has no root and Qi cannot return to its origin. For this reason, there is shaking [or throbbing] of the chest above and also throbbing on the sides of the umbilicus.”

Zhang Jing Yue “Complete Book of Jing Yue” (Jing Yue Quan Shu, 1624):
AGITATION (ZANG ZAO 脹 躁)

Zang Zao, literally meaning “visceral restlessness” was first mentioned in the chapter “Pulse, Syndromes and Treatment of Miscellaneous Gynaecological Diseases” of the “Essential Prescriptions of the Golden Chest” (Jin Gui Yao Lue, ca 220 AD).

This text says: “The patient suffers from Agitation [Zang Zao], feels sad and tends to weep constantly as if she were haunted. She stretches frequently and yawns repeatedly. The decoction of Fu Xiao Mai, Zhi Gan Cao and Da Zao can calm the patient.”

The formula for Agitation (Zang Zao) is therefore Gan Mai Da Zao Tang Glycyrrhiza-Triticum-Jujuba Decoction. Also for depression.

ZHENG CHONG and JING JI

Zheng Chong: palpitations like the beating of a drum, worse with pensiveness. Due to pensiveness and overwork, Heart-Blood Xu. Generate Blood, nourish the Heart.

Jing Ji: due to Liver and Gall-Bladder timid. Spontaneous sweating, insomnia, lot of dreaming, rattling sound. When the Mother (Liver) is empty, Heart-Blood is deficient, or Heart-Yin. Calm and nourish the Shen, nourish the Liver and Gall-Bladder.

Kong Ju [恐 慱]: fear, anxiety, inability to lie down. Due to Kidneys. Kong Ju is a type of Jing Ji but different. Jing Ji is externally caused; Kong Ju is internally caused. Jing Ji is temporary and comes in bouts (it can go); Kong Ju develops gradually but becomes constant.
Fan Zao [烦 躁], palpitations that feel chaotic in chest, after a chronic illness or overwork, due to deficiency of fluids, Ying and Blood deficiency, Kidney-Water is deficient, Heart-Fire blazes upwards. Due to Empty Heat which causes the fan and zao (cognate with zao 燥 dryness). Tonify the Post-Heaven Blood, nourish the Heart, nourish the Pre-Heaven Water and strengthen the Kidneys. (fan= vexed; zao = restless).

Zong Qi Dong [宗 气 动]: agitation of the Zong Qi, feeling of energy rising from umbilicus to chest, restlessness. Due to Great Luo of the Stomach (Xu Li). Also due to Yin deficiency below so that the Zong Qi has no root, Qi cannot return to its origin. Tonify Qi, nourish Jing so that they return to their root.

Note: Great Luo of the Stomach can cause heart symptoms, palpitations, tachycardia, irregular heart
b) REBELLIOUS QI OF THE CHONG MAI

There is another Chinese condition that may correspond to anxiety and especially to panic attacks and that is the condition of Rebellious Qi of the Chong Mai causing the symptom of “internal urgency” (li ji 里 急).

One of the most common pathologies of the Chong Mai is rebellious Qi and “internal urgency” (Li Ji): this has been recognized since the times of the Nan Jing

"The pathology of the Chong Mai is rebellious Qi with internal urgency [li ji]."
“Internal urgency” (Li Ji) = a feeling of anxiety and restlessness

In severe cases may be panic attacks with palpitations

On a physical level, it may also be interpreted as an uncomfortable, tight sensation from the lower abdomen radiating upwards towards the heart.

Palpitations are frequently associated with the anxiety or panic attacks deriving from rebellious Qi of the Chong Mai because this vessel flows through the heart.

This type of anxiety or panic attack may also be accompanied by a throbbing abdominal sensation which is also due to rebellious Qi of the Chong Mai in the abdomen.

From this point of view, Rebellious Qi of the Chong Mai could be considered as a form of “Panic Throbbing” (Zheng Chong).
Rebellious Qi of the Chong Mai causes various symptoms at different levels of the abdomen and chest. It causes primarily fullness, distension or pain in these areas.

By plotting the pathway of the Chong Mai, we can list the possible symptoms of rebellious Qi of the Chong Mai starting from the bottom:
Rebellious Qi of the Chong Mai causes various symptoms at different levels of the abdomen and chest. It causes primarily fullness, distension or pain in these areas.

By plotting the pathway of the Chong Mai, we can list the possible symptoms of rebellious Qi of the Chong Mai starting from the bottom:
Anxiety, mental restlessness, “internal urgency” (Li Ji).

Headache
Feeling of heat of the face
Feeling of lump in the throat

Slight breathlessness
Sighing
Palpitations
Feeling of tightness of the chest
Feeling of distension of the breasts in women

Fullness/distension/pain of the epigastrium
Feeling of tightness below the xyphoid process
Hypogastric fullness/distension/pain
Fullness/distension/pain of the umbilical area
Fullness/distension/pain of the lower abdomen
Painful periods, irregular periods

In order to diagnose Rebellious Qi of the Chong Mai, you need at least 3-4 symptoms at different levels.
LI JI

Hand grabbing a person

Heart

JI = urgent, anxious, impatient, rapid, fast, irritated, annoyed, violent, hot-tempered, hot-headed
It is necessary to have at least 3-4 symptoms at different levels to diagnose rebellious Qi of the Chong Mai, e.g.: lower abdomen, epigastrium, chest, throat.

For example, if someone had fullness, distension or pain of the lower abdomen, that would not be enough to diagnose the condition of rebellious Qi of the Chong Mai. A feeling of energy rising from the lower abdomen up towards the throat would be a strong indication of rebellious Qi of the Chong Mai.

In my experience Qi of the Chong Mai rebels upwards for two reasons manifesting with two conditions, one Full, the other mixed Full/Empty.
c) “PALPITATIONS” IN CHINESE DIAGNOSIS

On the subject of “palpitations”, it is worth explaining what this term indicates. If we ask most Western patients whether they have “palpitations”, most of them will reply in the negative because they think that by “palpitations” we mean “tachycardia”, i.e. a rapid beat of the heart.

In reality, “palpitations” denotes simply an uncomfortable, subjective sensation of the heart beating in the chest: it has nothing to do with the speed or rate of the heart. Therefore, when I want to ask a Western patient about this symptom, I do not ask “Do you get palpitations?” but ask instead “Are you sometimes aware of your heart beating in an uncomfortable way?” If we ask in this manner, we will see that palpitations is a more common symptom than we think.
d) DIFFERENCE BETWEEN SHEN UNSETTLED AND SHEN OBSTRUCTED IN ANXIETY

The difference between anxiety and panic attacks is a good illustration of the difference between Shen Unsettled and Shen Obstructed. In anxiety, the person’s Shen is unsettled either by a Full condition (such as Heart-Heat), an Empty condition (such as Heart-Blood deficiency) or Empty Heat deriving from Yin deficiency. The person is anxious and restless but the Shen is unobstructed and insight is not affected.

In Obsessive Compulsive Disorder and in some cases of Panic attacks, the Shen is also obstructed.

When the Shen is obstructed there is a certain loss of insight and rationality as may happen in severe panic attacks when the person may have an irrational fear of death. The main pathogenic factors that obstruct the Shen are Phlegm and Blood stasis; severe Qi stagnation may also lead to mild obstruction of the Shen.

We can therefore say that in “Fear and Palpitations” (Jing Ji) the Shen in unsettled while in severe panic attacks, which are more likely to correspond to “Panic Throbbing” (Zheng Chong), the Shen is unsettled but also mildly obstructed.
**SHEN WEAKENED**

- Tiredness, listlessness, apathy, lack of will-power, lack of enthusiasm and drive, depression

**SHEN UNSETTLED**

- Anxiety, mental restlessness, insomnia, agitation, panic, anger

**SHEN OBSTRUCTED**

- Loss of insight, mental confusion, obsessive behaviour, erratic, hallucinations.

  “Neurotics build castles in the sky, psychotics live in them”
SHEN WEAKENED

Tonify Qi, nourish Blood and/or Yin

SHEN UNSETTLED

Clear Heat, drain Fire, nourish Blood and/or Yin, clear Empty Heat

SHEN OBSTRUCTED

Resolve Phlegm, invigorate Blood, move Qi, open the Shen’s orifices

Sweet taste

Bitter-cold taste to drain Fire, or sweet-cold to nourish Yin together with cold to clear Empty Heat

Pungent taste
SHEN UNSETTLED

BLOOD OR YIN XU
Shen and Hun deprived or residence become unsettled. Mild anxiety.
Sweet to nourish Blood or sweet-cool to nourish Yin. Sinking herbs.

YIN XU WITH EMPTY HEAT
Shen and Hun deprived or residence become unsettled. Severe anxiety. Empty Heat
Sweet-cold to nourish Yin with cool to clear Empty Heat. Sinking herbs.

HEAT OR FIRE
Shen and Hun agitated by Heat become unsettled. Severe anxiety.
Pungent-cold to clear Heat or bitter-cold to drain Fire. Sinking herbs.
AETIOLOGY
The main aetiological factor in anxiety is obviously emotional stress. However, other factors play a role too and constitution and diet are important aetiological factors.

a) Emotional Stress
“Anxiety” is a general term that indicates a chronic state of fear and uneasiness. However, that does not mean that, among the emotions, only fear leads to anxiety. A chronic state of anxiety may derive from many emotions and particularly:

NOTE: do not equate “anxiety” with “fear” only
Any of the above emotions may lead to some Qi stagnation initially. After some time, stagnant Qi generates Heat and, with time this injures Blood and Yin leading to Blood and/or Yin deficiency. Therefore Heat may agitate the Shen causing anxiety and, on the other hand, Blood and Yin deficiency deprive the Shen of its residence and also lead to anxiety.

The Qi stagnation and Qi deficiency deriving from emotional stress may also lead to the formation of Phlegm which may obstruct the Shen and lead to more serious anxiety or panic attacks.

Chapter 39 of the “Simple Questions” says: “When shock affects the Heart, it deprives it of its residence, the Shen has no place to return to, thoughts come ceaselessly [i.e. anxiety] and Qi becomes chaotic.”
THE EFFECTS OF EMOTIONS

- Qi Stagnation
  - When compressed, Qi generates Heat

- Heat
  - Heat condenses fluids
  - Phlegm and Blood stasis aggravate each other

- Phlegm

- Yin Deficiency
  - Fire dries up Yin
  - Yin Xu leads to Empty Heat

- Empty Heat

- Blood Stasis

- Blood Xu

- Qi Deficiency

- Emotion
b) Constitution
In my experience, a constitutional tendency is an important and frequent aetiological factor in chronic anxiety. There are many people who simply have a constitutional tendency to worry and anxiety for no apparent external reasons: I have also noticed that there is often a familial incidence when I have treated various members and even generations of one family.

An important sign indicating a constitutional tendency to emotional stress and anxiety is a Heart crack on the tongue.

According to the National Institute of Mental Health, risk of developing panic disorder appears to be inherited. This confirms the importance of constitution in the aetiology of chronic anxiety and panic disorders.
From the perspective of CHINESE medicine, the individuals who are “super-prepared” to anxiety and phobias are those with a congenital weakness of the Shen. An important sign of a congenital weakness of the Shen and tendency to emotional problems (such as depression and anxiety) is a Heart crack.
c) Irregular Diet

Irregular eating → deficiency of Qi and Yin of the Stomach

in the long run may affect the Heart

and lead to Heart-Yin deficiency and anxiety.

Irregular eating and the excessive consumption of Damp-producing foods → formation of Phlegm

This may obstruct the Shen and aggravate anxiety and panic disorders.
d) Loss of Blood
A heavy loss of blood, such as that which may happen during childbirth, leads to Blood deficiency. The Heart governs Blood and this may therefore lead to Heart-Blood deficiency and anxiety.

e) Overwork
Overwork in the sense of working long hours without adequate rest for many years seriously depletes Kidney-Yin. A deficiency of Kidney-Yin eventually affects the Heart and may cause chronic anxiety. A deficiency of Kidney-Yin may also cause chronic anxiety by itself, without affecting the Heart.
PATHOLOGY AND TREATMENT PRINCIPLES

In Chinese books, the pathology of “Fear and Palpitations” (Jing Ji) and of “Panic Throbbing” (Zheng Chong) is always related primarily to the Heart and secondarily to the Liver and Kidneys.

These two conditions are related primarily to the Heart because they are closely linked to the symptom of “palpitations”. Indeed, all modern Chinese books include the disease entities of “Fear and Palpitations” and “Panic Throbbing” under the disease entity of “Palpitations” (Xin Ji).

Strangely, although the essential feature of anxiety is worry, Chinese books do not report Lung patterns in relation to the above two diseases. I have therefore added Lung patterns according to my clinical experience.
Chinese books attribute the pathology of anxiety primarily to Heart patterns which may include any of the Deficiency patterns (Qi, Yang, Blood and Yin) as well as Full patterns such as Heart-Heat or Heart-Blood stasis.

In my experience, apart from the Heart, the Lungs and Kidneys are also very much involved in the pathology of anxiety, the Lungs because they are affected by worry and the Kidneys because they are affected by fear.
Zhu Dan Xi recommends resolving Phlegm in “Fear and Palpitations” and transforming Water in “Panic Throbbing”.

“In Fear and Palpitations, the Heart, Spleen, Liver and Kidneys are involved. Yang is connected to Yin and the Heart to the Kidneys. [In this disease] the upper part of the body is restless because it cannot link with the lower part; Heart-Qi is deficient and cannot connect with the Jing [of the Kidneys]. In Fear and Palpitations the main treatment principles are to nourish the Heart and the Shen, supplement the Liver and Gall-Bladder and tonify the Yuan Qi.”

Zhang Jing Yue “Complete Book of Jing Yue” (Jing Yue Quan Shu, 1624)
“In Panic Throbbing the heart is shaking in the chest, the patient feels fear and anxiety. There is Yin deficiency and exhaustion; there is Yin deficiency below so that the Gathering Qi [Zong Qi] has no root and Qi cannot return to its origin. For this reason, there is shaking [or throbbing] of the chest above and also throbbing on the sides of the umbilicus.”

The above statements from Zhang Jing Yue are interesting because they confirm my experience according to which fear often makes Qi rise (rather than descend). In fact, in the statement above, Zhang Jing Yue says that in “Fear and Palpitations”, there is restlessness above and a disconnection between the Heart and Kidneys with Qi rising.
Heart cannot descend to Kidneys

Yuan Qi Xu cannot root Qi and receive Heart-Qi

Yang and Yin cannot communicate

Fullness above

Deficiency below
Fright makes Qi rise

It is necessary to make Qi sink with sinking substances such as:

Long Gu *Mastodi Ossis fossilia*  
Zhen Zhu Mu *Concha Margatirferae usta*

As Fire dries up Blood it is also necessary to nourish Yin, clear Heart-Heat and nourish Blood.

Fright also deprives the Shen of its residence in the Heart

Fluids change into Phlegm and they enter the space left vacant so that the Shen cannot return to it

Therefore one must resolve Phlegm with formulae such as Shi Wei Wen Dan Tang *Ten-Ingredient Warming the Gall-Bladder Decoction.*
Wang Qing Ren (late Qing dynasty) thought that the main cause of anxiety is Blood stasis. He thought that nourishing Blood and calming the Shen does not yield good results in anxiety and he advocated using his own Xue Fu Zhu Yu Tang *Blood Mansion Eliminating Stasis Decoction* to invigorate Blood and eliminate stasis.

Lin Pei Qin (late Qing dynasty) thought that in Fear and Palpitations caused by fright, the Shen is chaotic and one should tonify and nourish with a formula like Da Bu Yin Jian *Great Tonifying Yin Qi Decoction*:

If there is Yin deficiency he advocates using Zuo Gui Yin *Restoring the Left [Kidney] Decoction*; if Yang deficiency, use You Gui Yin *Restoring the Right [Kidney] Decoction*.

Apart from the patterns with which anxiety may present, it is useful to differentiate the pathology and symptoms of anxiety from the point of view of Internal Organs: this approach is also more relevant to the acupuncture treatment of anxiety.
SHEN DISTURBANCES

- Normal colour, red tip
- Red body, red tip
- Red body, red tip with red points
- Red body, with red, swollen tip with red points
- Red body, red tip, Heart-crack
- Red body, red tip, Stomach-Heart-crack with sticky-dry-yellow coating inside it
Heart crack
Stomach-Heart crack with sticky-dry-yellow coating: this is a deep crack that combines a wide Stomach crack in the centre with a long Heart crack. Inside the Stomach crack there is a sticky-dry-yellow coating indicating Phlegm-Heat in the Stomach and Heart.

Very swollen tongue, almost round, very sticky coating all over:
I have seen this tongue only in serious cases of obstruction of the Shen causing obsessive behaviour and mental delusions.

Hammer shaped: this tongue shape also shows serious mental-emotional problems.
ALL EMOTIONS AND FEELINGS AFFECT PO

- ANGER
- SADNESS
- GRIEF
- WORRY
- FEAR
- PENSIVENESS

PO (LU-7) influences:

- LIVER (LIV-3)
- LUNGS (LU-7)
- KIDNEY (KI-9)
- SPLEEN (SP-4)

HEART (HE-7) influences:

- LIVER (LIV-3)
- LUNGS (LU-7)
- KIDNEY (KI-9)
- SPLEEN (SP-4)
ST-40 FENGLONG

1. Subdues rebellious ST-Qi
2. All Full conditions of the Stomach
3. Opens the chest (LU-7 or P-6)
4. Calms the Shen
5. Regulates the Heart
Du-24 Shenting

Traditional indications include:
- manic-depression
- depression
- anxiety poor
- memory insomnia

The most important aspect of Du-24’s energetic action is its downward movement: it makes Qi descend and subdues rebellious Yang. This is a very important and powerful point to calm the Shen. It is frequently combined with G.B.-13 Benshen for severe anxiety and fears.
To calm the Shen and nourish the Heart in mental-emotional problems occurring against a background of Deficiency, I frequently combine Du-24 with Ren-15.

An important feature of this point which makes it particularly useful is that it can both calm and lift the Shen: therefore it is used not only for anxiety and insomnia but also for depression and sadness. It is also used in psychiatric practice for schizophrenia and split personality.

The name of this point refers to its strong influence on the Shen and Spirit.

The courtyard was traditionally considered to be very important as it was the part that gave visitors their first impression of the house; it is the entrance. Thus, this point could be said to be the “entrance” to the Shen and Spirit and it being called a courtyard, highlights its importance.
HEAD Headache, dizziness
NECK Feeling of lump in the neck
CHEST Tightness chest, shortness breath
HEART Palpitations
BREAST Breast distension
STOMACH Epigastric pain
INTESTINES Irritable bowel
UTERUS Painful periods
GENITALS/BLADDER Vaginitis, cystitis
IDENTIFICATION OF PATTERNS AND TREATMENT

a) HEART AND GALL-BLADDER DEFICIENCY

Clinical manifestations

- Anxiety
- Palpitations
- Easily discouraged
- Timidity
- Insomnia
- Lack of self-assertion
- Waking up in the morning
- Easily frightened
- Cannot sit or lie down

Tongue: Pale
Pulse: Weak
Mental-emotional profile
This person is timid, shy and lacking in drive. He or she is easily discouraged and finds it difficult to make decisions. The anxiety is mild.

Treatment principle: Tonify the Heart and Gall-Bladder, calm the Shen.

i. Acupuncture
HE-7 Shenmen, HE-5 Tongli, BL-15 Xinshu, Ren-14 Juque, G.B.-40 Qiuxu, ST-36 Zusanli. All with reinforcing method. Moxa is applicable if the tongue is Pale.

ii. Herbal therapy
Prescription
AN SHEN DING ZHI WAN Variation
Calming the Shen and settling the Spirit Pill Variation

Three Treasures remedy: Soothe the Shen
AN SHEN DING ZHI WAN Variation
*Calming the Shen and Settling the Spirit Pill Variation*

Ren Shen *Radix Ginseng* 9 g
Fu Ling *Poria* 12 g
Fu Shen *Sclerotium Poriae pararadicis* 9 g
Long Chi *Fossilia Dentis Mastodi* 15 g
Yuan Zhi *Radix Polygalae* 6 g
Shi Chang Pu *Rhizoma Acori tatarinowii* 8 g
Ci Shi *Magnetitum* 15 g
Ho Po *Succinum* 9 g
Suan Zao Ren *Semen Ziziphi spinosae* 6 g
Bai Zi Ren *Semen Platycladi* 9 g

**Explanation**
The original formula tonifies the Heart and calms the Shen. It has been modified with the addition of sinking substances that calm the Spirit.
b) HEART-BLOOD DEFICIENCY

Clinical manifestations

- Anxiety
- Insomnia
- Palpitations
- Poor memory
- Dizziness
- Pale face
- Tiredness

Tongue: Pale and Thin.
Pulse: Choppy or Fine.
Mental-emotional profile
This person is most likely to be a woman, pale, depressed and anxious.

Treatment principle
Nourish Heart-Blood, calm the Shen.

i. Acupuncture
Points
HE-7 Shenmen, Ren-14 Juque, ST-36 Zusanli, SP-6 Sanyinjiao. All with reinforcing method. Moxa may be used.
ii. Herbal therapy

Prescription

GUI PI TANG Variation

Tonifying the Spleen Decoction Variation

**Ren Shen** *Radix Ginseng* 6 g
**Huang Qi** *Radix Astragali* 15 g
**Bai Zhu** *Rhizoma Atractylodis macrocephalae* 12 g
**Dang Gui** *Radix Angelicae sinensis* 6 g
**Fu Shen** *Sclerotium Poriae pararadicis* 9 g
**Suan Zao Ren** *Semen Ziziphi spinosae* 9 g
**Long Yan Rou** *Arillus Longan* 12 g
**Yuan Zhi** *Radix Polygalae* 9 g
**Bai Zi Ren** *Semen Platycladi* 9 g
**Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 4 g
**Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
**Hong Zao** *Fructus Jujubae* 5 dates
**Explanation**
The original formula nourishes Qi and Blood of Heart, Spleen and Liver and calms the Shen. It has been modified only slightly by removing Mu Xiang Radix Aucklandiae and adding Bai Zi Ren Semen Platycladi.

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**Three Treasures remedy**

*Calm the Shen*

**Explanation**
Calm the Shen is a variation of Gui Pi Tang and it nourishes Heart-Blood and calms the Shen.

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![Image of a bottle labeled 'Calm the Shen' with text: Classical Formulations for the Modern World, created by Giovanni Maciocia, Herbal Dietary Supplement, 60 Tablets x 500mg Herbal Extract, Expiry: 10/2012, Batch No: KT37-41444-341]
c) KIDNEY- AND HEART-YIN DEFICIENCY WITH EMPTY HEAT

Clinical manifestations:

-Dizziness
-Tinnitus
-Palpitations
-Night-sweating
-Feeling of heat in the evening
-Mental restlessness
-Insomnia
-Anxiety that is worse in the evening
-Five-plam heat

Tongue: Red without coating
Pulse: Floating-Empty and Rapid
Mental-emotional profile
This person is more likely to be middle-aged. The anxiety is marked and is experienced more in the evenings. In women, this type of anxiety is markedly aggravated with the onset of the menopause. There is a characteristic restlessness and fidgetiness.

Treatment principle
Nourish Heart- and Kidney-Yin, clear Empty Heat, calm the Shen.

i. Acupuncture
Points
HE-7 Shenmen, Ren-14 Juque, KI-3 Taixi, Ren-4 Guanyuan, SP-6 Sanyinjiao, HE-6 Yinxí, KI-7 Fuliu. Reinforcing method.
ii. Herbal therapy

Prescription

TIAN WANG BU XIN DAN
Heavenly Emperor Tonifying the Heart Pill

Sheng Di Huang *Radix Rehmanniae* 6 g
Xuan Shen *Radix Scrophulariae* 6 g
Mai Men Dong *Radix Ophiopogonis* 6 g
Tian Men Dong *Radix Asparagi* 6 g
Ren Shen *Radix Ginseng* 6 g
Fu Ling *Poria* 9 g
Wu Wei Zi *Fructus Schisandrae* 4 g
Dang Gui *Radix Angelicae sinensis* 6 g
Dan Shen *Radix Salviae miltiorrhizae* 6 g
Suan Zao Ren *Semen Ziziphi spinosae* 6 g
Bai Zi Ren *Semen Platycladi* 6 g
Yuan Zhi *Radix Polygalae* 6 g
Jie Geng *Radix Platycodi* 3 g
Explanation
This formula nourishes Heart- and Kidney-Yin, clears Empty Heat and calms the Shen.

*Three Treasures remedy*
*Heavenly Empress (Women’s Treasure)*
*Heavenly Empress* nourishes Heart- and Kidney-Yin, clears Empty Heat and calms the Shen.

Please note that although this remedy is part of the *Women’s Treasure* range, it is equally suitable for men as it is a variation of *Tian Wang Bu Xin Dan*
*Heavenly Emperor Tonifying the Heart Pill.*
e) LUNG- AND HEART-QI DEFICIENCY

Clinical manifestations
- Propensity to catching colds
- Tendency to crying
- Easily frightened
- Timidity
- Anxiety
- Sadness
- Weak voice
- Slight breathlessness
- Palpitations

Tongue: Pale
Pulse: Weak on both Front positions
Mental-emotional profile
This person is anxious and worries a lot but also sad. They are often affected by grief following a loss. They will tend to be pale and speak with a weak voice. The anxiety is experienced in the chest.

Treatment principle
Tonify Heart- and Lung-Qi, calm the Shen.

i. Acupuncture
Points
Prescription
YANG XIN TANG (I)
Nourishing the Heart Decoction

**Ren Shen** *Radix Ginseng* 6 g  
**Huang Qi** *Radix Astragali* 9 g  
**Fu Ling** *Poria* 6 g  
**Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 4.5 g  
**Dang Gui** *Radix Angelicae sinensis* 6 g  
**Chuan Xiong** *Rhizoma Chuanxiong* 4.5 g  
**Wu Wei Zi** *Fructus Schisandraceae* 4.5 g  
**Bai Zi Ren** *Semen Platycladi* 6 g  
**Suan Zao Ren** *Semen Ziziphi spinosae* 4.5 g  
**Yuan Zhi** *Radix Polygalae* 6 g  
**Rou Gui** *Cortex Cinnamomi* 1.5 g  
**Ban Xia** *Rhizoma Pinelliae preparatum* 4.5 g

Explanation
This formula tonifies Heart- and Lung-Qi and calms the Shen.
Prescription
BU FEI TANG Variation
Tonifying the Lungs Decoction Variation.

Ren Shen *Radix Ginseng* 9 g
Huang Qi *Radix Astragali* 12 g
Shu Di Huang *Radix Rehmanniae preparata* 12 g
Wu Wei Zi *Fructus Schisandrae* 6 g
Sang Bai Pi *Cortex Mori* 6 g
Bai He *Bulbus Lilii* 6 g
Bai Zi Ren *Semen Platycladi* 6 g
Suan Zao Ren *Semen Ziziphi spinosae* 6 g

*Three Treasures* remedy
*Prosperous Earth*
f) LUNG- AND HEART-QI STAGNATION

Clinical manifestations
- Chest and upper epigastric distension
- A slight feeling of a lump in the throat
- Depression
- Sadness
- Anxiety
- Sighing
- Pale complexion
- Slightly purple lips
- Distension or oppression of the chest
- Slight shortness of breath
- Palpitations

Tongue: slightly Pale-Purple on the sides in the chest area
Pulse: Empty but very slightly Overflowing on both Front positions
Mental-emotional profile
This person is anxious but also worried and sad. They will tend to be pale and speak with a weak voice. The anxiety is experienced in the chest.

Treatment principle
Move Qi in the Heart and Lung, relax the chest, calm the Shen.

i. Acupuncture
Points
ii. Herbal therapy

Prescription

BAN XIA HOU PO TANG

*Pinellia-Magnolia Decoction.*

*Three Treasures remedy*

*Open the Heart.*

*Open the Heart* moves Qi of the Heart and Lungs and calms the Shen. It has a special action on the chest and it is therefore particularly indicated when there are chest symptoms such as a feeling of tightness or oppression of the chest.
g) LUNG- AND HEART-YIN DEFICIENCY

Clinical manifestations
-Dry mouth and throat in the afternoon or evening
-Cough which is dry or with scanty-sticky sputum
-Thin body or thin chest
-Anxiety
-Tickly throat
-Night-sweating
-Poor memory
-Insomnia
-Mental restlessness
-Propensity to be startled
-Uneasiness
-Weak and hoarse voice
-Dislike speaking
-Dream-disturbed sleep
-Palpitations

Tongue: normal-coloured, dry without coating (or with rootless coating) in the front part.
Pulse: Floating-Empty
Treatment principle
Nourish Lung- and Heart-Yin and calm the Shen.

i. Acupuncture
Points

ii. Herbal therapy
Prescription
BAI HE GU JIN TANG Variation
Lilium Consolidating Metal Decoction Variation.

Explanation
This formula variation nourishes Lung- and Heart-Yin and calms the Shen.

*Three Treasures* remedy
*Jade Spring*
ii. Herbal therapy

Prescription

BAI HE GU JIN TANG Variation

Lilium Consolidating Metal Decoction Variation.

**Bai He** Bulbus Lilii 15 g

**Mai Men Dong** Radix Ophiopogonis 9 g

**Sheng Di Huang** Radix Rehmanniae 9 g

**Dang Gui** Radix Angelicae sinensis 6 g

**Bai Shao** Radix Paeoniae alba 9 g

**Jie Geng** Radix Platycodi 6 g

**Chuan Bei Mu** Bulbus Fritillariae cirrhosae 6 g

**Suan Zao Ren** Semen Ziziphi spinosae 6 g

**Bai Zi Ren** Semen Platycladi 6 g

**Wu Wei Zi** Fructus Schisandraceae 6 g

**Zhi Mu** Radix Anemarrhenae 6 g

**Gan Cao** Radix Glycyrrhizae uralensis 3 g

**Explanation**

This formula variation nourishes Lung- and Heart-Yin and calms the Shen.
h) HEART-BLOOD STASIS

Clinical manifestations
- Agitation
- Insomnia
- Palpitations
- Poor memory
- Anxiety
- Chest Pain

Tongue: Purple on the sides (chest area).
Pulse: Wiry, Choppy or Firm
Mental-emotional profile
This person will tend to be middle-aged. The anxiety is experienced more in the evening and often also in the middle of the night, when they might wake up with a panicky feeling.

Treatment principle
Invigorate Heart-Blood, eliminate stasis, calm the Shen.

i. Acupuncture Points
ii. Herbal therapy

**Prescription**

**XUE FU ZHU YU TANG**

*Blood-Mansion Eliminating Stasis Decoction.*

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 5 g
- **Tao Ren** *Semen Persicae* 12 g
- **Hong Hua** *Flos Carthami tinctorii* 9 g
- **Chai Hu** *Radix Bupleuri* 3 g
- **Zhi Ke** *Fructus Aurantii* 6 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 9 g
- **Jie Geng** *Radix Platycodi* 5 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

**Explanation**

This formula invigorates Heart-Blood and calms the Shen.
Prescription
TAO REN HONG HUA JIAN - Persica-Carthamus Decoction.

Tao Ren *Semen Persicae* 6 g
Hong Hua *Flos Carthami tinctorii* 6 g
Chuan Xiong *Rhizoma Chuanxiong* 9 g
Yan Hu Suo *Rhizoma Corydalis* 6 g
Gua Lou *Fructus Trichosanthis* 6 g
Qing Pi *Pericarpium Citri reticulatae viride* 6 g
Tan Xiang *Lignum Santali albi* 3 g
Dang Gui *Radix Angelicae sinensis* 6 g
Long Chi *Fossilia Dentis Mastodi* 9 g
Gui Zhi *Ramulus Cinnamomi cassiae* 6 g

Explanation
This formula invigorates Heart-Blood and calms the Shen.
Three Treasures remedy
Red Stirring.

Explanation
Red Stirring invigorates Heart-Blood. It can be used to invigorate Blood in the Heart but it does not have a pronounced calming the Shen effect. This should therefore be integrated with acupuncture.
i) PHLEGM-HEAT HARASSING THE HEART

Clinical manifestations
- Anxiety
- Dreaming a lot
- Insomnia
- Sputum in the throat
- Palpitations
- Slightly “maniac” behaviour
- Feeling of oppression of the chest

Tongue: Red, Swollen with sticky-yellow coating
Pulse: Slippery-Rapi.
Mental-emotional profile
In this case, the anxiety is marked, to the point of agitation. The person may be hyperactive and slightly chaotic.

Treatment principle
Resolve Phlegm, clear Heart-Heat, calm the Shen, open the Shen’s orifices.

i. Acupuncture
Points
P-5 Jianshi, HE-8 Shaofu, Ren-12 Zhongwan, ST-40 Fenglong, ST-8 Touwei, G.B.-13 Benshen, Ren-15 Jiuwei, Du-24 Shenting. Even method on all points except Ren-12 which should be needled with reinforcing method.

ii. Herbal therapy
Prescription
WEN DAN TANG
Warming the Gall-Bladder Decoction

Explanation
This formula clears Heart-Heat, resolves Phlegm and calms the Shen.
Prescription
GUI SHEN TANG
Restoring the Shen Decoction
Ren Shen Radix Ginseng 15 g
Bai Zhu Rhizoma Atractylodis macrocephalae 30 g
Ba Ji Tian Radix Morindae officinalis 30 g
Fu Shen Sclerotium Poriae pararadicis 15 g
Zi He Che Placenta Hominis 6 g
Ban Xia Rhizoma Pinelliae preparatum 9 g
Chen Pi Pericarpium Citri reticulatae 3 g
Bai Jie Zi Semen Sinapis albae 9 g
Shi Chang Pu Rhizoma Acori tatarinowii 3 g
Zhu Sha Cinnabaris 3 g
Mai Men Dong Radix Ophiopogonis 6 g
Bai Zi Ren Semen Platycladi 6 g
Zhi Gan Cao Radix Glycyrrhizae preparata 3 g

Explanation
This formula opens the Shen’s orifices, tonifies the Heart, resolves Phlegm and calms the Shen. Its clearing-Heat effect is not strong.
Please note that the original formula contains Zi He Che Placenta hominis and Zhu Sha Cinnabaris which should be omitted as the use of these two substances is not allowed.
Three Treasures remedies

- **Clear the Soul**

*Clear the Soul* clears Heat and resolves Phlegm from the Heart and Lungs and calms the Shen.

- **Settling the Soul**

*Settling the Soul* clears Heat and resolves Phlegm from the Heart and Liver, calms the Shen and settles the Hun.
THREE TREASURES REMEDIES FOR ANXIETY

- **Calm the Shen**: HE-Blood Xu.
- **Heavenly Empress**: HE- and KI-Yin Xu.
- **Prosperous Earth**: LU- and HE-Qi Xu.
- **Open the Heart**: LU- and HE-Qi stagnation.
- **Jade Spring**: HE- and LU-Yin Xu.
- **Clear the Soul/Settling the Soul**: Phlegm-Fire harassing the Heart.
- **Nourish the Soul**: Liver-Blood/Yin deficiency not rooting Hun.
**Case History 1**
A 40-year-old woman had been suffering from severe anxiety for many years. She was constantly anxious with a panicky feeling that she experienced in the chest. She had a frightened and restless look in her eyes. Her severe anxiety caused her great distress.

Although she did have some problems with her work and finances, these were not serious enough to warrant that level of anxiety. On interrogation, it transpired that she had always been a “worrier” ever since she was a teenager.

She also suffered from dizziness, occasional tinnitus and night-sweating. When she was anxious, she also suffered from palpitations and sweating. Her face was red and her tongue was Red, with a deep Heart crack and almost totally without coating. Her pulse was Fine and Rapid.
**Diagnosis**
Her tongue and pulse indicate a clear condition of Yin deficiency (tongue without coating) with Empty Heat (tongue Red). The Heart crack, palpitations and anxiety indicate that the Yin deficiency is affecting the Heart; the dizziness, tinnitus and night-sweating indicate that the Kidneys are also affected.

In her case, therefore, the anxiety is due not only to the Heart but also the Kidneys (fear). My feeling was that her anxiety was largely of constitutional origin: the deep Heart crack led me to this conclusion. Such patients are very difficult to treat as the anxiety is ingrained in their mental-emotional constitution. The look in her eyes also led me to believe that her anxiety might also be due to a feeling of guilt but she did not show any willingness to discuss this.

**Treatment**
I chose the formula Tian Wang Bu Xin Dan *Heavenly Emperor Tonifying the Heart Pill* as it was perfectly suited to her configuration of patterns, i.e. Heart- and Kidney-Yin deficiency with Heart Empty Heat.
I used the following variation of this formula:

Sheng Di Huang  6g  
Mai Men Dong  6g  
Tian Men Dong  6g  
Ren Shen  6g  
Fu Ling  9g  
Wu Wei Zi  4g  
Dang Gui  6g  
Dan Shen  6g  
Suan Zao Ren  6g  
Bai Zi Ren  6g  
Yuan Zhi  6g  
Lian Zi Xin  6g  
Jie Geng  3g

Acupuncture:

I treated this patient for over a year with both acupuncture and herbal medicine. She made a remarkable improvement with a marked reduction in her levels of anxiety. However, she could never be free of it completely. This is probably due to the fact that it was constitutional. I therefore stopped the treatment but advised her to come back for a few treatments every 3-4 months, which she did.
Case history 2
A 42-year-old woman had been suffering from anxiety ever since the birth of her second child 5 years previously. Her anxiety was mild but constant and disabling. She had a vague feeling of anxiety without being able to pin-point the cause or the object of it. She also slept badly.

Her health was otherwise good apart from complaining of palpitations, blurred vision and tingling of the limbs. Her tongue was Pale and her pulse Choppy.

Diagnosis
This is a very clear example of anxiety deriving from Heart-Blood deficiency as evidenced by the anxiety, insomnia and palpitations. There was some Liver-Blood deficiency as evidenced by the blurred vision and tingling. Her tongue and pulse confirm the Blood deficiency.

In her case, the Blood deficiency arose after the birth of her second child: this is a common cause of Blood deficiency in women and one that may also give rise to post-natal depression.
Treatment
I treated this patient primarily with acupuncture and with a herbal remedy.

Acupuncture
The points I used were selected from the following:
- Ren-4 Guanyuan, ST-36 Zusanli, LIV-8 Ququan and SP-6 Sanyinjiao to nourish Liver-Blood.
- HE-7 Shenmen to nourish Heart-Blood.
- Du-24 Shenting and Ren-15 Jiuwei to calm the Shen.

Herbal therapy
In addition to acupuncture, I used the Three Treasures remedy Calm the Shen which nourishes Liver- and Heart-Blood and calms the Shen.

I treated her for 9 months after which her anxiety was completely relieved.
Case history 3
A 50-year-old woman had been suffering with anxiety for a long time. She experienced her anxiety more in the daytime and her sleep was good. She worried very easily about the smallest things.

She was rather overweight and felt cold easily. She suffered from lower backache and dizziness and her urination was frequent and her urine pale.

I enquired about her working life and she had been overworking for many years, leaving home early in the morning and returning late in the evening. Her tongue was Pale and her pulse was Weak and Deep, particularly on both Rear positions.

Diagnosis
In this case, the anxiety derives clearly from a deficiency of the Kidneys and specifically Kidney-Yang. Fear is the emotion pertaining to the Kidneys.
Acupuncture
The acupuncture points I used were selected from the following.
- Ren-4 Guanyuan with moxa, BL-23 Shenshu, KI-7 Fuliu, KI-3 Taixi to tonify Kidney-Yang.
- Du-24 Shenting and Ren-15 Jiuwei to calm the Shen.

Herbal therapy
I also used the Three Treasures remedy Strengthen the Root which is a variation of You Gui Wan Restoring the Right [Kidney] Pill to tonify Kidney-Yang.