

RESEARCH ON OBSERVATION AND LITERATURE OF  
GUI PI TANG TREATING INSOMNIA

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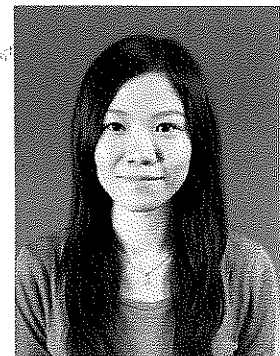
THESIS SUBMITTED IN FULFILLMENT FOR THE  
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## DECLARATION

I hereby declare that the thesis is based on my original work except for the quotations and citation which have been dully acknowledge.



A handwritten signature in black ink, appearing to read 'Teoh Zhi Yi', written over a horizontal line.

Date: 16<sup>th</sup> DEC 2015

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## APPROVAL

It is hereby certified that I have read this project paper "Research on observation and literature of Gui Pi Tang treating insomnia" by Teoh Zhi Yi, and in my opinion it is satisfactory in terms of scope, quality and presentation as a fulfilment of the requirement for Bachelor of Traditional Chinese Medicine (Hons) BTCMI course.



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## ABSTRACT

Insomnia is a sleeping disorder that interferes with daily activities which the person is difficulty falling asleep or staying asleep at night according to Nei Jing. Gui Pi Tang, as the formula for Spleen and Heart deficiency syndrome of insomnia which it is origin from "Ji Sheng Fang". The objective of this project is to study the research on literature and observation of Gui Pi Tang treating insomnia in conjunction with previous academic writings as well as clinical observations. There were only 5 patients taken for the observation after confirmed that they are qualified the PSQI test with Heart and Spleen deficiency syndrome of insomnia and is advised to take 3g of Gui Pi Tang daily in the morning. Throughout the observation study of Gui Pi Tang, it shows that it is a potential formula which is effective in the treatment of insomnia.

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## LIST OF SYMBOLS AND ABBREVIATIONS

GPT : Gui Pi Tang

PSQI : Pittsburgh Sleep Quality Index

SS : Somatostatin

TCM : Traditional Chinese Medicine

## CHAPTER 1: INTRODUCTION

### 1.1 Research Background

Insomnia is a type of sleeping disorder which the person is difficulty falling asleep or staying asleep that millions of people worldwide have to live with. According to Asia Pacific Family Medicine, 2049 patients 18 years old and above there is total of 60% reported insomnia symptoms, 38.9% had frequent insomnia symptoms (>3 times per week), 30.7% had chronic insomnia without daytime consequences and 28.6% had chronic insomnia with daytime dysfunction (Abu.H.Z, et al. 2015).

Untreated insomnia is detrimental. When people do not get adequate sleep, they accumulate a sleep debt that can be difficult to "pay back" if it becomes too big. The impacts of the insomnia cannot be ignored as well because it will lead to obesity, high blood pressure and edema to one's health, affect the mood and behaviour of that person, leading to poor productivity during work or school and affect their safety at home, job or road because they couldn't pay enough attention on what they do. (Mendelson W B, et al. 2004)

According to the National Highway Traffic Safety Administration statistics shows that 100,000 vehicle accidents occur annually drowsy driving. An estimated 1,500 die each year in these collisions. (NCSA, 2011) Besides, employers spend approximately \$3,200 more in health care costs on employees with sleep problems than for those who sleep well. According to the US Surgeon General, insomnia costs the U.S. Government more than \$15 billion per year in health care costs (Anna.B, 2014).

## **1.2 Objectives**

### **General Objective:**

To study the effectiveness of Gui Pi Tang on treating insomnia.

### **Specific objectives**

- To study the past physicians studies on insomnia and Gui Pi Tang.
- To study the modern physicians studies on insomnia and Gui Pi Tang
- To study the clinical observation on treating Heart-Spleen deficiency of insomnia by Gui Pi Tang.

## **1.3 Hypothesis**

Gui Pi Tang is an effective formula in treating Heart and Spleen syndrome insomnia.

## CHAPTER 2: INSOMNIA

### 2.1 Definition

According to TCM Syndrome Diagnostic Efficacy Standards (1994) 《中医病证诊断疗效标准(1994)》 of China, insomnia is defined as:

- Difficulty to sleep, easily awake at night, after wake up hard to fall back asleep for acute insomnia while cannot sleep for the entire day for chronic insomnia.
- Often accompanied by headache, dizziness, palpitations, forgetfulness, dreaming.
- Undergoes various systems and laboratory examination found no abnormalities.

### 2.2 Causes of Insomnia in TCM

The causes of insomnia are improper diet such as intake of tea or coffee that is high caffeine contained which can interrupt the sleep quality and also heavy meals that causes burden to the Stomach and Spleen; emotional unstable which can turn into Fire that will disturb the Shen inside the Heart; weak body constitution and insufficiency of rest with excessive of work that easily damage the Spleen which causing the Qi and Blood supply insufficient to nourish the Heart Shen (Zhou.Z.Y, 2007).

### 2.3 Pathogenesis of Insomnia in TCM

Based on TCM theory, sleeping is based on the balance dynamic process of Yin and Yang according to ancient physician when Yang enters Yin we can sleep. When there is Yang exuberance with Yin debilitation and imbalance of Yin and Yang we cannot sleep. The disease location is Heart and closely related to Liver, Spleen and Kidney. Because Heart controls Shen, Shen is calm to promote sleep while when Shen is not calm, we cannot sleep. Yin Yang and Qi Blood are origin form the Spleen where all the Food Essence is produced here and transport to other organ such as Heart needs Qi and Blood to nourish the Shen. Liver is calm when there is enough of Qi and Blood without deficient condition or excessive condition

that will cause Liver Fire that disturb Shen. Kidney and Heart must be in a harmony relationship so that the Shen can be calm as Kidney pertains to Water and Heart pertains to Fire. Water controls the excessive of Fire in the Heart so that it will not disturb the Shen (Zhou.Z.Y, 2007).

### **2.3.1 Relationship between Heart and Insomnia**

The Heart is considered to be the most important of all the Internal Organs, sometimes described as the 'ruler', 'emperor' or 'monarch' of the Internal Organs and it is the residence of the Shen. Shen is like other vital substances, is a form of Qi which derives from the refined essence of water and food. Shen insides the Heart is responsible for many different mental activities such as consciousness, thinking, memory, insight, sleep, intelligence, feelings, senses, ideas, affections and wisdom. Thus we can see that sleep is dependent on the state of the Shen. If the Shen is calm and balanced, a person can sleep well. If the Shen is restless, the person sleeps badly Besides, as a monarch of the 5 Yin organs, the seven emotions injure not only the 5 Yin organs selectively but also affected the Heart because other organs do not house the mind, only Heart does. Thus emotion can hurts the Heart. Once the Heart is hurt, it affects the restlessness of Shen (Fei bo Xiong et al, 1985).

## **2.4 Types of Insomnia in TCM**

There are many types of insomnia in TCM which are Phlegm Fire disturb Shen, Heart and Spleen Blood deficiency, Heart and Gall Bladder Qi deficiency, Liver Fire exuberant disturb Heart and Heart and Kidney disharmony (Zhou.Z.Y, 2007).

### **2.4.1 Relationship between Spleen and Heart to Promote Sleep**

Heart governs Blood and stores Shen while Spleen governs thinking and controls Blood. Over thinking hurts the Heart and Spleen. As Spleen is the secondary root for the body which it transforms the ingested food and drink to extract the Qi from it; this is called Food Qi and is the basic for the production of Qi and Blood. Once Food Qi is formed, the Spleen transport this and some other refined parts of food, called Food Essence to the various organs and parts of the body. Spleen directs