

CLINICAL REVIEW OF ABDOMINAL ACUPUNCTURE METHOD
ON TREATING INSOMNIA

CHANG SHU JIUN

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DECLARATION

I hereby declare that project report is based on my original work except quotations and citations which have been duly acknowledged. I also declare that it has not been preciously or concurrently submitted for any other degree at Inti International University or other institutions.



A handwritten signature in black ink, appearing to be 'Chang Shu Jiun', written over a horizontal line.

11 DEC 2015

CHANG SHU JIUN

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ABSTRACT

Objective: To study the effect of abdominal acupuncture method on treating insomnia with past clinical cases and academic writing.

Methods: Collection of the literature reviews of the abdominal acupuncture is compiled. Analysis of the modification of the abdominal acupuncture method is recorded while trials by others Chinese physicians' experiences are assessed and compared. Clinical trials are done as supplementing evidence with efficiency rate determined through patient's symptoms improvement, Pittsburgh Sleeping Quality Index (PSQI).

Discussion: Sun's abdominal acupuncture method therapy can treat insomnia through improve the Stomach and Spleen's condition and regulate the emotional of the patients. The improvement of the patients collected is marked improved, 59.70% .

Conclusion: Sun's Abdominal Acupuncture method therapy of treating insomnia is effective.

Keywords: Acupuncture;

Sun's Abdominal Acupuncture method;

Insomnia;

The Second Brain;

Gut-Brain;

Enteric Nervous System

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List of Abbreviation

WM	Western Medicine
TCM	Traditional Chinese Medicine
ENS	Enteric Nervous System
BZD	Benzodiazepine
PSQI	Pittsburgh Sleep Quality Index

CHAPTER 1: INTRODUCTION

1.1 Research Background

Insomnia referred to non-organic or arousal sleeping disorder due to variety psychological and social factors. (Classification and diagnostic criteria for mental illness in china, 2001) To acquire a quality sleeping is very important matter to everyone because human spent 30% of life time on sleeping. The condition of insomnia among human tended to be worse under the constantly progressive society. Occasionally insomnia will not have obvious affect on human life, however prolonged insomnia will surely affect human normal life activity and even the health problems. Hence, it is very important for us to pay attention to this topic.

The treatment for insomnia can be classified as with drugs and without drugs. The hypnotic drugs and sedative such as Benzodiazepine (BZD), Histamine, Barbiturates, non-Benzodiazepine were used to treat insomnia. However, these drugs only shorten the time to fall asleep but not improve the sleeping quality of the patients. Besides, they will cause the patient to depend on it. Therefore, the long-term effect of treating insomnia with sedative hypnotic drugs is unhealthy. Hence, the method of treating insomnia without drugs is more recommended in nowadays.

On the other hand, to treat insomnia with acupuncture methods were recorded as effective since ancient time. The Sun's Abdominal Acupuncture method was founded by Prof. Sun Shen Tien lately. This acupuncture method was a nice combination between traditional Chinese acupuncture theory and the Second-brain theory.

Therefore, to use Sun's Abdominal Acupuncture method to treat insomnia, and at the same time to improve the sleeping quality are the aim of this project.

1.2 Research Objective

1.2.1 General Objective

To study the effect of abdominal acupuncture method on treating insomnia with past clinical cases and academic writing

1.2.2 Specific Objective

To analyze the effect of abdominal acupuncture method on treating different insomnia type with past clinical cases and academic writing.

1.3 Research Hypothesis

Abdominal acupuncture is able to treat insomnia and improve the sleep quality.

CHAPTER 2: INSOMNIA IN TRADITIONAL CHINESE MEDICINE

2.1 Definition

Insomnia is a kind of disease that characterized by always unable to achieve normal sleeping, with manifestation of not enough sleeping time, too shallow of depth of sleep, difficultly to fall asleep, awake during sleeping or unable to sleep again after awake. Insomnia will definitely affect daytime function, working, learning and healthy of the patient. (Zhou, 2007)

2.2 Pathogenesis

《灵枢·口问》：“阳气尽，阴气盛，则目瞑；阴气尽而阳气盛则矣。” In the classic <Ling-shu·Kou-wen>: mentioned that “Yang-qi started declined and Yin-qi started raise during the night, therefore the people slept; Yin-qi started declined and Yang-qi started raise then the people awake”. This sentence described the relationship between Yin-Yang with sleeping and waking of human begin.

《类证治裁·不寐》：“阳气自动而静之，则寐；阴气自静而动，则寤；不寐则，病在阳不交阴也。”The another classic <Lei Zhen Zhi Cai- Bu Mei> said that : “When Yang-qi declined, then people slept; when Yin-qi declined, then people awake; if there is any condition of disharmony between yin and yang, the people will face the problem of sleep.” (Zhou, 2007).

From the above, we can conclude that from ancient times till nowadays, the main pathogenesis of insomnia is disharmony between Yin and Yang, either it is deficiency Yin unable to accept Yang (阴虚不能纳) or Floating Yang unable to enter Yin (浮阳不能入阴). From the other view, the human's abdominal contained most of the Zang-fu, meridians. It is consists of “Yin within Yin” (阴中之阴) of conception channel, Foot Yang-Ming Stomach meridian and Foot Shao-Yang Gallbladder meridian. Hence, it can said that acupuncture on stomach can regulate yin and regulate yang, which is closely related to the pathogenesis of insomnia that disharmony of yin and yang.

《灵枢·逆调论》：“阳明者，胃脉也，胃者，六腑之海，其气亦下行。阳明逆，不得从其道，故不得卧也。下经曰‘胃不和则卧不安’此之谓也。”The same classic of <Ling-shu> of another chapter of <Ni-Tiao-Lun> also had discussed the pathogenesis of insomnia. It said that there are three Yang meridians on the foot. The three Yang meridians flow from the head to the toes. Their meridian's Qi should go downward. Foot Yang-Ming Meridian actually referred to the Stomach meridian. Stomach is the source of Qi and Blood of the others Zang-fu. Stomach Qi should move downward in normal physiological function. If it moves adversely, then the human is unable to lie down and lead to insomnia. (Zhou, 2007)

Therefore, we can said that abdominal acupuncture treat insomnia through regulate yin and yang and regulate zang-fu, especially the Stomach.

2.3 Causes

The causes of insomnia in both TCM and WM are almost the same that:

1. Improper diet.

In 《ShuWen- NiTiaoLun 素问·逆调论》 mentioned that:“胃不合则卧不安”, which mean that disharmony digestive system will interrupt sleeping condition. In TCM, consuming too much of food, will cause indigestion and injure the spleen and stomach. The spleen and stomach govern the transportation of food and transform food into essence, qi and blood. When spleen and stomach was injured they failed to perform their function and produce dampness. Accumulated dampness generating heat, the heat flaring up and disturb the Shen(神), leading to insomnia. (Zhou, 2007)

While in western medicine, it could be the tea and coffee that cause insomnia. The tea and coffee usually contain a moderate amount of caffeine. Caffeine was used as both prescription and medicine to treat tiredness and drowsiness. Besides, they increased levels of adenosine in cells, which prevent human from getting drowsy. Hence, consumed too much of caffeine may lead to insomnia. (Meredith et al., 2013)

2. Emotional disorder.

In TCM, heightened emotional sensitivity will lead to Zang-fu dysfunction and lead to insomnia. For example, excessive of anger will hurt the Liver, causing Liver-Qi stagnated and generate fire. The fire disturbed the Shen(神),and causing insomnia. (Zhou, 2007)

While in western medicine, it could be caused by anger and mental excitement, which stimulate the centre nervous system and speed up the heart rate.