

Week 4

Module 7

An Analysis of Anxiety, Depression & ADHD

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“...therefore desire and aversion are the two great extremes of the heart.” - Book of Rites (Liji)

“Huang Di asks: “Is it true that [the qi in the] channels of man changes according to his habits in life, his activities and his constitution? Qi Bo responds, Fright, fear, anger, fatigue and rest can all influence changes.” – Su Wen 21

“That which is beyond yin and yang is called
shen”. Yijing

Qi Bo: “That which heaven gives man is the power/virtue de, that which the earth gives man is qi: de and qi move towards each other, then there is life; the origin of life is called jing, when the two jing mutually grasp each other this is called shen.”

- Ling Shu 8

Anxiety

Fear as post-stimulus vs. anxiety is pre-stimulus

- fear as coping and avoidance
- when this fail => anxiety => un-resolved fear

Fear & Palpitations (Jing Ji) -> due to external fear and worry -> blood deficiency

may turn into Panic Throbbing (Zheng Chong) -> yin deficiency and exhaustion

- Yin def. below so no root for zong qi (gathering qi)
- Therefore throbbing and shaking above in chest and throbbing next to navel below (Maciocia, 2009)

Body not well but responding intelligently

A possible threat to one's personal evolution (becoming)

Fear of unknown (normal transition)

Un-natural feeling or state to one's personality

Separation Anxiety – Water and Metal

Stages of Separation – Ref: Leon Hammer

1. Mitotic – water & metal, adversity -> defective perception
2. First Independence – oxygen & food, earth provides allows bond, trust & boundaries – feeling safe to develop self
3. Assertion – saying NO, parent/child conflict (humiliation) -> GUILT
4. Competition – parent/child, Hrt/Pr expression of love

Stages of Separation Continued...

Ref: Leon Hammer

5. Surrogacy – separation anxiety, strength of metal, motherly bond (juvenile)

6. Peers – acceptance, chumship & separation of

7. One as authority – relying on oneself, can I do this? Many regress back to dependency

Stages of Separation Continued...

Ref: Leon Hammer

8. Love – sharing, giving and forgiving others, love self, losing self to conventional society

9. Exploration – entering unknown, no guarantee's, drive and mission (Kid/Hrt) –

10. Departure – anxiety about unknown, karma issues, transformation (METAL)

Anxiety Forms

Pretending, adapting to peers, repressing/expressing, low self esteem (not self)

Comfort Anxiety – mother suffered anxiety

Worry - a rehearsal

Causes of Anxiety in TCM – weak jing/shock, hrt blood xue, heart & GB def, heart yang xu, excess heat/fire with yin deficiency, hrt/kid yin xu with empty heat, hrt/lung qi def, phlegm misting, phlegm fire, liver qi stag with blood xu

Anxiety vs Depression

“Thus we are forced into a difficult choice: anxiety or depression. If we move forward, as our soul insists, we may be flooded with anxiety. If we do not move forward, we will suffer the depression, the pressing down of the soul’s purpose. In such a difficult choice one must choose anxiety, for anxiety is at least the path of personal growth; depression is a stagnation and defeat of life.”

- James Hollis, Swamplands of the Soul

Herbs

- An Shen Ding Zhi Wan – phlegm misting, confusion, insomnia, nightmares, agitation
- Gui Pi Wan – dizziness, paler, poor memory, lack of focus
- Tian Wang Bu Xin Dan – night sweats, dryness, thin, nervy/agitated, forgetfulness, waking anxious, panic attacks
- Bai Zi Yang Xin Wan – insomnia, nightmares, phobia, absent-minded
- An Shen Bu Xin Wan – nightmares, restless, irritable
- An Shen Jie Yu Capsules – anger outbursts, sighing, dark circles under eyes, neck tension
- Chai Hu Long Gu Mu Li Wan – insomnia, restless, severe agitation, heaviness, fullness in chest, mania, hysteria (more from a replete heat from Liv/GB constraint with damp)
- Gui Zhi Jia Long Gu Mu Li Tang – insomnia, fearfulness, hyperactivity (more from a depleted jing-essence with yang vacuity cold patterns)

Depression – Underlying Causes

Hypothyroidism – thyroid function and lack of voice

Inflammation in the brain – heat -> cognitive malfunction

Omega 3 Imbalances – EPA and DHA low

- Vitamin D – modulates serotonin, GcMAF protein (Glyphosate)

Vitamin B12

Exercise – BDNF increase

Cortisol – sugar cravings increase -> depletes minerals

Inability to digest proteins – Ser/Dopa

L-Tryptophan, 5HTP

DRUGS – SSRIs, MAO, Tri-Cyclics

Depression

A mourning for self sacrifice

Failure of not living to higher values

Inhibition of True Potential

Depression & the Drive of Life

Aggression turned to oneself (Freud)

Forms of Depression

1. Endogenous – constant stress
Kidney yin xu – falter and retreat
Kidney Jing xu – no evaluation on limits
Kidney yang xu – Loss of will
Kidney qi xu – no presence
2. Essentially multiple patterns in TCM
Liver qi stagnation | Liver qi stagnation transforming to heat
Liver blood stagnation
Heart & Spleen Blood Xu
Phlegm Heat
Kidney and Spleen yang xu
3. Anaclitic
No maternal matrix
Insufficient maternal matrix
Dependent Personality

Forms of Depression Continued...

- 4. Comparison – no assertion around authorities, pedestal comparison
- 5. Juvenile Dependency – only child, mother smothering
 - > Secondary Anaclitic (mommies boy – earth and metal conflict)
- Hun And Shen losing integration
- Coming and Going of Hun provides ideas, inspiration, life goals, creativity
=> lack of this => Shen can't integrate => depression
- Zhi deficiency => lack of will, ambition, drive, power, enthusiasm
- Phlegm -> Kuan (mania) and Dian (depressive)

Classic Chinese Medicine Syndromes: Depression

YU ZHENG as Stagnation

- Depression and stagnation
“All depression can be classified as a liver disease” (Flaws Lake, 2001)
- Treatment must first normalize [the flow] of qi
- Zhu Dan’s 6 Stagnations -> Qi, Blood, Dampness, Phlegm, Heat and Food OR Anger, Pensiveness, Worry, Sadness, Shock and Fear
 - Emphasis on Liver Qi Stagnation for depression in early phase
 - Long term, Hrt/Sp Xue Xu, Hrt/Lu Xu, Kid/Liv Yin Xu

Classic Syndromes – Depression Continued...

- ZANG ZAO
 - agitation of the organs
 - Zang can be attributed to zizang – uterus or xinzang – heart
 - Zao – agitation, restless and uneasy
 - relationship to zao as in dry (dryness from heat/fire)
- Key patter is empty yin and dryness
- Formula: Gan Mao Da Zao Tang

Classic Syndromes – Depression Continued...

BENTUN QI

- Running piglet qi
- Ben -> to run/rush | Tun -> piglet
- Disorderly qi ascending from LJ to chest and throat
“[Line 8.1] – Running piglet qi refers to a surging from the lower jiao to the throat. During attacks, the patient feels they are about to die; then the qi returns and the disease stops. This comes from fright”
(Lifang & Garvey, 2020)
- From either fear, fright or anger
- Liver, Kidney and Chong Mai
running cold qi (heart & Kidney) or constraint heat (liver)

Classic Syndromes Continued...

BAI HE BING (Lilium Syndrome)

- Bai – 100, he – Reunion, Bing - Illness
- “...the one hundred vessels originate from a single root, the illness reaches all of them” – JGYL
- Paraphrase *“patient wants to eat, but can’t, unwilling to speak, wants to lay down, but cannot stay till, wants to walk but tired, enjoys eating but hates the smell of food, feels cold or hot but without fever and chills. No drug is able to cure this syndrome. After taking the medicine the patient may vomit or have diarrhea. Disease haunts this patient. Although he or she looks normal, he or she is suffering. Pulse is rapid”*
 - *The Psyche in Chinese Medicine, Maciocia, 2009*
- *General TX – moisten and nourish heart and lung, nourish yin, clear heat, calm shen*

FORMULA: Bai He Zhi Mu Tang

Classic Syndromes Continued...

MAI HE QI – Plum Stone Syndrome

- Sensation of something blocked in middle of throat (roast meat or obstructed throat 'houjie' in NJ) and cannot be expelled or swallowed
- Emotional relationship to grief, sorrow and depression
- Use Ban Xia Hou Po Tang (heart and lung more than liver) -> move qi, un-knot, move qi downward, transform phlegm
- FORMULA: Ban Xia Hou Pu Tang

Depression

“You are constantly told in depression that your judgment is compromised, but a part of depression is that it touches cognition. That you are having a breakdown does not mean that your life isn't a mess. If there are issues you have successfully skirted or avoided for years, they come cropping back up and stare you full in the face, and one aspect of depression is a deep knowledge that the comforting doctors who assure you that your judgment is bad are wrong. You are in touch with the real terribleness of your life. You can accept rationally that later, after the medication sets in, you will be better able to deal with the terribleness, but you will not be free of it”

- Andrew Solomon

Herbs

- Chai Hu Shu Gan Wan/Yue Ju Wan - liver qi stagnation – melancholia, feeling stuck, repressed anger, uplifts
- Xiao Yao Wan – great for females, needing slight motivation and redirection, sighing, general tightness (neck/shoulders), mood swings, sadness and crying
- Wen Dan Wan – disorientation, rising early, timid, bitter taste, fearful
- Gui Pi Wan – Insomnia, mild anxiety, poor memory/focus, low energy
- Ban Xia Hou Po – plum stone, sadness, grief and worry, chest oppression
- Gan Mao Da Zao Wan – mild to severe depression, behavioural changes, hysteria, anxiety, sleep disturbances, confusion
- Xue Fu Zhu Yu Tang – anger, frustration, resentment, shock, guilt
- Yue Ju Wan – Zhu Dan Xi – Escape restraint pill (stagn. of xue, damp, food and qi)

ADHD

- ADD characterised by inattention, difficulty in concentration, impulsiveness
 - with hyperactivity -> ADHD
- Infancy relates to spring/wood and rising of yang – insufficient yin
- Causing: low school performance, emotional immaturity, social difficulties
- S/S: Muscle tightness and twitching, tics, sleep issues, skin sensitivity, headaches, GIT issues, easily distracted, sudden outbursts, disobedience, stubbornness,

3 Types

1. hyperactive-impulsive - go go go, touching surroundings, talking incessantly, unable to stay still, inappropriate comments and timing, impatience, no restraint
2. inattentive – concentration issues, easily bored, daydreaming, slow paced, processing info slower
3. combined type

ADD/ADHD

- Fat molecules vs. Trans-fats –sabotages body's ability to make DHA
- Brain sends messages on a layer of fat (myelin sheath)
- DHA – bath's brain – helps optimal function
- Homes started using fast food
- Early 90s – became a disease – kids became labelled
- Sugar – average 150pounds every year -> strips body of B6, Zinc, MAG B vitamins out of body (sugar spikes – hyper and lack of focus)
- Dairy – Casein and Arachadonic acid (too much omega 6) sabotages DHA
- Wheat and Gluten

ADHD Differential Diagnosis

Qi Stagnation with predominant heat -> harassing hun and flaring shen
=> hyperactivity

Heat with Yin Xu -> yang rises and arouses shen (fetal toxins, EX. PF, Food Accum)
=> irritability, frustration and fidgeting, thin, excess fidgeting, flushed skin

Blood Xu -> no anchor for shen and hun, possibility of wind
=> poor concentration, spaced out, poor sleep, poor appetite, tics

ADHD Differential Diagnosis Continued...

Phlegm (with Heat) -> misting mind/shen and disturbing Yi (Food Accum.)
=> disengaged, excessive movement, vexation and agitation, nausea, phlegm, excessive movement/speech, bonding difficulty, violence, spatial issues

Blood Stasis -> obstruction of qi and blood blocking free movement of hun/shen

⇒poor concentration, blue-green dull, dark complexion, difficulty studying

Food Accumulation -> obstructs free flow of qi, transforms to heat/phlegm
=> difficult sleep, restless, anger, irritable, red cheeks, green tinge lips, abd. pain

Module 8

The Psychology of Acupuncture Points

Great Sources: The Clinical Practice of Chinese Medicine (Lonny Jarrett)

Characters of Wisdom (Debra Kaatz)

Kigo: Exploring the Spiritual essence if Acupuncture Points Through the
Changing Seasons (Lorie Dechar)

Heart Shock (Ross Rosen)

Grasping the Wind (Ellis, Boss, Wiseman)

The Psyche in Chinese Medicine (Maciocia)

5 Element Acupuncture Books

Li 5 – Yangxi (Yang Stream)

- Diarrhea – watery & cold (weeping tears)
- Too much fire – ulcerative colitis
- Cold Constipation – cold & rigid, holding on to obsessions of resentment – tennis elbow

TH5 – Wei Guan (Outer Pass)

- TH as the gatekeeper – official of drawbridge of palace
- Wai – exterior, foreign and excluded (Kigo, 2021)
- Guan – door gate -> shut, locked
- Regulates external boundaries – wei qi
- Express our inner truth – extension of self into the world
 - overly extroverted – losing self in the process
- emotional fluctuations – gate is not regulated (Overly social but overly blocked with intimacy)

Lung 3 – Tian Fu (Heavenly Palace/Celestial Mansion) with Lung 7

- To look beyond self – connect with inspiration of life
- Enhances self-worth and self esteem as “the dues have been paid” (Kigo, 2021)
- Have faith in heaven (valuable asset)
- Justice – the universe knows better
- Let go of the past (forgive)
- Tian is heaven – Fu is hand

Combination with Lung 7

Pc 5- Jian Shi (The Intermediary) or The Quiet Light of the Messenger (Kaatz, 2005)

It is a “quiet space where messengers and envoys meet and join together in good companionship”

Jian – two leaves of a door with moon shining in between

- to be empty, light, among, to divide

Shi – man/hand with a brish -> to command, order a messenger

Meeting place – to relay, protect, inhibit messages that can penetrate deeply and break personal boundaries AND/OR share with others with love

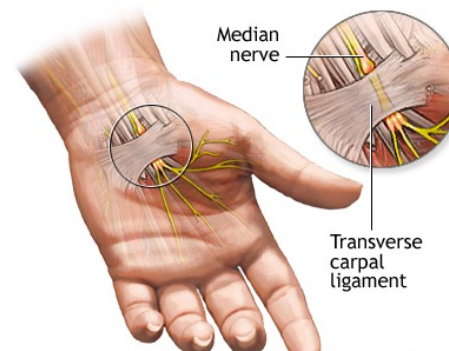
Deciding who we let in our lives or who we don't or who we can't let go of?

Rebounding

Looking for faults

Pc 7- Daling (Great Mound)

- The stability and strength of Earth
- Feeling emotionally exhaustion
- “it is the mother’s milk bringing joy” (Kaatz, 2005)
- Da – man with a top know -> elder/important
- Ling - hill, high mound (to stand high)
- No grounding or integrity (only vain desires/ego based mate selection)
- Sex with no fulfillment
- Haunting of the past (bring out)
- Combo with Liver 2, 3, PC5



Pc 6 – Nei Guan (Inner Gate)

- Nei – inner, inner chambers
- Guan – door, connect, close, shut, pivot
- Giving warmth or venting rage (heat)
- Our inner boundaries of trust and receptivity
- Are we over-protecting our self?
 - feeling the vibrational energy of others and being affected by it
- Functional Intimacy or premature intimacy and Past hurt
- Diaphragm attachment (breathing and contraction of memories)

(HRT Intuition wishes to express / PC Ego wishes to Protect and Repress)

Hrt 1 – Ji Quan (Utmost Spring)

- Ji – name of centre of universe of which everything else spins – ultimate source
- Ji – can also mean polarity - the way of change has tai ji (both sides)
– the traditional heart symbol has a split for two sides
- Ji – highest source (utmost)
- Ji – old pictograph picture of human standing between heaven and earth – heart of universe
- Quan – source – water coming out of a source (your inner source)
- Quan – source or spring -> source of minerals (pure light water) for humans for longevity
- A man b/w heaven and earth – extending himself (with his words/vision/efforts)
- Feeling disconnected in self and isolated vs. connection and warmth with self and others

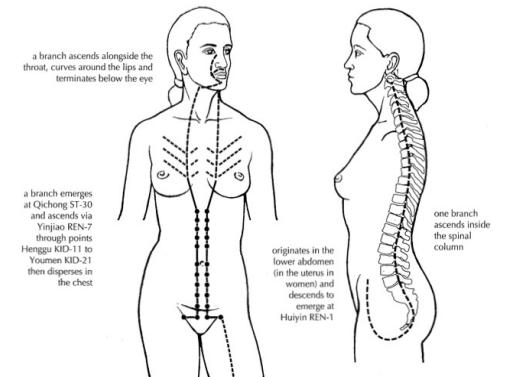
Ht 4 - ling Dao (Spirit Path)

- Metal pt – refining our hearts and inner spirit
- righteousness, receptivity
- Refining our choices of valuable vs. invaluable
- Seeking invaluable people
- Ling - rains from heaven
- Dao – our walking path with higher mind (even if unknown)
- No connection to heart – become self-righteousness
- Regulates grief (heart and lung balance)
- Finding our “inner diamond” and moving on

Lower limb

St 30- Qi Chong (Surging Qi)

- To fill our needs with nourishment
- Qi – as vital force, breath, life-giving principle
- Chong – to march, to raise something heavy, to rush, collide, insult
- Clear abuse – feeling isolated and closed – running piglet qi -> anxiety
- Provides warmth
- Coldness can close our feelings
- Powerfully moves qi and blood into legs



Liver 9 – Yin Bao (Yin Wrapping/Covering inner nature)

- “to be wrapped and contained within yin” (Kaatzt, 2005)
- Yin – shadow side of mountain
 - Soft and receptive, secret, dark and shadow, mysterious
- Bao – fetus that is wrapped in an envelope or womb (Kaatzt, 2005)
 - to contain and conceal
- A place to feel protected
- Long-term resentment and anger -> (sexual frustration)
- Anger & resentment from abuse
- Fibroids, endometriosis, prostate

Gb 37- GuangMing (Bright and Clear)

- Guang – man carrying a ‘flame’ torch’ -> to give light
- Ming – sun and moon – to give light
- Clarity of the senses (eyes)
- Sun (yang light action) vs. Moon (reflective light reception)
 - balancing judgments
- Re-Aligns external and internal visions
- Clears damp heat – anger and resentment
- Limited perspective – empowers perception of both sides

Liv 5- ligou (Woodworm Canal/Insect Ditch)

- Li – insect, worm eater
- Gou – timber, a ditch, gutter
- Go inward and vent outward
- Outward – energy of wood to move with strength, directness to accomplish
- Attachments that makes you rot (innate desires)
- Annoyance – causing resentment
- Rigid belief systems causing absolute thinking patterns
- Dampness in lower jiao
- Point of choice for genital issues

- PC6

Liv 8 – Ququan (Crooked Spring)

- Qu – a crooked/curved piece of wood,/bamboo
- Quan – a source or spring – fresh vital water out of ground
- Water pt - Flow like water, bend but don't break
- Fluid movement of the liver's vision and plans
 - Obstructions vs Instructions
- Short temper
- Inability to assert
- Depression/hopelessness – fear

Foot

KID1 – Yong Quan

Quan – a cave from which a spring flows – pure water from the spring
to erect (wood point) –
Rising from earth

Yong – unobstructed flow of water – also represents character of Tong – a connection with light of spirit – and ton
meaning pain – obstructions/stagnation causes pain – so be unobstructed when following destiny (Heiner
Freuhauf)

A source of our inner vision -> extracting our vision (purpose) from jing -> a forward thrust

Wisdom and creativity

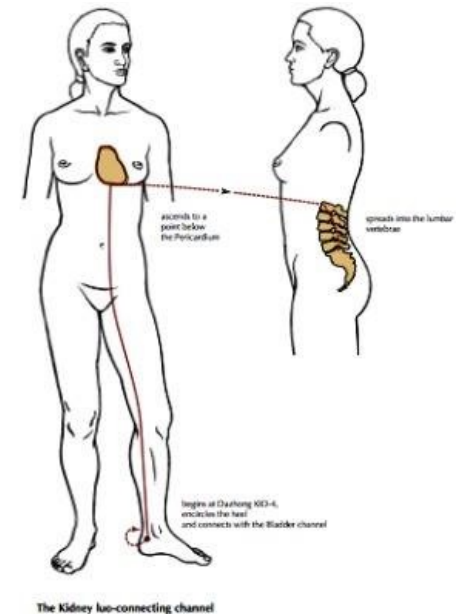
HRT1 – a spring that flowed down from heaven
KID1 – kidney energy goes into storage but then RISE
A gushing spring (an innate calling – ME) from Earth

Wood point – liver extracts our life plan from jing to use as a template for evolution (Lonny) – vision and purpose
aligned

Wood Xu – untapped in our depths – growth choked

Kid 4 – Dazhong (Great Bell)

- Calming the flow of water (fear)
- Da – grown man -> great, important, vast
- Zhong – metal gold, slave boy
 - “to carry something that is important” (Kaatz, 2005)
- Bell rings as a reminder of purpose
- Imaginary fear – real or imagined
- Anxiety and Panic



Kid 6 – Shaohai (Reflecting Sea/Shining Sea, Shining Sea of Illumination)

- Zhao – the sun and ire -> to enlighten and shine
- Hai – sea, vast (inner wisdom of the soul)
- Reflect on your inner genius
- Tapping into our inner treasure of soul (sea)
- Uncertainty and fear – illuminate self
- Transcend fear with light – to brighten our darkness
- Self-reflection
- Micro circulation in brain

With Kidney 27, 13

Kid 8 & 9 – Jiao Xin (Junction of Faithfulness) & Zhu Bin (Guest House)

- Jiao Xin – to bring together (an exchange)
- Jiao – to join, exchange, to commit
- Xin – expression of words (your truth), a pledge, a seal
- Have faith in our inner knowing
- Zhu Bin – being open to others and receiving value in return
- Zhu – to build or strike (Kaatz, 2005) – to build foundations
- Bin – a present given, a guest – our own inner foundations
- Become detached and observe the story
- Let go of aspects of ego that do not serve
- Embrace being comfortable with self
- Trust the process

LIV3 – Tai Chong – A Supreme Surging Forward – EARTH pt
- Also named Great Highway (Tai - Great & Chong - highway)

Tai Chong – great forceful and supreme surge forward or rushing

TAI – greater, supreme, greatest

CHONG – to march with weights in middle (heaviness in chong mai – transforming jing) – to rush toward centre

EARTH - On earth we have stability to support our actions and plans
Ground our plans and actions

Sense of Security in our plans

Nourished by earth – we have confidence => flexibility and content in our vision

Source point to give our plans vitality

Liver 2 – Xing Jian (Travel Between)

- Fire pt – woods rigid nature becomes more flexible with warmth and love from fire
- Xing – both feet taking a step – to walk, behaviour
- Jian – two leaves of a door – in between, empty, light, among, divide/separate (to find a flaw and to blame – Kaatz, 2005)
- Duality and balance
- Unable to adapt and stay resilient
- Alternatively, overly assertive, no plan, pushy, need to be right
=> liver fire

Gb 40 – Qiuxu (Hill Mound)

- Qi – a hill, two men back to back looking in all directions (Kaatz, 2005)
- Xu – earth, wilderness
- Taking action with order and stability (wood is the general and earth point)
- Empowerment – a vantage point
- Lack of direction = no growth
- Dreams into action
- procrastination
- Creativity and ideas
- Frustration
- GB 40, BL47, Liver 8 – relationship to Hun
- GB3 (Shang Guan – Upper Gateway) and Gb 9 (Tian Chong – Celestial Hub)

GB 41 – Zu Lin Qi (Foot Overlooking Tears)

- Master point of daimai
- To clear the dead wood (past anger/frustration) and transform to energy of creativity and forward movement
- Zu – a foot, to be satisfied
- Lin – officials – to be amicable, on the point of, in agreement with (Katz, 2005)
- Qi – water – to weep - In stillness, reflect and move forward
- Moves anger and frustration
- Release of tears can allow us change perspective and keep moving
- “Regrets of your life – things you wish you can change” - J, Yuen

BL 62 – Shen Mai (Extending Vessel)

- How we use large muscle groups to extend – to go easy and relaxed
- Shen – hands that extend a rope
- Mai – flesh, streams/vital circulation
- Our stance toward to the world
- To feel upright – a thrust from yang qiao
- To find our purpose and walk confidently on purpose

Confucius...

*“If a man in the morning hears the Dao,
he may die in the evening without
regret.”*

“There are no incurable diseases – only incurable people”

- Jeffrey Yuen

Thank you...