

Traditional Chinese Medicine Clinic

Helen H. Hu, Medical Degree, OMD, L.Ac
1267 Rosecrans St. Suite C, San Diego, Calif. 92106
(619) 226-6506
www.sandiegolongevity.com

May, 2007 News letter

Treating Depression



Depressive disorders in the view of biomedicine are characterized by, sadness persistent enough to interfere with behavioral functions as well as a decreased interest in pleasurable activities.

Treatment usually consists of drugs, psychotherapy or both, and in some rare occasions, electroconvulsive therapy. Recently, *Newsweek* reported: **“About six million American men will be diagnosed with depression this year”**. Millions more suffer silently, unaware that their problem even has a name, or worse they are unwilling to seek treatment. *(Statistics indicate that women are at an even higher risk)* The annual economic impact (productivity) of adult depression is estimated at \$83 billion.

Treatment offered by western medicine heavily depends on medication. Advance studies now show that some of the anti-psychotic medication itself causes depression, especially among the elderly. Other cases show an increase in violence after taking the medication, Paxil. **Clinical statistic also indicated that more teens commit suicide and violence action after taking antidepressant medications.**



Be sure to take these with plenty of water.

Depression in the view of Traditional Chinese Medicine (TCM)

Nei Jing, is one of the earliest TCM books on Emotional disorders. Dating back to 1200 BC. *Nei Jing* teaches that **each organ hosts a specific emotion. The heart hosts joy, liver hosts anger, lungs hosts sadness, the spleen hosts worry and the kidneys host fear.** It is taught that when our internal organs are balanced and in harmony, then emotions are within the normal balance or continuum stage. If the internal organs have a deficiency or an excess, this shifts the balanced stage and causes disharmony. One's emotional state can cause imbalanced and will reflect in disharmony of the internal organs. **“Depression”** belongs to Yu Zhen (stagnated syndrome) in TCM diagnosis. Yu Zhen indicates the energy of the organs becoming stagnated (Yu) and emotional changes reflect the disharmony of organs.

Some clinically diagnosed “depressed” patients who are taking prescription psychotic types of medication are simply under physical and mental stress. When our bodies / internal organs are consumed there is a lack of energy flow (circulation). The emotions that are hosted by the internal organs will lose harmony with each other and an imbalance will occur. Some will experience physical pain, fatigue, insomnia and other types of physical discomforts. Others will experience “stagnation” which leaves little room for buffering the physical or emotion load. Under this circumstance people can become easily irritable, impatient, confrontational and sometimes violent.



Traditional Chinese Medicine treating Depression

To diagnosis and then formulate a treatment plan for patients with depression, a competent Chinese doctor will evaluate and review behavioral patterns.

Acupuncture is used to treat depressive disorders more effectively, concentrating on points of internal organs specific to the emotional case. Acupuncture treatment will address the organs in disharmony, open the heart and help balance the emotions.

Herbal formulas will be utilized synergistically with acupuncture to strengthen the deficient organ and bring physical and emotional balance

Tea Therapy a daily remedy to assist all other treatments of depressive disorders.

TCM Psychotherapy in Chinese culture is mostly performed with the help of family & friends. This includes conversations to help solve misunderstandings and guidance support to help release worried thought patterns and stress. Finally, an encouragement to participate in family and friend related activities which help to promote a happy and stable environment.

Other treatments for stress management and depression may also include joining support groups that provide for common interests in hobbies, spirituality, exercise, charities or volunteer work. Meditation, **Tai Ji** and Yoga classes also help to reduce stress.

If you have concerns for the physical and/or emotional well being of relatives or friends presently taking medication and that you feel may be causing adverse side effects, please encourage them to explore natural healing with the “Traditional Chinese Medicine Clinic”.

Please call Dr. Helen H. Hu for a consultation!

Helen H. Hu, Medical Degree, OMD, L.Ac
1267 Rosecrans St. Suite C, San Diego, Calif. 92106
(619) 226—6506

www.sandiegolongevity.com

