

Traditional Chinese Medicine Clinic

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Treatment of Sleeping Disorders

*A Sleeping Disorder may be described as; “Difficulty in sleeping or disturbed sleep patterns which leave the perception of insufficient sleep”. **Insomnia is a common but serious symptom which may be due to several emotional and/or physical disorders! About 57 % adult lived in the cities suffer from sleeping disorders.***

Studies have determined that some people sleep less than others. Insomnia may be a primary or secondary symptom to anxiety, drug and alcohol or depression. Acute emotional stressors such as job loss or hospitalization can also be a cause of insomnia.

Symptoms typically remit shortly after the stressors abate; insomnia is usually transient and brief. Nevertheless, if daytime sleepiness and fatigue develop, especially if they interfere with normal daytime functioning, short-term treatment is warranted. (Persistent anxiety may require specific treatment)

Traditional Chinese Medicine (TCM) believes that the cause of insomnia (Bu Mian) is due to the heart energy (heart spirit) & heart yin and yang being out of balance. If the heart energy (spirit) is not settled, there will be no peace at night. Not only will there be difficulty in falling and maintaining sleep but there will also be a tendency for anxiousness, anxiety and possible heart palpitation.

*During the day time, **yang** energy circulates in our body, we are alert. At night, **yang energy** should withdraw and be hidden under the **yin** energy within the heart, so we can fall asleep. However, if for any reason the **yang energy** is excessive caused by stress, restless anxiety and / or the **yin energy** is too low, caused for example by menopausal in women, this then breaks the balance between the yin and yang energy resulting in insomnia (**Bu Main**).*

Treatment of Sleeping Disorders Cont.

If there is disharmony in the internal organs of the body this can also directly or indirectly disturb the balance of the heart, leading to insomnia.

Liver: *when people are under extended periods of stress, this causes stagnation of the Liver energy and generates heat inside the body. The heat will disturb the balance of the heart.*

Stomach: *if a person has stomach problems such as indigestion, reflux and regurgitation, it will indirectly disturb the balance of the heart at night and is why we should not eat too late or close to bed time.*

Heart and Spleen energy deficiency: *the spleen is a vital organ which generates energy to nourish the heart and other internal organs. If there is a problem with the spleen most people have a hard time maintaining sleep. There is a well known, (over 1000 year old) classic herbal formula for this kind of insomnia.*

Kidney: *most commonly described as Yin deficiency which in turn causes yang excess. The balance of the body can not be settled at night and results in sleeplessness.*

TCM Treatment of Insomnia

1. Acupuncture to balance the yin and yang energy of the body and within the heart.

In order to diagnosis the underlying condition an evaluation should be performed by an experienced TCM doctor. Dr Helen Hu will identify the correct internal organs and determining if the imbalance is caused by either a deficiency or an excess. The correct acupuncture points are essential.

2. Herbal formulas to nourish the heart & spleen as well as to sedate the heat and toxins which aid digestion. (The cause of the insomnia will be determined and thus a unique herbal formula for each individual will be applied)

3. Herbal foot baths to remove toxins and sedate excess heat from the body. This promotes a deeper sleep and total body relaxation

4. Regular food therapy. A one on one consultation with Dr. Helen Hu to determine the type of insomnia. Dr. Hu can then prescribe the kinds of foods that will assist in promoting sleep.

If you or your relatives / friends have concerns or questions about sleeping disorders, please contact Dr. Hu for an immediate consultation!

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