



**NRG – SUN
HERBAL
SEMINAR SERIES**

MOOD DISORDERS IN TRADITIONAL CHINESE MEDICINE

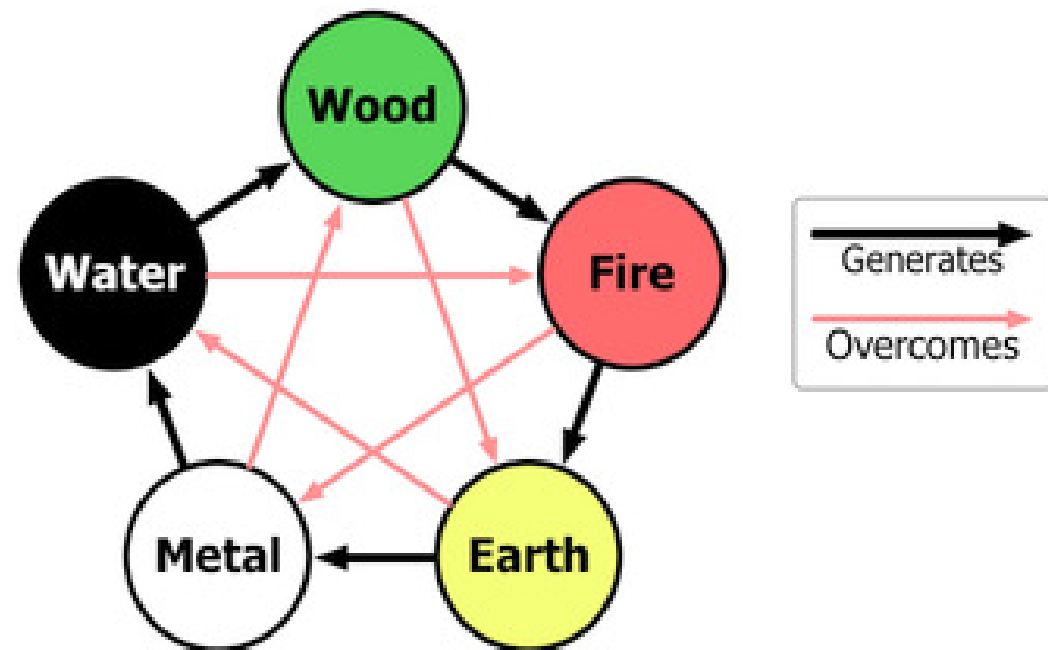
Depression and Anxiety



THE TCM PARADIGM



Wood=Liver-Gallbladder
Fire = Heat-Small Intestine
Earth = Spleen-Stomach
Metal = Lung-Large Intestine
Water = Kidney-Bladder





THE TCM PARADIGM

- Physical basis of the psyche: The Liver houses the ethereal soul (*hun*); the Heart is the seat of the mind or consciousness (*shen*) → normal and pathological emotional responses.
- Nei Jing: *‘When the Liver Qi is deficient, fear (or a ‘sense of absence’) will occur; when excess, one will become angry. When the Heart Qi is deficient, sorrow will occur; when excess, unceasing laughter will occur.’*
- While different emotions can gravitate to different organs and cause damage to them, only the Heart and Liver are capable of generating emotions.
- Emotional disturbances are primarily associated with imbalance or pathological changes in these two organs.



THE HEART AND THE SHEN 神

- Close relationship between the psyche and the Heart *zang*-organ: it is adversely affected by conditions of excess or deficiency of this organ.





THE HEART AND *SHEN* 神

- The Chinese concepts relating to mind, consciousness and spirit are pragmatic – related to normal healthy activities of the psyche, contrasted with unhealthy or immoral activities.
- The importance of a moral ideal, relationships with significant others and harmony with nature. Spirit (*shen*) in the broad and narrow sense.
- The Heart-*shen* ensures the appropriate manifestation of a person's mental-emotional activities in the physical world of time and space. Virtue of 'propriety'.
- Also governs a person's inner direction and integrity, self cultivation, self-control, self reflection.



THE LIVER AND THE HUN 魂

- Nei Jing: 'That which goes hither and thither with the *shen* is called the *hun* – ethereal (or 'non-corporeal') soul'





THE LIVER AND THE HUN 魂

- The virtue *ren*: human kindness, compassion or benevolence is linked with the *hun* – both towards others and oneself.
- Also closely related to the ability to feel and endure pain and suffering.
- The Liver fosters a relaxed and easy-going disposition.
- Liver ensures the smooth and even movement of the Qi throughout the body: adversely affected by repressed emotional responses
- Two sides to an imbalance in the Liver-*hun*: low self esteem or excessive anger and hostility.



APPROACHES TO TREATMENT

- Only the Heart and Liver are capable of generating emotions.
- In mild cases or early stages, simply treat the Heart and/or the Liver.
- In prolonged or intense cases other organs tend to become involved.
 - Anger (Wood) → the Liver
 - Joy (Fire) → the Heart
 - Worry and anxiety (Earth) → the Spleen
 - Sadness (Metal) → the Lung
 - Fear (Water) → the Kidney
 - Shock → the Kidney and the Heart



WESTERN PARADIGMS

HEGEMONY OF THE DSM-IV

DIAGNOSTIC & STATISTICAL MANUAL OF MENTAL DISORDERS (1994, TR 2000)

- Descriptive; not based on etiology (→ useful for physicians with various 'theoretical orientations')
- 5 Axis diagnostic system
 - Axis I = Psychiatric diagnosis (-es)
 - Axis II = Developmental diagnoses and diagnoses first made in infancy and childhood (incl. personality disorders and mental retardation) – maladaptive personality features and defense mechanisms
 - Axis III = Physical diseases
 - Axis IV = Psychological stress factors affecting the patient (past and present)
 - Axis V = Global functioning of the patient (GAF scale to rate psychological, social and occupational functioning)



WESTERN PARADIGMS

LIMITATIONS OF DSM-IV

- Emphasis on reliability over validity
- Statistical not etiological basis: people sharing the same diagnosis may not have the same etiology or require the same treatment.
- Includes many disorders that are not psychological, e.g. impotence, premature ejaculation, jet lag, caffeine addiction, and bruxism.
- Influence of multinational pharmaceutical companies (MPC's) → vested interest in 'widening the net' (*"Every psychiatric expert involved in writing the standard diagnostic criteria for disorders such as depression and schizophrenia has had financial ties to drug companies that sell medications for those illnesses."*)
- Diagnosis often made by inadequately trained GP's, who may have been influenced by the representatives of MPC's



LIMITATIONS OF DSM-IV

- Dramatic increase in the number of prescriptions for the SSRI 'antidepressant' drugs over the last two decades → 'Depression epidemic'.
- In many instances the diagnosis of Depression may not, in fact, be a valid one. (Lee, 1999)
- Five classes of Depressive disorders:
 1. Dysthymic Disorder
 2. Major Depressive Disorder (single episode or recurrent)
 3. Depressive Disorder Not Otherwise Specified (NOS)
 4. Mood Disorder Due to a General Medical Condition with Depressive Features
 5. Substance Induced Mood disorders
- The following discussion is concerned with the **first three only**.

Lee S. (1999). *Diagnosis Postponed: Shenjing Shuairuo and the transformation of Psychiatry in Post-Mao China*. Culture, Medicine and Psychiatry, 23, (349-380). Kluwer Academic Publishers: Netherlands



WHO CLASSIFICATION

International Statistical Classification of Diseases and Related Health Problems, 10th Revision, 2007 (ICD-10)

F33.0 Recurrent depressive disorder, current episode mild

F33.1 Recurrent depressive disorder, current episode moderate

F33.2 Recurrent depressive disorder, current episode severe without psychotic symptoms (= DSM-IV Major Depression)

F33.3 Recurrent depressive disorder, current episode severe with psychotic symptoms

F33.8 Other recurrent depressive disorders

F33.9 Recurrent depressive disorder, unspecified



NEURASTHENIA

- Phasing out of 'neurasthenia' in DSM-IV & replacement with 'depression' or 'anxiety disorder' → Rx with SSRI's
- Neurasthenia – at least 3 symptoms from:
 1. Weakness (mental or physical fatigue/decreased efficiency)
 2. Dysphoria (irritable, worrisome, inability to relax)
 3. Excitement – easily mentally excitable (accompanied by unpleasant feelings)
 4. Nervous muscular pain (e.g. tension headache, myalgia)
 5. Sleep disturbances

At least 3 months duration; lowering of work, study or social functioning; mental distress → seeks treatment



NEURASTHENIA - ICD

F48.0 Neurasthenia (classified under: ‘Other neurotic disorders’)

Considerable cultural variations occur in the presentation of this disorder, two main types occur, with substantial overlap.

1. The main feature is a complaint of increased fatigue after mental effort, often associated with some decrease in occupational performance or coping efficiency in daily tasks. The mental fatiguability is typically described as an unpleasant intrusion of distracting associations or recollections, difficulty in concentrating, and generally inefficient thinking.
2. The emphasis is on feelings of bodily or physical weakness and exhaustion after only minimal effort, accompanied by a feeling of muscular aches and pains and inability to relax.

In both types: dizziness, tension headaches, and feelings of general instability, worry about decreasing mental and bodily well-being, irritability, anhedonia, and varying minor degrees of both depression and anxiety are all common.

Sleep is often disturbed in its initial and middle phases but hypersomnia may also be prominent.

Fatigue syndrome



TCM APPROACH TO TREATMENT

Differential diagnosis based on major presenting symptom

1. **DEPRESSED MOOD**

- a) Minor depression (ICD classification)
- b) Major depression (DSM-IV, TR classification)

2. **ANXIETY**

- a) Generalized anxiety
- b) Phobias
- c) Stress disorders, e.g. post traumatic stress (n.b. 'stress' in the broad and narrow senses)
- d) Obsessive Compulsive Disorder
- e) Panic disorders



MINOR DEPRESSION (ICD)

(A type of 'Recurrent Depressive Disorder' F33
= DYSTHYMIC DISORDER/DEPRESSION NOS IN DSM-IV)

Duration of more than 2 months:

- Depressed mood (sad, anxious, or "empty" mood) for most of the day, occurring more days than not
- **With accompanying symptoms:**
 - Poor appetite or overeating
 - Insomnia or over sleeping
 - Low energy or fatigue
 - Low self-esteem
 - Poor concentration
 - Difficulty making decisions
 - Feelings of hopelessness
 - Manic episodes must not have occurred



MAJOR DEPRESSION (DSM-IV, TR)

- At least 5 of the following, during the same 2-week period, representing a change from previous functioning; must include either (a) or (b):
 - a) Depressed mood
 - b) Diminished interest or pleasure
 - c) Significant weight loss or gain
 - d) Insomnia or hypersomnia
 - e) Psychomotor agitation or retardation
 - f) Fatigue or loss of energy
 - g) Feelings of worthlessness
 - h) Diminished ability to think or concentrate; indecisiveness
 - i) Recurrent thoughts of death, suicidal ideation, suicide attempt, or specific plan for suicide



PATHOGENESIS

Any one or a combination of the above factors may lead to the two primary organ syndromes that underlie depressed mood:

- **Liver Qi constraint**
- **Heart Blood deficiency**



PATHOGENESIS

Liver Qi constraint

- Spleen Qi deficiency,
- generalized Qi stagnation with loss of harmony between the internal organs
- Blood stasis
- Fire

Spleen Qi deficiency

- Blood deficiency → **Heart Blood deficiency**
- retention of Damp → Phlegm

Phlegm

- clouds the mind and senses

Fire

- mental agitation
- Blood deficiency and possibly also Yin defic.

Qi stagnation

- food stagnation
- disruption of fluid metabolism → Phlegm



DIFFERENTIAL DIAGNOSIS

There are four major pathodynamics in patients with **depressed mood**:

- **Liver Qi constraint, Qi stagnation**
- **Instability of the Heart Qi (due to deficiency)**
- **Heart-Blood and Spleen-Qi deficiency**
- **Phlegm obstruction of the mind**

Note: Real life patients mostly present with combinations of the above, i.e. mixed syndromes



LIVER QI CONSTRIANT

KEY CLINICAL FEATURES

- Patient feels 'stressed', 'wound-up', 'frustrated', 'irritable'
- Discomfort in the hypochondrium and/or chest (needs to make an effort to take a deep breath)
- Menstruation disorders (irregular cycle, PMT)
- Aggravation of physical symptoms by emotional strain
- Fatigue, dizziness (postural), loss of appetite
- Wiry pulse (usually also thready)



LIVER QI CONSTRIANT

TONGUE





LIVER QI CONSTRIANT

TREATMENT PRINCIPLES

- Soothe the Liver and resolve Qi stagnation
- Calm the Spirit

FORMULA

PMS FORMULA CM104

ADDITIONAL FORMULAS

An Shen Ding Zhi Wan (**Zizyphus & Polygala Formula**) BP001 – insomnia, agitation



INSTABILITY OF THE HEART QI

- Also known as '**restless Zang-organ disorder**' = general deficiency of the Heart (Qi, Blood and Yin deficiency) – 2,000 years old clinical observation
- In Western terms this may be classified as mixed Anxiety-Depression disorder

KEY CLINICAL FEATURES

- Uncontrollable, overwhelming emotional changes
- Restlessness
- Poor concentration
- Palpitations
- Poor sleep
- Possibly also anxiety
- Possibly also disorientation
- Thready pulse, pale tongue (possibly with red tip)



INSTABILITY OF THE HEART QI

TREATMENT PRINCIPLES

- Tonify the Heart Qi
- Nourish the Heart Blood and Yin
- Calm and stabilize the mind

FORMULAS

MOOD-UPLIFT Formula CM132

+ Gan Mai Da Zao Wan – Jia Wei (**Wheat & Jujube C.**) BP054

ADDITIONAL FORMULAS

+ An Shen Ding Zhi Wan (**Zizyphus & Polygala Formula**) BP001 –
insomnia, severe agitation

+ Wen Dan Tang (**Bamboo & Hoelen Formula**) BP050 – Phlegm-
Heat



HEART-BLOOD AND SPLEEN-QI DEFICIENCY

KEY CLINICAL FEATURES

- Patient complains that he can't 'switch off' the mind, especially at night
- Insomnia
- Cognitive disturbance (poor memory and concentration)
- Palpitations
- Pallor, fatigue, poor appetite
- Pale tongue
- Thready pulse (also weak)



HEART-BLOOD SPLEEN-QI DEFICIENCY





HEART-BLOOD, SPLEEN-QI DEFICIENCY

TREATMENT PRINCIPLES

- Tonify the Qi and strengthen the Spleen
- Nourish the Heart Blood and calm the mind

FORMULA

MOOD-UPLIFT Formula CM132

PLUS: (see next slide)



HEART-BLOOD, SPLEEN-QI DEFICIENCY

ADDITIONAL FORMULAS

- + An Shen Ding Zhi Wan (**Zizyphus & Polygala Formula**) BP001 – insomnia, severe agitation
- + Wen Dan Tang (**Bamboo & Hoelen Formula**) BP050 – Phlegm-Heat
- + Jia Wei Xiao Yao San (**Bupleurum & Peony**) BP013 – Liver Qi constraint with Heat
- + Xiao Yao San (**Bupleurum & Dang-gui**) BP031 – Liver Qi constraint

FOLLOW UP

Gui Pi Tang (**Ginseng & Longan**) BP012

Or

QI & BLOOD TONIC FORMULA CM146



PHLEGM CLOUDING THE MIND AND SENSES

CLINICAL FEATURES

- Apathy, depressed mood, mental confusion, somnolence
- Excessive sputum or mucous
- Gurgling sound in throat (due to sputum or mucus)
- Tongue body is pale and may also be swollen, with a white, greasy coat
- Pulse is slippery

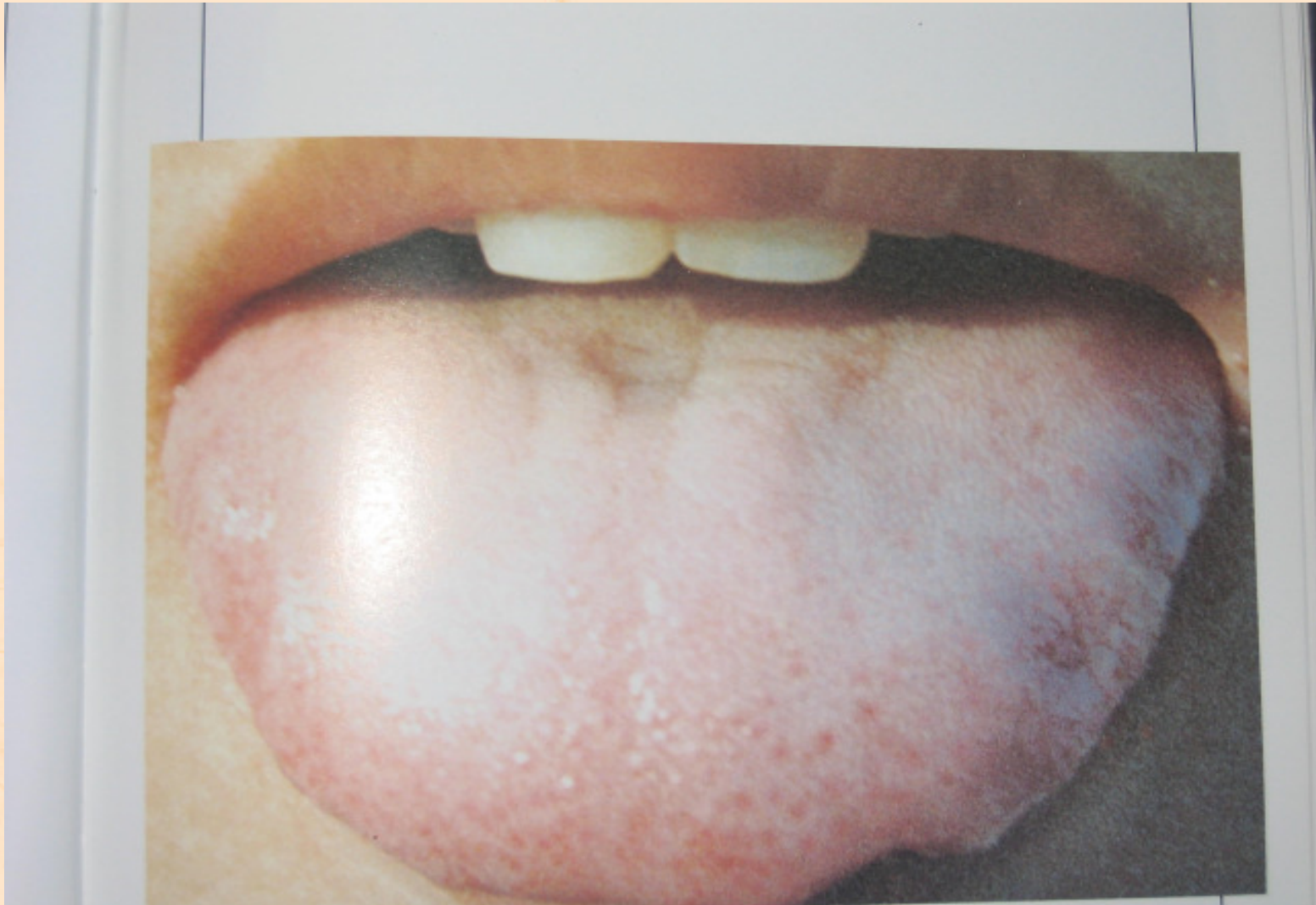


PHLEGM-COLD



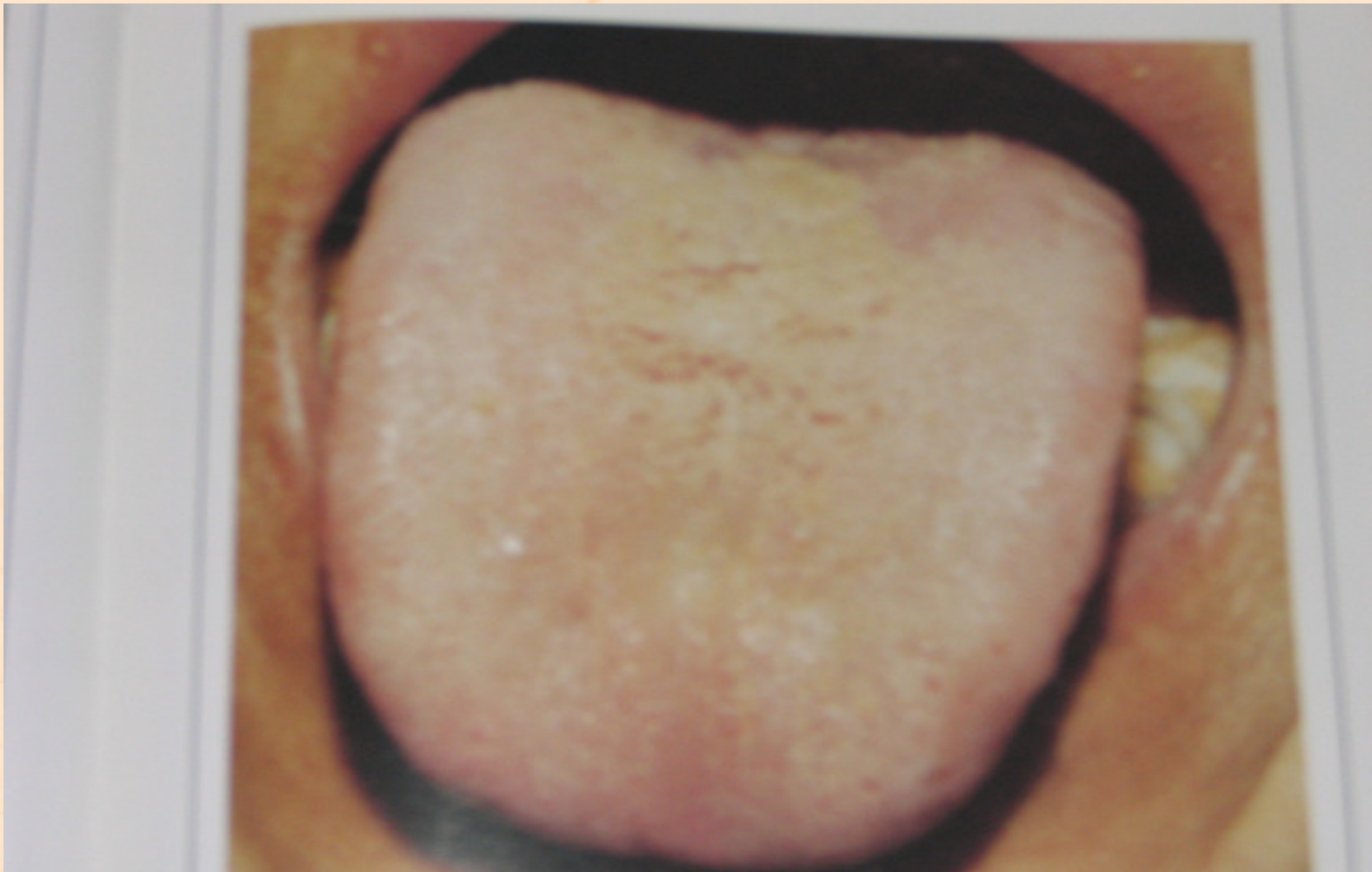


PHLEGM-COLD





PHLEGM-HEAT





PHLEGM CLOUDING THE MIND AND SENSES

TREATMENT PRINCIPLES

- Resolve Phlegm to open the mind and senses
- Nourish the Heart and calm the Spirit

FORMULAS

a) **MOOD-UPLIFT** Formula CM132

PLUS

b) **Er Chen Wan (Citrus & Pinellia Combination) BP010** – with
apathy

OR

Wen Dan Tang (Bamboo & Hoelen Formula) BP050 – with
agitation and sleep disturbance, red tongue w. yellow greasy coat



INSOMNIA

- It is critical that patients with depressed mood are able to sleep soundly through the night, allowing the Qi, Blood and Yin to be adequately regenerated → Primary goal of treatment

USE ONE OR MORE OF THE FOLLOWING

- **An Shen Ding Zhi Wan** (Zizyphus & Polygala Formula) BP001 – with Heart Qi deficiency
- **Jin Gui Suan Zao Ren Tang** (Zizyphus Combination) BP056 – with Heart-Liver Blood deficiency
- **Tian Wang Bu Xin Wan** (Ginseng & Zizyphus Formula) BP025 – for severe refractory insomnia (Heart-Kidney Yin deficiency)
- **Gan Mai Da Zao Wan - Jia Wei** (Wheat & Jujube Combination) BP054 – Heart Qi, Blood and Yin deficiency
- **Wen Dan Tang** (Bamboo & Hoelen Formula) BP050 – Phlegm-Heat



ANXIETY

KEY SYMPTOMS

- Unpleasant feelings of apprehension, dread or foreboding caused by anticipation of danger, whether real or perceived.
- Commonly accompanied by restlessness, tension, tachycardia and hyperventilation.



ANXIETY

- **Physiological responses:** pressure on the chest, lump in the throat / choking sensation, gasping, loss of appetite, abdominal discomfort, twitching eyelids, insomnia, tremors, fidgeting, weakness, wobbly legs, clumsy movements, flushed face, sweating on the palms, itching, hot and cold spells, sweating.
- **Behavioural changes:** rapid speech, lack of coordination, accident proneness, hypervigilance.
- **Cognitive and affective changes:** impaired attention, poor concentration, forgetfulness, errors in judgement, preoccupation, blocking of thoughts, reduced creativity, confusion, self consciousness, loss of objectivity, fear of losing control, flashbacks, nightmares, edginess, impatience, uneasiness, nervousness, frustration, helplessness, jitteriness, guilt, shame.



ANXIETY

The most common form of mental disturbance in Western Countries (15-20% of GP consultations).

- Panic disorders
- Phobias.
- Obsessive-compulsive disorder.
- Stress disorders (e.g. post-traumatic stress disorder and acute stress disorder)
- Generalized anxiety disorder (GAD).
- Anxiety disorders due to known physical causes.



ANXIETY

TCM PATHODYNAMIC FACTORS

- **Heart deficiency** is the primary factor
- Other organs may also be involved:
 - **Gallbladder**
 - **Spleen**
 - **Kidney**
- Pathogens (= excess factors) involved:
 - **Heat**
 - **Phlegm**



ANXIETY

TCM PATHODYNAMIC FACTORS

- Heart-Blood and Spleen-Qi deficiency
- Heart Qi and Yin deficiency
- Heart-Gallbladder Qi deficiency
- Heart-Kidney Yin deficiency (Heart-Kidney disharmony)
- Phlegm-Heat disturbing the Spirit

Note: These are not to be regarded as discrete clinical syndromes



ANXIETY

HEART-BLOOD AND SPLEEN-QI DEFICIENCY

- Palpitations
- Sleep disturbance (can't stop thinking, dreams disturb sleep)
- Forgetfulness, poor concentration
- Fatigue, muscular weakness
- Spontaneous sweating
- Poor appetite, discomfort and bloated sensation after eating
- Pulse is weak and thready
- Tongue is pale, with thin white (normal) coat

BP012 Gui Pi Wan (Ginseng & Longan C.)

Plus

BP001 An Shen Ding Zhi Wan (Zizyphus & Polygala F)



ANXIETY

HEART QI AND YIN DEFICIENCY

- Restlessness
- Poor concentration, confusion, possibly disorientation
- Palpitations
- Insomnia
- Thready and weak pulse, pale tongue possibly with red tip

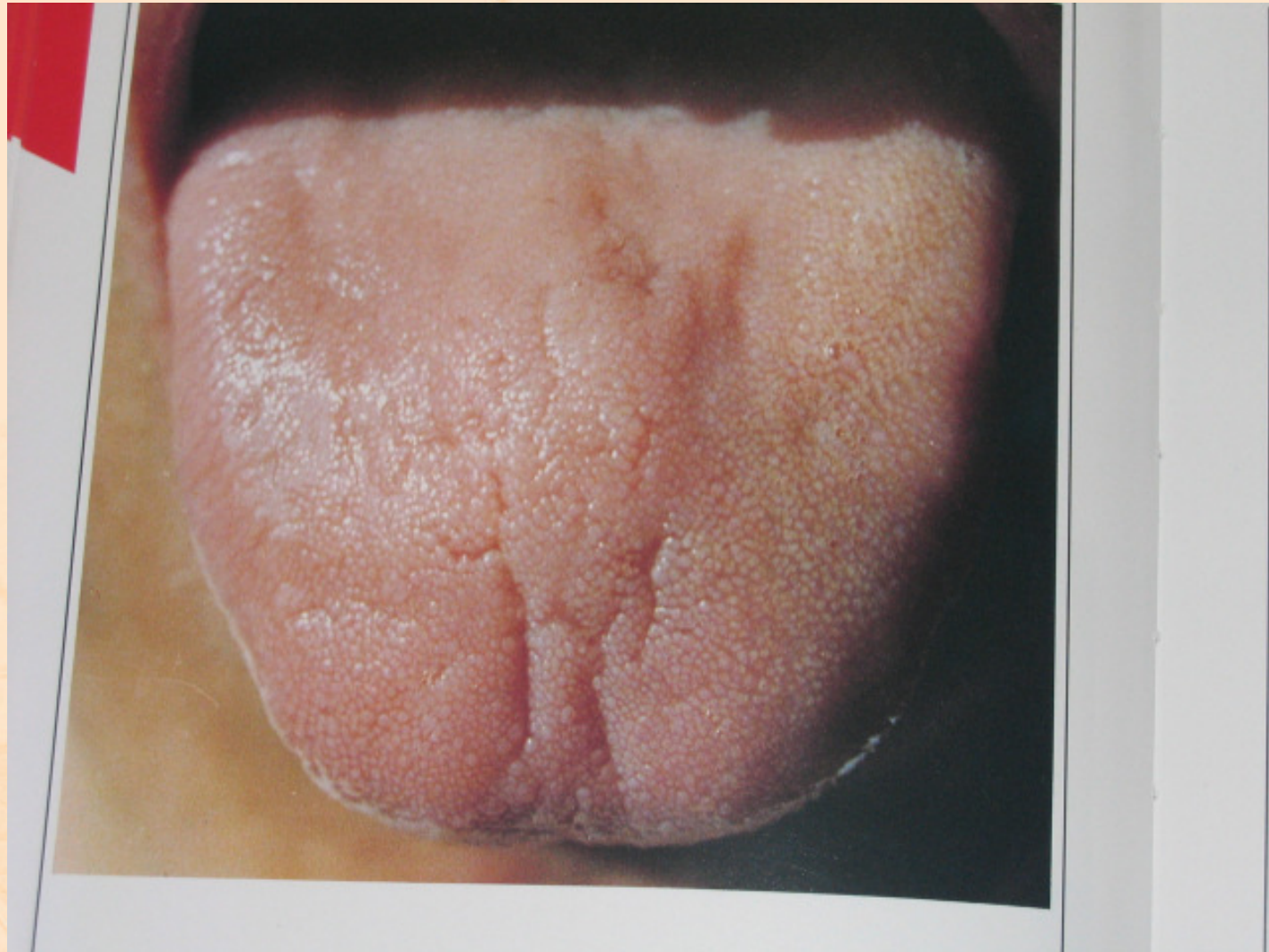
**BP001 An Shen Ding Zhi Wan (Zizyphus & Polygala F)
PLUS**

**BP054 Gan Mai Da Zao Wan – Jia Wei (Wheat &
Jujube C)**



SunHerbal®

HEART QI AND YIN DEFICIENCY





ANXIETY

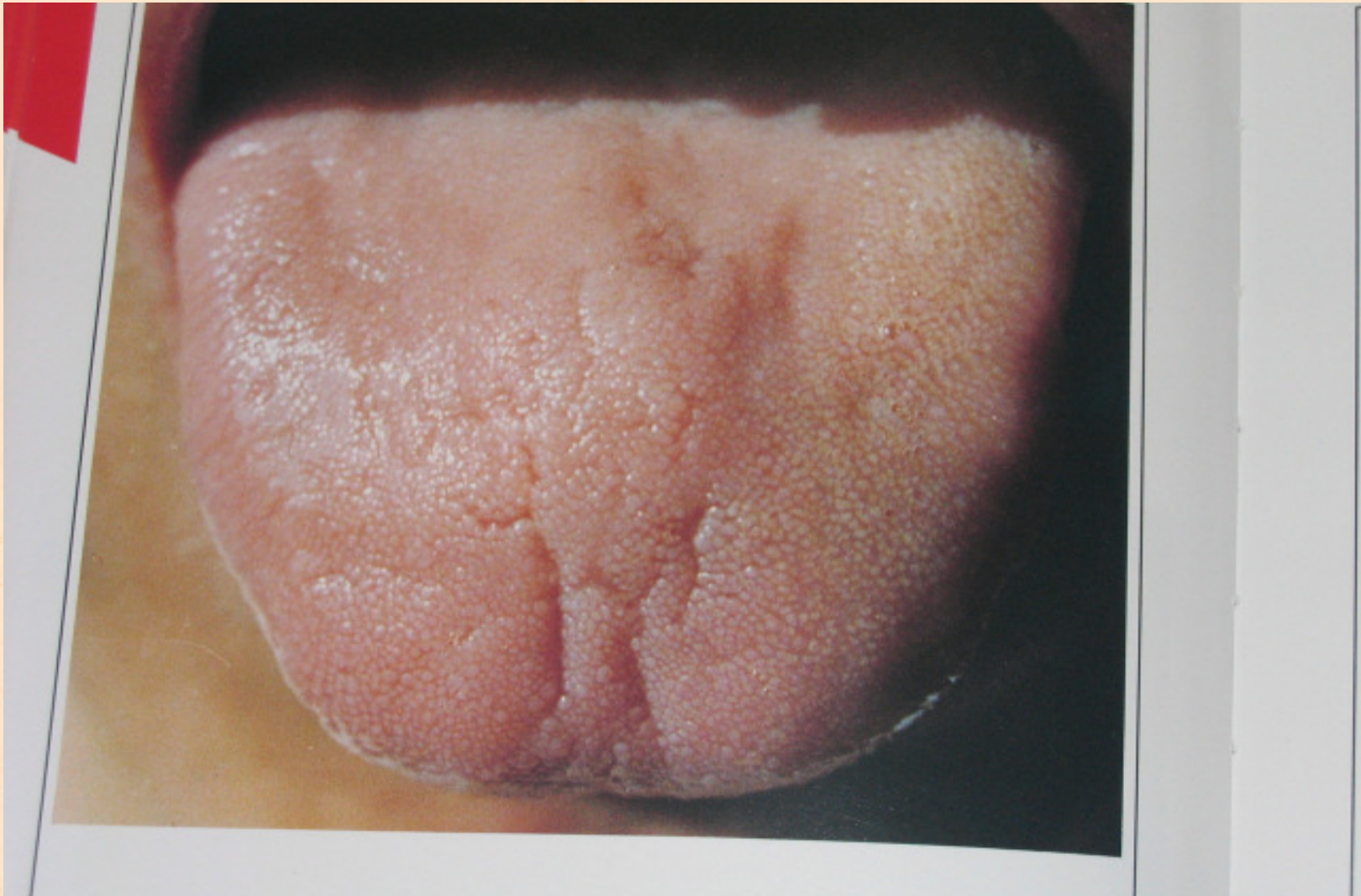
HEART AND KIDNEY YIN DEFICIENCY (HEART-KIDNEY DISHARMONY)

- Insomnia, nightmares, waking in anxiety
- Night sweats
- Dry mouth and throat
- Restlessness, irritability
- Red tongue with little or no coat
- Thready and rapid pulse

BP025 Tian Wang Bu Xin Wan (Ginseng & Zizyphus For.)

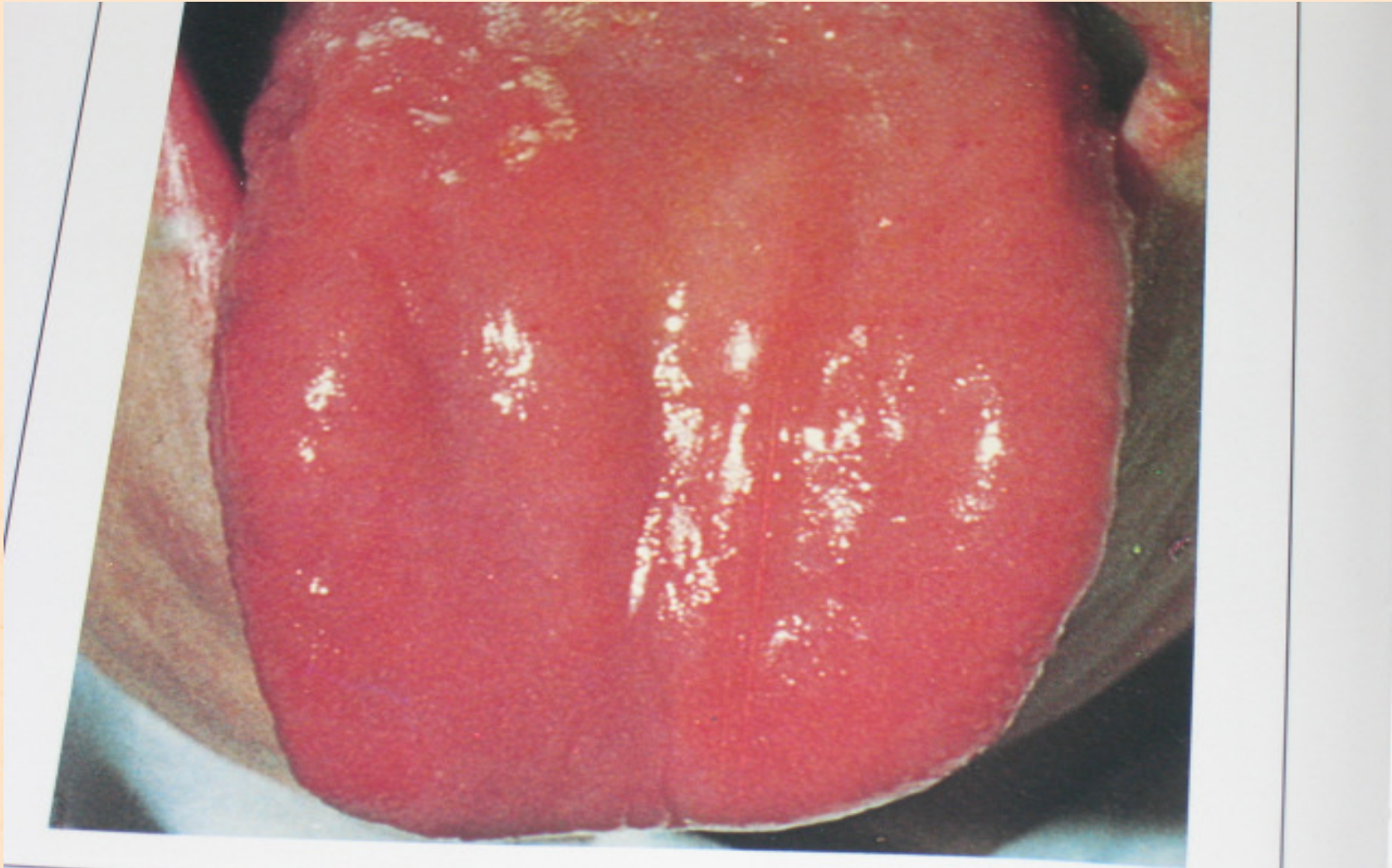


HEART-KIDNEY YIN DEFICIENCY (H-K DISHARMONY) With Heart Blood deficiency





HEART-KIDNEY YIN DEFICIENCY (H-K DISHARMONY) with Heat (from Yin deficiency)





ANXIETY

HEART AND GALLBLADDER QI DEFICIENCY

- Timid disposition
- Insomnia, dream-disturbed sleep with frequent waking
- Pale tongue
- Wiry and thready pulse

CM101 Peaceful Sleep Formula

PLUS

BP001 An Shen Ding Zhi Wan (Zizyphus & Polygala F)



ANXIETY

PHLEGM-HEAT DISTURBING THE SPIRIT

- Nervous disposition
- Dizziness
- Insomnia with early waking
- Irritability, restlessness
- Nausea or vomiting, belching, acidic reflux
- Bitter taste in the mouth
- Bloated sensation in epigastrium or abdomen
- Tongue has a yellow greasy coat
- Pulse is rapid and slippery or rapid and wiry.

BP050 Wen Dan Tang (Bamboo & Hoelen F.)

PLUS

BP001 An Shen Ding Zhi Wan (Zizyphus & Polygala F)