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Mental disorder treatment in acupuncture

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Acupuncture treatment for mental disorders has been practiced clinically for a while, but many problems and questions remain for treatment and diagnosis. The main problem is that there is no pattern diagnosis for the Shen i.e., almost no mental evaluation, instead organ patterns are often used. This can easily cause misdiagnosis and lead to poor treatment results. According to my studies and practice, there is a way to help us to identify mental energy patterns; I call them Shen qi patterns. The Shen qi theory came from the TCM classic, The Yellow Emperor's Inner Classic. I have put the concepts of Shen together and made a summary of 10 Shen harmony conditions in Traditional Chinese Medicine (TCM) and furthermore I have summarized pathological Shen qi pattern into 12 types. By using these 12 basic pathological patterns, practitioners will feel much more comfortable in evaluating the Shen qi dynamics and the mental activities. They will also feel clearer and have more precision when choosing acupuncture points and herbs for a formula. They may even perform a qi gong exercise and TCM psychotherapy. A treatment plan will be more reasonable based on the Shen qi diagnosis. In treating mental disorders, we have to know the 'Ben Shen' concept. Ben Shen means based on the Shen, i.e., based on traditional mental understanding according to the inner classic principles. I have been using the Ben Shen concept, since I try to help any mental or mental factor as a component of physical disorders, so I am using Ben Shen acupuncture, Ben Shen herbology, Ben Shen preservation, Ben Shen psychotherapy. These are the four major treatment modalities I use with my clinic patients.

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