

3RD GLOBAL SUMMIT ON

HERBALS & TRADITIONAL MEDICINE

OCTOBER 18-20, 2017 OSAKA, JAPAN

A case report of traditional Chinese medicine in treating persistent insomnia disorder of heart yang deficiency pattern**Po-Chun Hsieh**

Buddhist Tzu Chi Medical Foundation, Taiwan

Introduction: Generally, western medicine treats patients with insomnia disorder in inhibiting or releasing way. But in the concept of Yin-Yang in Traditional Chinese Medicine (TCM), it is not always effective to the yang deficiency patients, especially the heart yang deficiency ones. We consider that being frightened could leads to heart yang deficiency and spirit-restless pattern in TCM.

Material & Methods: It is a case of 64 year old woman suffered from domestic violence intermittently in 2015 and then divorced. After that, insomnia disorder, palpitation, empty feeling in chest, panic and anxiety was noted. Also, she dreamed about being hit accompanied with somniloquy and waving arms every night for about a year. There is also weak pulse in Cun position of both wrist pulse. Those symptoms and pulse findings are the same features as the heart yang deficiency. Therefore, we treated her by warming heart yang and settling the spirit formula (extract powder of Guizhi-Gancao-Longgu-Muli Decoction Guizhi licorice keel oyster soup) 2.6 gm four times a day since 2017/1/5.

Result: After the first week receiving the formula, there is still dreamful sleep, but the palpitation partially relieved. After the second week, dream alleviated with only somniloquy left. Palpitation empty feeling in chest and panic also relieved obviously. There was no significant side effect during or after the treatment.

Conclusion: We suggest that warm heart yang and settling the spirit formula (Guizhi-Gancao-Longgu-Muli Decoction Guizhi licorice keel oyster soup) is an effective and safe treatment for the heart yang deficiency patients.

Biography

Po-Chun Hsieh has completed his Chinese Medicine Doctor Scholarship from China Medical University in Taiwan. He is currently serving as a Chief Resident Doctor of Chinese Medicine in Department of Chinese Medicine, Taipei Tzu Chi Hospital.

charredalex@gmail.com

Notes: