

Understanding and Treating Depression with Chinese Medicine

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What we will do this evening.....

- What is depression?
- What are emotions?
 - Mind pulling the Body or
 - Body pulling the Mind
- Depression as a main complaint
 - Primary patterns I see and what they look like in clinic



What is Depression?

Mayo Clinic: Symptoms

- Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day and may include:
- *Feelings of sadness, tearfulness, emptiness or hopelessness*
- *Angry outbursts, irritability or frustration*, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports
- Sleep disturbances, including insomnia or sleeping too much
- *Tiredness and lack of energy*, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- *Anxiety, agitation or restlessness*
- Slowed thinking, speaking or body movements
- *Feelings of worthlessness or guilt*, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide
- Unexplained physical problems, such as back pain or headaches
- For many people with depression, symptoms usually are severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities or relationships with others. Some people may feel generally miserable or unhappy without really knowing

Flaccidity
Pushing out
Life Force not Available
Hyperactivity

Thoughts

why.

What are emotions?

My definition of emotions is an energetic movement with a story attached to it.

As a practitioner, I try to hear the story as just a story so that I can SEE and feel the energetic behind it.

This energetic is what I call “the elemental physical”





Put the Pencil Down.....(Thanks Yaron)

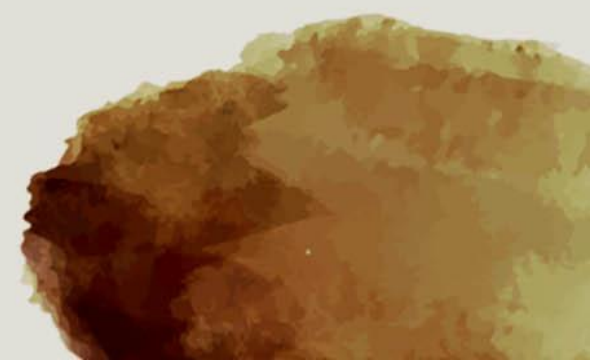


While I see the story as “just a story,” I listen to the story as much as this seems important.

Though often it is very healing for patients to have a place to be honest and share their story of suffering in a non-judgmental space, they also don't know what is supposed to happen in our visit.

Often, they appreciate it when I take control of the session and direct them toward giving me what I need to make my diagnosis.

Through this listening, we can observe how the story pulls the patients energetic around. Consider whether the depression or anxiety is trying to inform the patient that something in their lives are out of balance.



I am observing the life force in the wheel with a cool eye

- Is the life force/Yang hyperactive, going up and out?
 - Is that due to deficiency: life force not being stored
 - Is that due to excess: life force being blocked from grounding?
- Is the life force blocked from coming in?
 - If so, where is it blocked and by what?
- Is the life force weak?
 - If so, which Zang is weak?



Rating Story vs Physical

Consciously rate this keeping in mind that your
assessment may well change as you get to know
and work with your patient

Hearing the story, as just a story, has benefits

Who is the person without this story?

I can see the basic well-being that is being messed
with by the story.

I see the painful story as an external influence

I can speak to the well person who is being influenced.

The patient is not “depressed” but is afflicted by
depressing voices of conditioning. How do we free
their true nature?

I am not a therapist, but I can benefit the person's
ability to come home to themselves.



Ultimately our herbs work with the body

- How is the pattern effecting the emotions?
- How is the pattern causing suffering that is, in turn, causing depression?
- Some issues are very depressing:
 - Insomnia
 - Inability to digest
 - Night sweats
 - Pain
 - Metabolic Disease



Summary

Conditioning Stories and Voices keep pushing the body around	The depression, anxiety, anger is trying to tell the patient something	Other diseases or symptoms are affecting the spirit	Body energetic is causing depression
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In any case, our herbs work with the body energetic

Our words and the space we create is also very important as we are Qi doctors.

What is happening with the life force Yang?



Primary Patterns I See

Fu Zi patterns

Gui Zhi Tang patterns

Cold blood patterns

Warm blood stasis patterns

Chai Hu patterns



Fu Zi Patterns

Dark Depression



Is there an absence of
warmth and light?

Fu Zi

Patterns

Kidney Yang Deficiency

Weakness in lower body

Weak pain in lower body

Lower abdominal weakness, muscle tension or chopstick

Dip in back of tongue

With cold dark signs

Watery diarrhea with undigested food

What is happening with the life force Yang?
What is the Shaoyin *Great Sweeping Motion*?



Gui Zhi Tang Patterns

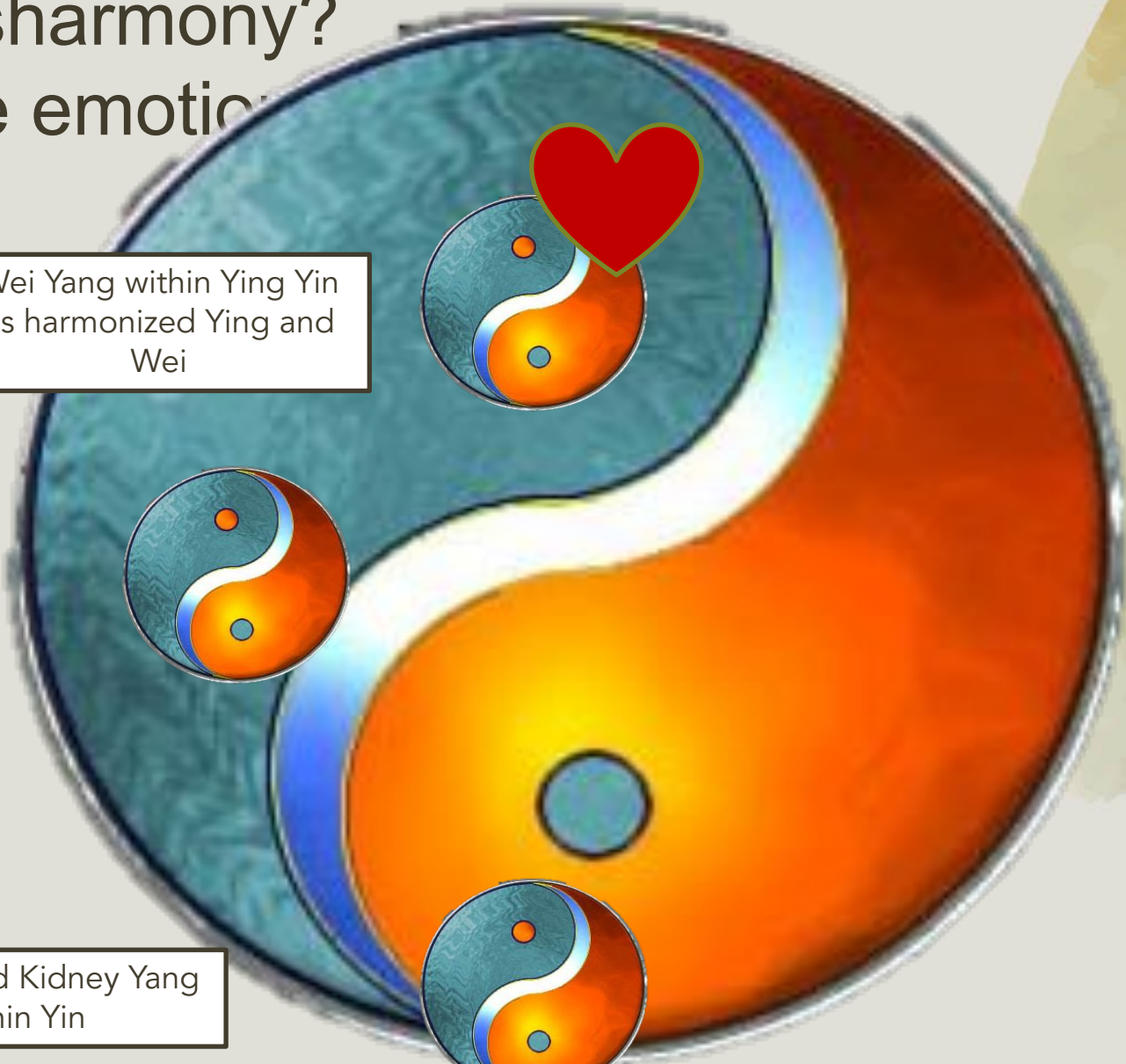
What is a Ying Wei Disharmony?

How does this effect the emotion

Wei Yang within Ying Yin
as harmonized Ying and
Wei

Harmonized Liver Blood
as Yang heat within fluid

Harmonized Kidney Yang
within Yin



What is a Ying Wei Disharmony?
How does this effect the emotions?



Gui Zhi Tang formula family

Gui Zhi Tang
Gui Zhi Jia Gui Tang
Gui Zhi Jia Shao Yao Tang
Gui Zhi Jia Long Gu Mu Li Tang
Gui Zhi Jia Fu Zi Tang
Xiao Jian Zhong Tang
Wen Jing Tang


Diagnosing the Gui Zhi Tang pattern

Spleen dry deficiency: Da Zao, Zhi Gan Cao
tending to cold: Sheng Jiang Gui Zhi

Blood deficiency: Da Zao, Bai Shao, Zhi Gan Cao
Undernourished muscles: Shao Yao Gan Cao
Tang (especially neck and upper back with
aversion to wind)

Open surface: Sheng Jiang with Da Zao and Gui Zhi
with Bai Shao





Spleen dry deficiency:

Epigastric hardness/vulnerability

Scalloped edges to tongue

Weak four limbs

Blood deficiency:

Rectus tension

Poor night vision, visual floaters, weak nails

Sallow complexion

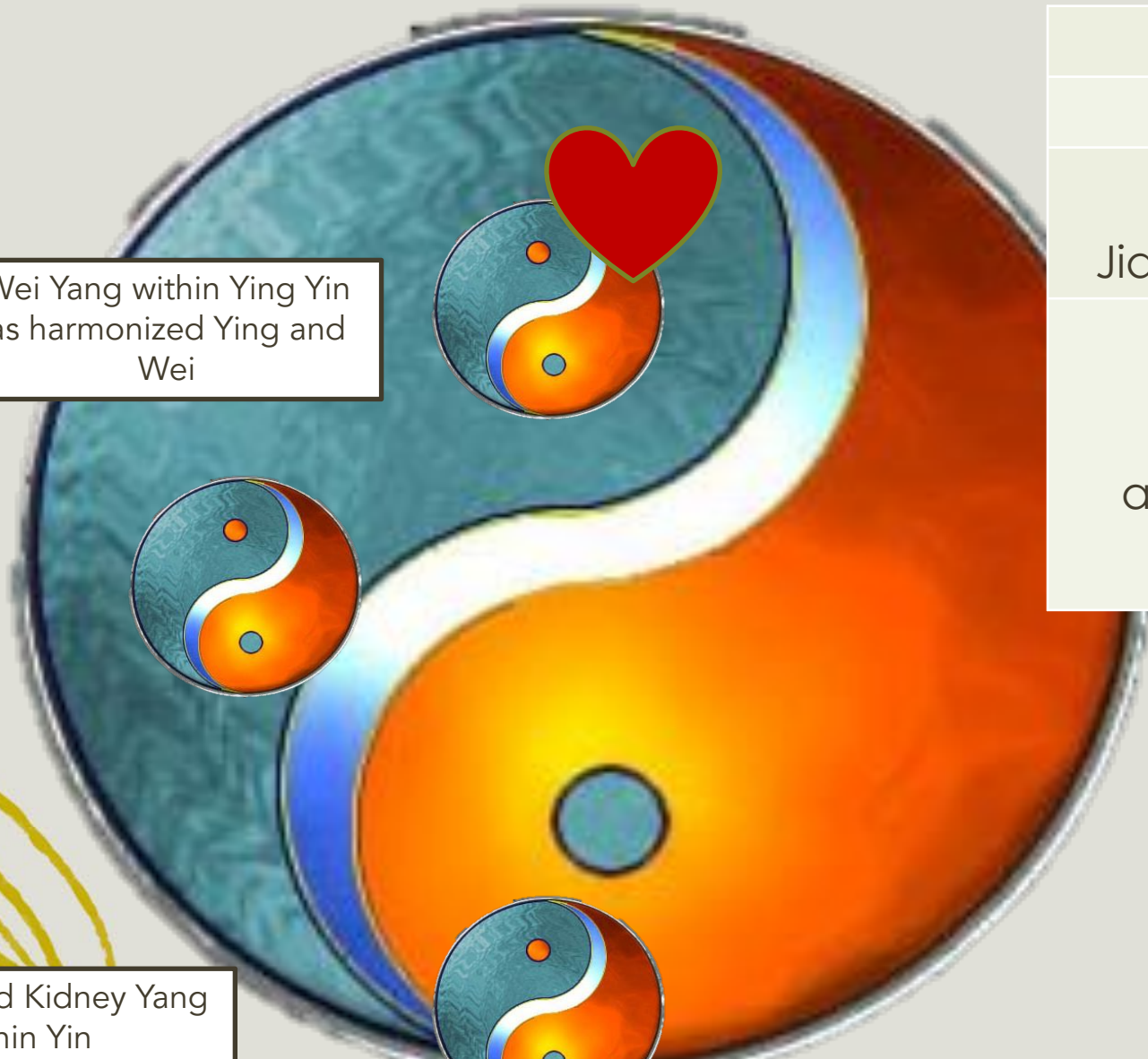
Open surface:

Aversion to wind

Flushing up of Yang, leaking of Yin

Pulse: Left Cun floating, not tight, Left Guan thin, Right Guan may be wiry

Cold Blood Patterns



Wei Yang within Ying Yin
as harmonized Ying and
Wei

Harmonized Liver Blood
as Yang heat within fluid

Harmonized Kidney Yang
within Yin

Wen Jing Tang

Dang Gui Si Ni Tang

Dang Gui Si Ni

Jia Wu Zhu Yu Sheng Jiang Tang

These formulas include

Gui Zhi Tang

along with blood harmonizing
herbs

Cold Blood Patterns

Harmonized Liver Blood
as Yang heat within fluid

The Jueyin *Great
Sweeping Motion* is from
the liver/blood to the
heart master (pericardium)

When the blood is cold,
crappy and dry with Yang
out of right relationship,
this fails to nourish,
soften, protect the heart.
Flushing up can agitate
the heart as well.



Wen Jing Tang

Dang Gui Si Ni Tang

Dang Gui Si Ni

Jia Wu Zhu Yu Sheng Jiang Tang

These formulas include

Gui Zhi Tang

along with blood harmonizing
herbs



Diagnosing Cold Blood patterns

Wen Jing Tang: Dang Gui, Chuan Xiong, Bai Shao, E Jiao = Si Wu Tang
blood deficiency with systemic blood stasis = crappy blood

General blood stasis signs (not necessarily systemic)

Oketsu

Purple tongue

Dysmenorrhea

Systemic blood stasis

Prolific spider veins, dark spots, dark complexion

Dry purplish lips

Cold blood = feels cold, pain is w/w cold and b/w warmth

Dry = WJT is a dry blood pattern so you will see dry skin, dry hair, dry mouth,
diminished tongue or body size

Dang Gui Si Ni Tang

Not dry, just cold, cold pain, only slightly blood deficient

Warm Qi and Blood Patterns Xue Fu Zhu Yu Tang

The Shao Yang *Great Sweeping Motion* is to pivot from the right side/west to help ministerial fire move into position.

This pivot can get stuck and warm up, effecting the blood.

Si Ni San
plus
Cool Si Wu Tang
Jie Geng + Huai Niu Xi
Hong Hua + Tao Ren





Diagnosing Chai Hu Shaoyang Pivot Issues

Non-deficient anger issues

Pent up emotions, lack of expression

Wiry left Guan

Crimped tongue

Subcostal fullness

Ruling Out Diagnosis






Diagnosing Chai Hu Shaoyang Pivot Issues

Si Ni San is pivot plus blood deficiency and
undernourished muscles

Xiao Chai Hu Tang is pivot plus spleen
deficiency

Both patterns can have a very wide range of
symptoms





Diagnosing Chai Hu Shaoyang Pivot Issues


Xiao Chai Hu Tang

Chai Hu Gui Zhi Tang

Chai Hu Jia Long Gu Mu Li Tang

Si Ni San

Xue Fu Zhu Yu Tang



Thank You!

