

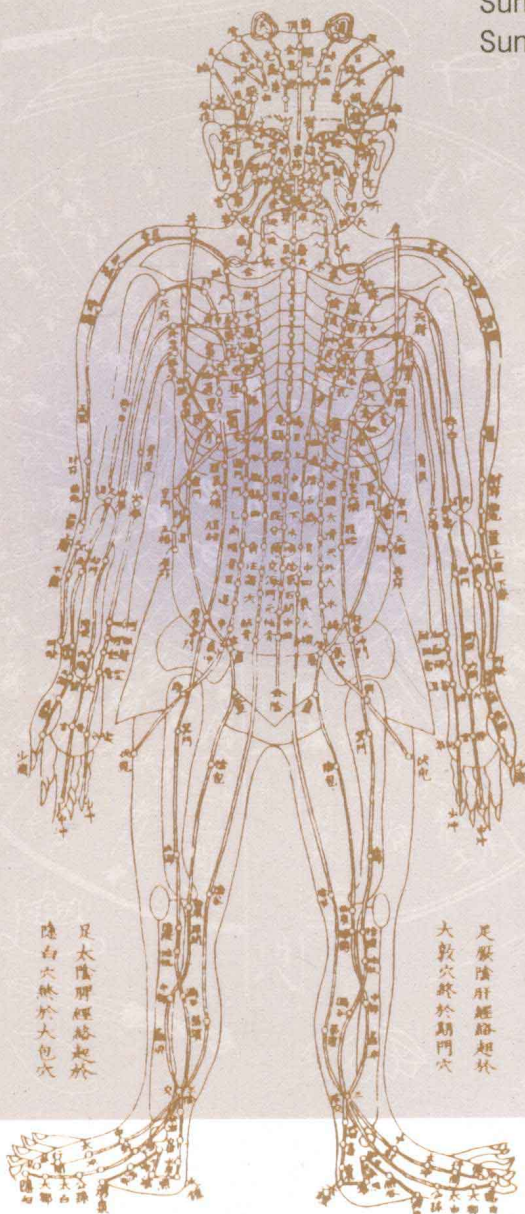


Acupuncture and Moxibustion for **INSOMNIA**

Sun Zhong-ren
Sun Yuan-zheng

This book details the modern theories and treatment of insomnia in traditional Chinese medicine and focuses on the methods, skills and key techniques of acupuncture and moxibustion in the treatment of insomnia. Furthermore, this book features reports on the latest research results and a review of the methods of contemporary scholars and experts. This book explores the clinical principles, characteristics, and factors influencing the therapeutic effect of acupuncture and moxibustion in the treatment of insomnia.

A Clinical Series



人民卫生出版社
PEOPLE'S MEDICAL PUBLISHING HOUSE

Acupuncture and Moxibustion for **Insomnia**

A Clinical Series

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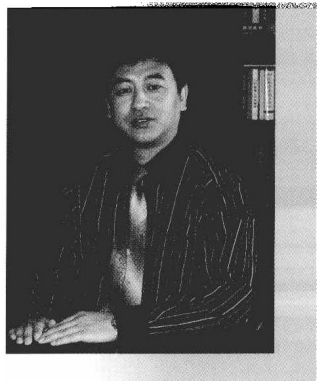
Dr. Sun Zhong-ren is currently the assistant dean of Heilongjiang University of Chinese Medicine, the Head of the Acupuncture Research Center and has been recognized as an Academic Leader in Class 1 Essential Studies (acupuncture and tui na) at the national and provincial level, as well as being recognized as a Famous Physician of Heilongjiang Province.

Dr. Sun graduated from Heilongjiang University of Chinese Medicine in 1982 and in the same year stayed on as a professor. In 1988, he obtained a Master's degree in physiology, and in 1994 obtained a Clinical Doctorate in acupuncture. In 1998 he became a professor and assumed the office of associate dean of both the Heilongjiang University of Chinese Medicine School of Acupuncture and Tui Na and its Second Auxiliary Hospital, as well as becoming a doctoral advisor and the head of the Psychiatric Teaching and Research Department. In 2004, he became dean of both the Heilongjiang University of Chinese Medicine School of Acupuncture and Tui Na and its Second Auxiliary Hospital. In 2008 he assumed the post of assistant dean of the Heilongjiang University of Chinese Medicine.

Dr. Sun has done some successful research focused on topics such as the relationship between channels, points and *zang-fu* organs; acupuncture's facilitation of nerve regeneration; the prevention and treatment of encephalomyeloneuropathy with acupuncture; and acupuncture and preventive treatment. Professor Sun's clinical focus is on acupuncture, neurology, pain disorders, and treatment of nerve damage, where he has proven to be particularly successful. He specializes in treating difficult-to-treat diseases such as bulbar paralysis, dementia, Parkinson's disease, and stroke. He has a firm grounding in the classics and has been very serious in attempts to incorporate the experience

About the Authors

Sun Zhong-ren



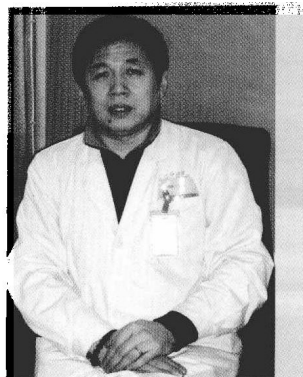
of specialists from the older generation, while combining that knowledge with modern medicine. Professor Sun is an advocate for the integration of Chinese and Western medicine, and has developed a series of treatments for encephalomyeloneuropathy. He has also written 10 textbooks, and published over 100 research papers. Because of his rigorous scientific approach, consummate medical skills and relentless innovative style, Dr. Sun is highly regarded by his patients and held in high esteem by his colleagues. He has received the China Physician award and has been deemed a National Outstanding (University) Dean.

Dr. Sun Yuan-zheng is currently the Director of the Heilongjiang University of Chinese Medicine School of Acupuncture and Tui Na as well as Director of the No. 2 Acupuncture Ward in the Second Auxiliary Hospital. He is also the Director of the Acupuncture Clinical Teaching and Research Department at Heilongjiang University of Chinese Medicine.

Professor Sun has been involved in numerous government-sponsored research projects, authored numerous books and been the recipient of multiple awards for his work. After more than 20 years of clinical experience and the integrating of Chinese and Western medicine, professor Sun has developed a complete set of techniques for the treatment of stroke. Professor Sun believes not only in the importance of the integration of Chinese and Western medicine, but also that Chinese medicine has unique qualities that should be recognized. He also strongly believes that more research should be done in those areas of Chinese medicine which are superior to Western medicine, such as the treatment of certain stroke sequelae, including hemiplegia, facial paralysis, aphasia, and dysphagia.

About the Authors

Sun Yuan-zheng



Foreword

Acupuncture technique originated in the New Stone Age ten thousand years ago, and it can even be traced back to the Old Stone Age a hundred thousand years ago. The origin of moxibustion can be traced back to the discovery and use of fire 400,000 years ago.

As early as 1400 years ago, in Northern and Southern Dynasties (the fifth and sixth century A.D.), acupuncture technique and medical books began to be spread to other countries in the world. In the seventeenth century, Chinese acupuncture technique was introduced to Holland, Germany, England, and other Western countries. In the eighteenth and nineteenth century, acupuncture was further propagated in Western countries, as medical doctors in France, Britain, Russia, Italy, Austria, and other countries, started to treat diseases with this therapy, and publish books about acupuncture and moxibustion.

In recent decades, great attention has been paid to the new achievements of Chinese acupuncture and acupuncture anesthesia, especially by medical personnel around the world. Medical organizations from many countries have sent medical experts and scholars to China to learn. A new wave of acupuncture and moxibustion study has emerged like never before. Currently, acupuncture and moxibustion is recognized as effective in treating more than 200 different kinds of diseases, as well as tobacco withdrawal, alcohol withdrawal, drug withdrawal, anti-aging, weight reduction, and cosmetology. Preliminary results have been seen in treating AIDS with acupuncture in the USA and Germany.

In 1975, the World Health Organization asked the Ministry of Health of the People's Republic of China to set up international acupuncture training

courses in Beijing, Shanghai and Nanjing, with English, Japanese, and French as the languages of instruction. This was warmly welcomed by numerous foreign physicians. Currently, international training courses in acupuncture are available in TCM colleges throughout many provinces. China has trained two to three hundred thousand acupuncture practitioners from over 160 countries and regions. After returning to their home countries, many began to treat people with positive results. Academic associations, scientific institutes and schools of acupuncture, and published professional journals began appearing in these countries.

The People's Medical Publishing House (PMPH) saw the need to develop clinical, teaching, and scientific research in acupuncture. The publishing house has determined to launch a series of clinical acupuncture books in foreign countries for reader consumption. These books are chief-edited by Wang Ling-ling, the general-director of the Clinical Branch of the Chinese Association of Acupuncture and Moxibustion (CAAM), and Wang Qi-cai, the chief secretary of the Clinical Branch of CAAM, compiled by experienced acupuncture experts.

For the first step, thirteen books such as the acupuncture treatment for headache, insomnia, depression, stroke, asthma, knee osteoarthritis, lumbago, trigeminal neuralgia, and obesity are selected by editorial board members from among the most commonly seen diseases in clinical practice. Every book contains nine chapters, consisting of Chinese medicine and Western medicine opinion on the disease, syndrome differentiation and treatment, prognosis, prevention and regulation, clinical experience of other renowned acupuncturists, perspectives of integrative medicine, selected quotes from ancient TCM texts, and modern research. This

gives the reader a rather complete understanding of the disease.

The series of books is mainly geared toward the clinical acupuncturist, and can be used as reference books for teaching staff and students in TCM colleges. However, mistakes are sometimes inevitable by individuals following the books. Therefore, only licensed acupuncturists are advised to employ it in clinical practice. Due to laws and regulations in individual countries and regions, some therapies in the books may be limited or even forbidden to use.

We sincerely hope that these books will bring you inspiration and guidance.

*Wang Ling-ling, General-director of the Clinical
Branch of CAAM*

*Wang Qi-cai, Chief-secretary of the Clinical
Branch of CAAM*

May 2010

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*for the English edition
of The Clinical Series
of Acupuncture and
Moxibustion*

People spend one third of their lives sleeping, and there is a strong correlation between the quality of a person's health and the quality of their sleep. Insomnia is one of the most common health problems seen in the clinic and, with the quickening of the pace of life in today's world and the increasing pressures people are facing, the rate of those suffering from insomnia continue to increase. In China, up-to-56% of the population has some form of insomnia, and of those people, approximately 50% also have some form of psychological problem. This is because more than 81% of all types of illnesses are the result of sleep disorders. Consequently, the issue of how to treat insomnia has become one of the most pressing questions for physicians. Modern medicine's current approach is to use sedatives such as barbituates, benzodiazepines, and nonbenzodiazepines to treat insomnia; however, the drawbacks are that patients can develop tolerances to, or dependence on, such medications.

In Chinese history, the earliest records of insomnia are in the bone inscriptions found at Yinxu, as well as references to insomnia in *The Inner Classic* and *The Classic of Difficulties*, and many other historical medical texts. Numerous clinical reports have proven that acupuncture is a simple, convenient, and effective form of treatment that is safe and free from side effects. Consequently, it is widely used to treat insomnia.

This book combines a summary of both modern and traditional Chinese medicine's approaches to treating insomnia with the author's numerous years of clinical experience. It includes Chinese medicine's understanding of insomnia as well as its pathology, diagnosis, and treatment; including its prevention and recovery. It also introduces two renowned acupuncturists and their clinical experience in treating insomnia, as well as the challenges and

solutions to the integration of modern and Chinese medicine and an introduction to the authors experience in this field. In the reading of this book, the reader will discover that those parts devoted to pattern differentiation and treatment are particularly detailed and it is the author's hope that the reader will find this to be particularly inspiring. There is also quite a bit of detailed information on medicinals used for prevention and recovery that should prove to be useful in the clinic.

In the process of writing this book numerous sources were consulted, including the most up-to-date dissertations and authoritative textbooks. It is the hope of the authors that this book provides a clear train of thought, valuable tools, and useful knowledge, not just for the clinician, but also those who may have recently developed an interest in Chinese medicine or those suffering from insomnia.

The knowledge of medicine is vast and deep and the authors are limited in their abilities. Any mistakes are the responsibility of the authors and we welcome any corrections or comments.

Sun Zhong-ren & Sun Yuan-zheng

May 2010

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Synopsis

This book is a concise introduction to the theory and treatment of insomnia from the perspective of both biomedicine and Chinese medicine. Included are the various perspectives of insomnia from medical tradition, as well as its etiology, pathology, prognosis, and prevention. Also included are the experience of numerous renowned experts, substantive case studies and a concise presentation of relevant research. Within each of the various sections, the authors offer their own clinical insights based on many years of experience. The authors hope that their ideas will foster a continued debate among their colleagues in medicine as well as perhaps compel those with more experience than themselves to share their wisdom.