

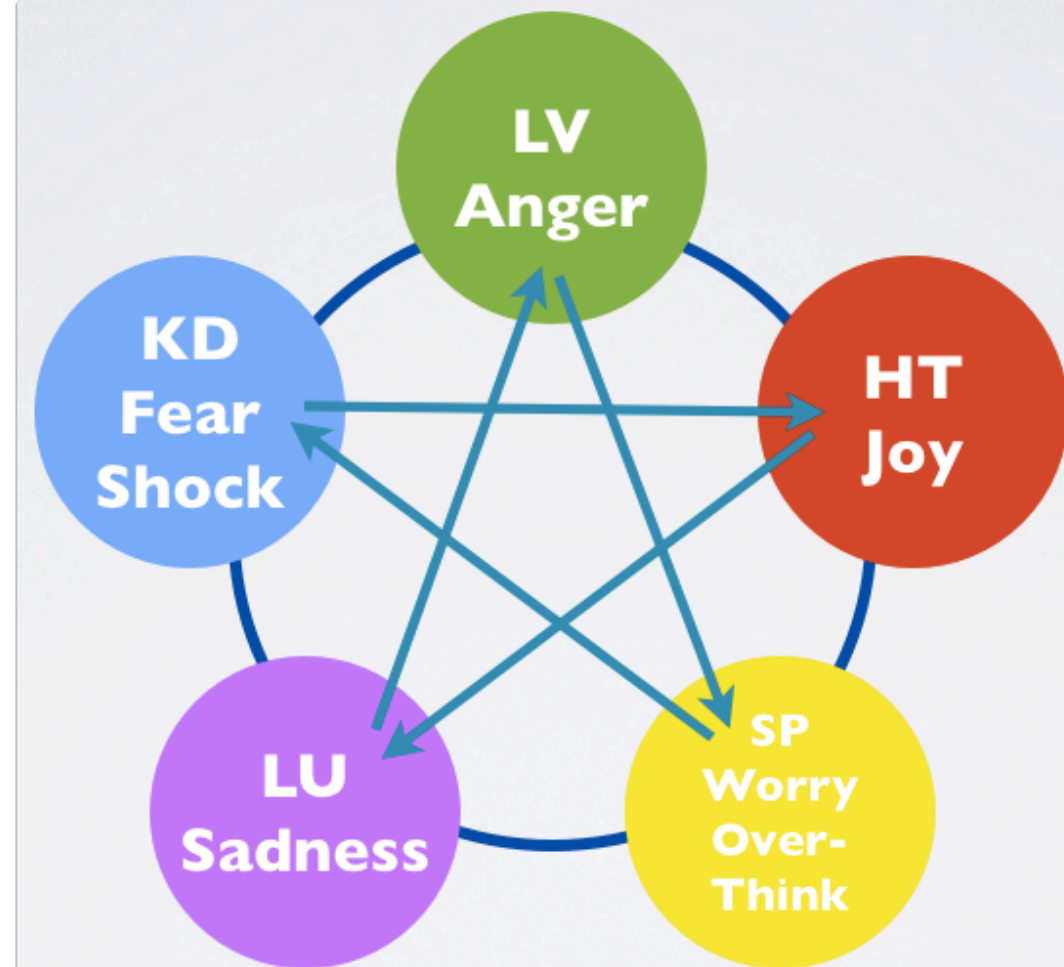
THE 7 EMOTIONS & TCM TREATMENTS

On line course provided by  **AcuPro** Academy Taught by Clara Cohen



THE 7 EMOTIONS & TCM TREATMENTS

- 7 EMOTIONS
- DEFINITION
- CAUSES
- TREATMENT OPTIONS
- TCM PATTERNS
- SYMPTOMS
- ACUPUNCTURE
- HERBAL MEDICINE



IRRITABILITY

Definition

- Irritability
- Anger
- Rage

Causes

- Alcohol
- Drugs
- Stress
- Medications
- Chronic illness
- Weak constitution

Tx Options

- Ear Points:
Shen Men, LV & HT

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Irritability

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
Lv Qi Stagnation Turns to Lv Yang rising	Irritable, angry very fast (short fuse), rib pain, belching, sigh a lot, temporal headache, morose, unhappy looking. T: normal w/thin yellow coat P: wiry (may be rapid sometimes)	Move Qi Bring Lv Yang down & Calm the mind	Jie Wei Xiao Yao San	Li 4, Lv 3, Lv 2 Ht 7, Gb 34, Yin Tang
Lv & Gb Fire	Irritable, agitated, temporal headache, vertigo, bitter taste, red face or eyes, rib pain, dark urine T: red w/yellow coat P: wiry-rapid	Drain LV & Gb Fire Calm the mind	Long Dan Xie Gan Tang	St 44, Lv2, Gb 34, Gb 41, Gb 43, Ht 7, Yin Tang

FREQUENT JOY

Definition

- Nervous laughter
- overexcited
- Laughing for no reason

Causes

- Emotional Trauma

Tx Options

- Ear Points:
Shen Men, HT

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Joy/Over-excitement

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
Lv Qi Stagnation Turns to Lv Fire	Laughing with no reason, moody, irritable, impatient, nightmares, insomnia, rib pain, red eyes T: red & redder sides P: wiry-rapid	Move Qi Drain Fire & Calm the mind	Xie Gan An Shen Tang	Li 4, Lv 3, Lv 2 Ht 7, Gb 41, PC 8, Yin Tang
HT Fire	Laughing with no reasons, agitated, thirst for cold drinks, mouth sores, hot-smelly dark urine, red face T: red (redder tip) P: rapid-full	Drain HT Fire Calm the mind	Xie Xin Dao Chi San	St 44, HT 8, Ht 7 Pc 8, Bleed PC 9 Yin Tang

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Joy/Over-excitement

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
Phlegm Fire	Laugh with no reason, drools, agitated, cough phlegm, bitter taste, palpitations, unclear mind, T: red w/yellow-greasy coat P: slippery-rapid	Drain Fire & Clear Phlegm Calm the mind	Huang Lian Wen Dan Tang	ST 40, St 44 Ht 7, HT 8 PC 8, Yin Tang
HT & Kd Disharmony	Laughing with no reason, low back & knee sore, insomnia, dreams a lot, night sweat, feel hot in evening, tinnitus T: red no coat P: thin-rapid	Nourish Yin, Harmonise Ht & Kd Calm the mind	Huang Lian E Jiao Tang	Bl 15, Bl 23 Kd 9, Kd 3 Kd 7, Sp 6, HT 7



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