

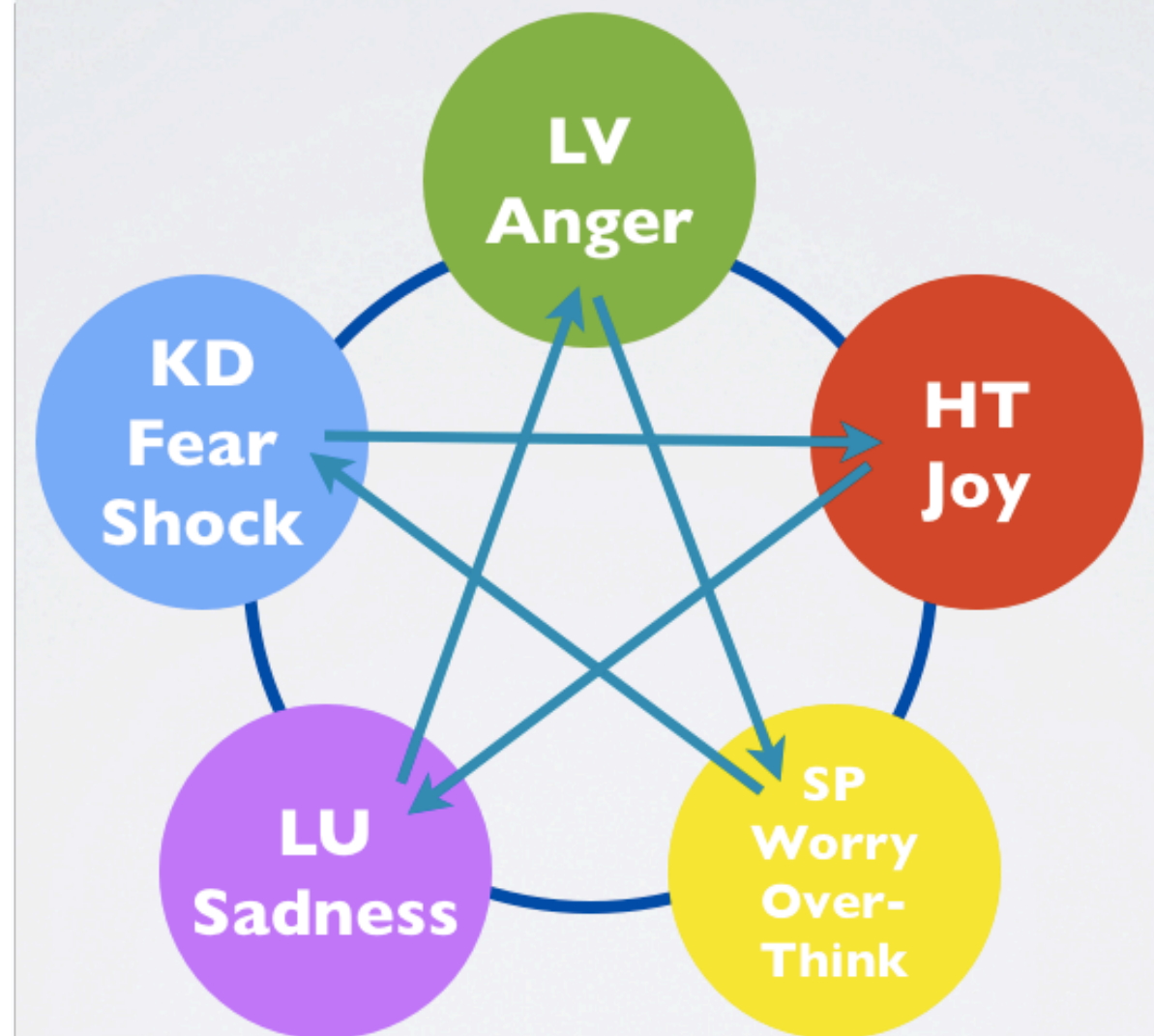
THE 7 EMOTIONS & TCM TREATMENTS

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



WORRY/OVER-THINKING

Definition

- Worry
- Constant thinking
- Over studying
- Over use of mental activities

Causes

- Overworked
- Diet
- Emotional stress
- Too much exercise
- Too little exercise

Tx Options

- Ear Points:
Shen Men
LV, HT, SP

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Worry & Over-Thinking

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
Lv Over-control Sp	Stressed out, worry, preoccupied, moody, irritable, rib pain, poor appetite, loose stools, IBS, PMs (breast tenderness, bloating) T: pale P: wiry	Move Lv Qi Tonify Sp Qi	Xiao Yao San	Li 4, Lv 3, Lv 14, Lv 13 Sp 6, St 36
Ht & Sp Qi & Blood def.	Worry, over-thinking, obsessive thinking, palpitation, anxiety, fatigue, weak, cannot fall asleep, loose stools, pale face, poor appetite, can't fall asleep easily T: pale w/teeth-marks P: weak	Tonify Qi, Nourish blood Calm the mind	Gui Pi Tang	St 36, Sp 6 Rn 15, Lv 13 Ht 7, Rn 17

SADNESS & GRIEF

Definition

- Cry a lot
- Melancholy
- Grieving for long periods

Causes

- Emotional trauma
- Chronic illness
- Stress

Tx Options

- Ear Points: LU, LV & HT

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Frequent sorrow

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
Lu & Ht Qi def.	Cry a lot, short of breath, palpitation, fatigue, cough or sinusitis, easy to catch colds, day sweat easily. T: pale P: weak	Tonify HT & Lu Qi	Gan Mai Da Zao Tang	Bl 13, Bl 15 Bl 14, Lu 7
Lv insult Lu	Cry on anger, irritable, rib pain, sigh a lot, PMS, short of breath, moody, stressed T: red w/yellow coat P: wiry-rapid	Move Lv qi, bring Lv Yang down	Dan Zhi Xiao Yao San	Lv 3, Li 4, Lv2, Lu 7, Yin Tang

FEAR & FRIGHT

Definition

- Rational Fear
- Irrational Fear
- Phobia
- Paranoia
- Panic attack

Causes

- Alcohol
- Drugs
- Medications
- Chronic illness
- Overworked
- Post traumatic stress

Tx Options

- Ear Points:
Gb, Kd & HT

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Fear & Fright

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
Phlegm Fire	Fearful, anxious, palpitations, dizzy, vertigo, insomnia, bitter taste, clouded mind, foggy T: red w/yellow-greasy coat P: slippery-rapid	Clear Phlegm Drain Fire Calm mind	Huang Lian Wen Dan Tang	St 44, Li 11 St 40, Gb 41 Ht 7, Pc 8, Rn 17
Lv Qi Stag. & Blood def.	Easily startled, irritable, agitated, rib pain, dizzy, headache, moody, pale face, poor memory, blurred vision, floaters T: pale P: thin-wiry	Move Lv qi, nourish blood Calm the mind	Si Wu Tang	Lv 14, Lv 3, Li 4 Pc 6, St 36, Sp 6

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Fear & Fright

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
Ht & Gb Qi def.	Shy, paranoia, easily startled, cannot make decision, rib pain, palpitations, plum-pit, dream a lot, nightmares T: pale P: weak-wiry	Tonify Ht & Gb Qi	Shi Wei Wen Dan Tang	Lv 14, Gb 35 Ht 7, Du 24 Bl 15, Bl 19
Lv Blood def. & Kd Yin def.	Fearful, insomnia, dizzy, pale face-nails, low back pain, night sweat, 5 centre heat, poor memory, blurred vision T: pale w/red tip P: thin-rapid	Nourish Lv Blood & Kd Yin Calm the mind	Suan Zao Ren Tang	Bl 15, Bl 17 Bl 18, Ht 6 Kd 3, Sp 6



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