

Perspective of Chinese medicine on stress and stress management

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Definition of Stress

- The term “stress”, as it is currently used was coined by Hans Selye in 1936, who defined it as “the non-specific response of the body to any demand for change”.

What is Stress?

- “Everyone knows what stress is, but nobody really knows.”
- Everyone feels stressed from time to time. Some people may cope with stress more effectively or recover from stressful events quicker than others.

Some manifestations of Stress

- Chest pain, heartburn, headache or palpitations.
- Ulcer or heart attack.
- Many scientists complained about this confusion and one physician concluded in a 1951 issue of the British Medical Journal that, “Stress in addition to being itself, was also the cause of itself, and the result of itself.”

- American Psychological Association reports that 63 percent of Americans say they are taking action to reduce their stress levels, 43 percent suffer adverse health effects due to stress.

- Studies show that Chinese medicine, which includes acupuncture, Herbal medicine, Qigong and Taiji, can significantly help reduce stress.



Chinese Medicine: Some fundamentals

Chinese Medicine on Health

- Balance of Yin and Yang
- Harmonization of Body and Mind
- Free flow of Qi and Blood
- Coexistence with human beings and environment

● Balance of Yin and Yang

- Harmonization of Body and Mind
- Free flow of Qi and Blood
- Coexistence with human beings and environment



Yin

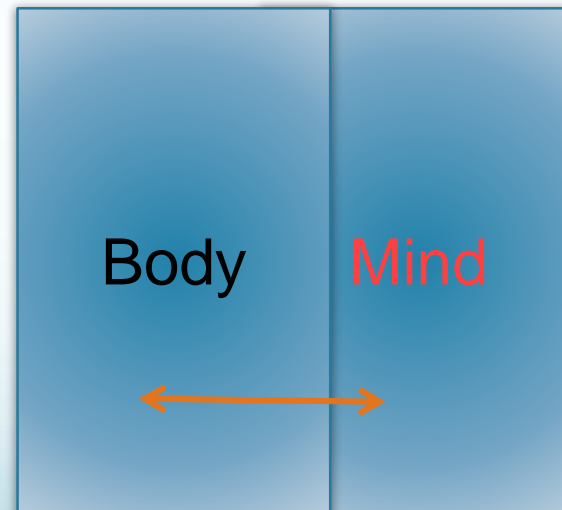
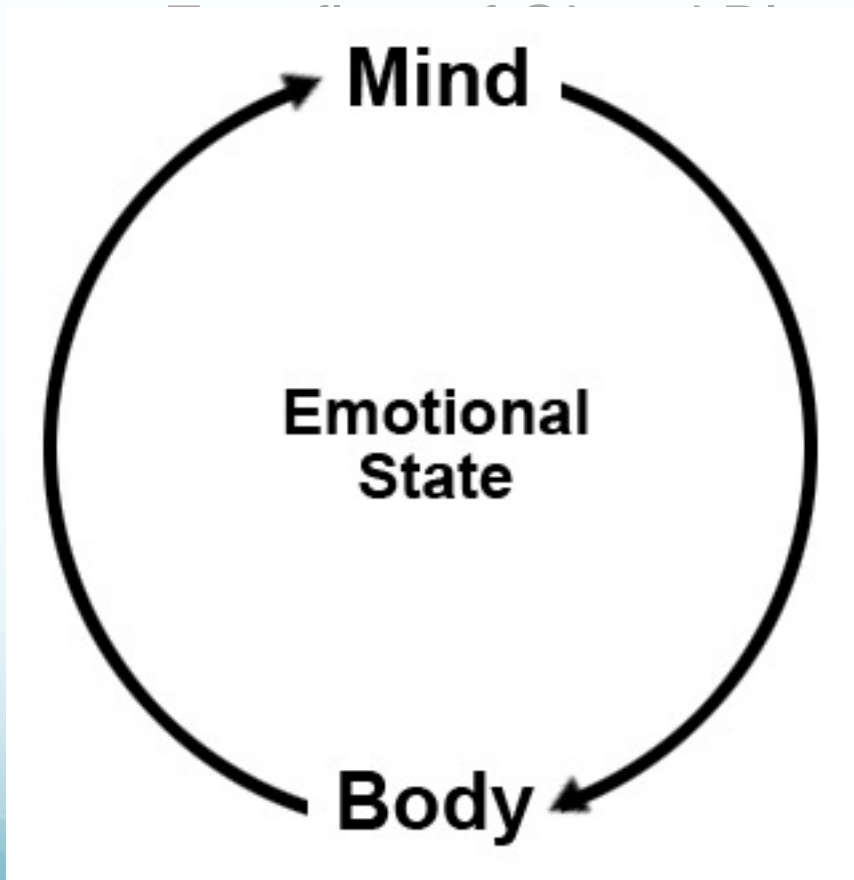
Structure
Night
Cold
Earth
Moon
Slow
Humidity
Ascends energy
Fluids
Calm
Death

Yang

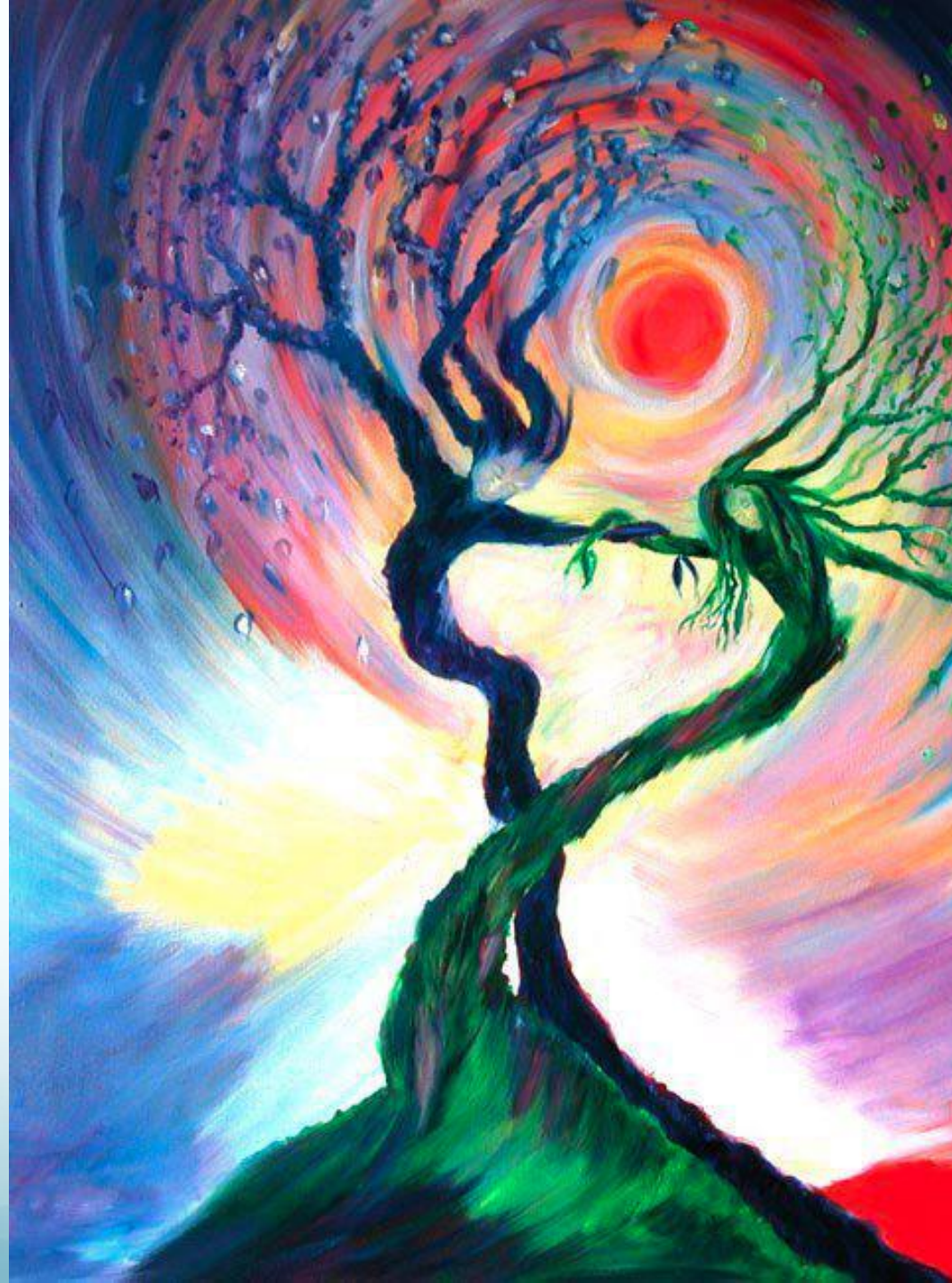
Function
Day
Hot
Sky
Sun
Fast
Dryness
Descends energy
Energy
Expressive
Birth

- Balance of Yin and Yang
- **Harmonization of Body and Mind**

and
human beings and environment

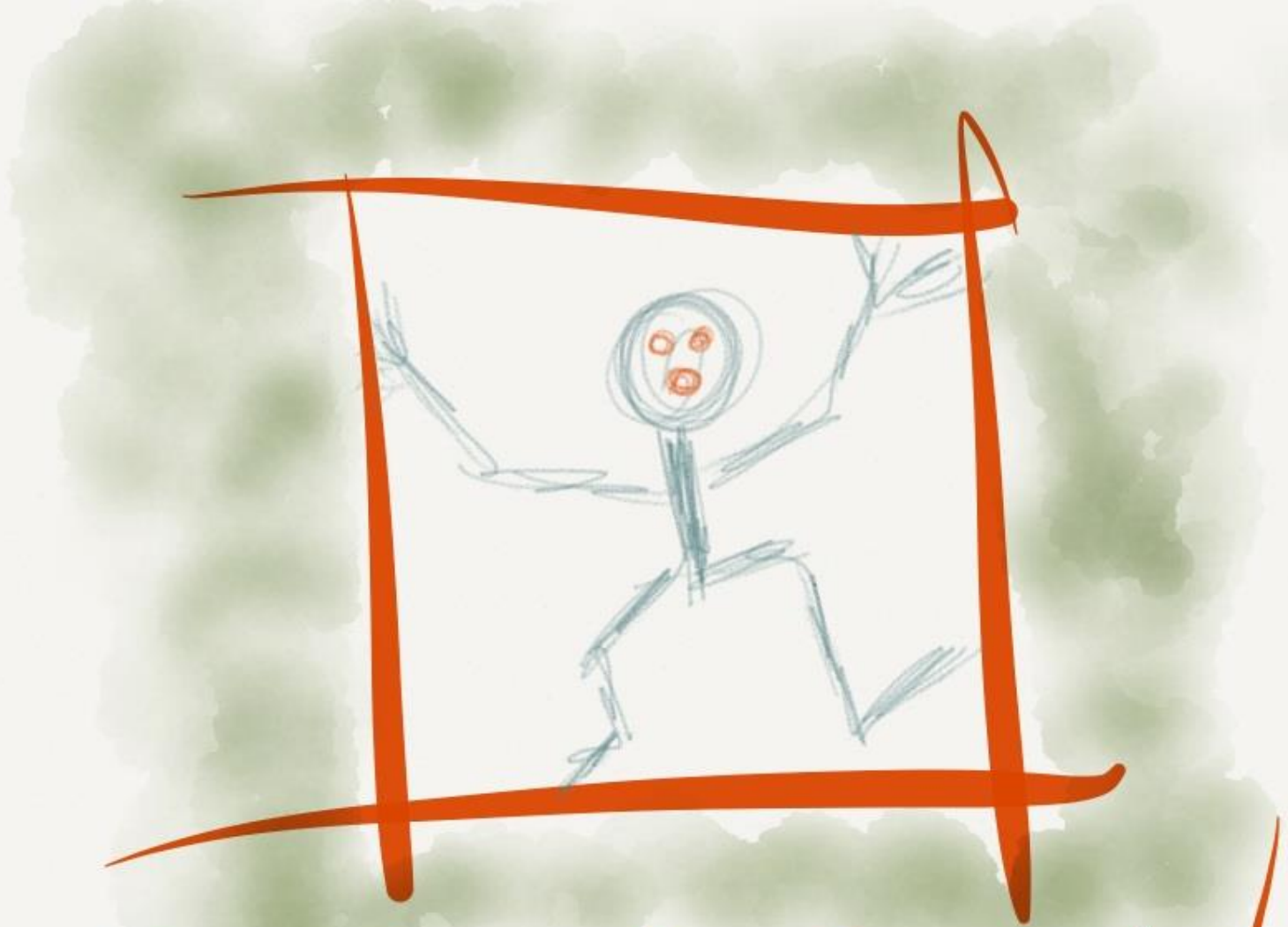


- Balance of Yin and Yang
- Harmonization of Body and Mind
- **Free flow of Qi and Blood**
- Getting along with the human beings and environment smoothly



Stagnation causes fire flares up so the mind is disturbed.
Stagnation causes the retention of body fluid so heaviness
and fatigue in result.
Stagnation makes the pressure escalating so things can be
broken includes the heart.





STAGNATION!





"A true friend loves you
just the way you are!"

Body and Mind

Blood

Ang

- **Getting along with the human beings and environment smoothly**

Adaptation

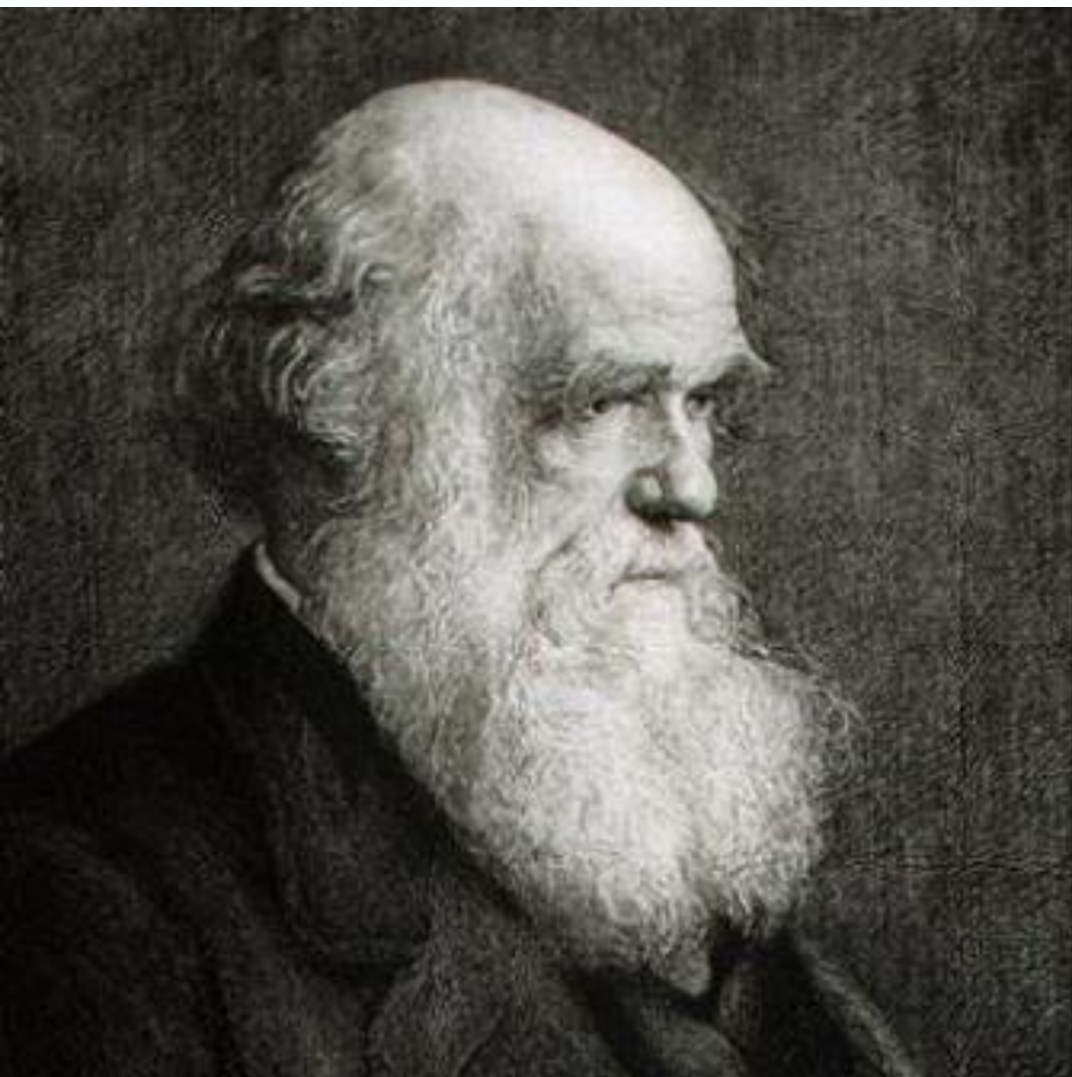
- Culture Diet Geography Climate Living circumstances



• Colleague relationship

• Colleague relationship

- Culture Diet Geography Climate Living circumstances



"It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change."

Charles Darwin

Causes of stress



- External factors are merely premise
- Internal factors are the determinant

Chinese Medicine

- Pathogenic factors are everywhere
- But not everyone become sick simultaneously

wind

damp

cold

Summer
heat

heat

dry

Bacteria

virus

7
emotions





- One incident can be an overwhelming stress for a person but can be nothing for another

Chinese Medicine: Stress

- Constitution
- 7 emotions
- 6 greed
- Internal organs



Constitution

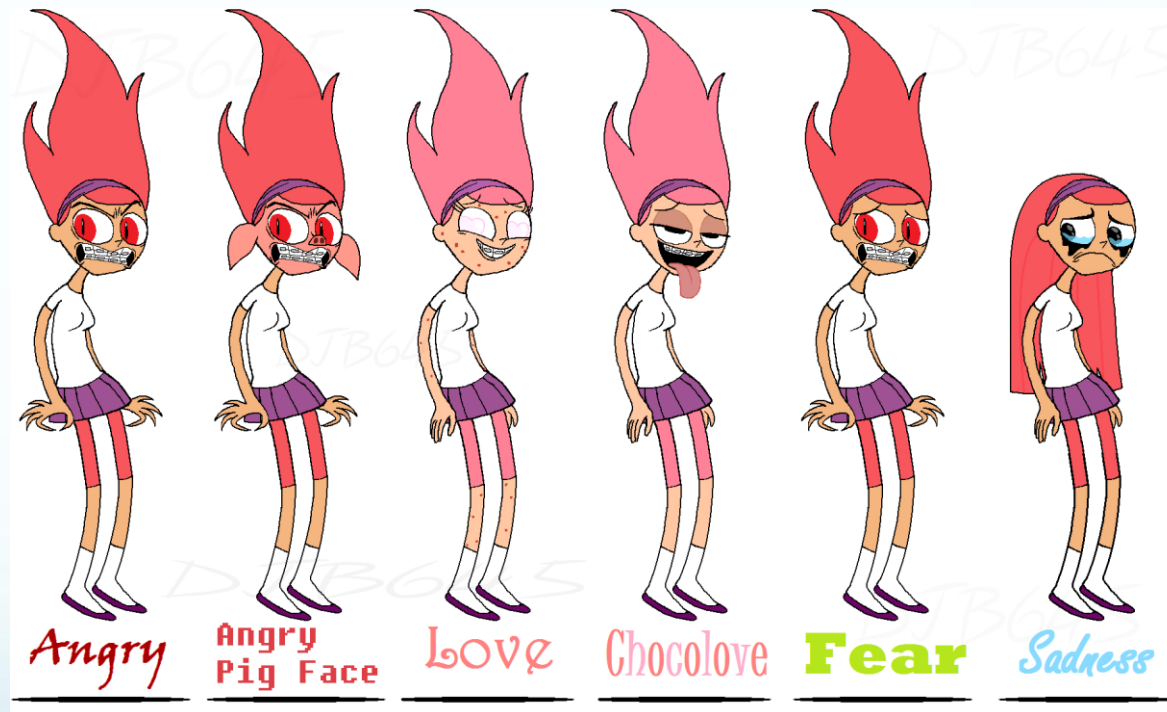
- Poor health condition of parent(s)
- Tense relationship between parents
- Unease pregnancy
- Unhappy Childhood



UNEASE

Seven Excessive Emotions

- Over-excitement
- Anger
- Worrying and pensiveness
- Sadness
- Fright, fear



Disturbed flow of Qi

- Over-excitement slow the Qi
- Anger make the Qi ascend
- Pensiveness and worry knots the Qi
- Sadness, grief weak the Qi
- Fright, fear scatter the Qi

Six Greed

- Eyes greed
- Ears greed
- Nose greed
- Tongue greed
- Body greed
- Fame greed



Analysis of Stress

- Pathogenesis of Stress: disturbance of Qi Ji
- Main Location: Gallbladder
- Further injuries heart, liver, spleen, lungs and kidneys

stressed

stressed? stressed?

stressed?

stressed? stressed

stressed



Stress: Heart Pattern

- Palpitations
- Insomnia, dream disturbed sleep
- Nightmare
- Unclear Thinking
- Mania, Disturbed Shen (possibly manic, risk-taking)
- Heart Attack

Treatment of Heart Pattern

- BL 14
- BL 15
- BL 19
- Ren 14
- HT 7
- PC7
- KD6



Herbal Medicine: An Shen Ding Zhi Wan

Herbal tea:

- Lian Zi Xin (Lotus Plumule) 3g
- Bai Zi Ren (Semen Platycladi) 10g
- Dan Zuo Ye (Herba Lophatheri) 5g



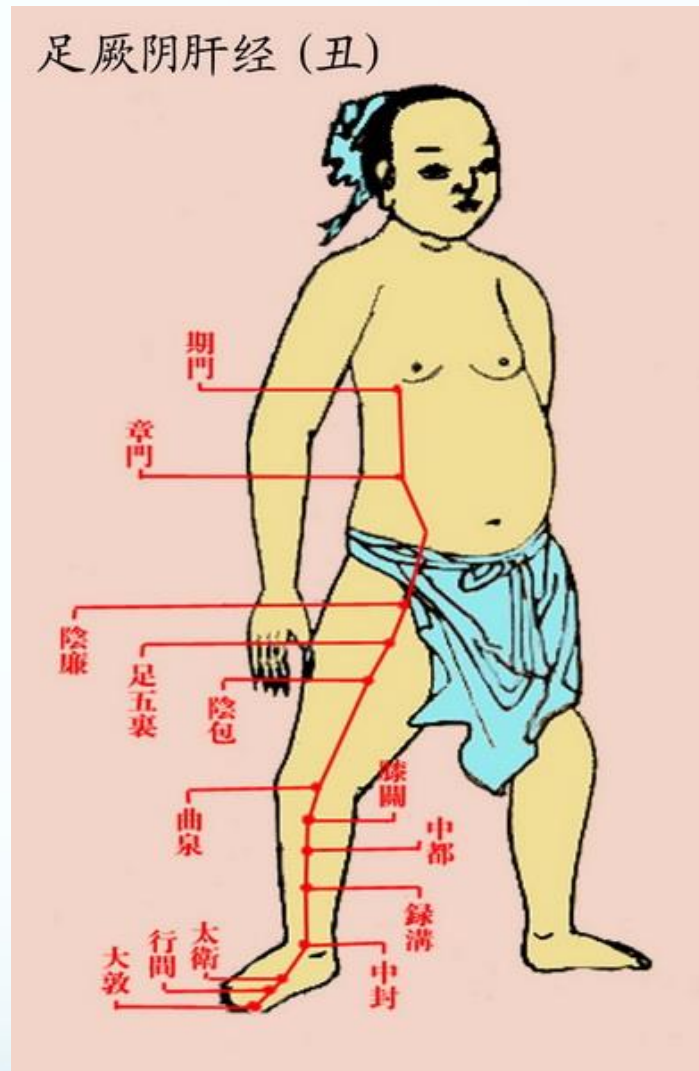
Qigong: Heart “KE” Pattern



Liver Pattern

- Vertex Headache
- Dizziness
- Blurry Vision
- Blood Pressure is Raised
- Trembling / numbness of limbs, stroke
- Often twist the joints
- Distention /pain in the Costal Region
- Irregular menstruation, amenorrhea

- BL 18
- BL19
- GB34
- GB40
- LV14
- KD5
- GB20



Treatment of Liver Pattern



Herbal medicine:

Chai Hu Shu Gan Wan
(Auranti Form)

Herbal tea:

Mei Gui Hua (Flos Rosae Rugosae)
3g

Ju Hua (Flos Chrysanthemi
Morifolii) 3g

Cao Jue Ming (Semen Cassiae) 5g

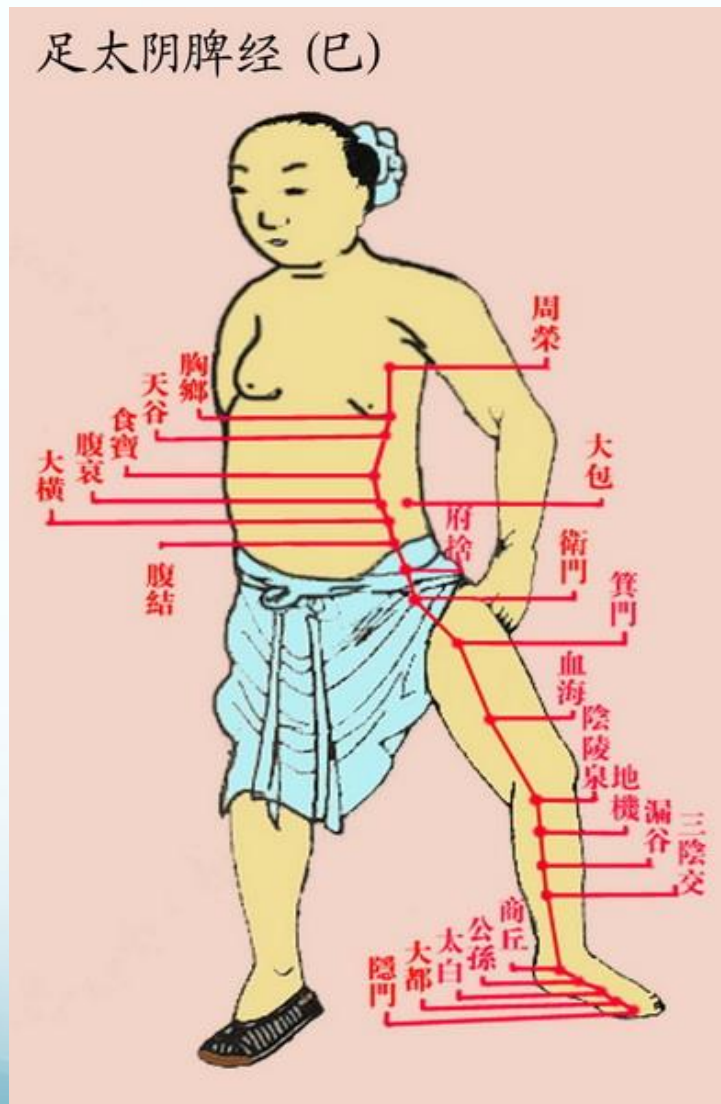
Qigong: Live “XÜ” Pattern



Spleen Pattern

- Worry worry worry
- Extreme fatigue
- Abnormal eating habits
- Pale complexion
- Loose stool, or alternating with constipation
- Excessive menstruation

Treatment of Spleen Pattern



- BL 20
- BL 19
- BL 23
- SP 3
- DU 20
- LV13

Herbal Medicine:

Gui Pi Tang

(Lily Form)



Herbal tea:

Chen Pi (Pericarpium Citri Reticulatae) 5g

Fuling (Scierotium Poriae Cocos) 3g

Shan Zha (Fructus Crataegi) 5g



Qigong: Spleen “HU” Pattern

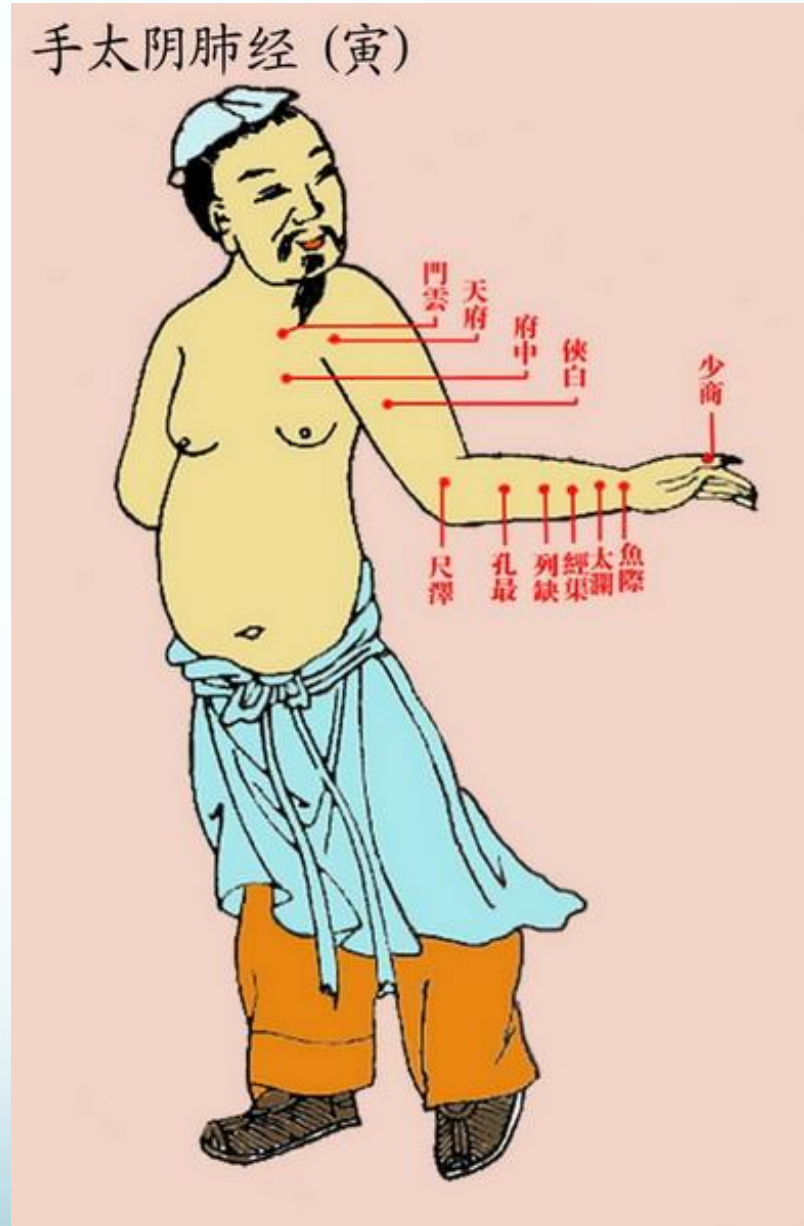


Lungs Pattern

- Tightness in the Chest, superficial breath
- Excessive Crying, often sobbing
- Asthma, constant cough, cough of blood
- Frequent Colds and Flu (Wei Qi is weakened)
- Skin problems
- Hoarse voice, or cannot talk suddenly

Acupuncture for Lungs Pattern

- BL 13
- BL 19
- LU1
- REN 17
- SP 3
- GB34



Herbal Medicine: Xie Bai San & Long Dan Xie Gan Tang



Herbal Tea:

- Chuan Lian Zi (Fructus Meliae Toosendan) 2 pieces
- Bai He (Bulbus Lillii) 6g
- Sang Ye (Folium Mori Albae) 3g

Qigong: Lungs “SI” Pattern



Kidneys Pattern

- Frequent urination, loss control of urination / defecation
- Unreasonable fear, easy being frightened
- Low libido, premature ejaculation, impotence
- Cold knee and feet, soreness of lower back
- Lack Courage
- Hard to get pregnant, miscarriage
- Easy get fracture
- Dizziness, deafness, hair loss

Treatment of Kidneys Pattern

BL 23
BL 19
GB 40
RN 4
RN 6
HT 3
DU 15





Herbal Medicine:

- Zuo Gui Wan

Herbal Tea:

- Gou Qi Zi (Fructus Lycii) 10 g
- Da Zao (Fructus Jujubae) 5 g
- Tai Zi Shen (Radix Pseudostellariae) 6g

Qigong: Kidneys “CHUI” Pattern



Gallbladder: Chinese Medicine

- Gall Bladder Controls Judgment
- (Liver controls planning), Gall Bladder controls ability to make decisions. These two functions are interdependent.

- Gall Bladder gives a person courage and initiative, i.e., courage to make decisions, act, make changes: positive and decisive action.
- Deficient Gall Bladder can result in indecision, timidity, easily becoming discouraged and easily being stressful.

Herbal Medicine: Yue Ju Wan & Gan Mai Da Zao Tang

Herbal tea:

- Gou Qi Zi (Fructus Lycii) 10g
- Shan Yu Rou (Fructus Corni) 5g
- Qian Shi (Gordon Euryale Seed) 5g





Dear stress,
Lets break up.

♥ me