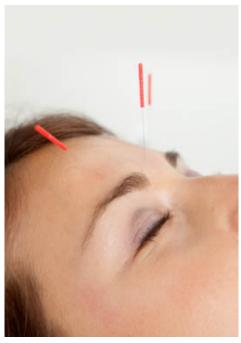
Insomnia Vanquished With Acupuncture And Herbs

Published by <u>HealthCMi</u> on 25 July 2015.



herbs were compared.

Acupuncture was administered at a rate of one treatment every three days with a total of four acupuncture sessions per course of care. Two courses of care were administered with an interval of three days for all groups. Before and after treatment, the Pittsburgh Sleep Quality Index (PSQI) was used to analyze the data. The

acupuncture group received treatment at the following

Researchers document that acupuncture and herbs are effective in the relief of insomnia. In a recent finding,

acupuncture and herbs into a comprehensive treatment regimen greatly enhances the total effective rate. The controlled clinical experiment investigated three separate groups. An acupuncture group, an herbal medicine group, and a combination group receiving both acupuncture and

investigators have discovered that combining

- Sishencong
- Yintang
- Anmian
- Taiyang

The herbal medicine group received the Traditional Chinese Medicine (TCM) modified formula Ningxin Anshen. The primary ingredients of the formula are:

acupuncture points:

- Huang Lian
- Hu Po
- Shi Chang Pu
- Yuan Zhi
- Fu Ling
- Dan Shen
- Gan Cao
- Hong Zao
- Fu Xiao Mai
- Ci Shi
- Zhen Zhu Mu

According to TCM principles, this herbal formula has sedative properties. TCM theory states that it calms the shen, the spirit, and has a tranquilizing effect. The formula is also noted for promoting blood circulation, benefitting the liver, reducing dizziness, and benefitting patients

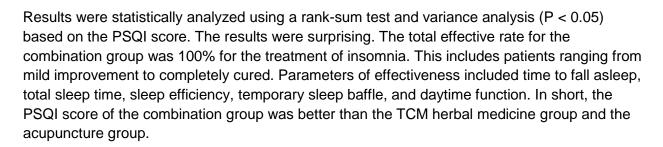
with a deficiency constitution marked by a weak pulse. Indications for use of this formula include insomnia, irritability, hot flashes, palpitations, and redness of the cheeks, menopausal symptoms with heat, neurasthenia, persistent thirst, depression, and discomfort of the heart and chest region.

According to TCM theory, this herbal formula benefits patients with insomnia due to yin deficiency with uprising fire. Patients consumed the herbal formula once per day. The combination group received the identical acupuncture and herbal medicine regimen given to the aforementioned groups.

Research Methodology

A stringent selection standard was used to select the study participants. Inclusion and exclusion criteria were extensive including the following:

- Patients must have fulfilled the diagnosis standard of insomnia.
- All patients had not previously participated in this type of investigation.
- All patients were between 18 75 years old.
- All patients had a PSQI score above 7.
- Patients had not taken insomnia medication within two weeks from the beginning of the investigation.



For the combination group, a 100% effective rate was achieved. All patients reported that the treatment was effective and helped to improve their insomnia. In comparison, the TCM herbal medicine group reported a 97.67% effective rate and the acupuncture group reported a 73.33% effective rate. Acupuncture and herbal medicine were found effective for the treatment of insomnia, however, the combination of the two modalities produced significantly superior patient outcomes.

References:

Cao Jia, Lu Lili, Xu Lei. Cognitive Behavioral Therapy and Its Impact on Sleep Quality in Elderly Patients with Coronary Artery Disease [J]. Hebei Medical, 2014, 11(2): 1916 – 1919.

Li Wanting. Radix Bupleuri, Pig Keel and Clam Soup Combined with Acupuncture to Treat Insomnia Due to Qi Stagnation for 64 Cases [J]. Shanxi Medical Journal, 2014, 43(20): 2434-2435.



Sun Yunfeng, Ying Yin, Xia Zhongni. Meta-Analysis on the Efficacy and safety of Paliperidone and risperidone in curing Schizophrenia [J]. Chinese Journal of Modern Applied Pharmacy, 2014, 10(1): 1263 – 1267.

王燕, 杨双, and 李晓娣. "宁心安神中药组方联合针灸推拿改善失眠患者睡眠质量的临床研究." *世界中医药 ISTIC* 6 (2015). Wang Yan, Yang Shuang, Clinical Research on Ningxin Anshen Prescription Medicine Combined with Acupuncture and Massage in Improving Sleep Quality of Insomnia Patients, World Chinese Medicine, R285.6, 2015, 10.3969/j.issn.1673-7202.2015.06.013.