

Academic progress of TCM treatment of panic disorder

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Abstract: Panic disorder (PD), also known as acute anxiety disorder in western medicine, belongs to emotional disease in traditional Chinese medicine, and has common clinical symptoms [1]: ① palpitation, palpitations, restlessness and rapid heart rate; ② sweating in whole or part of the body; ③ body tremors or shake; ④ chest tightness, shortness of breath, suffocation; ⑤ choked feelings; ⑥ chest tightness or pain; ⑦ Indigestion, abdominal distention and abdominal pain; ⑧ consciously standing unsteady, light-headed, dizzy, even fainting; ⑨ chills or fever all over the body; ⑩ body numbness, sense of acupuncture and other sensory abnormalities; ⑪ idepersonalization (feeling detached from oneself) or derealization (feeling unreal) ⑫ fear of tension and loss of control; ⑬ sense of near-death. Before the attack, the patient may have been mentally stimulated, or overworked, or without obvious incentives, but it will be back to normal in a few minutes. Panic disorder is diagnosed when any four or more of these symptoms occur during an episode. Most patients with panic disorder often see a doctor with palpitation, chest tightness, sweating, choking as the chief complaint, clinical often easily misdiagnosed as cardiovascular disease, respiratory disease, etc, causing not only great psychological burden and economic burden to patients, but also a waste of a lot of medical resources. At present, the understanding of panic disorder in traditional Chinese and Western medicine is gradually being explored and deepened. Western medicine mostly uses selective serotonin reuptake inhibitors, benzodiazepines, and selective norepinephrine (NE) reuptake inhibitors. Drugs. But there are many problems of side effects and high cost in treatment. The understanding of Chinese medicine on panic disorder is also a hundred schools of thought, and a hundred schools of thought contend. In this study, the etiology and pathogenesis of the disease, traditional Chinese medicine acupuncture and moxibustion and other treatments were summarized, and the traditional Chinese medicine treatment of panic disorder was discussed.

1. Etiology and pathogenesis

Panic disorder is classified as an emotional disease in traditional Chinese medicine. Physicians often refer to "palpitation", "palpitation", "running pig", and so on. Which can be caused by the seven emotions, deficiency of the body, pathological changes of the internal organs, and pathogenic disturbance of phlegm and blood stasis. The understanding of the pathogenesis of panic disorder, the total score is the two ends of the virtual and the real, or the deficiency of qi, blood, yin and yang of the body, leading the heart god loss of material nourishing, or the pathological product disturbed the heart, leading to the gods have nowhere to go. The disease is closely related to the heart, liver,

gallbladder, kidney and spleen. The clinical symptoms are intricate and closely related. The clinical diagnosis and treatment are difficult and the recurrence rate is high.

2. TCM treatment of panic attacks

2.1 Treating from the liver and heart

Professor Hu Haoyu's [2] point of view is from the liver syndrome differentiation and treatment, that panic disorder is divided into the deficiency syndrome and the empirical syndrome. The deficiency syndrome common liver blood deficiency syndrome, the empirical syndrome can be seen liver qi stagnation and liver depression forming fire. Chinese medicine believes that the liver is the mother of the heart, so that if the liver blood is deficient, the orifice of the heart will not be nourished, and the mind will be disturbed. The treatment is given to prepared rehmannia root, Ligusticum wallichii, Angelica and papaya, and it based on the meaning of Decoction of Four Drugs is used to nourish the liver and nourish the heart. If the liver is stagnant, it is further leading to the blood stasis and heart resistance, the treatment should focuses on promoting qi to activate blood, clinical often supplemented with Bupleurum, fructus aurantii, tangerine peel, with radix paeoniae rubra, salvia miltiorrhiza, curcuma aromatica. If he liver is depression forming fire and the liver fire further disturbed the heart, then the treatment focuses on clearing the liver and relieving the heart, treating bupleurum, rhizoma cyperi, the root bark of the peony tree, Cape jasmine, bamboo leaves. "Plain Questions" says, "If the liver is deficient, you are good at fear." Xiu Xiaohui, Zhai Rongqian [3], Wang Jianing, Chu Hongliang [4], Song Jilai [5] and others believed that panic was caused by liver qi deficiency. Liver hides soul, liver qi deficiency has no soul to depend on, they compared with the western medicine paroxetine, studies have shown that the effective rate of Chaihu Guizhi Ganjiang Tang in treating panic disorder is 90%. Confirmed that Chaihu Guizhi Ganjiang Tang can fill the liver and calm the frightened, especially for syndromes of shaoyang Taiyin, the effect such as floated drum.

2.2 Treating from the gallbladder and heart

Professor Hu Haoyu [2] believes that the meridian of the gallbladder is in the semi-exterior-interior, which is where the upper and lower communication heart-kidney junctions are located. If cholic asthenia, then the spirit has no place to rely on will lead to panic disease. Traditional Chinese medical science usually use the traditional Chinese medicine such as Codonopsis pilosula, polygala root, fossil fragments, with the help of medicine to replenish the cholic asthenia and calm the mind. Standards of Diagnosis and Treatment said that "If he gallbladder is full of qi and blood, the people are brave, and the fear will hurt the gallbladder".

Zheng Yu, Shi Lei [6] and others treat panic disorder from the perspective of the gallbladder. They believe that a deficiency of the liver and the gallbladder is good for fear, and the lack of bile or yang can cause panic. Based on the relationship between "gallbladder and activities of qi ", the prescription is to choose Wendan Decoction to regulate the activities of qi and resolve phlegm, and cooperate with the Decoction of Four Mild Drugs, so that the whole body's Qi mechanism is smooth and strange diseases disappear spontaneously.

2.3 Treating from the kidney and brain

Professor Hu Haoyu [2] believes that the lesion position of the panic disorder is in the brain. If the kidney water fails to restrict the heart, and the mind is restless, panic attacks will occur. The scutellaria baicalensis, coptis chinensis, donkey-hide gelatin, and cinnamon are often given to restoring normal coordination between heart and kidney, with prepared rehmannia root, the fruit of chinese wolfberry,

eucommia ulmoides to Nourishes yin and warms kidneys. "Ling Shu Meridian" contained: "The pulse of the kidney-Shaoyin.....the heart feel like impending or hungry.....insufficient kidney qi is prone to feel fear and the heart is vigilant like a person will arrest him". Zhao Chen, Ren Lu [7], Li Cuijuan, Sun Lijun [8] believe that panic is mostly based on kidney deficiency, and when the kidney essence is insufficient, the brain and spirit will be deficient, In the treatment should pay attention to the tonifying kidney, beneficial marrow, and calm the mind. Zeng Liang, Fan Yupeng [9] included panic disorder as the category of "running to the pig", kidney stores ambition and the emotional expression is panic, so we should pay attention to the connection between kidney and panic disorders. According to "the difficult", with the principle of "Lower coke Yang deficiency, Yin evil yu closed" as the core pathogenesis, to warm the kidneys to drive away the cold, and guiding the fire to return to yuan as the rule, the chinese medicine prescription will be subjected to Wen bentun soup (mature aconite, cinnamomum cassia, ginseng, prepared radix glycyrrhizae, fructus amomi, eaglewood, the root of bidentate achyranthes,poria cocos, rhizoma alismatis) and add or subtract changes, with remarkable clinical effect. Wang Rao and Sun Wenjun [10] believed that panic disorder involves multiple viscera. Physiologically, the kidney stores essence, which is the material basis of the gods and has an important impact on mental activities. Pathologically, the deficiency of kidney essence can easily affect other organs, leading to spirits lack of support and panic. The treatment is based on nourishing the kidney and filling the essence, and the treatment according to the syndrome is supplemented by calming the liver, communicating the heart and kidney, nourishing the kidney and calming the nerve. In clinical treatment, doctors usually choose the zuogui yin, nourishing water and clearing liver drink, Huanglian Ejiao Tang, jiaotai pills and so on.

2.4 Treating from the Heart

Professor He Zelong [11] believes that the heart is the viscera of the gods, and if the heart is damaged, the gods will be ineffective. Treatment to nourish the heart Yin and blood as a major method, taking into account the spleen, liver, kidney treatment as a supplement, prescription to tianwang buxin dan as the bottom side, adjusting the five internal organs's qi activity with viscera dialectical addition and subtraction prescriptions. Li Cuijuan, Sun Lijun [8] and others believe that although panic is the will of the kidneys, it interacts with the five internal organs, and emotional changes are complex. Damage to the five internal organs can lead to panic disorder, and panic attacks can also easily damage the five internal organs. Clinical need detailed examination of the pathogenesis and comprehensive analysis.

3. Acupuncture treatment

Li Dongdong [12] compared the acupuncture group with anti-anxiety drugs, and the results showed that there was no significant difference in the efficacy of the two groups, and acupuncture was effective in treating panic disorder. Professor Chen [13] is awareness of the periphement panic disorder is based on the congenital deficiency,acquired hyponourishment and the brain dystrophy. The fundamental of treatment is to invigorate the kidney, coordinating Chong and Conception Vessels, strengthen the spleen and filling marrow sea. Shenshu,Pishu, Ganshu, Guanyuan, Sanyinjiao, Zusanli, Baihui and Shenting are the main points. Wang Feng [14] included panic disorder as the scope of "palpitation" in traditional Chinese medicine. He believed that the disease may be caused by liver stagnation or spleen deficiency, causing phlegm-heat to disturb the heart. The treatment focuses on refreshing the brain and calming the nerves, Baihui, Shenting, Ophryon, assisted with ho ku and Taichong to regulate the nerve and carding liver and gallbladder qi, with Taixi, Zhaohai, Qihai, and Guan Yuan to firming the root and foster the source. Zhong Zheng and Pan Hongquan [15] discussed the regularity of acupuncture points selection for panic disorder, and the results showed that Neiguan,

Shenmen, and Sanyinjiao were the most frequent. It is speculated that this is because the pericardial meridian of hand jueyin master the divine disease, has the function of calm the mind and soothe the nerves.

4. Discussion

The heart stores the spirit, the lungs store the soul, the liver stores the soul, the spleen stores the mind, the kidney stores the will, and the five internal organs are closely related to the emotions. The pace of modern life is fast, the social pressure is high, and the number of emotional diseases is increasing. The research and understanding of the disease still needs to be further deepened. The following deficiencies are put forward in order to enrich the research and understanding of panic disorder by more scholars: First and foremost: There are few studies related to panic disorder, the clinical misdiagnosis rate is high, and the understanding of the etiology, pathogenesis and symptoms of the disease is relatively low and lack of unified cognition and diagnostic criteria in the diagnosis and treatment of the disease. The second: According to the literature, most physicians will consider the heart when diagnosing and treating the disease. The heart is the master of the internal organs, such as qi-stagnancy and blood stasis lead to the heart stagnation, or insufficiency of vital energy and blood bring about the dystrophy of the heart, or the pyrophlegm disturb the mind. If you focus on the heart in the treatment, you can get the effect of outline and guidance. The third: There are few clinical observation documents and single medical records, and a large amount of clinical data is still needed to be corroborated to provide more powerful clinical support for TCM treatment of panic attacks.

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