



5 Types of Depression in TCM

Spirit of the Points that treat them - handout

Dr. Yair Maimon

website www.yairmaimon.com

eLearning course www.tcm.ac

Prevalence

One in six people (16.6%) will experience depression at some time during their life.

Women are more likely than men to experience depression.

Some studies show that 1/3 of women will experience a major depressive episode in their lifetime.

Western medicine

Definition (Mayo clinic, NIH, American Psychiatry association):

Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. (Shen)

It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home. (Wu Shen- with no Shen)

It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with depression, the symptoms must be present for at least two weeks.

Dictionary definition

Biology: a lowering of physical or mental vitality or of functional activity.

Origin of the word

From the Latin: depression (noun), from deprimere meaning press down or depress.

Psychiatric Definition and relation to TCM

- *Feelings of sadness, tearfulness, emptiness or hopelessness (METAL)*
- *Angry outbursts, irritability or frustration, even over small matters (WOOD)*
- *Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports (FIRE)*
- *Sleep disturbances, including insomnia or sleeping too much (FIRE-HEART)*
- *Changes in appetite — often reduced appetite and weight loss, but also can be increased cravings for food and weight gain in some people (EARTH)*
- *Anxiety, agitation or restlessness (HEAT-FIRE)*
- *Slowed thinking, speaking or body movements (PHLEGM – HEART)*
- *Feelings of worthlessness or guilt, fixating on past failures or blaming yourself for things that aren't your responsibility (DEFICIENT WOOD)*
- *Trouble thinking, concentrating, making decisions and remembering things (STAGNATION – EARTH)*
- *Tiredness and lack of energy, so even small tasks take extra effort (QI-SHEN QI)*





5 Types of Depression in TCM

Spirit of the Points that treat them - handout

- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide (SHEN- GUI)
- Unexplained physical problems, such as back pain or headaches
- Other people may feel generally miserable or unhappy without really knowing why (EACH ONE WILL EXPRESS DIFFERENT ELEMENT)

From TCM point of view we must focus on:

- Shen-spirit, Shen-mind
- Emotion – movement of Qi on the level of the mind
- 5 elements

Metal

- **nature-** Autumn (Decline), yang turning in yin, movement to the inside
- **emotion-** Grief: negation and refusal of something, such as refusing to accept the death of someone very close.
- **effect on Qi:** Qi becomes exhausted
- **symptoms:** difficulty breathing, tightness in the chest, weak,
- **Wei Qi** weakness of the immune system.
- **Tiredness**, heart, palpitation
- **Exhausts** Vitality-Jing, and Qi.
- **DSM V/ Psychiatric:** Feelings of sadness, tearfulness, emptiness or hopelessness (METAL)
- **Feeling** of continues sadness
- **Chinese medicine:** spirit- Po

Points that treat the Shen

手太陰肺經 Hand TaiYin Lung Channel – Lu-3

Lu – 3. 天府 Tian Fu. Storehouse of Heaven

Window of Heaven Point: Releases internal conflicts of Qi

Open the senesces (divergent) – Po

Physical level – pathological Heat attacking the Lungs

– acute cough, asthma, throat pain, Skin rashes

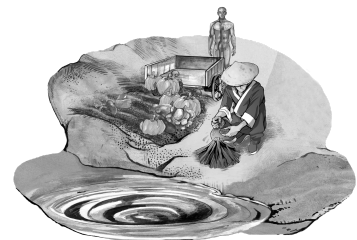
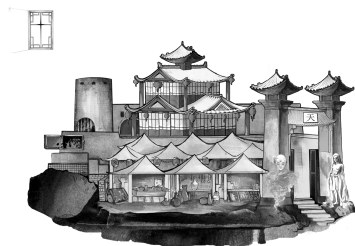
手太陰肺經 Hand TaiYin Lung Channel – Lu-9

Lu – 9 太淵 Tai Yuan. Great Abyss

Earth Point: stabilizing the mind

Tonifying: allowing letting go

Yuan – source Point: Tonifies Lung and chest Qi root the Qi





5 Types of Depression in TCM

Spirit of the Points that treat them - handout

Water

- **Nature- winter:** inward, yin of yin, movement inside
- **Emotion- fear:** feeling unsafe and all the time in danger.
- **effect on Qi:** The Qi is reckless and chaotic.
- **Symptoms:** back pain, night sweating, low sexual desire
- **difficulty in concentration**
- **sleeping problems**
- **DSM/ Psychiatric:** Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports (FIRE, Water)
- **anxiety** (WATER)
- **sleeping difficulties** (WATER-FIRE)
- **Chinese medicine:** Spirit- Zhi

Points that treat the Shen

足少陰腎經 Leg Shao Yin Kidney Channel – Kd -23
Kd-23 神封 Shen Feng Domain of the Shen (Spirit Seal)
Nourishes, anchors and protects the Shen: YI
treats fears, anxiety, postpartum



足少陰腎經 Leg Shao Yin Kidney Channel – Kd -24
Kd-24 靈墟 Ling Xu Spirit Emptiness, Burial Ground of the Spirit
Brings back the emptiness to the Heart: Hun
buried fears from childhood



足少陰腎經 Leg Shao Yin Kidney Channel – Kd -25
Kd-25 神藏 Shen Cang Storehouse of the Spirit
connects fears and the shen: Shen
anxiety, fears



wood

- **nature- spring:** Outward, bursts, Yang, Wind
- **emotion- Anger:** natural physiological movement that is crucial to setting things in motion



5 Types of Depression in TCM

Spirit of the Points that treat them - handout

- **effect on Qi:** Qi rises upwards
- **symptoms:** headache, eye problems, allergies, itching, difficult making decisions, difficult planning
- **DSM/ Psychiatric:** Angry outbursts, irritability or frustration, even over small matters (WOOD)
- **Feelings of worthlessness or guilt** (DEFICIENT WOOD)
- **Chinese Medicine:** Spirit: Hun

Points that treat the shen

足厥陰肝經 Leg Jue Yin Liver Channel - Liv-2

Liv-2 行間 Xing Jian Mediating Movement

Fire point: providing the energy for movement in a new direction.

sedation point: drains Liver Fire, subdues Wind and rising Liver Yang

Ying – spring point: treats Heat in the body



足厥陰肝經 Leg Jue Yin Liver Channel - Liv-14

Liv-14 期門 Qi Men, Gate of Hope / Gate of Cycles,

Mu point of the Liver: gives hope and new perspectives

Point of YinWeiMai: effects transition between different stages in life



Fire

- **Nature- summer:** Outward – life, warmth, Yang
- **Emotion- Joy, elation:** a natural feeling of life, experiencing the joy of life and deep harmony.
- **effect on Qi:** depleting the Qi
- **Symptoms:** sleeping, palpitation, anxiety
- **Shen disturbance**
- **DSM/ Psychiatric:** Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports (FIRE, Water)
- **Sleep disturbances,** including insomnia or sleeping too much (FIRE-HEART)
- **Anxiety,** agitation or restlessness (HEAT-FIRE)
- **Chinese medicine:** Spirit- Shen

Points that treat the Shen

手少陰心經 Arm Shao Yin Heart Channel – Ht-4

Ht-4 靈道 Ling Dao, Spirit Pathway

Metal point: Concentrates energy of Fire by bringing the metal energy

Jing – river point: treats “diseases changing the voice”

- treats “diseases of the Yin within Yang”





5 Types of Depression in TCM

Spirit of the Points that treat them - handout

手少陰心經 Arm Shao Yin Heart Channel – Ht-7

Ht-7, **神門**, Shen Men, Gateway of /for Spirit(s)

Earth point: centres, stabilizes the mind, nourishes the Heart

Gate of Spirit: helps in establishing proper inner communication

Yuan point: tonifies the organ of Heart



Earth

- **Nature- between seasons-late summer:** Center – no movement, - slackness
- **Emotion- Over thinking / worrying (si 思):** Over thinking, being preoccupied
- **effect on Qi:** “Qi is knotted”.
- **Symptoms:** eating disorders, digestive problems, diarrhea etc, phlegm misting the mind.
- **DSM/ Psychiatric:** Changes in appetite — often reduced appetite and weight loss, but increased cravings for food and weight gain in some people (EARTH)
- **Chinese medicine:** Spirit Yi

Points that treat the Shen

足太陰脾經 Leg Tai Yin Spleen Channel – Sp-3

Sp-3 **太白** Tai Bai, Supreme Purity

Yuan point: enables proper digestion of food and thoughts

Earth point: regulates the center

- resolves Dampness

Shu-transporting point: enables transformation of the heaviness also in joints



足太陰脾經 Leg Tai Yin Spleen Channel – Sp-4

Sp – 4 **公孫** Gong Sun, Grandfather Grandson

GongSun: Wood invading the Earth: anger distress in St/Sp

Luo point: abdominal pain, bloating

Activates ChongMai : menstrual pains depression etc.



足陽明胃經 Leg Yang Ming Stomach channel – St-12

St-12 **缺盆** Que Pen, Empty Vessel

Meeting point with Yang channels, DuMai and YinQiaoMai

Internal branch to St-30 – ChongMai



足陽明胃經 Leg Yang Ming Stomach channel – St-23

St-23 **太乙** Tai Yi; Supreme Unity

Symbol of the Centre: Dissolves the Phlegm, Supports digestion

