

# Rate and Rhythm Shen disturbances

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# TX Strategies: Shen Disturbances

- Rate and rhythm issues as reflecting the mind and shen
- Classical Strategies for the tx of shen disturbances
- STRATEGY: Affecting the HT
- Mental illnesses (qing zhi/chi bing: emotions as it disorients one's will)
  - Nourish blood: more soothing long term therapy.
    - ♣ Might have to use heavy substances to anchor (the yang) instead of nourish. Esp if neurological problems and need to pacify LR and extinguish wind (xi feng)(some cooling mechanism when extinguishing; pacifying brings KI into it to anchor)
  - Calm the shen (an shen): can include stabilizing shen (ding shen)(involves KI so need to anchor back down, ie huang lian and rou gui or he huan pi) (more for acute flare-ups) and quieting shen (qing shen)(getting LR blood to engender HT qi in heavy way, ie sheng di)
  - Invigorate blood: move (LU), dissipate, invigorate (most common b/c deals with HT qi)
  - Strengthen the SP:
    - ♣ may need to harmonize with ST
    - ♣ may need to deal with food stagnation
  - Enrich the yin: working on self esteem, have patient feel good about self. Patient has to become self-reliant and do for self
  - Clear heat that disrupts the shen:
    - ♣ Blood heat
    - ♣ Damp heat
    - ♣ Internal heat
  - Affecting the Liver: greatest tendency to being exuberant so need the heavy minerals, thorns and horns, very bitter herbs (huang lian, niu huang, dan nan xing)
  - Affecting the Spleen: address issue that SP affected by dampness creating phlegm (often hot phlegm); and need to open orifices so person has ability to expel stagnation, which includes food stagnation
  - Affecting uterus: historical way CM talks about how it will eventually effect the brain.
    - ♣ May have to purge (da huang) blood stasis
- If person on blood thinners like coumadin, they are already invig blood (actually dissipating blood).

- Restore the Spleen Decoction/Gui Pi Tang

- Sour Jujube/Suan Zao Ren 30g
- Honey-Fried Polygala/Zhi Yuan Zhi 30g
- Longan/Long Yan Rou 30g (HT/SP sweet warm, for chi dai/memory b/c banks blood) (good to chew on before exam)
- Angelica Sinensis/Dang Gui 30g
- Hoelen/Fu Ling 30g
- White Atractylodes/Bai Zhu 30g
- Astragalus/Huang Qi 30g
- Ginseng/Ren Shen 15g
- Sausurrea/Mu Xiang 15g
- Honey-Fried Licorice/Zhi Gan Cao 7.5g...
- powder and take 12g with 5 pieces of Fresh Ginger/Sheng Jiang and 1 piece of Jujube/Da Zao infusion...
- used for disturbances of the shen due to excessive thinking/concentration which weakens the Spleen and Heart resulting in forgetfulness and loss of concentration
- ...formula originally did not have Angelica Sinensis/ Dang Gui and Polygala/Yuan Zhi (both added in the Ming Dynasty) — formula developed in the Sung Dynasty by Yan Yong-He and has gone through several commentaries not much to enrich yin as tonifies qi and blood also moves, with mu xiang (spicy bitter warm, strengthens SP and helps fu ling)

- Biota Seeds to Nourish Heart Pill  
Yang Xin Wan

Bai Zi

- Biota Seeds/Bai Zi Ren 120g
- Lycium Berries/Gou Qi Zi 90g
- Processed Rehmannia/Shu Di 60g
- Scrophularia/Xuan Shen 60g
- Ophiopogon/Mai Men Dong 30g
- Angelica Sinensis/Dang Gui 30g
- Hoelen/Fu Shen 30g
- Acorus/Shi Chang Pu 30g
- Licorice/Gan Cao 15 g
- ...powder into pills with honey; take 9g 3x/day ...establishes HT-KI communication; ming dynasty formula with many herbs to nourish blood/yin: gou qi zi (benefits jing; LR/KI sweet neutral), shu di (HT/LR/KI sweet warm), xuan shen (ST/LU/KI yi guan connection, cools blood and rids toxins, softens hardness (blood plaque, spirit/rigidity/stubbornness), mai dong (elements of yi guan jian), dang gui...shi chang pu: sweetflag, found where a lot of rootedness in stone. LR/HT/SP spicy warm aromatic, opens orifices, transforms turbidity and phlegm (SP needs to be strong), harmonizes middle heater, invoke possibility of miracles (vaporizes phlegm and HT involvement; HT has to surrender first...), hallucinogenic and can induce hypnotic state; Imperial Academy: nourishes blood and calms shen, invig blood, strengthen SP/ST, enriches yin. Also opens orifices

- Nourish the Heart Decoction/Yang Xin Tang

- Sour Jujube/Suan Zao Ren 12g
- Biota Seeds/Bai Zi Ren 6g
- Ginseng/Ren Shen 12g
- Hoelen/Fu Shen 9g
- Ophiopogon/Mai Men Dong 12g
- Processed Rehmannia/Shu Di 9g
- Raw Rehmannia/Sheng Di 9g
- Angelica Sinensis/Dang Gui 9g
- Schizandra/Wu Wei Zi 6g
- Lotus Seeds/Lian Zi 6g
- Medulla Junci/Deng Xin Cao 6g
- Honey-Fried Licorice/Zhi Gan Cao 3g
- ...decoction...differs from above by also nourishing Heart qi with Ginseng/Ren Shen; Imperial Academy: nourishes blood and calms shen; invig blood, strengthens SP/ST (ren shen, fu shen, zhi gan cao), enriches yin (mai dong, shu di/sheng di); Also astringes with wu wei zi which supports suan zao ren and is LU/KI yi guan connection: maybe stress cough or leakage of qi taking place. Lian zi HT/SP/KI also astringes and supports fu ling for SP, and clears HT fire (etiology?), HT/KI communication...; Deng xin cao: clears HT fire, yi guan connection, too...; promotes urination...(maybe hormonal imbalance...) Differentiate from previous formula, has ren shen to tonify qi and HT qi. Previous more for HT blood.

## HT as Emperor

- ...houses the shen — collective term for emotional, mental, and spiritual aspects of human existence that is involved with learning-intelligence, memory, differentiation of emotions-thoughts, association (making connections, categorizing, creating identities (with KI)), and alertness (jing-shen: someone who has willingness to engage shen with some type of event, object, person; vitality to engage)
- ...HT interacts with all the emotions - anger affects/causes Heart Fire; joy and sadness affect movement of Heart Qi; pensiveness affects Heart Blood; fear/fright (shock) in adults affects HT-KI communication (blood/yin is already involved with the shen issues);
- add specific herbs relating to the emotions to above formulas, ie angry all the time, can add to above formulas herbs that affects to clear HT fire, ie huang lian, or can cool LR fire with mu dan pi which also deals with HT; if depressed or sad all the time, can add herbs to engender HT qi like herbs that nourish and move LR blood to engender HT qi like gou qi zi (goes to eyes and so does HT go to eyes)(also has carotenoids that affect serotonin levels) or things that help HT blood directly for pensiveness
- .....conditions involving the HT/PC can often afflict the LU (morality becomes affected; breaks rules, etc.)

- Ox Gallstone Clear the Heart Pill/Niu Huang Qing Xin Wan

- Coptis/Huang Lian 15g

- Scute/Huang Qin 9g

- Gardenia/Zhi Zi 9g

- Curcumae Longa/Yu Jin 6g

- Cinnabar/Zhu Sha 4.5g

- Calculus Bovis/Niu Huang 0.75g

- ...powder into pill with honey and take 3g l-3x/day ...heat affecting the Pericardium to cause delirium, seizures, stuttering, restlessness and irritabilityMing dynasty in dermatology tradition formula. Lot of stress leading to heat in blood (skin problems, abscesses, boils, blisters, etc. as well as shen disturbances) Yu Jin: LR insulting LU. Spicy bitter cool. Niu Huang: LR/HT very bitter, sweet, cooling, vaporizes phlegm (like chang pu), pacifies/extinguishes wind, fire toxins, sore throats; helps to articulate/verbalize and opens WOS pts. Can apply topically over skin cancer; Imperial Academy: no nourishing blood, does calm shen, invigorates blood with rou gui and yu jin, warms SP with rou gui but no strengthening earth, no enriching yin

- Licorice, Wheat & Juiube Decoction/Gan Mai Da Zao Tang
- Wheat Grains/Fu Xiao Mai 9-15g
- Licorice/Gan Cao 9g
- Jujube/Da Zao 10pcs
- ....decoction. more of a strengthening SP strategy. Can add to above...nourishes blood (fu xiao mai and da zao) and calms shen, strengthens SP with gan cao and da zao; no blood invig. Gan cao does clear heat...jin gui yao lue formula



- Emperor Tonic for the Heart Pill/Tian Wang Bu Xin Dan

- Sour Jujube/Suan Zao Ren 30g
- Biota Seeds/Bai Zi Ren 30g
- Polygala/Yuan Zhi 15g
- Cinnabar/Zhu Sha 15g
- Angelica Sinensis/Dang Gui 30g
- Salvia/Dan Shen 15g
- Ginseng/Ren Shen 15g
- Hoelen/Fu Ling 15g
- Raw Rehmannia/Sheng Di 120g
- Asparagus/Tian Men Dong 30g
- Ophiopogon/Mai Men Dong 30g
- Scrophularia/Xuan Shen 15g
- Platycodon/Jie Geng 15g
- Schizandra/Wu Wei Zi 30g
- ...powder into pills with honey (Cinnabar as the coating); take 9g with a decoction of Longan/Long Yan Roulmperial Academy criteria all met. Clears HT fire with zhu sha; clears heat in blood with sheng di, xuan shen, dan shen. Anchors with minerals and wu wei zi, opens throat to help verbalize/articulate with jie geng(sometimes all these tx principles can dilute effectiveness)

- Format for working with someone with Psychological condition
- Zang zao: personality disorders and focus on KI
- Luan: learning difficulties, confusion, can't concentrate, focus on SP
- Dian kuang: bipolar manic depressive
- Memory: LR (forgetting) or SP (hard time orienting)
- Behavioral: sinew oriented and LR
- Deviant behavior, non-conformist and LU
- If can't discern can always work with HT; all diseases are shen diseases so can benefit from HT formulas; for night time teas to have restorative sleep; for animating person and giving vitality to lives. How can we move person's spirit?

## TX Strategies

- Calm shen: nourishing blood (like a hug, seeds planted into consciousness like therapist of humanistic psychology, ie suan zao ren, bai zi ren, fu xiao mai) or clearing heat aggravating shen (with heavy minerals like zhu sha, magnetite, hematite, amethyst, mu li, long gu; or with strong bitters like niu huang, huang lian to penetrate HT. Minerals stronger b/c salty and water controlling fire...)
- Give it the sunlight (yang, enthusiasm, bank it back and descend to ming men) and soil (SP) to engender itself; working with family and social issues. Opening orifices (ST goes to all orifices) and SP hates turbidity which creates confusion/luan (aromatics)
- LR tendency to exuberance even in presence of defic (LR yang rising)(Pulse full floating rapid, even if empty: need heavy substances like valium, lithium, etc, ie wellbutrin not enough): calcium (zhen zhu, long gu, mu li more gentle) or iron (hematite, etc. stronger)

## TX Strategies

- Working with the Self (Daoist perspective)Self cultivation...the 'self' has many facets of definition – including what's happening in your life, the choices we have selected, the imagination, and the memories of childhood, relationships, learning to react or respond, and the successes and failures (self worth)
- ...self empowerment – not measuring yourself based on external, but shifting responsibility to oneself and reclaiming their own power – offering opportunities for growth and healing; responsibility for your own life. The formulas are formalities, you have to change yourself.
- not about finding the easy way out – establishing new experiences/practitioners (changing inside of you – not the outside); reason why many can't transcend this aspect of healing; Ch 10 and 14 of Su Wen on 'resonance' with self
- rather than working with judgments, work with acceptance and non-acceptance
- no longer necessarily questioning 'why and how' but rather "I can't go on like this any longer" – to set up the stage for important and sometimes vital changes; committed to making changes in life
- visiting old memories without 'moving in' and giving ourselves the permission to move on
- rite of passage – to comfort ourselves from a place of strength to confront the fears, pains, and concerns behind our suffering (often also with rebirth) and to examine the traumatic events of our lives (the shadow); leaving past behind. Come from place of strength to confront the fear. Help by seeing someone's strength that is already there and helping to cultivate that. To give what one is lacking is to make someone weaker b/c weakness creates weakness... Must have sense that you are enough and that you have strength.

- Settle the Will Pill/Ding Zhi Wan
- Ren shen 90
- Fu ling 90
- Shi chang pu 60
- Yuan zhi 60
- ...powder into pills with honey and take 6g 3x/day
- SSM. Basic self empowerment formula. Feel strong about yourself and that allows you to see the world differently. Affects LU/SP/KI and opens orifices. Surrender to self, accept self, empower self and then you are able to see endless possibilities. (idea of HT 1)