

Treatment of Insomnia Based on meridian flow theory

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Abstract: Based on the theory of "correspondence between heaven and man", the meridian Liuzhu theory holds that the functional activities and pathological changes of human viscera show a certain law under the influence of natural climate and diurnal changes. According to this law, exploring the etiology and pathogenesis of the body and selecting the appropriate time to treat the disease can improve the curative effect. Based on the theory of Ziwu Liuzhu theory, according to the mechanism of viscera corresponding to different times, selecting prescription and medication, cooperating with acupuncture and selecting time to treat insomnia are the concrete embodiment of the holistic view of traditional Chinese medicine. The best sleep time of the human body is from 11 p.m. to 5 a.m., that is, from midnight to Yinshi. Ensuring the sleep quality at this time is the key to the treatment of the disease. Lead Yang into Yin in Zishi; In ugly times, it can relieve Jueyin and nourish liver blood; Yin Shi tonifying the lung and regulating the liver or warming the lung and kidney, and the combination of gold and water is the treatment of this disease. The specific treatment of insomnia in this period is discussed as follows, in order to provide new ideas for the treatment of insomnia.

Keywords: Meridional flow; Insomnia; Zishi

Insomnia, also known as "insomnia", is a common nervous system disease, which is characterized by frequent failure to get normal sleep, including difficulty in falling asleep, shallow sleep, easy to wake up, difficult to fall asleep after waking up, accompanied by fatigue, sleepiness and other symptoms. In recent years, due to the great pressure of life and work, the number of patients has gradually increased. Long term insomnia will cause mental depression, fatigue, weakness, emotional instability and inattention, which can induce headache, palpitation, vertigo, and even anxiety and depression like symptoms. Improving patients' sleep quality and quality of life is the goal of treating the disease. The mechanism of sedative hypnotics is to inhibit the central nervous system and play a sedative and hypnotic role. For example, diazepam, estazolam and zopiclone are prone to adverse reactions such as drowsiness, dizziness, fatigue and memory loss, and long-term application is prone to tolerance and dependence. Traditional Chinese medicine believes that this disease is mainly caused by the excess of Yang and the decline of Yin, and the loss of yin and Yang. Based on the theory of meridional flow, adjust Yin and Yang, or introduce Yang into Yin, or supplement Yin to make Yang, so as to make Yin and Yang conform to the law of body flow, and then you can sleep.

The research on the correlation between modern time medicine and meridian Liuzhu theory has attracted more and more scholars' attention to the treatment of insomnia combined with meridian Liuzhu theory. In the normal sleep process of human body, fast wave and slow wave alternate with each other to form a sleep cycle. First enter the shallow sleep period of slow wave sleep, and then enter the deep sleep period. In slow wave sleep, parasympathetic nerves are dominant, the metabolism of the body slows down and is in a relatively static state. According to Yin and Yang, it belongs to Yin in Yin. In fast wave sleep, sympathetic nerves are dominant and Yang Qi rises, which belongs to Yang in Yin. From the process of awakening sleep awakening, it is the transformation from Yang to Yin, yang to Yin, Yin to Yang. This is consistent with the natural change of the neutron from Yang to Yin and from Yin to Yang in the meridian flow theory.

1. Theoretical basis of midnight noon ebb flow theory in the diagnosis and treatment of insomnia

When Qi and blood flow together at noon, yin and Yang flow together. "Noon" is the noon hour, which is the code of time. Midnight is the time when the cathode generates Yang; Noon is the middle of

the day, when the anode generates Yin. "Flow" is the image of blood circulation [2]. With the passage of twelve hours, the human body's Qi and blood flow all over the body along the twelve meridians. The circulation rules are as follows: Zishi (23-1): foot Shaoyang gallbladder meridian, Chou Shi (1-3): foot Jueyin liver meridian, Yin Shi (3-5): hand Taiyin lung meridian, Mao Shi (5-7): hand Yangming large intestine meridian, Chen Shi (7-9): Foot Yangming stomach meridian, Si Shi (9-11): foot Taiyin spleen meridian, noon (11-13): hand Shaoyin heart meridian, Weishi (13-15): hand Taiyang small intestine meridian, Shenshi (15-17): foot Taiyang bladder meridian, Youshi (17-19): foot Shaoyin kidney meridian, Xushi (19-21): hand Jueyin pericardial meridian, Haishi (21-23): hand Shaoyang Sanjiao meridian [3]. According to the law of meridional flow and the difference between cold heat deficiency and excess of Zang Fu organs, combining time factors and space factors with the rhythm of human body, tonifying deficiency and reducing excess, and adjusting Yin and yang are the diagnosis and treatment methods with the characteristics of traditional Chinese medicine [4].

2. Discussion on the theory of syndrome differentiation and treatment of insomnia by time

2.1 Treatment of childhood insomnia

Zishi, also known as midnight, is the time when the gallbladder meridian is in season. At this time, the gallbladder meridian guides the decline of Yang Qi in the human body. The Yellow Emperor's Canon of internal medicine says: "when the sun enters, the Yang is exhausted and the Yin is affected by Qi, and all the people lie down; when the Yang is exhausted and the Yin is prosperous, the eyes close." Yin Qi is the most abundant in childhood. Yin governs tranquility, and tranquility leads to lying. At this time, Yang Qi grows. Sleeping helps to nourish Yang Qi. If the child does not fall asleep, the body will mobilize the Yang Qi of the whole body to fight against the Yin Qi. If the Yang does not enter the Yin, it is more difficult to fall asleep. Clinical symptoms are often accompanied by timidity, palpitation, dizziness, fatigue in the morning and so on. During treatment, we should reconcile Yin and Yang so that Yang enters Yin, then we can fall asleep. Chaihu jialongoyster decoction has the function of regulating Shaoyang axis, promoting smooth and transforming depression, and helping Yang enter Yin. It is widely used in clinic according to the addition and subtraction of concurrent symptoms [5]. Bupleurum is a meridian inducing drug for Shaoyang and Jueyin; Cassia twigs reconcile Yin and Yang, reduce reverse and flush, cooperate with the keel and oysters to absorb the floating Yang, calm the mind and calm the soul, and make the sleep safe. Studies have shown that this formula can inhibit the release of adrenocorticotrophic hormone and corticosterone and regulate neurotransmitters (5-HT, NE, Da, etc.) to treat insomnia [6]. Dong Feng [7] randomly divided 128 patients with intractable insomnia into two groups. The control group was given diazepam and the observation group was given diazepam combined with Chaihu Guizhi and longbone oyster decoction. After two courses of treatment, it was found that the patients' sleep time was shortened and the sleep duration was prolonged. The total effective rate was 89.06%. Professor Zhang Yongchen [8] believes that the gallbladder meridian of foot Shaoyang is connected to the Qi street. Clinically, Fengchi, Wanggu and Tianzhu can be used to regulate the Qi street, relax the Qi and blood of the meridians, reconcile the Yin and Yang of the viscera, and treat insomnia. Li Zhen [9] and others believe that acupuncture combined with the law of time of day has better therapeutic effect. 84 patients with insomnia randomly divided into two groups are treated with routine acupuncture in the control group and meridian flow and branch taking method in the treatment group. If insomnia caused by difficulty in falling asleep at midnight can stab Xiashi, the results show that the total effective rate of the control group is 71.43%, and the total effective rate of the treatment group is as high as 92.86%.

2.2 Treatment of insomnia in ugly times

Ugly time, also known as chicken crowing, is the time when the liver meridian is dominated. Jueyin is a node in the transformation of yin and Yang. Too little is done, Yin is done, and Yang is born. The pole of Yin is also the beginning of Yang. "Su Wen · generation of five internal organs" said: "when a person lies down, the blood belongs to the liver, and when a person moves, the blood flows through the classics." If the human body is still thinking and activities at that time, first, it will affect the drainage of liver meridian and lead to the failure of liver Yang; Second, dark consumption of liver yin and liver blood, insufficient liver blood, virtual heat disturbing the mind. Because the liver Yang does not rise and the liver blood is out of nourishment, the patients wake up at 1-3 a.m. after falling asleep, accompanied by cold and heat mixed syndromes such as belching, mental fatigue, dryness, upset, dry throat and cold legs. Wumei Pill is a double tonic for the body. In the prescription, Wumei and Angelica

supplement the liver body, asarum, Sichuan pepper, Cinnamon Twig and aconite are warm and tonic the liver Yang, together with *Coptis chinensis* and *Cortex Phellodendri* to relieve liver fire and regulate Qi [10]. Professor Lin Xingdong [11] used Wumei Pill plus *Aconitum*, wild jujube kernel and *Rhizoma Cyperi* to treat a clinical patient who woke up at 2-3 a.m. and was difficult to fall asleep with dreaminess, anxiety and sore throat. His sleep time was prolonged and his symptoms such as dry throat and fatigue were improved. Professor Zhang Yanguo [12] believes that insomnia in ugly times is mostly caused by insufficient liver blood and poor Qi mechanism, and the cold phenomenon is not obvious. The effective rate of self-made Shugan sedative powder in the treatment of 30 clinical patients was 96.6%, which was higher than 86.6% in the control group (estazolam group). The prescription takes *Bupleurum* as the king to soothe the liver and relieve depression, and is combined with white peony, *Angelica sinensis* and red peony to nourish blood and activate blood circulation, jujube kernel and *Polygala tenuifolia* to nourish the heart, benefit the liver and calm the mind, and the night Lily and *Albizia bark* to relieve depression and calm the mind. All drugs are used together to play the function of tonifying blood, softening the liver, relieving depression and calming the mind. Yan Yufen [13] used the method of noon flowing and receiving Zi to acupuncture. At the unitary time, he drained Yanglingquan, replenished Fuli and Taixi, strengthened water to make fire, nourished water and contain wood, and treated a patient with ugly insomnia with remarkable effect.

2.3 Treatment of Yinshi insomnia

Yinshi, also known as Pingdan, is the lung meridian when it is in season, which is the alternation of night and day. "Lingshu Benshen" said: "the lung stores Qi and the Qi gives up the soul; the liver stores blood and the blood gives up the soul." Physiologically, the liver rises and the lung falls, coordinating the rise and fall of human Qi and blood. When the ugly is the liver and Yin is the lung, the liver loses its reach, the Qi and blood cannot flow on time, the lung qi is deficient, the lung and soul are not kept, there is no way to control the liver and soul, and the restlessness of the soul leads to insomnia in Yin. Clinical symptoms include daytime fatigue, fatigue, depression, dry cough, less phlegm, irritability and so on. Treatment is to tonify the lung, regulate the liver and calm the mind. Professor Wang Zhonglin [14] prepared Bufei tiaogan Decoction (*Astragalus membranaceus*, *Codonopsis pilosula*, *radix rehmanniae*, mulberry bark, aster, *Schisandra chinensis*, *Radix Paeoniae Alba*, *Tribulus terrestris* and *Prunella vulgaris*) to treat Yinshi insomnia. *Astragalus membranaceus*, *Codonopsis pilosula* and *Schisandra chinensis* are used together to supplement and astringe, and strengthen lung qi; The ripe earth nourishes the kidney yin and makes the golden water grow with each other; Aster moistening lung and relieving cough, mulberry bark clearing lung and resolving phlegm, and promoting lung relaxation and descending; White peony and *Tribulus terrestris* nourish the liver and relieve depression. The combination of various drugs was used to treat 30 insomnia patients in the treatment group. It was found that the prescription was better than the control group in improving the early awakening of patients, and had better clinical applicability. Professor Wang Xiaoyan [15] believes that the failure of lung qi and kidney qi in Yin can lead to premature rise of Yang Qi and insomnia. Bawei pill (dodder, *epimedium*, medlar, *Rhizoma Drynariae*, *Poria cocos*, *Atractylodes macrocephala*, *Amomum villosum* and *Cortex Phellodendri*) was used to treat a patient with early awakening, poor sleep, dizziness, slippery fur and sinking pulse, and its clinical manifestations were significantly improved compared with the previous ones.

3. Summary

Modern people generally fall asleep from 9 pm to 11 pm, and those who haven't fallen asleep in Zifeng are mostly Yang but not Yin; Those who are easy to wake up in ugly times are often complicated by cold and heat due to stagnation of liver qi, failure of liver Yang and dark consumption of liver blood; Those who wake up early in the morning may suffer from stagnation of liver qi, wood fire and gold, and there is no place for lung deficiency and soul; Or due to the deficiency of lung and kidney, the kidney does not accept Qi, and the deficiency of Yang is more and more outside. Based on the change of time and the circulation of Qi and blood and the opening and closing of Zang Fu organs, the meridian flow injection method regulates the Yin and Yang of human Qi and blood according to this law, which can treat a variety of diseases, and the clinical research also proves that the curative effect of the meridian flow injection acupuncture method is better than that of ordinary acupuncture. However, it also has its shortcomings. Because it is limited by time and does not pay too much attention to the difference of individual physique, most of the cases that are effective with traditional Chinese medicine are cases and have not been supported by evidence-based medicine. This requires us to more seriously

study the ancient books of traditional Chinese medicine, consider the disease characteristics and physical differences, formulate a careful research plan, stand the clinical test, give full play to the traditional Chinese medicine characteristics of the meridian flow method, and make it better serve the clinic.

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