Abstract:

Observations of the effectiveness of treating 65 patients with acupuncture for insomnia
abstracted and translated by De Guang He

The author used acupuncture to treat 65 cases of insomnia [classified as] yin vacuity with exuberant fire; the results are as follows:

1) Clinical data

The pre- and post-trial conditions of 65 patients with insomnia were used as the control to observe the progress made by the research protocol. There were 21 males, and 44 females ranging in age from 18-69, with the average age being 47.5 ± 11.95 years. The course of their illness was between 1 month and 4 years, with the average being 8.35 ± 4.03 months.

2. The manifestations of the yin vacuity exuberant fire pattern

Primary symptoms: insomnia or profuse dreaming with easy awakening from sleep. Concurrent symptoms: dizziness and tinnitus, dry mouth and throat, hand and foot heat (5-heart heat), palpitations, poor memory, vexation-agitation with easy anger, a red tongue or a red tip with scant fur, a rapid or thin-rapid pulse. The discrimination was made [when the patient had] the primary symptoms and 3 of the remaining symptoms.

3. Treatment method

Points: GV-20 (bai hui), M-HN-1 (si shen cong), PC-6 (nei guan), SP-6 (san yin jiao), KI-3 (tai xi), and LR-3 (tai chong). The patients lay down on their back. A 32-gauge needle was quickly inserted at GV-20 (bai hui) at a 15° angle backwards for about 1 cun against the flow of the du mai. Needling at M-HN-1 (si shen cong) was the same. The needles were inserted into PC-6 (nei guan) and LR-3 (tai chong) between 0.5 and 0.8 cun; at SP-6 (san yin jiao) and KI-3 (tai xi) were inserted between 0.8 and 1.0 cun. At all points, lifting and thrusting were performed for a moderate stimulation so that the patient got a significant aching-distended sensation, but not painful. The needles were retained for 20 minutes and stimulated every 5 minutes for 30 seconds. The treatment was given daily for fourteen days.

4. Assessment criteria for effectiveness

Clinically cured: return of normal sleep or more than 6 hours of sleep per night, the sleep is sound and after sleeping, the mind is sharp. Marked results: the sleep has gotten significantly better or more than 3 hours of sleep per night and there is an increase in the depth/soundness of the sleep. Some results: the symptoms are lessened, the sleep is better than before but not longer than 3 hours per night. No results: post-treatment the insomnia was the same or gotten worse.

5. Results: see table 1.

Table 1: Comparison of insomnia and symptoms (cases %, N=65)

Notes: A Ridit analysis of pre- and post-treatment comparison, U=9.8128, P<0.01

6. Discussion

Acupuncture is one of the first choices for treating insomnia. This research indicates that the pre- and post-treatment symptoms and the PSQI sleeping index self-evaluating measurement indicators both improved significantly, with a statistical evaluation of P<0.01. GV-20 (bai hui) and M-HN-1 (si shen cong) possess brain-arousing, spirit-quieting and settling, and wits-sharpening actions. LR-3 (tai chong) and PC-6 (nei guan)
when used together can course the liver and disinhibit the qi, settle and quiet the spirit. KI-3 (tai xi) acts to enrich yin, downbear fire, quiet the spirit and supplement the kidneys; when combined with SP-6 (san yin jiao), which can course and unblock the channels and network vessels, it can regulate and disinhibit the qi and blood. Altogether these points regulate the body's yin and yang, and what is exuberant and what is depleted, which is the purpose of the insomnia treatment.

<table>
<thead>
<tr>
<th></th>
<th>Cured</th>
<th>Significant results</th>
<th>Some results</th>
<th>No results</th>
<th>Total significant efficacy</th>
<th>(%)Total efficacy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insomnia</td>
<td>8</td>
<td>19</td>
<td>29</td>
<td>9</td>
<td>27(41.54)</td>
<td>56(86.15)</td>
</tr>
<tr>
<td>TCM symptoms</td>
<td>1</td>
<td>21</td>
<td>40</td>
<td>3</td>
<td>22(33.85)</td>
<td>62(95.38)</td>
</tr>
</tbody>
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