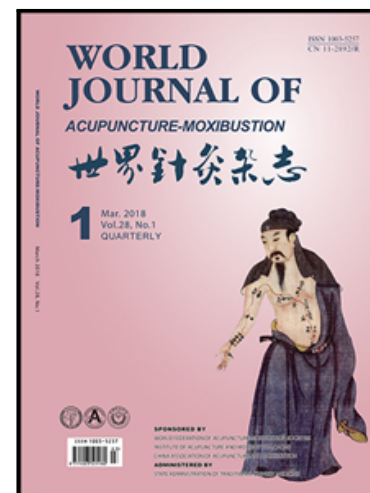


## Accepted Manuscript

Three proven cases of insomnia treated by Professor JIA Chunsheng

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PII: S1003-5257(18)30084-9  
DOI: [10.1016/j.wjam.2018.06.001](https://doi.org/10.1016/j.wjam.2018.06.001)  
Reference: WJAM 27



To appear in: *World Journal of Acupuncture – Moxibustion*

Please cite this article as: JIA Yunfang , HOU Xianming , LIU Shuyan , PAN Yongmei ,  
FANG Jing , ZHANG Xuanping , XING Haijiao , ZHANG Shen , DU Yuzhu ,  
JIA Chunsheng Director: , Three proven cases of insomnia treated by Professor JIA Chunsheng,  
*World Journal of Acupuncture – Moxibustion* (2018), doi: [10.1016/j.wjam.2018.06.001](https://doi.org/10.1016/j.wjam.2018.06.001)

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## Case Report

### Three proven cases of insomnia treated by Professor JIA Chunsheng\*

JIA Yunfang (贾云芳)<sup>1</sup> HOU Xianming (侯仙明)<sup>1</sup> LIU Shuyan (刘淑彦)<sup>1</sup> PAN Yongmei (潘永梅)<sup>1</sup> FANG Jing (方敬)<sup>1</sup> ZHANG Xuanping (张选平)<sup>2</sup> XING Haijiao (邢海娇)<sup>2</sup> ZHANG Shen (张莘)<sup>2</sup> DU Yuzhu (杜玉茱)<sup>2</sup> **Directed by:** JIA Chunsheng (贾春生)<sup>2</sup>

*1 School of Basic Medicine, Hebei University of Chinese Medicine, Shijiazhuang 050200, China; 2 School of Acupuncture-moxibustion and Tuina, Hebei University of Chinese Medicine, Shijiazhuang 050200, China* (1 河北中医学院基础医学院, 石家庄 050200, 中国; 2 河北中医学院针灸推拿学院, 石家庄 050200, 中国)

#### ARTICLE INFO

First author: JIA Yunfang, associate professor. Research field: method of needling and moxibustion. E-mail: jyfshuang@163.com

✉Corresponding author: LIU Shuyan, lecturer. Research field: method of needling and moxibustion. E-mail: liushuyan1111@163.com

\*Supported by Scientific Research Project of the Administration of Traditional Chinese Medicine of Hebei Province: 2014003, 2016004; Planned Project of Hebei Provincial Science and Technology Department: 16277725D; Research Project of Humanistic and Social Science of Universities and Colleges in Hebei Province: BJ2016086

Accepted on February 2, 2018

**ABSTRACT:** In this paper, professor JIA Chunsheng's multiple treatment thoughts and methods for insomnia under different pathogenesis were shown through the three proven cases of insomnia, including the type of constraint fire of the liver and gallbladder, and excessive *yang* harassing the spirit, the type of failure of the heart and kidney to interact declined to kidney *yin* deficiency and the type of liver constraint transforming into fire, insufficient of the spleen and stomach, which provided physicians with experience and methods during treatment of insomnia in clinic, thus improving the clinical effect.

**KEY WORDS:** insomnia, acupuncture therapy, proven cases, famous doctor's experience

Insomnia is characterized by such disorders as difficulty falling asleep, insomnia-middle, sleep deprivation, or even failing to fall asleep all night<sup>[1]</sup>. The manifestations of insomnia mainly include difficulty falling asleep (with the time for falling asleep over 30 min), sleep deprivation (generally less than 6 h), disorder of maintaining sleep (number of times of awakening all night  $\geq 2$  times), poor sleep quality, early awaking, and daytime dysfunction, etc.<sup>[2]</sup>. With the acceleration of the pace of life and work and increase of pressure in recent years, the incidence of insomnia has been on the rise. According to the result of "Global Sleep Survey" sponsored by International Foundation for Mental Health and Neuroscience (IFMHN) in 2002, 45.5% of Chinese people have suffered from sleep disorders<sup>[3]</sup>. Barbitol, Benzodiazepine and other sedative drugs are mainly used for treatment of

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