

## **Insomnia: Clinical Symptoms and Causes**

Robert Wu, O.M.D., Ph.D., L.Ac.

**Insomnia:** Is the most common sleep barrier, may manifested as

- (1) Difficultly falling asleep
- (2) Often awakens during sleep cycle, or early morning awakes prematurely
- (3) Sleep not “deep” and with many dreams
- (4) Lies awake all night

### **Differentials, Etiology, and Pathogenesis for Insomnia:**

1. Emotional factor: Over 85% of insomniac patients have an emotional component as the base of their disease, such as mental nervousness, anxiety, fearfulness, and excitement that may cause insomnia. The main symptom is difficult to fall asleep but easily awoken. The neurasthenia patient often cannot sleep soundly or difficult to fall asleep, and easy to awaken. They usually have headache, feeling heavy in the head, dizziness, forgetful, difficult to concentrate, palpitation, the hand trembles, the body lacks energy, the spirit is tired, easily agitated, excited and so on.

Patients subjectively feel their symptoms are serious and our objective inspection often reveal normal.

2. Body factor: Difficult to fall asleep or often awakens. Problems of the body such as ache and pain, itchiness, stuffy nose, breathing difficulty, asthmatic cough, frequent micturition, and palpitation may all cause insomnia.

3. Physiological factor: Changes in work of living environments and failure to adapt to it, such as bedroom noise increases, excessive lighting, temperature change, smell change, bedding change, and excess caffeine in strong tea or coffee can all cause insomnia.

Many may adapt to these conditions in the short-term. The number of days in this form of insomnia is generally not long.

4. Western Medicine factor: Long term user of sedatives then went cold turkey might induce insomnia due to sudden stoppage, or user may be able to sleep after stopping medicine, but was easily awoken and sleep with many dreams.

5. Cerebrum proliferating pathological change: Arteriosclerosis affects nutritional metabolism and internal secretion and endocrine problem. Overuse of western

medicine leads to chronic toxicity and poisoning, causing cerebrum proliferating pathological change, with insomnia being the incipient symptoms, then interrupted sleep and easy to be awoken, “deep” restful sleep time decreased or disappeared, along with decreased cognitive function and psychologically disease.

Iridology Examination: Above the iris 10-02 spot presents some cream color discolorations, with various spot sizes. The whiter the color change, it indicates the worse the insomnia, and the worse the cerebral artery hardens, the white spots formed an arc, this arc is called the aged (aging) arc.

**Acupuncture treatment:**

Baihui(du 20), Fengchi(gb 20), Fengfu(du 16), Jianjing(gb 21), Neiguan(pc 6), Yang Ling Chuan(gb 34), and Tai Chong(lv 3) where appropriate.

**Formula prescriptions:**

*Tian Wan Bu Xin Dan, Wen Dan Tang, Long Dan Xie Gan Tang, Gan Mai Da Zao Tang, and Suan Zao Ren Tang* use according to each case.

# 失眠的臨床症狀與因素

Robert Wu, O.M.D., Ph.D., L.Ac.

失眠:是最常見的睡眠障礙,可表現為

- (1) 入睡困難
- (2) 時常覺醒和晨醒過早
- (3) 睡眠不深與多夢
- (4) 通宵不眠

失眠的鑒別診斷主要根據失眠的因素與表現:

1. 精神因素:失眠病人中 **85%**以上是精神因素引起,精神緊張,焦慮,恐懼,興奮等常引起失眠  
主要為-----入睡困難及易驚醒

神經衰弱病人常訴通宵不能熟睡或入睡困難,易驚醒

常有頭痛,頭重,頭暈,健忘,注意力不集中,心跳,手顫,乏力,精神疲乏,易煩躁,激動等

病人自覺症狀嚴重而客觀檢查正常

2. 軀體因素:-----入睡困難或時常覺醒

身體各種疾病引起的疼痛以及搔癢,鼻塞,呼吸困難,氣喘咳嗽,尿頻,心悸均可引起

3. 生理因素:由於生活,工作等環境的變化,如不

習慣的環境,寢室中噪音增加,光線過強,氣溫,溫度,氣味的變化,床舖不適,飲濃茶,咖啡等而引起失眠.

多在短期既可適應.失眠天數一般不長

4. 藥物因素:長期服用安眠鎮靜藥物的病人在突然停藥後可發生停藥性失眠,或在停藥後----雖能入睡,-----但易醒而多夢

5. 大腦瀰漫性病變: 動脈硬化 營養代謝障礙 內分泌疾病 藥物使用過度慢性中毒-----引起大腦瀰漫性病變-----失眠常為其早期症狀,間斷易醒,深睡期消失或縮短,且有智力減退等精神症狀

虹膜檢測: 虹膜上方 **10-02** 點部位呈現乳白色,寬度大小不同,顏色愈白,失眠愈深,腦動脈硬化愈嚴重,此一弧形線條稱老化弧,

中醫治療採針灸:百會 風池 風府 肩井 內關 陽陵泉 太沖 等穴位

中藥處方:天王補心丹 溫膽湯 龍膽瀉肝湯 甘麥大棗湯 酸棗仁湯 等交互使用