



Review Paper

Investigating the cause of depression in traditional Chinese medicine and western medicine prospectus

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Abstract

Depression is very common psychiatric illness in developed countries. Due to its clinical and heterogeneity disorder it has been very a hazard to explain its pathophysiology. In western medicine clinical investigation and laboratory work indicate that depression equates with dyes regulation of neurotransmitter signals and can be healed by taking antidepressant drugs with higher relapse rate and face some serious health problems. In western medicine clinical investigation and laboratory work indicate that depression equates with dyes regulation of neurotransmitter signals and can be healed by taking antidepressant drugs with higher relapse rate and face some serious health problems. Moreover Chinese traditional medicine (TCM) presents that depression as a manifestation of liver qi stagnation. Acupuncture has been used a treatment of depression that progress qi circulation to the liver. In this paper, we provide review on Chinese's acupuncture treatments and its origin. Secondly, we discuss about western medicine acupuncture and mentioned the schematic diagram of depression in both TCM and WMA for understanding of its functionality and work. Finally, we concluded that practitioners suggesting Chinese's acupuncture more fruitful over western medicine.

Keywords: Depression, Psychology, Western Medicine, Chinese Medicine.

Introduction

Acupuncture (Chinese traditional medicine) is a worldwide acceptable, complementary and alternative method of treatment after western medication. It has been recommended by WHO (World Health Organization) for more than twenty-six diseases, highly affective and more reliable without having side effects. Acupuncture is traditional treatment of diseases formally practiced and officially employed in China. A part of clinical experience of centuries, there are many theories and techniques demonstrate that acupuncture is confirming as the affective therapy for the patients suffering from depression¹. Literally acupuncture is defined as the treatment of needles with the combination of moxibustion and stimulation of various techniques. It exists behind the concept of energy and vital force, Scalp Acupuncture, micro system and laser acupuncture. Electric acupuncture and acupressure are the modern types of acupuncture using for variety of purposes. Russia, South Korea and Thailand are the countries in the area of traditional medicine promoting the acupuncture treatments². Depression is the state of irrelevant heart beating, emotions, irritating feeling and stressing. The symptoms of depression are very common like difficulties in sleeping, irritability, poor concentration, and bad appetite and cramped about people or loss of pleasure among people³. Depression is the second largest highly contributor project worldwide; another disease much similar to Depression is 'anxiety'. It is described as uneasiness about several conditions, unreal situation, apprehension and tension⁴. The

Etiologies are not completely understood about depression and anxiety. A recent number of biological theories, immune system and genetic factors are involved in the treatment. Practitioners insert needle at the specific point in the human body to improve the functionality of cells while in western clinic method's needle active the painkillers in the brain⁵. Depression considered an extreme level of exhaustion and feeling like not enough energy to do some work. Yu is a term used in Chinese for depression, in traditional Chinese medicine mentioned as the issue of constraint, and it focuses on circulating and balance of energy, at the certain level of energy it showed some symptoms. A number of evidence demonstrates how acupuncture may work in the human body to cut back stress and ache, and potentially⁶.

Table-1: Chinese Acupunctures for multiple purposes.

Purpose	Property	Ref.
Acupuncture and anti-depression Medication	Meta-Analysis and systematic Review to investigate various problems	7
Trail of acupuncture as an intervention	Using of consensus methods and suggestion for further improvement.	8
Reducing Pain and improving the Quality	A serious case study on intervention.	9
Acupuncture combined with Chinese herb	Perfect treatment for caudal paralysis and techniques for healing.	10
post stroke comorbid anxiety and depression (PSCAD)	Survey and literature review on depression to cover important areas for understanding.	11

Background of Chinese Acupuncture

Acupuncture is commonly originated from china and 6000 years BCE sharpened and bones have been working as an apparatus for acupuncture treatment and used for surgical purposes¹². There were certain documents found in wang-Dui tomb China that's not mentioned about acupuncture but there was certain evidence, e.g. 'Ice Man 'who passed away in 3300BCE tattoo marks found on his body, and these tattoo express the sign of stimulatory treatment very similar to acupuncture. Later on it independently developed in China¹³. Gradually with passage of time from centuries to centuries acupuncture treatment developed, and it progresses towards many stages before standards form today acupuncture¹².

It was in form of massage, Moxibustion, Herb and several therapies. In fifth centuries, Bronze statues reveal the points for acupuncture, which is formally used in today's acupuncture methods. Figure-1 shows the setup of point for therapy. A complete source of information published during Ming Dynasty and foundation for modern acupuncture. There were 365 points that shows the channels, and energy flow is modified using a set of needles. Chinese acupuncture was at the top during Seventeen centuries and promoting to other countries. In the nineteen century, Chinese start accepting western medicine for treatment when Chairman Mao died. Acupuncture theory and practice known as Chinese Traditional Medicine (TCM).



Figure-1: Bronze statues as a symbol for acupuncture points¹²

Western Medical Acupuncture

It is the adaptation of Chinese's acupuncture with recently using the knowledge of pathology, physiology and anatomy. It is the

technique of fine and metallic needles for treating humane body skin for various periods and several kind of electric and manual simulation applicable on it. Western uses the modern technology to minimizing the illness in human body and finding the health cures globally. Acupuncture is the recommended treatment for both psychology, and physiology encourages the healthy body. Western acupuncture better response to many diseases but most of them beneficial leg stress, headache, nausea, migraine and depression. Medical acupuncture increasing the painkillers inside body and healing the body which produces from brain. Western therapy has more a lot of other issues which harmful for body, Sleepless and tiredness is a very common side effect also removing of needles sometime bleeding and pain increase¹⁴. The insertion of needles painful and in some cases it reacts. In several cases, patients have vomit during the treatments or sometime after the treatment finished. It is more harmful for chest and lungs.

Depression in WMA: Many historical attempts in Western medicine have been failed to overcome neurofunction, but they are contributed in understanding of today's mental disorder. The neuro imaging technology helps to investigate the framework and functionality in depress patients, but still unresolved and point of interest because of its complexity and limited resources, therefore Western medical acupuncture consider positive tool to highlight the possible solution for this illness, and many scientist developed their ideas to minimize the mental disorder, Quah-Smith noticed that laser acupuncture highly affects the brain of healthy body. Halbreich work on systematic review and focus how much western medical acupuncture is beneficial and up to what extends it is reliable and suitable treatment of depression. Allen, J.J. Bconcentrates on laser acupuncture in the initial stages to reduce the depression and stress. Tani et al mentions the symptoms of patients suffering from axial dystonia and improve the stability and expose exposed positivity of acupuncture treatments. Nutt D, Wilson S, Paterson L. suggested that main cause of depression, stress is sleeping disorder and western medical psychiatric treatment is more quick reactive and healing the body.

Table-2: Western Medical Acupunctures different techniques.

Year	No. of Patients	Purpose	Ref.
2012	Not mention	Effective monotherapy for depression	15
2010	207	Depression and post-stroke disorders	16
2007	09	Acupuncture not suitable treatment for depression	17
2008	19	A treatment Protocol	18
2008	75	Randomized control trail	16
2007	40	Reduce depression with electro acupuncture	19

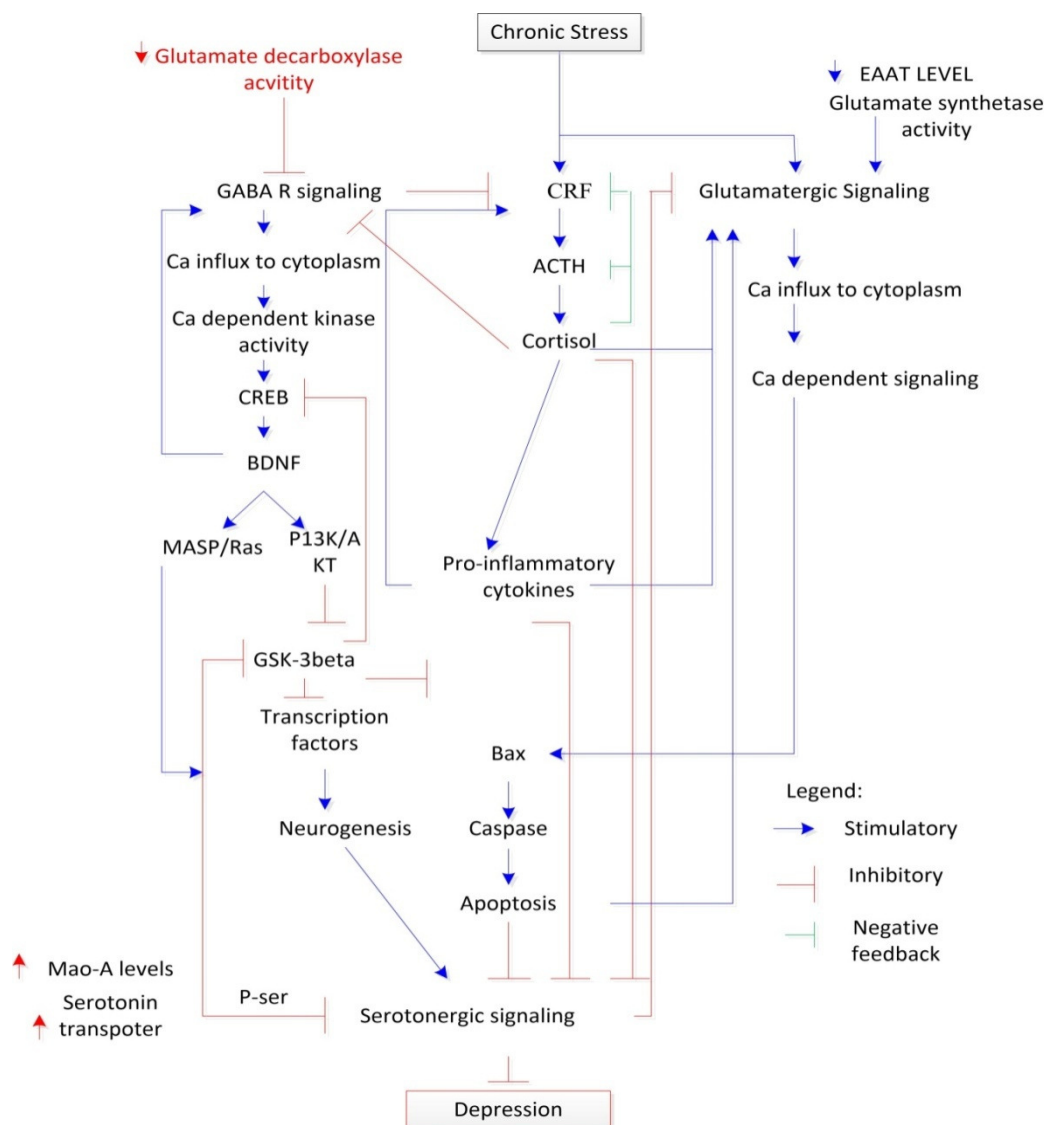


Figure-2: The schematic diagram of Depression in Western Medicine^{16,17}.

When a body interrupts normally, he evokes a stress (aggressive or anger) response from the amygdala, which is the bank of emotions in the mid of brain and transfer signal to the corticotropin-releasing factor (CRF) and it tonic the production of adrenocorticotrophic hormone (ACTH) from anterior pituitary gland, then it moves to adrenal cortex where it produce cortisol, and normally hypercortisolemia and chronic stress connected with HPA axis, its repetition and realizing increase the level of cortisol, as a result HPA produce pro-inflammatory cytokines, causing neuroinflammation which promote depression.

Depression in TCM

Qi is expressed as substance extracted from nutrients to nourish the every part of body, it's found invisibly in blood, food molecules and mucous. It works to convert the food into fluids, which undergoes the process of oxidative phosphorylation to

produce ATP and cell obtained the biochemical unit of qi, its deficiency and problematic become the physiological disorder . The circulation of qi depended on liver, the maintenance and activates of qi liver provoke the circulation of blood and helps indigestion. Liver able to synthesizes albumin, which regulate the osmotic pressure in the blood. Expect these proteins water will apart from vessels via osmosis produce edema and Hypovolemia. The liver function is creditable in circulatory system and transform carbohydrates, amino acids and lipids in the blood, hence the proper role and function of liver is important in healthy body. Indeed the liver qi is reflected in Chinese traditional medicine act for multiple ways in smoothing or soften of liver to reduce the depression or stress .A famous five element theory which produces fire in liver plays very supportive role in the function of brain and liver, also helpful in regulating the circulation of qi, the main idea of this theory given in Figure-3.

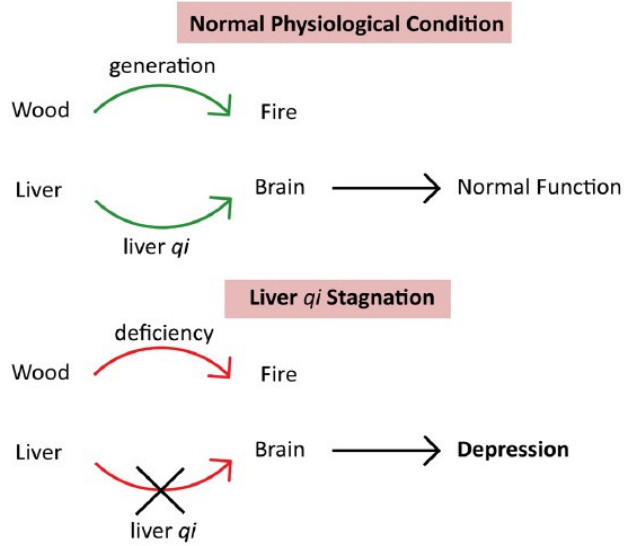


Figure-3: Representations of depression in normal condition and depress state¹⁶.

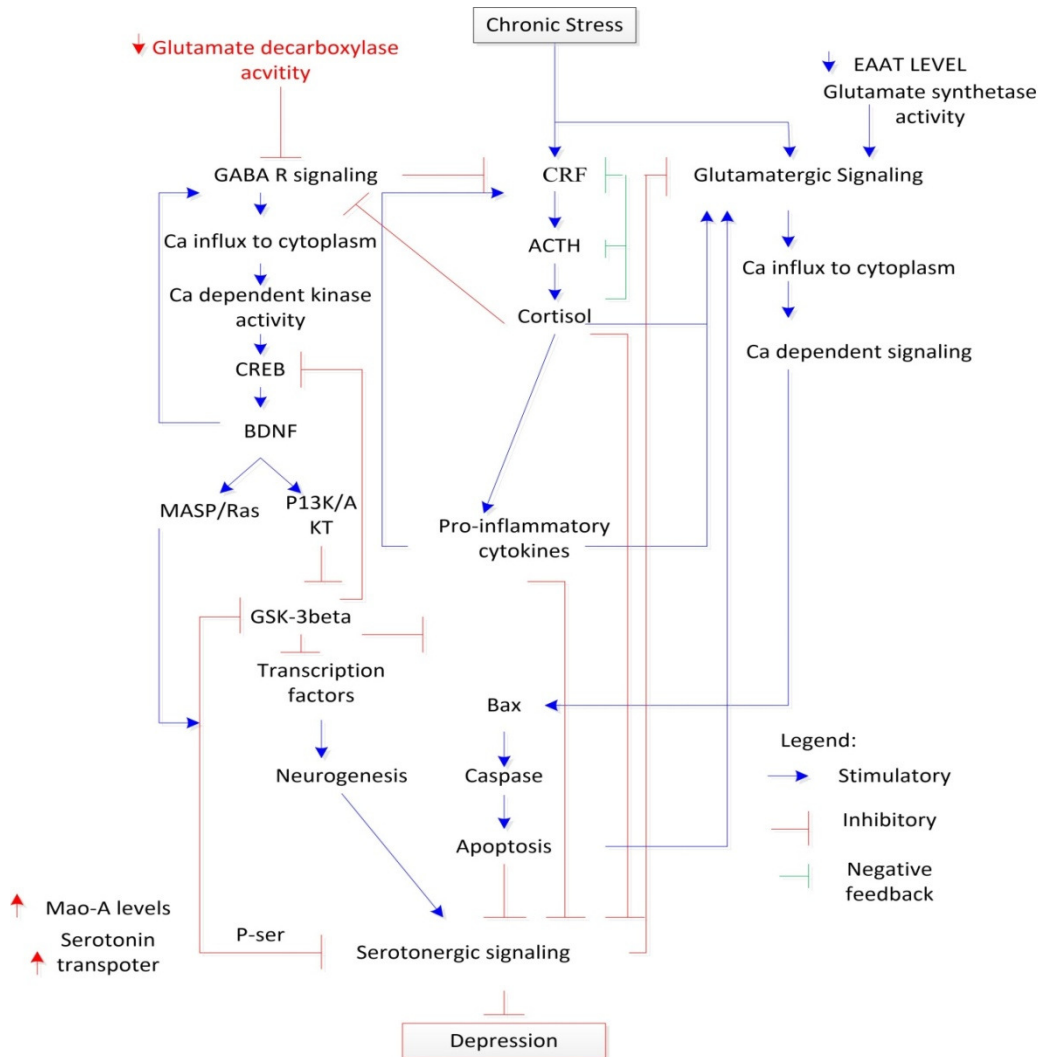


Figure-4: The scenario of qi circulation between brain and liver in depression¹⁹.

The phlegm and anger are two main factor of distressing in qi stagnation, it closely interact with blood and other fluids. When it obstructs, slightly the others fluid also become more dampness and shift into phlegm, it's stickier and prevent the blockage of qi circulation, if it occupy above chest region as a result mental distraction depression. The graphic representation of this process briefly describe in Figure-4.

Conclusion

This paper provides comprehensive study on Traditional Chinese Acupuncture and Western Medicine Acupuncture based on depression. The recent state of art technology in western medicine reported that depression is caused due to deregulation of neurotransmission, also its experiencing as a consequence of liver qi in TCM, the practitioners suggested that the state of stress or anger deregulate the qi circulation in the liver, as a result lack of plasma protein and fuel molecule, therefore not possess proper energy and nourishing by qi and leading defective neuron signal cause depression. According to the basic understanding of the causal scenario of depression in TCM become self-explanatory and acupuncture notify as a promising treatment.

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