

## Manic Depression Case

### 1. Phlegm Fire agitating the Heart

Depressed phase - Dian

Depression  
Feelings are numb, blank and confused  
Feels cut off and distant  
Dizziness

Manic phase - Kuang

Manic, wild  
Angry  
Insomnia  
Shouting at people  
Irrational behaviour  
Violent behaviour towards self and others  
Confused  
Agitated  
Restlessness and hot  
Frenzied activity stopping her sleeping  
Ends in collapse or hospitalisation

Tongue swollen, greasy yellow coat  
Tongue with wide central crack and full of coating

### Phlegm Heat in the GB channel

Chronic catarrh and sinus problems  
Severe headaches in forehead area with the sinus problems  
Dizziness  
Tongue with yellow coating

2. Possible aetiologies leading to Phlegm Fire agitating the Heart are :-

High alcohol consumption

Long term repressed emotions such as resentment that the troubles in Northern Ireland prevented her from doing a lot with her life. She felt intimidated but angry about it. Her long term depression also causes Qi stagnation which may develop over time into Heat and even progress to Fire

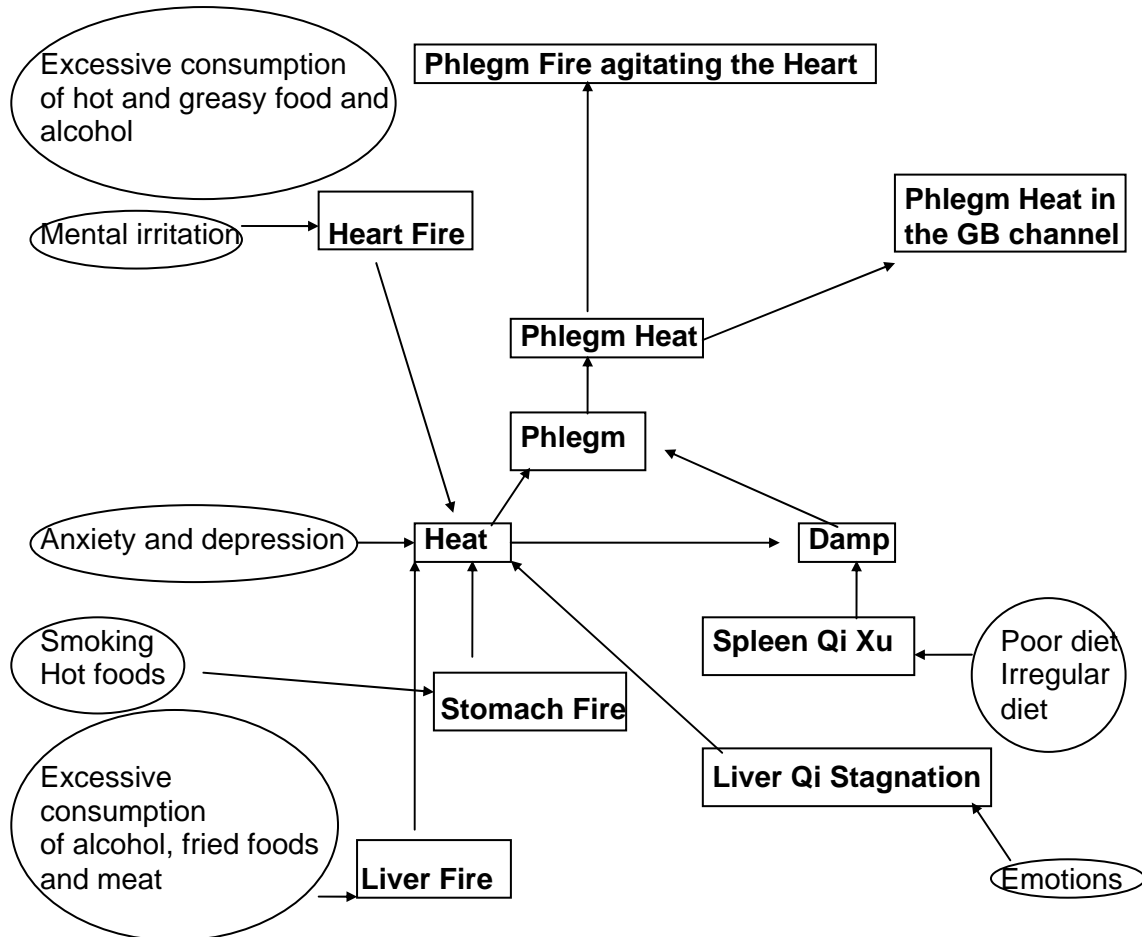
Hot and greasy foods in the diet produces Phlegm and Heat.

Possible pathologies leading to this :-

If she did not have a very good diet ie a lot of Damp forming foods or greasy foods this would damage the Spleen which would then produce Damp. The alcohol consumption would affect the Liver perhaps creating Liver Fire and also might produce Stomach Fire. The smoking would also create Stomach Fire. Angry emotions would also tend to cause Liver Qi stagnation which produces heat. This heat would combine with the Damp and condense it causing Phlegm Heat which then agitates the Heart. Alternatively the consumption of a lot of hot greasy foods may have produced a progression from Stomach Fire to Stomach Phlegm Fire which

would then progress to the Phlegm Fire agitating the Heart. Or the Liver Fire could cause Heart Fire which with all this heat combined with Phlegm would produce the Phlegm Heat agitating the Heart. The chronic catarrh also shows that there is a lot of Damp / Phlegm present.

3.



4. a) Chronic depression phase points

P 5, H3, ST 40, REN 12, SP 6,

P 5 - clears Phlegm from the Heart orifices

H 3 - clears Heat and calms the Shen, good for depression

ST 40 - resolves Phlegm

REN 12 - tonifies the Spleen to resolve Phlegm

SP 6 - resolves Phlegm and calms the Shen

b) Manic phase

H 8, ST 40, P 5, ST 36, LIV 2, LI 11

H 8 - clears Heart Fire and Phlegm Fire and calms the Shen

ST 40 - resolves Phlegm

P 5 - clears Phlegm from the Heart orifices

ST 36 - tonifies Stomach and Spleen to reduce Phlegm

LIV 2 - subdues Liver Fire (bring Fire down from the upper part of the body)

LI 11 - Clears heat

5. Lifestyle advice would be to cut down on alcohol and hot fried foods. It would also be wise to cut down on the smoking as it is very heating and can attribute to ST Fire. It would be wise to eat regularly with Spleen friendly foods such as not too much dairy, fatty, cold and raw foods. She should try some relaxation techniques to help calm the Mind and gentle exercise techniques such as Tai Qi to help move stagnant Qi. Some counseling would be wise to help clear some of the emotional turmoil.