

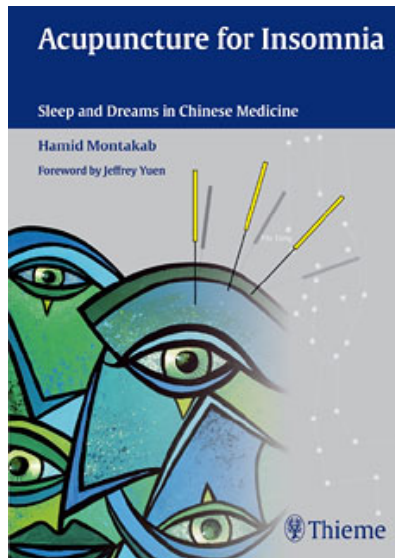
Hamid Montakab Acupuncture for Insomnia

Leseprobe

[Acupuncture for Insomnia](#)

von [Hamid Montakab](#)

Herausgeber: MVS Medizinverlage Stuttgart



<http://www.unimedica.de/b12298>

Sie finden bei [Unimedica](#) Bücher der innovativen Autoren [Brendan Brazier](#) und [Joel Fuhrmann](#) und [alles für gesunde Ernährung](#), [vegane Produkte](#) und [Superfoods](#).

Das Kopieren der Leseproben ist nicht gestattet.

Unimedica im Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern

Tel. +49 7626 9749 700

Email info@unimedica.de

<http://www.unimedica.de>



Index

Page numbers in *italics* refer to illustrations or tables

A

abdominal masses 66
 abdominal pain 74
 acne 38, 69, 79
 activation synthesis dream theory 7, 96, 97
 addictions 50
 adenosine 5
 agitation 20, 38, 43, 48, 68–69, 79, 124
 alcohol 12
 allergy 42
 amenorrhea 50
 amnesia 41, 72
 amphetamines 12
an mian 13
 anger 37, 40–42, 68, 76, 78, 84
 angina 36, 66, 68–69, 72, 79
 anuria 42
 anxiety 35–36, 39–43, 50–51, 68–69, 78–81, 84, 124
 apathy 66, 71, 73–74, 82
 appetite loss 36, 66, 71, 74, 76, 78, 80, 83, 101
 jet lag and 84
 arthralgia 43
 asthma 32, 38, 50, 74, 81
 auriculotherapy *see* ear acupuncture

B

barbiturates 12
 benzodiazepines 12
 bitter taste 35, 37, 68–69, 76, 78, 81, 84
 bladder 22
 damp-heat 74
 qi vacuity 100
 bladder (*zu tai yang*) channels 46–47
 bloating 30–31, 38, 66, 69, 71, 74, 83
 blood (*wei qi*) 19–20
 circulation 14–16, 15
 disorders 35

heat 20
 liver blood not nourishing the kidney *jing* 102
 stagnation 20
 stasis 68, 69, 72, 79
 heart 36, 68, 69, 79
 liver 105
 upper body 66
 vacuity 20, 32, 66
 case study 56–57
 heart 36, 58–59, 68, 75, 79, 81
 liver 37, 40, 58–60, 68, 79, 82–83, 105
 blurred vision 36, 42, 65–66, 68, 71, 75, 80–81
 brain development 2
 bruxism (tooth grinding) 10, 30–31, 35, 74, 126
 Buddhist tradition 90, 99

C

caffeine 12
 calm insomnia 20
 Chen Shi Yuan 92–93
 chest oppression 34, 36, 38, 42–43, 51, 66, 68, 71, 76, 78, 80, 82
 chest pains 36, 66, 68–69, 72, 79
chong mai 22, 23, 24
 insomnia and 42
 chronobiological disorders 10, 84–88
 chronotype 5
 circadian rhythm 4–5, 5
 desynchronization 84–88
 sleep disorders 5, 84–88
 case studies 54, 55–56
 situational 10
 see also jet lag; shift work
 clock protein 4
 cocaine 12
 colds 38, 74, 81
 Confucianism 92, 99
 confusion, jet lag and 84
 congestion 36, 84
 consciousness 20, 20

constipation 74
 continual-activation dream theory 7, 97, 97
 convulsions 37, 42, 49
 infantile 48
 correspondence system 18, 19
 cosmogenic order 18, 19
 cough 38, 74, 81
 craving 41

D

dai mai 22, 23
 insomnia and 42
 damp-heat 38
 bladder 74
 lower burner 74
 triple burner 37
 danger, dream interpretations 101–103
 Daoist tradition 91–92, 98, 99
 Darwinian random though mutations 7
 deafness 37, 43, 73
 depressants 12
 depression 36, 39–41, 43, 50, 66, 68–69, 71, 74, 82
 dermatitis 50
 developmental dreams 95, 96
 diarrhea 43, 71, 73, 82
 dietary advice 52, 53
 digestive problems 50
 dimethyltryptamine (DMT) 7
 discontentment 124
 dizziness 36–37, 42, 48–49, 66, 68, 71–72, 75–76, 78–82, 84
dong qi 22, 22
 dreams 6–7, 21, 36–38, 51, 124, 126
 as reality 98–99
 brain activity during 8, 8, 9, 75, 94–95
 classification 96–97
 developmental dreams 95, 96
 dream analysis 131–132
 dream theories 7–8

- Buddhist tradition 90
 Chinese tradition 90–95
 Greek mythology 89
 Hindu traditions 89
 Middle Eastern traditions 89
 modern dream theories 94–95, 95
 emotional effects 75, 129–130
 excessive dreaming 74–76, 79, 81–82, 124
 explanation 74–75
 influencing factors 93–94
 interacting dreams 95–98, 96–97
 interpretations and therapeutic strategies 101–106
 dreams of control/direction/movement/navigation 104–105, 106
 dreams of fear/danger/threat 101–103, 106
 dreams of home/property/territory/boundaries/valuables 103–104, 106
 dreams of night terrors/ghosts 105–106, 106
 dreams of vulnerability/exposure 105, 106
 importance of 106–108
 lucid dreaming 90, 91, 98, 131
 of falling 81–83
 explanation 81–82
 of flying 35–36, 68–69, 75–76, 78, 80–81, 84
 explanation 80–81
 physiological effects 75
 psychotherapy and 130–131
 sexual 82–84, 124, 126
 explanation 83
 significance of 99–101, 107
 sleep-talking and 69
 sleep-walking and 67, 68
 transformational dreams 97, 98
 working with 129–133
 drug addiction 50
 dry mouth 35, 74, 125
 dry skin 37–38, 76, 79, 81
 dry throat 36–38, 76, 79, 81, 84
du mai 22, 23
 insomnia and 42, 48
 dysmenorrhea 50
 dyssomnia 9–10
- E**
 ear acupuncture 50–51
 jet lag treatment 86, 86
 ear blockage 32
 earth phase pathologies 38
 eczema 43, 50
 edema 50, 71, 73, 82
 jet lag and 84
 embarrassment 125
 embryo 90
 emotional selection theory 7, 95, 96
 emotions 21, 39–40
 dreaming and 75
 emotional restlessness 35
 insomnia treatment and 40–42
 releasing 40–41
 energy drinks 12
 enuresis 35, 72–74, 124
 case study 61–62
 explanation 72
 envy 37, 68, 76, 78, 84
 epilepsy 42, 49, 50
 excitability 42
 exercises 51–52
 exophthalmia 42
 exploding head syndrome 10
 extraordinary vessels 14, 22–23, 23
 eye symptoms 37, 42–43, 48–50, 68–69, 79
 floaters 82
 red eyes 38
- F**
fan (vexation) 20, 37–38, 68
 fatigue 36–39, 66, 69, 74, 76, 79, 82–83
 jet lag and 84
 mental 66, 71, 73, 82
 fear 41–43, 50, 73, 77, 82, 125
 case studies 54–55, 64
 dream interpretations 101–103
 of change 40
 fetus 90
 fever 42, 43
 tidal 34
 fire
 heart 35, 40, 41, 42, 69, 78, 81
 liver 37, 41, 68, 76, 78, 84
 case study 60
 phlegm 36, 68, 76, 78, 80
 stomach, case study 60–61
 fire phase pathologies 35–37
 five elements 18, 19
 “five palm” heat 36, 38, 76, 84
 five wills 39
 food stagnation 69–70
 forgetfulness 65–66, 71, 73, 82–83
 Freud, Sigmund 94
 frustration 40, 41
fu (bowels) 22
 fulfilment dream theory 8, 97–98, 97
- G**
 gallbladder 22
 qi vacuity 37–38, 76, 79, 82, 100
 gallbladder (*zu shao yang*) channels 47
 gastritis 38, 79
 gates 90–91
 ghost points 128–129
 Greek mythology 89
 grief 40–42
 growth hormones 2
gui 18
 guilt 125
- H**
 halitosis 38, 69, 79
 hate 41
 headaches 37, 42–43, 49, 65–66, 68, 72, 76, 78–81, 84
 jet lag and 84
 morning 71
 heart 20, 21, 40
 blood stasis 36, 68, 69, 79
 blood vacuity 36, 68, 75, 79, 81
 case study 58–59
 fire 35, 40, 41, 42, 69, 78, 81
 out of harmony 76, 84, 102–103
 pain 37, 43, 84
 phlegm harrassing the heart 106
 qi repletion 100
 qi vacuity 36, 76, 79, 82, 83, 100
 will of 39
 yang vacuity 36, 39, 68–69
 yin vacuity 36, 38–39, 76, 84

- heart diseases 35, 68, 69
heart (*shou shao yin*) channels 44
herbal teas 52
Hindu traditions 89
hip pain 42
horary points 86–87, 87
HT-7 *shen men* 44
HT-8 *shao fu* 44
hun 16, 18–20, 18, 21, 39, 40
dreaming and 75, 93, 94
hunger 38, 79
hypertension 35, 37, 48, 50,
68–69, 84
hypopnea syndrome 10
hypotension 43
hysteria 41
- I**
- immune function 1
impotence 42
incontinence 73–74
insomnia 10, 11–12, 29–64, 29,
76, 79, 82, 124, 125
calm insomnia 20
case studies 53–64
causes 12, 29
clinical studies 109–121
methodology 110–111
patients 109–110
results 111–119
diagnosis 30–32
jet lag and 84
treatment 32–53
ear acupuncture 50–51, 50
emotions and 40–42
exercises (*qi gong*) 51–52
extraordinary channels and
42–43
in Western medicine 12
movement of blood disorders
35
movement of *wei qi* disorders
32–35, 33, 34
overview of treatment
strategies 52–53
point combinations 51
seasonal desynchronization
43
zang fu pathologies 35–39
insomnia-1 point 50–51, 50
insomnia-2 point 50–51, 50
integrating dreams theory 96, 97
interacting dreams 95–98, 96–97
- internal wind 37, 42, 68
irritability 35, 37, 40–42, 68, 74,
76, 78–82, 84
itching 35
- J**
- jealousy 37, 68, 76, 78, 84
Jenkins Sleep Questionnaire 112,
115
jet lag 32, 52, 53, 84–87, 125
explanation 84–85
prevention 86–87
treatment 85–86
ear acupuncture 86, 86
jing bie 65
joy 42
Jung, Carl Gustav 94
- K**
- kidney 22–23
dream interpretations and
101–103
kidneys not grasping lung *qi*
102
liver blood not nourishing the
kidney *jing* 102
out of harmony 76, 84,
102–103
qi repletion 100
qi vacuity 40, 43, 73, 82, 100,
102
will of 39
yang vacuity 39, 68–69, 71, 73,
82, 102
yin vacuity 36, 38–39, 43, 76, 84
kidney (*zu shao yin*) channels 44
- L**
- large intestine 22
qi vacuity 100
large intestine (*shou yang ming*)
channels 46
libido, weak 73, 82
life curriculum 90–91, 98
life cycles 90–91
light therapy 52
Ling Shu 91
liver 20, 21, 91
blood stasis 105
blood vacuity 37, 40, 68, 79,
82–83, 105
- case studies 58–60
dream interpretations and
104–105
fire 37, 41, 68, 76, 78, 84
case study 60
qi repletion 100
qi stagnation 84, 104–105
qi stasis 68, 82–83
qi vacuity 100
case study 58–59
symptoms 68
will of 39
wind 81
yang rising 79, 81, 105
yin vacuity 37, 76, 79, 81
liver (*zu jue yin*) channels 44–45
longevity related to sleep time 6
lucid dreaming 90, 91, 98, 131
lumbar pain 36, 38–39, 42–43, 66,
69, 71, 73, 76, 82, 84
lung
heat 38
qi repletion 100
qi vacuity 38, 74, 81, 100, 105
will of 39
yin vacuity 105
lung (*shou tai yin*) channels 45
luo (connecting channels) 16, 41
bleeding 41
- M**
- manic behavior 41, 78
master Omega point 50, 50
Medical Outcomes Study (MOS)
Energy and Fatigue module
questionnaire (MEF) 112, 115
Sleep module questionnaire
(MS) 112, 115
melatonin 85
memory 2
dreams and 7
excitations of long-term
memory 97, 97
impairment 36, 41, 66, 79, 101
memory consolidation dream
theory 97, 97
menopausal syndrome 34
menstrual problems
amenorrhea 50
menstrual cycle 42, 68, 83
painful periods 66, 72
mental activity 17, 17, 20, 30
dreaming and 8, 8, 9, 75, 94–95

restlessness 35, 41, 84, 125
 mental fatigue 66, 71, 73, 82
 mental relaxation 16–17
 mental schemata, testing and selection 7
 metal phase pathologies 38
 midday–midnight clock 85
 Middle Eastern traditions 89
ming 90, 91
 mood-regulating dream theory 96, 98
 muscle cramps 35
 muscle tension 35, 50

N

narcolepsy 10, 65
 nausea 36, 42, 66, 68–69, 71, 76, 78, 80
 jet lag and 84
 neck stiffness 42
 neck tension 31, 35
Nei Jing 91
 nervousness 37, 39, 49–50
 neuralgia, facial 43
 night sweating 34–36, 38, 76, 84
 night terrors 10, 76–77, 79, 125
 case studies 61–62, 63–64
 explanation 79
 nightmares 29, 31–32, 35–38, 41, 51, 74–82, 84, 126
 case studies 57–58, 60, 61–62
 dream interpretations 101–103
 explanation 77–78
 sleep–talking and 69
 sleep–walking and 68
 nighttime food cravings 31, 35
 nighttime thirst 35
 nocturia 10, 53, 72–74, 126
 explanation 72–73
 nocturnal emission 83
 noetic theory 99
 non-rapid eye movement (non-REM) 2, 10, 69, 77, 80
 nose bleeds 42
 nose blockage 32
 numbness 79

O

obesity 38, 50, 71, 80
 obsessions 40–41, 50, 126
 obstructive sleep apnea 10, 32, 34, 70

case study 62–63
 oneiric Darwinism 95, 96
 otitis 43
 overexcitement 37, 41, 84
 oversensitivity 43

P

pain 42, 43, 50
 abdominal 74
 chest 36, 66, 68–69, 72, 79
 heart 37, 43, 84
 hip 42
 lumbar 36, 38–39, 42–43, 66, 69, 71, 73, 76, 82, 84
 palpitations 36–39, 43, 49, 66, 68–69, 75–76, 78–79, 81–84
 panic attacks 42, 101
 paralysis 42
 parasomnia 10
 Parkinson's disease 42
 parotid its 43
 pen points 86–87, 87
 pericardium
 heat 84
 qi repletion 36
 qi vacuity 36
 pericardium (*shou jue yin*) channels 44–45
 periodic limb movement disorder 10
 Pert, Candace 95, 129
 phlegm
 accumulation 105–106
 fire 36, 68, 72, 76, 78, 80
 harrassing the heart 106
 misting the mind 66, 71, 80, 105
 phototherapy 52
 placebo effects 109
po 18–19, 93, 94
 polysomnography 4, 111–112
 positron emission tomography (PET) 8
 premenstrual breast distension 68, 83
 premonitory dreams 98
 processing dreams 98
 pruritis 29, 31, 42, 49, 50
 psychosis 49, 65
 psychosomatic dream theory 7–8, 96, 98
 ptosis 43
 pulse 35–39, 66–69, 71–76, 78–84

Q

qi 108
 circulation clock 85, 85
 repletion 41
 heart 100
 kidney 100
 liver 100
 lung 100
 pericardium 37
 sinking, spleen *qi* 104
 stagnation, liver 84, 104–105
 stasis, liver 68, 82–83
 vacuity 40
 bladder 100
 gallbladder 37–38, 76, 79, 82, 100
 heart 36, 76, 79, 82, 83, 100
 kidney 40, 43, 73, 82, 100, 102
 large intestine 100
 liver 58–59, 100
 lung 38, 74, 81, 100, 105
 pericardium 36
 small intestine 100
 spleen 38, 40, 53, 59, 71, 74, 83, 100, 103
 stomach 100
 Qi Bo 99–100
qi gong 51–52

R

rapid eye movement (REM)
 sleep 1, 2, 4, 21
 brain development and 2
 ultradian rhythm 5
 Raynaud disease 50
 reality 98–99
 rebound phenomena 12
 releasing dreams 96, 97
 REM see rapid eye movement (REM) sleep
 REM sleep behavior disorder 10
ren mai 22, 23, 24, 101
 insomnia and 42, 48
 restless legs syndrome (RLS) 10, 29–31, 35, 126
 restlessness 20, 30, 35–38, 48, 50, 68, 75–76, 78–82, 84, 126
 mental/emotional 35, 41, 84, 125
 retardation 41
 reverse learning theory 96, 97

“running piglet” syndrome 42, 101

S

sadness 40–42, 81
 Seven Dragons 129
 sexomnia 10
 sexual dreams 82–84, 124, 126
 explanation 83
 sexual dysfunction 37
 sexual perversions 37, 84
shen 16–17, 19–20, 39, 40, 108
 calming 41–42
shen men 50, 50
shi shui 65–67
 shift work 32, 52, 87–88
 case study 54
 shock 72
 shortness of breath 36–37, 39, 66, 69, 76, 79, 82–83
 shoulder tension 35
shu points 40–41
SI-3 du mai 46
 sinusitis 43
 skin hyperesthesia 43
 sleep 1, 43
 amount of 5–6, 6
 associated physiological processes 1–2
 anabolism/somatic growth 2
 brain development/ontogenesis 2
 memory 2
 restoration/rejuvenation 1
 circadian rhythm 4–5, 5
 consequences of inadequate sleep 6
 evaluation 111
 in Chinese medicine 13–27, 28
 organization 24–25
 stages 2–4, 3
 ultradian rhythm 5
 sleep apnea 10, 29, 31, 70–72, 80
 explanation 70–71
 obstructive 10, 32, 34, 70
 case study 62–63
 sleep debt 1
 sleep deprivation studies 1
 sleep disorders 9–11
 circadian rhythm disorders 5, 84–88
 case studies 54, 55–56
 situational 10

classification 11
 dyssomnia 9–10
 parasomnia 10
 secondary disorders 10
see also specific disorders
 sleep paralysis 10
 sleep sex 10
 sleep spindles 4
 sleep-talking 10, 29, 31, 37, 51, 69–70, 76, 79, 81, 126
 explanation 69
 sleep-walking 10, 29, 31, 37–38, 49, 66–69, 76, 79, 81–82, 126
 case studies 57, 60–61
 explanation 67
 sleepiness 65–67, 71, 80, 82–83, 126
see also somnolence
 small intestine 22
qi vacuity 100
 small intestine (*shou tai yang*)
 channels 46
 snoring 29, 31–32, 34, 36, 38, 53, 66, 76, 78, 80
 case study 62–63
 sleep apnea and 70, 71
 somnambulism *see* sleep-walking
 somnolence 65–67
 space 25, 26–27, 26
 spasms 37, 43, 50
 spermatorrhea 42, 83, 126
 spleen 20
 dream interpretations and 103–104
qi sinking 104
qi vacuity 38, 40, 71, 74, 83, 100, 103
 case studies 53, 59
 vacuity with dampness 104
 will of 39
yang vacuity 71, 73, 82
 spleen (*zu tai yin*) channels 45
 sputum 66, 71, 80
 steaming bone syndrome 34
 sterility 42
 stimulants 12
 stomach 22
 fire, case study 60–61
 heat 38, 79
 hyperacidity 50
qi vacuity 100
 stomach (*zu yang min*) channels 46
 stress 50
 stroke 49, 66, 72

suprachiasmatic nucleus (SCN) 4, 85
 sweating 66, 71

T

tachycardia 35, 50, 68–69, 84
 thirst 38, 74, 79, 84, 125
 nighttime 38
 threat, dream interpretations 101–103
 tics 37
 tidal fevers 34
 time 25, 26
 tinnitus 36, 38, 42–43, 48, 66, 73, 76, 79, 84
 tongue 35–39, 66–69, 71–76, 78–84
 ulceration 35, 69, 78, 81
 tooth grinding (bruxism) 10, 30–31, 35, 74, 126
 tranquilizer/relaxation point 50, 50
 transformational dreams 97, 98
 trauma 66, 72
 trembling 37
 triple burner 22
 damp heat 37
 triple burner (*shou shao yang*)
 channels 47
 tumors 72

U

ultradian rhythm 5
 urination, frequent 67, 69, 71, 73–74, 82
 urogenital problems 50

V

vascular diseases 50
 vertigo 50
 vomiting 42

W

water phase pathologies 38–39
 weakness 42, 66, 83
wei qi circulation 14–16, 15, 16, 21, 22
 disorders 32–35, 33, 34
 whiplash injury 66
 wills 39

Window of the Sky points 65
 wood phase pathologies 37–38
 worry 40–42, 50, 81, 126
 case study 53
 wound healing 1
wu ji (four seasons) 18
wu xiang (five directions) 18
wu xing correspondence system
 18, 19

X

xie qi 100–101
xue 19–20

Y

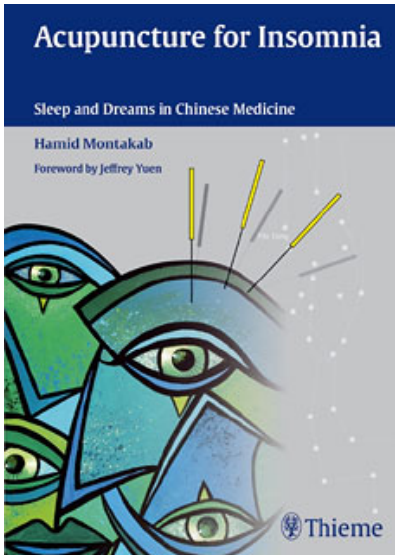
yang 13–14, 13, 14, 25
 liver, rising 79, 81, 105
 organization 23, 24, 26
 repletion 42, 99, 100

spatial distribution 26–27, 27
 stasis 42
 vacuity
 heart 36, 39, 68–69
 kidney 39, 68–69, 71, 73, 82,
 102
 spleen 71, 73, 82
yang qiao mai 23, 24, 25, 26
 insomnia and 42–43
 symptoms 24
yang wei mai 23, 25
 insomnia and 43
 symptoms 24
yi 17–18
yin 13–14, 13, 14, 25
 accumulation 65
 organization 23–24, 24, 26
 repletion 65, 99, 100
 spatial distribution 26–27, 27
 temporal movements 26, 30
 vacuity 42

 heart 36, 38–39, 76, 84
 kidney 36, 38–39, 43, 76, 84
 liver 37, 76, 79, 81
 lung 105
yin qiao mai 23, 25, 25, 26
 insomnia and 42
 symptoms 24, 31
yin tang 48
yin wei mai 23, 24, 25, 27, 27, 102
 insomnia and 43
 symptoms 24–25, 31, 32

Z

zang fu vacuity 100
zang zao 19–20
zao (agitation) 20
zhi points 40–41
 Zhuang Zi 92



Hamid Montakab

[Acupuncture for Insomnia](#)

Sleep and Dreams in Chinese Medicine

164 Seiten, geb.
erschienen 2012



Mehr Bücher zu gesund leben und gesunder Ernährung www.unimedica.de