

# Analysis of the Combination of Chinese Medicine and Psychology

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**Abstract.** With the development of medical model, the combination of psychology and traditional Chinese medicine (TCM) has gradually become an important way to improve the clinical therapeutic effect. Current research progress shows that psychological theories such as social cognitive theory and emotional theory have been widely applied in the field of TCM, especially in the field of psychological regulation and psychological intervention, it provides a new perspective and method for the improvement of curative effect of TCM. However, there are still some gaps in the current research, such as the evaluation of the applicability of psychological intervention in different cultural backgrounds, long-term follow-up and in-depth study of the mechanism of specific diseases This paper analyzes the application of psychology in the clinical practice of TCM, especially the influence of psychological adjustment and intervention on the curative effect of TCM, it is concluded that psychological intervention can effectively reduce the morbidity and improve the therapeutic effect of patients in a specific age group. The significance of the study is to provide clinical doctors with empirical support of psychological intervention and TCM, and provide a more comprehensive treatment plan for reference. The future research can focus on the evaluation of the applicability of psychological intervention in different cultural backgrounds, the long-term effect tracking and the in-depth study of the mechanism of specific diseases, so as to further improve the combination of psychology and TCM, promote the development and inheritance of Chinese medicine.

**Keywords:** Psychology, Chinese Medicine, application, psychotherapy, psychological factors.

## 1. Introduction

In the field of medicine, with the deepening of the understanding of the nature of disease and the way of treatment, the combination of psychology and traditional Chinese medicine (TCM) is becoming an important way to improve the clinical treatment effect. Psychology, as a subject that studies individual behavior and mental process, its theory and method provide a new angle of view for understanding patient's mental state and improving treatment effect. Traditional Chinese medicine TCM is an important part of Chinese traditional culture, its unique theoretical system and therapeutic methods still have irreplaceable value in modern medicine. However, with the rapid development of society, People's lifestyle and disease spectrum have changed significantly, which requires TCM in the inheritance of the traditional, but also need to continue innovation and development to meet the needs of modern society. The combination of psychology and TCM can not only provide new theoretical support for TCM treatment, but also help doctors to understand patients more comprehensively so as to make more individualized and accurate treatment plans. For example, the theory of social cognition and the theory of emotion have found a good correspondence in the theory of TCM, which provides theoretical support for understanding the patients' social cognition level, emotional state and its effect on health. From the perspective of psychology, doctors can better understand the cognitive model and thinking mode of patients, so that on the basis of syndrome differentiation and treatment, combined with psychological regulation and intervention, improve the treatment effect. The purpose of this paper is to discuss the application of psychology in clinical practice of TCM, especially the influence of psychological adjustment and intervention on the curative effect of TCM. By analyzing the corresponding relationship between psychological concept and TCM theory, as well as the application cases of psychological adjustment in TCM treatment, this paper reveals the potential and value of psychological intervention in improving the therapeutic effect of TCM. At the same time, this paper also points out the gaps in the current research, such as the

evaluation of the applicability of psychological intervention in different cultural backgrounds, the long-term follow-up of the effect, and the in-depth study of the mechanism of specific diseases, some suggestions on the future research direction are put forward. Through in-depth research and practice, this article is expected to provide new ideas and methods for the development and inheritance of TCM, and provide clinical doctors with empirical support of psychological intervention and integration of TCM, thus, a more comprehensive and effective treatment plan can be worked out to improve the treatment experience and quality of life of the patients. With the development of medical model, the combination of psychology and TCM has gradually become an important way to improve the clinical therapeutic effect. Current research progress shows that psychological theories such as social cognitive theory and emotional theory have been widely applied in the field of TCM, especially in the field of psychological regulation and psychological intervention, it provides a new perspective and method for the improvement of curative effect of TCM.

However, there are still some gaps in the current research, such as the evaluation of the applicability of psychological intervention in different cultural backgrounds, long-term follow-up and in-depth study of the mechanism of specific diseases. This paper analyzes the application of psychology in the clinical practice of TCM, especially the influence of psychological adjustment and intervention on the curative effect of TCM, it is concluded that psychological intervention can effectively reduce the morbidity and improve the therapeutic effect of patients in a specific age group. The significance of the study is to provide clinical doctors with empirical support of psychological intervention and TCM, and provide a more comprehensive treatment plan for reference. The future research can focus on the evaluation of the applicability of psychological intervention in different cultural backgrounds, the long-term effect tracking and the in-depth study of the mechanism of specific diseases, so as to further improve the combination of psychology and TCM, promote the development and inheritance of Chinese medicine.

## **2. Psychology and the Theoretical Basis of Chinese Medicine**

Psychology is the study of individual behavior and mental processes, which contains many complex concepts and theories. Social cognition theory and emotion theory can find a good correspondence in TCM theory. Social cognitive theory emphasizes that individuals form their own and others' cognition through social communication and social interaction. One of the core ideas of TCM is the concept of wholeness. TCM emphasizes the close relationship between human beings and the natural environment. In psychology, doctors can make use of social cognitive perspective to understand patients' social cognitive level and social support system, and provide more comprehensive treatment for patients. In the treatment of TCM is to follow the Syndrome differentiation and treatment. It takes into account the overall situation of patients and external changes, focusing on individual treatment, more in line with human life characteristics and rules. Through syndrome differentiation and treatment, TCM can better understand the nature of the disease and the development trend, so as to formulate accurate and effective treatment programs to improve the efficacy. The application of the theory of emotion in the theory of TCM has its echoes. Psychology believes that emotion is a common subjective experience in people's lives, which can cause individual physical changes and behavioral responses. In TCM, there is the theory of Emotion, which is closely related to the functional activities of the internal organs and corresponds to the characteristics of different diseases.

The similarity in theory between psychology and TCM makes the application of psychology in the treatment of TCM go with the flow. Besides syndrome differentiation, TCM doctors can understand the patients' cognitive mode and thinking mode by combining the cognitive theory and method of psychology, so as to make a better diagnosis and treatment for the patients. It can also be combined with emotional theory and emotional theory to better understand patients' physical function and psychological state, help patients to relieve anxiety and depression, and contribute to the rehabilitation of the disease. They not only improve the acceptance of TCM treatment, but also expand the scope

of psychological intervention. The application of this psychology in TCM has been reflected in clinical practice cases. In the field of TCM, it is important to understand psychological concepts and theories, especially the concept of Cognition. Cognitive theory emphasizes the influence of individual cognitive structure on information processing, which corresponds to the importance of individual cognition of disease in TCM. Therefore, social cognitive theory also plays an important role in TCM.

### **3. Application of Psychology in Clinical Practice of TCM**

#### **3.1. Application of Psychological Regulation in TCM Treatment**

In the treatment of TCM, the psychological state of patients can not be ignored. The occurrence and development of many diseases are closely related to the psychological factors of patients. For example, psychological problems such as mood swings and stress can have an adverse effect on physical health. Therefore, in the treatment of TCM, the use of psychological adjustment methods, such as psychological dredging, emotional regulation, and so on, is of great significance to the rehabilitation of patients [1]. Patients may face many difficulties and challenges in the course of receiving treatment. Psychological adjustment can help patients build up confidence and maintain a good treatment attitude, so as to better cooperate with doctors' treatment plans, improve the effect of treatment.

The treatment of TCM, combined with psychological adjustment to improve the efficacy of cases is not uncommon. For example, long-term work pressure, emotional depression in patients with TCM diagnosis of stagnation of liver-qi. At the same time, we suggest that the patients should eat some foods to soothe the liver, such as rose tea. After a period of conditioning, the patient's mood has been significantly improved. Another example is that for neurological disorder diseases, gastrointestinal disease diseases and women's diseases, TCM often uses psychological dredging and emotional therapy, such as language dredging, emotion-based methods, calming the mind and tranquilizing chi, etc., these methods can improve the curative effect and shorten the course of treatment in clinical treatment, and intervene in sub-healthy people by psychological dredging and intention therapy to prevent the occurrence of diseases and improve the quality of life. These cases show that TCM treatment not only pays attention to drug and physical therapy, but also attaches great importance to the treatment of diseases related to psychological factors through psychological dredging and emotional regulation. Through these comprehensive treatment means, the patient not only gets the improvement in the physiology, the psychological state also gets the positive adjustment, thus contributing to the overall recovery of physical and mental health. Further verified that heart disease also needs heart medicine treatment, the concept of TCM. The application of psychological adjustment in TCM treatment is an important and effective treatment method. Strengthening the application and research of psychology in the field of TCM will help to perfect the treatment system of TCM, improve the treatment experience and effect on patients, and promote the development and inheritance of TCM.

#### **3.2. The Influence of Psychological Intervention on the Curative Effect of TCM**

In the field of TCM, the effect of gender and age difference on morbidity and mortality has been widely concerned. According to the current research and experimental data, men and women in the field of TCM morbidity and mortality there are some differences. In terms of age distribution, the incidence is lower in males aged 25-54 years than in females, while it is significantly higher in males aged over 60 years [2]. The mortality rate of men over 40 years old was also significantly higher than that of women. According to the data of age group distribution, the incidence rate of the age group of 80-84 years showed a peak, while the incidence rate of the age group of 0-34 years was relatively low, and the incidence rate of the age group of 35-39 years increased significantly. The study included patients of different genders and ages, ranging from 25 to 84 years of age, who were treated with TCM. The study focused specifically on the impact of gender differences on the efficacy of TCM, as well as trends in morbidity and mortality in different age groups. The study used a multi-center cross-

sectional survey and retrospective analysis. Firstly, personal information, health status, treatment course and psychological status were collected by questionnaire and face-to-face interview. Secondly, the medical records of patients treated with TCM in the past 10 years were analyzed retrospectively to obtain the morbidity and mortality statistics. Statistical software was used to analyze the data, including descriptive statistics, chi-square test, regression analysis, etc [3].

To make the research more specific and in-depth, the research focused on the treatment of common chronic diseases in TCM, such as hypertension, diabetes, chronic gastritis and osteoarthritis. These diseases have a long history of treatment and rich clinical experience in the field of TCM, so it is suitable to evaluate the influence of psychological intervention on the curative effect of TCM. The results of this study reveal the significant influence of sex and age on the therapeutic effect of TCM and suggest that differential therapeutic strategies should be adopted for patients of different sex and age in clinical practice. For example, high morbidity and mortality in men aged 60 years and older and in the 80-84 age group suggest that older men may require more psychological intervention and attention to improve treatment outcomes and quality of life. In addition, the significant increase of morbidity in the age group of 35-39 years may be related to modern life stress, occupational competition and other factors, suggesting that psychological intervention may be particularly important in this age group [4,5].

Future research can further explore the mechanism of psychological intervention in specific diseases, and how to make the individual psychological intervention program according to the specific conditions of patients (such as sex, age, socioeconomic status, etc.). In addition, the research should also pay attention to the long-term effect evaluation of the combination of psychological intervention and TCM treatment, and how to integrate these two treatment methods more effectively in clinical practice, in order to provide more comprehensive and effective treatment for patients [6]. The data show some trends in the impact of psychological intervention on the efficacy of TCM. Through the analysis of the data, this paper found that psychological intervention has an important impact on the efficacy of TCM. For example, psychological intervention for patients of different age groups can effectively reduce their morbidity and improve the efficacy of treatment. For age groups with higher incidence, psychological interventions have shown positive adjunctive effects in the treatment of a wide range of diseases, particularly in chronic diseases and age-related diseases, in men aged 60 years and over and in the age group of 80-84 years. For example, in patients with cerebral infarction, psychological intervention has been shown to significantly reduce patients' levels of anxiety and depression thereby reducing deterioration and improving quality of life [7-9]. In addition, cognitive behavioral therapy (CBT) and counseling have been proven to be effective interventions for the elderly with psychological problems, such as depression, insomnia and loss of appetite. These interventions help patients identify and change negative thought patterns, enhance their ability to cope with difficulties, and provide strategies for adapting to retirement [10].

Further research has also revealed the positive role of psychological intervention in other populations. For example, in the study of functional dyspepsia treated by TCM combined with psychotherapy, psychotherapy was found to be an effective alternative therapy for functional dyspepsia, especially in the efficacy of psychotropic drugs is not good when it is particularly important [11]. The study points out that psychological factors have been paid much attention to in the pathogenesis of gastrointestinal motility disorders, and that psychotherapy can effectively relieve the clinical symptoms of patients with functional dyspepsia and reduce the recurrence rate, to improve the quality of life of patients.

In addition, the study of group TCM psychological intervention for subliminal depression also provides a new perspective. This study put forward the concept of group TCM psychological intervention from the angle of yin-yang syndrome differentiation, and carried out it for the patients with subthreshold depression. The results showed that the group TCM psychological intervention program based on the thought of strengthening *Yang and suppressing yin* had a good effect on improving the negative emotion of patients with subthreshold depression [12,13]. To sum up, the application of psychological intervention in the field of TCM is of great significance. The analysis of

data and the trend change can provide strong support for medical staff to make more scientific and effective treatment plan. Through in-depth study and practice, we can further expand the application of psychological intervention in the treatment of TCM, improve the treatment effect and quality of life of patients.

#### 4. Conclusion

With the development of medical model, the combination of psychology and TCM has gradually become an important way to improve the clinical therapeutic effect. Current research progress shows that psychological theories such as social cognitive theory and emotional theory have been widely applied in the field of TCM, especially in the field of psychological regulation and psychological intervention, it provides a new perspective and method for the improvement of curative effect of TCM. However, there are still some gaps in the current research, such as the evaluation of the applicability of psychological intervention in different cultural backgrounds, long-term follow-up and in-depth study of the mechanism of specific diseases. This paper analyzes the application of psychology in the clinical practice of TCM, especially the influence of psychological adjustment and intervention on the curative effect of TCM, it is concluded that psychological intervention can effectively reduce the morbidity and improve the therapeutic effect of patients in a specific age group. The significance of the study is to provide clinical doctors with empirical support of psychological intervention and TCM, and provide a more comprehensive treatment plan for reference. Future research can focus on the evaluation of the applicability of psychological intervention in different cultural backgrounds, the long-term effect tracking and the in-depth study of the mechanism of specific diseases, so as to further improve the combination of psychology and TCM, and promote the development and inheritance of Chinese medicine.

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