

The Etiology, Pathogenesis and Clinical Treatment of Depression Were Analyzed from the Perspective of Traditional Chinese Medicine

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Abstract: As the pace of life quickens, the prevalence of depression rises. Due to the incomplete understanding of depression and various causes, it is still unable to fully effective prevention and treatment in clinical practice. Western medicine treatment of depression has high cost and side effects, while Chinese medicine treatment has advantages, according to different syndromes, different treatment means and Chinese medicine drugs can be used, efficient and targeted. Traditional Chinese medicine believes that the cause of depression lies in the poor operation of Qi and blood, which leads to the dysfunction of multiple viscera, and the symptoms such as emotional depression appear in the light, and the serious phenomena such as loss of survival motivation appear. This article will discuss the causes and treatment methods of depression from the perspective of traditional Chinese medicine, and provide new ideas for clinical treatment.

Keywords: Depression; Traditional Chinese Medicine; Etiology and Pathogenesis; Clinical Treatment.

1. Introduction

Depression is a disease characterized by long-term low mood and lack of mental motivation, which may be accompanied by weakened thinking ability, mental weakness, irritability and other symptoms. In serious cases, there may be dangerous behaviors such as suicide, self-harm, and harming others. According to the China Mental Health Survey, 6.8 percent of the population suffers from depressive disorders, with major depression accounting for 3.4 percent. According to the WHO, about 280 million people worldwide suffer from depression, which is 3.8% of the total population. Depression is mainly related to the heart and brain, but with the development of the disease, it may involve the liver, spleen, lungs, kidneys and other organs. Traditional Chinese medicine refers to depression as stagnation syndrome, and thinks that mental loss is the main cause. Traditional Chinese medicine commonly used Xiaoyao SAN, Guipi decoction, Xiaobupleurum decoction and other prescription treatment, there are also doctors put forward combined acupuncture treatment methods. This article will discuss the etiology, pathogenesis and treatment of depression from the perspective of traditional Chinese medicine.

2. Depression and Depression

Depression is a kind of emotional disorder, which belongs to the category of medical psychology. Patients often present with loss of interest, self-guilt, attention difficulties, loss of appetite, and suicidal thoughts, and may be accompanied by other cognitive, behavioral, and social dysfunction [1]. People with major depression can be dangerous to others and society. The pathogenesis of depression is varied, and Western medicine is still unclear about its etiology, but it may be related to heredity and living environment.

In Chinese medicine, depression belongs to "depression", mainly involving the liver. Liver dysfunction can lead to obstructed qi and obstructed qi and blood, which leads to a series of clinical symptoms. Professor Wang Zhang believes that only under the premise of "the heart is the Lord" can

spiritual activities be completed and a complete mental function system be formed [2]. The onset of depression is related to the loss of spirit and form, and patients may have mental or conceptual abnormalities, or the viscera and six organs cannot be moisturized, resulting in restlessness, withered shape and other symptoms.

3. Etiology and Pathogenesis

3.1. Social Factor

3.1.1. Adolescent Group

According to relevant research data, the incidence of depression in adolescents is 23.9% [3]. The etiology and pathogenesis of depression in adolescents are usually related to the following factors:

(1) Physiological factors

Adolescents are constantly developing and changing both physically and psychologically, and hormone levels fluctuate greatly, which can contribute to depressive symptoms in adolescents.

(2) Psychological factors

Adolescents face pressures in academics, relationships, self-identity, and more, which can lead to mood swings and psychological problems that can trigger depressive symptoms.

(3) Social factors

Teenagers play an important role in the society, they need to adapt to the new environment and interpersonal relationship, but also face more competition and challenges. These factors may contribute to depressive symptoms in adolescents.

(4) Genetic factors

Depression has a certain genetic predisposition, and if there is depression in the family, then the risk of depression in adolescents will increase accordingly.

(5) Disease factors

Certain conditions such as hypothyroidism and brain injury may also cause depressive symptoms in adolescents.

In short, the etiology and pathogenesis of depression in adolescents are multifaceted, and individual circumstances

and environmental factors need to be considered comprehensively to determine the specific etiology. At the same time, parents and schools should pay attention to the mental health problems of teenagers, detect and intervene in depressive symptoms in time, and help them overcome the difficulties.

3.1.2. Middle and Prime Age Group

The etiology and pathogenesis of depression in middle-aged and middle-aged groups are usually related to the following factors:

(1) Physiological factors

The gradual decline in physical functions and changes in hormone levels that occur with age may contribute to depressive symptoms in the middle to prime age group.

(2) Psychological factors

Middle-aged adults face pressures from work, family, marriage, etc., which can lead to mood swings and psychological problems, which can trigger depressive symptoms.

(3) Social factors

The middle-aged group plays an important role in the society, they need to assume more responsibilities and obligations, but also face more competition and challenges. These factors may contribute to depressive symptoms in middle-aged adults.

(4) Genetic factors

Depression has a certain genetic predisposition, if there is depression in the family, then the risk of depression in the middle-aged group will increase accordingly.

(5) Disease factors

Certain diseases, such as heart disease and diabetes, may also cause depressive symptoms in middle-aged and middle-aged adults.

In short, the etiology and pathogenesis of depression in the middle-aged and middle-aged groups are multifaceted, and individual circumstances and environmental factors need to be considered comprehensively to determine the specific etiology.

3.1.3. Elderly Group

Senile depression mainly affects empty-nesters, and its pathogenesis is mainly related to family. According to the seventh national census, 17.95 percent of China's population is over 60 years old, with more than 100 million of them staying behind or living alone. These elderly people are often due to the lack of family care and weak awareness of life, with the growth of age more negative mentality, if not timely care and treatment, easy to develop depression. Depression in the elderly group is more negative, difficult to treat, and often combined with other elderly diseases.

3.2. Personal Factor

In addition to the pressure brought by the external environment to the body, personal physique and the outcome of physical diseases also play an important role in the onset of depression. Here, this paper divides personal factors into two categories, namely, empirical and fictitious. The demonstration included five syndromes of qi stagnation, phlegm coagulation, cold dampness, fire and blood stasis. The deficiency syndrome includes two types: Yang deficiency and Yin deficiency.

3.2.1. Real Syndrome

(1) Qi stagnation

Qi stagnation is a pathological state of obstructed qi and

airway. The main symptoms of qi stagnation include mood depression, chest and hypochondriac depression, belching, chest tightness changes with emotional fluctuations, thin white fur, pulse string. Qi stagnation mainly affects the function of the liver, leading to liver blood deficiency, liver qi upside-down or liver qi stagnation. Qi stagnation symptoms in women can also affect menstrual, belt, fetal, labor and other physiological conditions. The treatment of qi stagnation should be based on regulating the liver and qi. Patients with such depression are prone to deepening depression due to aggravation of the condition, forming a vicious circle. Therefore, it is very important to conduct emotional guidance and therapeutic intervention for patients in time to avoid the further influence of qi stagnation on the water and liquid distribution and the pathological state of endogenous sputum pathogens.

(2) Spittoon

Spittoon, or phlegm drink, is the internal phlegm evil caused by the loss of water and liquid. The symptoms of spittoons include depression, body sleepiness, chest tightness, unfavorable urination, loose stool and so on. Spittoon mainly affects the spleen, which is the source of Qi and blood biochemistry and is responsible for transporting water and liquid. If the sputum pathogen remains, it will affect the distribution of water and liquid, resulting in symptoms such as difficult to discharge urine and not eating. Treatment should be based on hydration and dampness. Phlegm evil can also affect the spleen transport function, leading to obesity or wasting. Phlegm evil in the body is easily transformed into cold dampness or fire, need comprehensive dialectical treatment.

(3) cold and damp

Cold dampness is the internal stopping of cold evil caused by the retention of phlegm evil in the body. The symptoms of cold dampness include mood depression, pale face, warm hands and feet, aversion to cold, thin white fur, and heavy pulse. The viscera involved in cold and dampness include liver, spleen, lung and kidney. Lung main qi division respiration, cold and dampness inherent lead to lung water dysfunction, limbs warm and cold aversion. Kidney for the congenital, the essence of the main water main gas, cold and damp lead to the gasification of the kidney disorder, there are less urine, limb edema, urine clear long, frequent urination and other symptoms. The treatment of cold dampness should focus on warming cold dampness.

(4) Hot

Hot, due to phlegm lingering in the body heat. The main symptoms of the hot person include emotional depression, body fever, thirst for water, and may even be irritable, yellow urine and dry, dark red tongue, yellow or greasy fur, and heavy pulse. The type of fire accumulation syndrome is similar to the type of cold dampness syndrome, both of which involve multiple viscera. However, the patients with cold-dampness syndrome are depressed and reluctant to communicate, and may have symptoms such as aversion to cold and cold limbs. The phlegm-heat accumulated in the body is characterized by temper, red face and hot body. The principle of treatment should be based on clearing heat and expelling fire.

(5) Blood stasis

Blood stasis is a disease caused by external evil invading the body and injuring the menstrual blood and stasis accumulating in the body. Clinically, the main symptoms of blood stasis include depression, palpitation, insomnia, lip

cyanosis, tingling, dark purple tongue or peechiae, thin fur, and astringent pulse. The occurrence of blood stasis is related to whether the gasification function in the vein is normal or not. The loss of unobtrusivity of the vein will lead to abnormal blood flow, and the loss of five viscera and six viscera in blood nourishment, thus causing blood diseases, involving the heart, liver, spleen, lung, kidney and other viscera. The appearance of blood stasis is often related to the inability of Yang deficiency to consolidate the body, and the spleen deficiency qi machinery is unable to promote body fluid and blood, and the two stop accumulating and then combine to form a new pathological product "phlegm stasis" [4]. Therefore, the treatment should be based on strengthening spleen and qi, eliminating phlegm and removing blood stasis.

3.2.2. Asthenic Syndrome

Yin deficiency or Yang deficiency is caused by deficiency of body due to chronic attack of body by solid evil. Yin deficiency mainly liver and kidney Yin deficiency, light waist and knees weak, warm hands and feet, night sweats, heavy insomnia or sleepless nights, small pulse, red tongue thin fur. Yin deficiency is caused by excessive depletion of Qi, blood and body fluid. The treatment needs nourishing, restoring physiological function of the body, and nourishing Yin is the first. Yang deficiency is mainly heart-qi Yang deficiency, which is manifested as aversion to cold, body edema, pale face, loose stool, heavy pulse, light and fat tongue. Yang deficiency leads to the loss of marrow sea and poor spirit. It is necessary to warm up Yang for treatment, stabilize Yang Qi and promote the distribution of qi, blood and body fluid.

4. TCM Clinical Treatment

In recent years, TCM compounds have played an increasingly important role in TCM, especially in the treatment of depression[5]. Chinese medicine treatment emphasizes the holistic concept and dialectical treatment, according to different types of depression, Chinese medicine will use different herbal compounds for treatment. For example, for the syndrome of liver qi stagnation, bupleurum Shugan powder is commonly used to increase or decrease; For the deficiency of heart and spleen, Guipi decoction is commonly used. This paper will further discuss the composition and compatibility significance of two commonly used Chinese herbal compounds, Chaihu Shugan Powder and Guipi Decoction [6].

Bupleurum Soothing Liver Powder

Bupleurum Shugan powder comes from the Criterion of Syndrome and Treatment. It is composed of orange peel, bupleurum, Chuanxiong, Fructus aurantii, Peony, licorice and Xiangfu. The main effect is to ease liver depression, qi and pain. Radix bupleurum in the prescription is bitter and enters the liver and gallbladder. It has the effect of regulating liver Qi and dissipating stasis. It is the king medicine in the prescription. Ligusticum Chuanxiong and Xiangfu all taste xin, have the good effect of qi, into the liver channel can be qi activating blood to relieve pain. Two drugs to help bupleurum soothing liver depression, a total of minister medicine. Wood depression is obstructing soil, and the combination of orange peel here is intended to strengthen the spleen and stomach to prevent civil discord; Fructus aurantii in this is also the product of Qi, the use of xin dispersing; In addition, the liver drug should avoid just using soft, so it is compatible with peony to nourish blood and soft liver, which belong to adjuvant drugs. Glycyrrhiza harmonizes the

medicinal properties, and paeonia blends, it increases the function of alleviating the pain, to make the medicine. Clinically, Chaihu Shugan Powder and its combined prescription have been widely used in the treatment of postpartum depression, post-stroke depression, post-stroke depression and other types of depression [7].

4.1. Guipi Decoction

Guipi Decoction comes from Jisheng Prescription, but there is no angelica and polygala in the original prescription, which is the result of continuous improvement of its formulation in subsequent clinical practice. Its composition is white art, Fu Shen, Astragalus, longan meat, sour jujube kernel, ginseng, wood fragrance, licorice, angelica, polygala. Astragalus sweet and warm, tonic temper, longan meat taste sweet and flat, both are the king medicine. Ginseng is the essential medicine of invigorating spleen and invigorating qi together with Baizhu. Angelica tonifying blood Rong blood, acid jujube renning heart calm, are minister medicine. With Fuzhuan to calm the spirit, polygonia to calm the spirit, and then with qi qi nourishing blood medicine, to prevent the imbalance of qi, can make the body fill without stagnation. Stir-fried licorice is used to blend herbs. The heart and spleen of the same treatment, emphasis on spleen; Supplementing Qi and blood is important in supplementing Qi. Guipi Decoction has been widely used in many clinical departments such as internal medicine, gynecology, and pediatrics, and is more widely used in diseases of the psychiatric nervous system, circulatory system and blood system[8].

In addition to the above two commonly used clinical compounds, the traditional Chinese medicine treatment of depression often adopts the method of acupuncture and drug co-treatment. Clinical acupuncture points such as Zusanli, Taichong, Shenmen, etc., to regulate the movement of human qi and blood, relieve emotional instability, anxiety and other symptoms, and during the course of acupuncture and moxibustion synchronously with soothing drugs to soothe the mind, relieve depression.

5. Conclusion

Depression, also known as depression, is a common mental illness with symptoms including low mood, loss of interest, self-blame and feelings of helplessness. Its causes involve both social and personal factors. Social pressures such as academic, interpersonal and self-identity problems, as well as life changes such as responsibilities and obligations, competition and challenges in mid-life, as well as physical decline and retirement in old age, can lead to mood swings and psychological problems that can lead to depressive symptoms. The pathophysiological changes existing in the individual body, such as qi stagnation, phlegm, cold dampness, fire, blood stasis, etc., as well as deficiency of liver and kidney, weakness of spleen and stomach, etc., are also causes of depression.

Traditional Chinese medicine and acupuncture are used to treat depression. Bupleurum Shugan powder can regulate the balance of qi, blood and Yin and Yang, relieve emotional instability and insomnia. Guipi decoction can regulate the function of spleen and stomach, nourish blood and tonify heart, and enhance physique. Acupuncture regulates the movement of qi and blood by stimulating acupuncture points to relieve emotional instability and anxiety.

The causes of depression are complex, and treatment plans need to be developed according to individual circumstances.

Society and families should pay attention to patients with depression and provide support and help.

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