

日期：2015年8月16日

時間：18:00-18:40

活動名稱：台馬臨床中醫交流會議

Taiwan & Malaysia Clinical Conference of Traditional Chinese Medicine

主持人：林福才會長

主講人：周書玉醫師 Shu-Yuh Chou, M.D.

參與者：中醫師、中醫醫學生

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臨床教學內容：Chinese medicine for insomnia

摘要：

In Chinese medicine, when *Yang* is depleting and *Yin* is abundant, one's eyes are closed. When *Yin* is depleting and *Yang* is predominant, one is awake. *Shen* and *Hun* also play an important role in sleep. Consciousness and wakefulness are defined by the activity of the *shen*. At night, blood moves back inside to be stored in the liver, and the *hun* soul also returns inward. When *Yin-Yang* imbalance, blood vacuity, excessive emotional activity, or other pathogenic factors occur, it may result in insomnia. Chinese medicine treatments for insomnia are often based on TCM patterns.