



Advances in Clinical Research on Acupuncture in the Treatment of Chronic Insomnia

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Abstract: *With the progress of The Times, the pace of people's life is accelerating, the pressure of social competition is increasing, the lifestyle and diet structure have also undergone great changes, and the predictability of the population base with sleep disorders has increased year by year, which has caused great pressure on the quality of life and social economy of patients. In the past, the cognition of chronic insomnia only stayed at the level of changes in personal living standards, with insufficient attention and lack of timely diagnosis and treatment awareness, resulting in repeated delays in the course of insomnia. Therefore, this paper reviews the etiology, pathogenesis and clinical treatment of chronic insomnia treated by acupuncture and moxibustion, summarizes the latest developments in this field, and provides evidence-based support for clinical diagnosis and treatment. This paper introduces the efficient and safe treatment methods related to traditional Chinese medicine, hoping to help promote the development of clinical research on acupuncture intervention in chronic insomnia.*

Keywords: Chronic insomnia; Acupuncture treatment; Clinical observation.

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1. Introduction

Chronic insomnia (chronic insomnia, CI) [1] is a sleep disorder disease, its clinical characteristics are: patients are difficult to fall asleep, poor sleep quality, sleep maintenance time is not long. Insomnia in CI patients occurs on average for three times a week for more than half a year. According to data [2], the incidence of insomnia in the world is about 27%, among which the incidence of insomnia in European and American countries has exceeded 35.2%. The Chinese Sleep Research Society [3] made statistics on the number of complaints among Chinese adults in the last year, and the results showed that it was 30%~45%, the number of people with sleep disorders gradually increased with predictability, and the causes of diseases are complex and changeable or multiple factors mixed together, professional medical psychological assessment must be conducted during treatment. However, due to the current low level of attention to CI and lack of awareness of timely treatment, the course of insomnia is delayed. Traditional methods for insomnia include medication, psychotherapy, and lifestyle modification, but these methods may have side effects, dependence, and poor long-term results. Acupuncture, as a non-pharmacological treatment method, has shown its potential in the field of chronic insomnia treatment with its unique theoretical basis and clinical practice, using precise acupoint positioning and manipulation techniques, and is considered to have obvious therapeutic effects. This study will review the clinical progress of high-level acupuncture for insomnia in order to provide reference for future research and practice. Therefore, it is necessary for people to have a certain understanding of the development of CI [4], so that clinicians can provide patients with a timely and accurate diagnosis and treatment method. Based on this, this paper summarizes the etiology and pathogenesis of CI and the related treatment methods. acupuncture for chronic insomnia can significantly shorten the time of sleep, prolong sleep, and reduce the number of nighttime wakeings. Another study published in the Chinese Journal of Basic Chinese Medicine also showed that acupuncture for chronic insomnia can improve daytime function and quality of life. In addition to the above studies, there are many other studies confirming the effectiveness of

acupuncture for chronic insomnia. For example, a study published in the journal *American Family Doctor* showed that acupuncture for chronic insomnia reduces anxiety and depression levels and reduces psychological stress. Another study published in the journal *Sleep and Biological Rhythm Research* showed that acupuncture for chronic insomnia can regulate the body's biological clock and improve sleep rhythms. According to relevant literature reports, Hou Chunying [6], Li Ziping [7], Gong Yulin [8] and others have achieved remarkable therapeutic results by using various body needles and head needles. In recent years, clinical research progress of acupuncture treatment CI [9] can also provide efficient and high feedback treatment methods to clinical practice, acupuncture and expand and extend the treatment of diseases and achieved good efficacy. In recent years, numerous randomized controlled trials have verified the effectiveness of acupuncture for insomnia. Studies have shown that acupuncture not only improves sleep parameters such as sleep duration and time to fall asleep, but also improves patient quality of life. Research on specific acupoint selection shows that different acupoint combinations have differences in the treatment of insomnia. For example, the combination of Shenmen points and Xinyu points is particularly effective for insomnia caused by psychological factors. Mechanistic studies Recent studies have begun to explore the physiological mechanisms of acupuncture for insomnia, including its effects on neurotransmitter regulation in the brain, such as changes in the levels of serotonin and endorphins. In foreign countries, the development of acupuncture and moxibustion treatment of insomnia is a short time, and some theoretical basis and clinical practice diagnosis and treatment are not perfect, but it has also achieved good practical results. There is a large space for development in foreign countries. It is believed that in the future, the development of acupuncture and moxibustion treatment in foreign countries can achieve greater results.

2. The Etiology of Insomnia

The theoretical basis of acupuncture for chronic insomnia is mainly based on the "balance of Yin and Yang" and "meridian theory" of traditional Chinese medicine. According to traditional Chinese medicine, human health is the result of the balance of Yin and Yang, while insomnia is caused by the imbalance of Yin and Yang. Acupuncture regulates the balance of Yin and Yang by stimulating specific acupoints and regulating the body, thus improving sleep quality. In addition, TCM also believes that "meridians" is the passage of qi and blood inside the body, while insomnia may be related to the obstruction of meridians. Acupuncture stimulates the acupoints on the meridians, promotes the circulation of qi and blood, and removes the obstruction of the meridians, so as to achieve the purpose of treating insomnia. At present, the induction of the etiology of CI [10] generally includes the imbalance of Yin and Yang, the imbalance of viscera, disharmony, evil qi, emotions and [11], etc. In the ancient medical book "Lingshu Kou Q", it was recorded that " Yang qi, Yin qi, eyes are closed; Yin qi is exhausted, and Yang qi is full, [12]." It shows that the imbalance of Yin and Yang is one of the important reasons affecting the human sleep mechanism, the balance of Yin and Yang affects the operation of the human body itself, the imbalance of Yin and Yang can cause Yang can not enter Yin [13], or Yin can not be Yang, thus affecting the smooth of the human body, so the formation of sleepless. The earliest record of the theory of "disharmony" [14] is in the ancient medical book "Lingying Health Association", the book said: "strong people, strong qi and blood, smooth muscles, airway and normal operation, so they are energetic during the day and sleep at night [15]". It can be seen that the function of wei qi is to protect its external muscle surface during the day and protect its inside at night. Shi Jianmei [16] and other studies believe that if there is evil invasion of the human body, in order to resist external evil, wei qi can only protect the body surface, but can not keep inside, resulting in the lack of qi in the internal qi is filled, qi and qi harmony can make Yin and Yang tone, people can be able to sleep. Dysfunction of zang-fu organs [17] is also one of the main reasons of CI, especially with the dysfunction of the five viscera, the main reasons of insomnia are: the heart and kidney, heart and gallbladder qi deficiency, stomach qi loss, liver loss and so on. Shi FuXin [18] think, such as the spleen for the day after tomorrow, the spleen and stomach transport water valley fine micro chemical blood, if the spleen and stomach disorders or spleen deficiency lead to the internal phlegm fire, fire mind, or spleen weak diet, stomach gas, can let a person appear sleepless symptoms, heart, spleen, thinking, will hurt the spleen, will accumulate consumption blood, and quietly lead to heart and spleen, human spirit not moist, will lead to the phenomenon of insomnia. There is a sentence in the ancient medical book "Blood syndrome theory": " When the liver hides the soul, the soul swims to the eye, and the soul returns to the liver [19]."It shows that liver depression leads to the block of qi machine, depression and then change fire, fire disturbs the mind, causing the disorder of sleep mechanism and regulation disorders, and eventually lead to insomnia. Ancient doctors proposed that if the blood of true Yin is not enough, then there will be Yin and Yang are not compatible, leading to the phenomenon of delirium. Modern scholars Cao [20] also believe that if the liver and kidney blood is insufficient, and then can not help the heart, the heart and kidney do not intersect will lead to anxiety. Modern traditional Chinese medicine proposed that evil [21] can also affect the onset of insomnia, Jiao Jiucun [22] think that fat and sweet, thick and greasy, spleen and stomach weakness and abnormal, qi chaos and cause insomnia. Yanyan [23] feel that people suddenly frightened or too nervous anxiety will lead to fear, nervous, and then can not fall asleep

or sleep and wake up after sleep. As the book "class" said: "terrified, restless". Fu old [24] think brain loss, liver qi not comfortable also is one of the important pathogenesis of insomnia, he thinks insomnia and closely linked with brain liver, people sleep mechanism disorder pathogenesis dominated by brain, and liver mastermind about main mood, liver disorders lead to gas stagnation, gas reverse and then disturb the heart, mind affect the brain regulation of the sleep system, can cause the brain loss, then appear god unruly, so affect sleep.

3. Clinical Research on Acupuncture for the Treatment of Insomnia

Acupuncture and moxibustion treatment of insomnia is based on the theory of "mind and mind" in traditional Chinese medicine. By adjusting the balance of Yin and Yang in the human body, removing the block of meridians, so as to achieve the effect of calm and determination. For insomnia, the common treatment principle is to relieve the liver, nourish the heart and calm the mind. Acupuncture specific acupoints, such as Baihui, men, Taichong, etc., can effectively regulate the neuroendocrine system of patients and improve the quality of sleep. At present, in clinical practice, acupuncture and moxibustion has a remarkable effect in the treatment of this disease, and the diagnosis and treatment methods are also various. The most common treatment methods include microneedle, electric needle, head needle, ear needle and other special therapies, which enrich the treatment methods, enhance the clinical efficacy, and greatly improve the quality of life of CI patients.

3.1 millneedle therapy Li Ziping and others studied the clinical efficacy of CI by acupuncture and acupuncture (the observation group took acupuncture and acupuncture, stabbed gas through a needle, and the observation group stopped using sleeping pills during treatment; the control group used western medicine sleeping pills for treatment.) It is concluded that the total response rate of the observation group was 91.81%, and that of the control group was 57.78%. The results of the two groups were quite different ($P < 0.01$), indicating that the treatment effect of [25] and CI was much better than that of western medicine sleeping pills alone. Xu Fei [26] et al. used the treatment of insomnia patients with acupuncture, the main point of sleep, Neiguan, etc., to observe the clinical treatment effect of CI, and appropriately add corresponding points for various different types of traditional Chinese medicine, the total experimental results of 96.36%, thus, it can be concluded that acupuncture in the treatment of insomnia patients with good effect.

3.2 Electroacupuncture therapy Lei Zhengquan [27] et al. observed the acupuncture method (observation group, the side side, side line, pillow, sleep, Yiming and Dau points; control group, God door, sleep, four Shen Cong, Zhaohai and Shenmai points, continuous wave of electric needle. It was concluded that the total response rate of the observation group was 91.2% and 80.0% of the control group, which were significant ($P < 0.05$). It shows that the acupuncture method of brain safety is good in the treatment of insomnia. Yang Lifeng [28] et al. studied the clinical treatment effect of electroacupuncture and insomnia, and the experimental results showed that the total experimental effective rate was as high as 95. It is obvious that the use of electroacupuncture to treat patients with CI had good clinical efficacy, which greatly improved the quality of life of insomnia patients.

3.3 Acupuncture and moxibustion with ear acupoint treatment Xie Jianmou [29] et al. observed acupuncture and ear acupoint pressure to treat insomnia (the observation group used the star through Baihui, Yintang, sleep, four Shencong and other acupoints combined with acupoint application for treatment; simple ear acupoint pressure method as the control group.) The cure rate in the observation group was 64.7% and the total effective rate was 97.1%; the cure rate in the control group was 29.4% and the total response rate was 76.5%. The comparison of the two groups was very significant ($P < 0.005$). Therefore, the clinical efficacy of acupuncture and ear acupoint pressure in the treatment of CI is very significant. Dong Yan [30] et al. observed the nursing and improvement of insomnia patients of ear acupoint pressure (the control group provided nursing according to the general regular treatment method, and the treatment group increased the ear acupoint pressure), and the comparison of the experimental results of the two groups was significant ($P < 0.05$). Studies have shown that the treatment efficiency of the treatment group is significantly higher, the safety and reliability of ear acupoint pressure and treatment is higher, the treatment method is basically no toxic side effects, and can significantly improve the sleep quality of patients.

3.4 Moxibustion treatment Xia Yang [31] et al observed the treatment of moxibustion combined with acupuncture. (The observation group used moxibustion as the main treatment technique combined with acupuncture, and only used acupuncture as the control group.) The comparison were very significant ($P < 0.05$). The results showed that the observation group was more effective in treating insomnia, which significantly improved the sleep quality of the patients. Chen Qin [32] research such as moxibustion back yu point method for CI, observation group with acupuncture as the main method of treatment, another group with the method of western medicine, in improve the

quality of sleep, through the research observation, acupuncture treatment and western medicine treatment no significant difference, but in reducing the efficiency of the time of sleep and relieve depression curative effect significantly better than western medicine treatment group ($P < 0.05$). Moreover, if drugs are used for a long time, it is likely to lead to patients' dependence on drugs. Although both treatment methods can significantly improve the clinical efficacy of patients, the treatment method based on moxibustion back yu point is better to improve the clinical treatment effect of patients with insomnia.

3.5 Characteristic stitch Yangmei [33] et al. observed the clinical efficacy of the meridian injection method (the treatment group and the control group compared the results of the two groups with significant difference ($P < 0.05$), and the treatment group had good treatment results in clinical practice. Luo Benhua [34] et al. studied the treatment of insomnia in the umbilical ring acupoint acupuncture (the umbilical ring point is now changed to a 0.5 inch ring beside the umbilical periphery, the umbilical ring needle from the inward and outward needle, the local sense of warmth is appropriate, keep the needle is not the needle.) In clinical practice, the efficiency of acupuncture for insomnia is high, indicating that the acupuncture of insomnia patients is safe and has good clinical effect.

3.6 Endothelial needle Wang Changlai [35] et al. observed the positive reaction point, and the total effective rate was 96.1%. They concluded that this method had good efficacy in clinical practice, which greatly improved the quality of life of CI patients. Throughout the above methods and experience of acupuncture, the clinical efficacy of acupuncture and other therapies in treating CI patients is significant. Acupuncture treatment methods are diversified, and if the various methods are used simultaneously, it may maximize the treatment effect. Floating needle therapy combines traditional acupuncture and modern medicine to treat diseases by clearing the superficial subcutaneous fascia in localized pain areas. In clinical treatment, floating needle is mostly used for pain, and there are few clinical studies on floating needle for insomnia. Zhong Binmo et al. [36] used floating needle therapy combined with auricular acupoint bean pressing to treat insomnia patients after stroke, and the total score of PSQI was more significantly lower than that of auricular acupoint therapy alone. Zhu Zhengping et al. [37] used floating needle combined with Traditional Chinese medicine to treat 90 patients with primary insomnia. The total clinical effective rate of floating needle combined with Traditional Chinese medicine group reached 96.7%, which was higher than that of simple Chinese medicine group and simple western medicine group ($P < 0.05$).

4. Questions and Prospects

Acupuncture and moxibustion treatment of chronic insomnia has made great progress in clinical practice, its treatment effect has been recognized by clinicians and insomnia patients [38], in the process of acupuncture treatment, embodies the characteristics of the TCM syndrome differentiation of acupuncture treatment, debate, dialectical, dialectical, in dialectical treatment, the choice and acupuncture technique is the most important, and acupuncture and cure the disease, the effect is good and easy to carry advantages, but there are still some deficiencies in clinical acupuncture treatment CI: 1) the lack of unified characteristics of chronic insomnia, not a scientific standardized index. 2) Insomnia in TCM syndrome differentiation classification is diverse, various classification treatment has not formed a standardized best scheme. 3) In the process of treatment, patients are treated with simple acupuncture treatment, less using various methods, which affects the maximum treatment effect.

5. Conclusion

Based on the above, the author thinks that should follow the principle of evidence-based medicine, acupuncture choose commonly used points, sleep, god, god, temple, combined with modern technology means to carry out the frontier, diversity, standardized research, through a large number of data analysis verification more quantitative and objective acupuncture treatment, improve the reliability and credibility of the research, to better represent the whole chronic insomnia patients. In addition, the definition and operation standards for acupuncture and moxibustion in the treatment of chronic insomnia are different, so further standardization and individualized treatment plans are needed to improve the treatment effect and promote the application, and improve and ensure the maximum effective rate of acupuncture and moxibustion in the treatment of this disease. Although the efficacy of acupuncture for chronic insomnia is recognized, the specific mechanism of action remains unclear. Future studies should strengthen the exploration of the mechanism of acupuncture treatment for chronic insomnia to provide more scientific basis for clinical application. Acupuncture, as a traditional Chinese medicine therapy, is widely used in the treatment of chronic insomnia. In the clinical study of acupuncture treatment of chronic insomnia, in addition to exploring the treatment mechanism and comparing the effects of different treatment methods, some studies focus on the specific operation methods, treatment course and long-term effects of

acupuncture treatment. Individualization of acupuncture treatment The treatment of chronic insomnia can be individualized according to the patient's condition and individual differences. For example, according to the theory of traditional Chinese medicine, acupuncturists can choose different combinations of acupoints and adjust the intensity and frequency of stimulation according to the constitution and condition of the patients. Moreover, some studies have explored the combination of acupuncture with other treatments.

For example, the combination of acupuncture and drug therapy, in order to obtain a better treatment effect. Course and frequency of acupuncture treatment The course and frequency of acupuncture for chronic insomnia is also the focus of research attention. In general, acupuncture treatment requires a certain course of treatment to achieve the best results. Studies have shown that successive acupuncture treatments can significantly improve patient sleep quality. Moreover, some studies explored the effect of long-term acupuncture treatment and found that long-term maintenance acupuncture treatment could prolong the duration of the treatment effect. Long-term effects of acupuncture treatment In addition to short-term treatment effects, some studies have focused on the long-term effects of acupuncture treatment. The human body is an organism. During treatment, clinicians should also use dialectical thinking to think about problems, not in a single way and way, acupuncture treatment of chronic insomnia can be combined with other treatment methods to improve the treatment effect. Each of the above causes and pathogenesis of traditional Chinese medicine that have an impact on the disease have a close relationship, but also interact with each other. They can jointly cause human sleep disorders. In clinical work, we should pay attention to differentiation. Insomnia also belongs to a disease in the category of psychology. In the process of clinical treatment, it should also be appropriate to strengthen the psychological intervention of patients to a certain extent, so as to better improve the clinical efficacy and further help CI patients to reduce the pain.

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