

Literature Study on the Effect of the Acupuncture Treatment Using Sishencong (Ex-Hn 1) in Treating Insomnia

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ABSTRACT

Insomnia is defined as a condition of unsatisfactory quantity and/or quality of sleep lasting for a considerable period of time, which is not due to an organic cause [WHO2007]¹. Recent 10 years of documentary studies shows that scalp acupuncture in treating insomnia is often used clinically as compared to other treatment alternatives. Thus, my research topic will focus on literature study of effectiveness of acupuncture treatment using Sishencong in treating insomnia and different acupuncture manipulation of Sishencong. Numerous collection reads of ancient TCM literature as well as recent online studies are conducted to do a brief elaboration on main pathogenesis of insomnia, understanding of extraordinary point SiShenCong, effectiveness of SiShenCong in treating insomnia and acupuncture manipulations of SiShenCong. All these are analyzed theoretically in overall in order to achieve the research objectives.

Keywords: insomnia

SiShenCong point

acupuncture