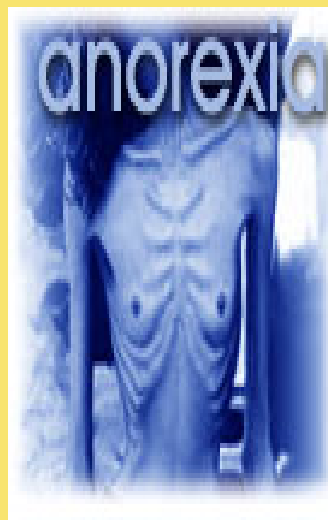


# Professor Pedro Choy – Portugal

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- Invited Professor at Chengdu TCM University
- Vice President of PEFOTS–Amsterdam
- Vice President of WFCMS – Beijing
- President of Portuguese Federation of TCM – Lisbon
- Studied Conventional Medicine – University of Coimbra – Portugal
- Studied Chinese Medicine at Prof Nguien Van Ngi Institute's – University of Medical Sciences - Marseille – France
- Born at Macao – Aomen - China





# Anorexia

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Dr. Pedro Choy

June 2006

Tarragona Spain

# Occidental Medicine

## What's Anorexia?

Psychological and eating disorder in which the eating behavior is changed and disrupted into a weight loss need.

We can find the following *signals and symptoms*:

- Compulsive behavior to keep the weight under the normal standards;
- Irrational and permanent fear of gaining weight
- Self-image distortion (the person sees herself always overweight and larger)



# Occidental Medicine

## *signals and symptoms:*

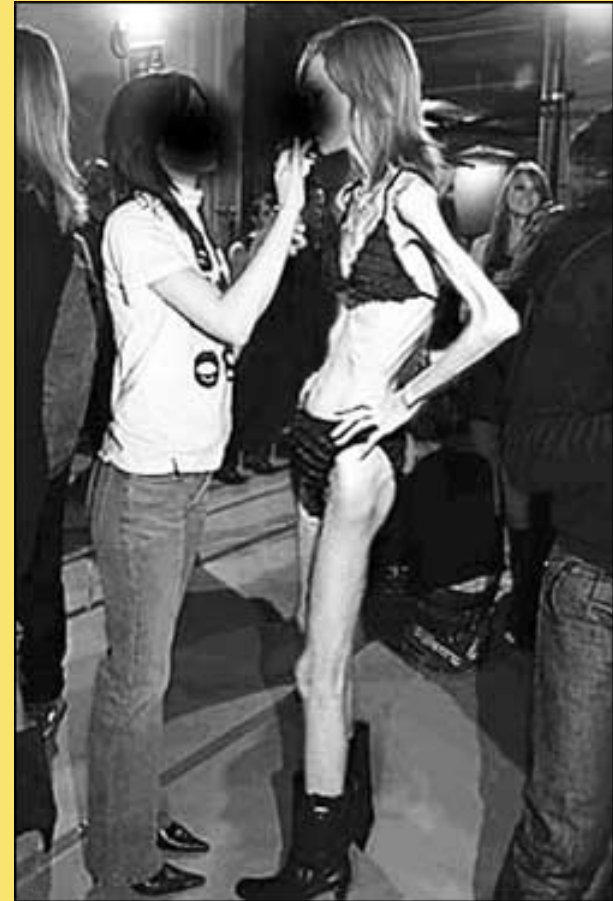
- Weight loss due to voluntary reduced food intake
- Or due to laxative intake
- Or due to diuretic intake
- Or due to vomit inducing;



# Occidental Medicine

## *signals and symptoms:*

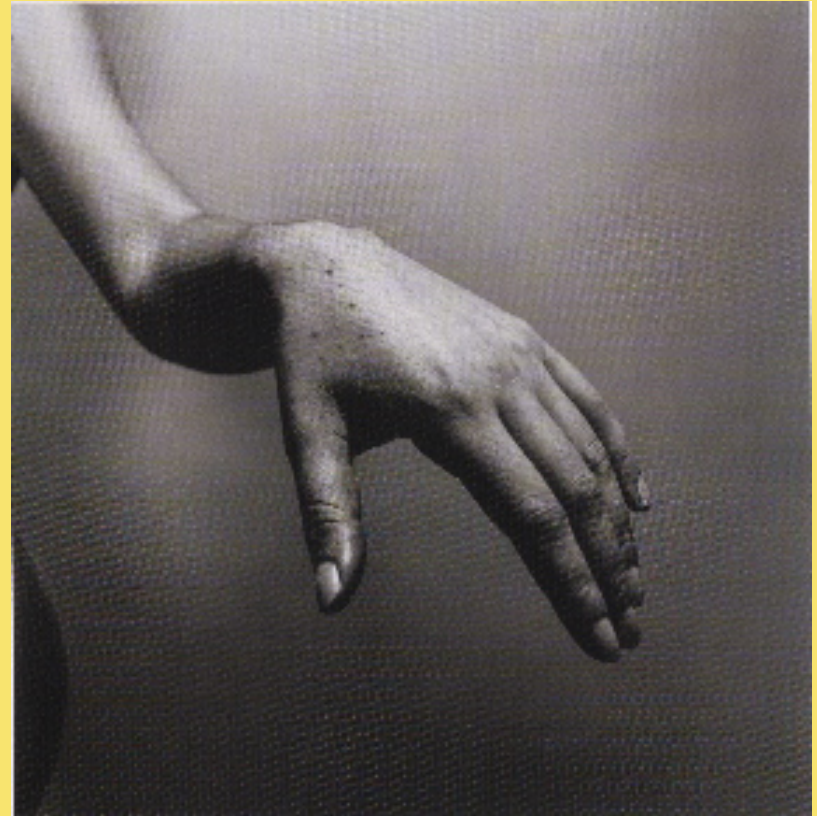
- Voluntary restriction over some food (usually meat)
- Overdoing in exercising
- Making their own rules on the amount and kind of food that they can eat.
- They also make their own rules on how much they should exercise to eliminate the ingested food



# Occidental Medicine

## *signals and symptoms:*

- They redraw from the social life with others to avoid food or show the act of vomiting.
- They weight themselves several times a day



# Occidental Medicine

## What is it, Anorexia?

- It exists to types of Anorexia:
- The Restrictive Type – dieting, fasting and/or over exercising causes the weight loss.
- The Compulsive Type – The weight loss is obtained by eating freely and then getting rid of the food by:
  - **Vomiting;**
  - **Laxative use, diuretic use or clysters (enema).**



# The Compulsive Type

It is called 'compulsive' because there is an unstoppable desire to eat too much followed by the compulsive need to induce the vomit.



# The Compulsive Type

The Compulsive type patients:

Are harder to treat than the Restrictive type,

Are emotionally unstable, as well as his humor is.

Are usually bound to the abuse of: alcohol, drugs and medication.

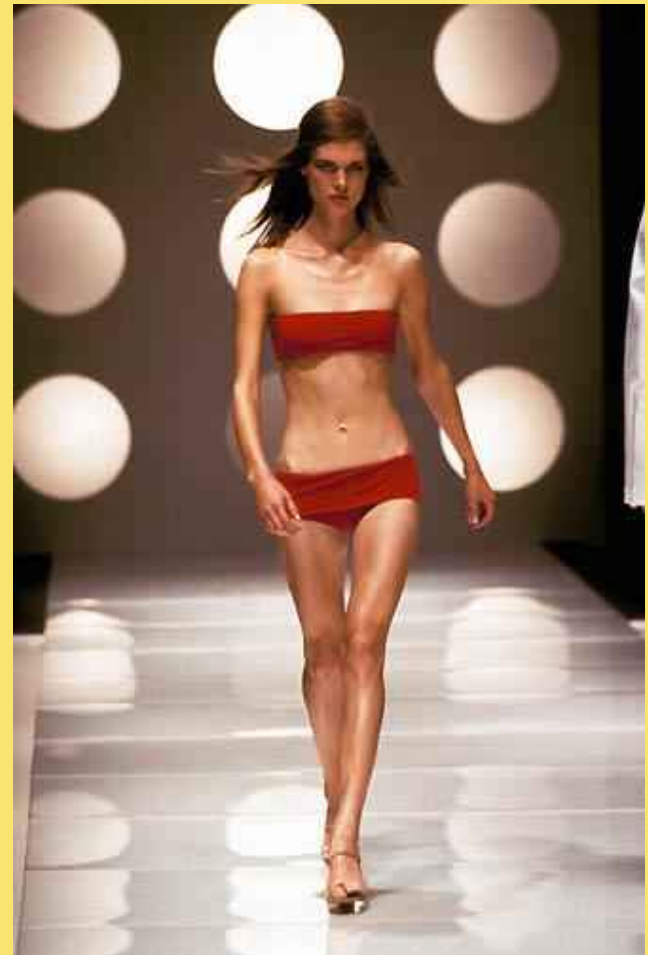


# Caracteristics and Behavior

People suffering from anorexia often are:

- Intelligent
- Bright
- Good Looking

Excellent at school, sports and job



# Caracteristics and Behavior

The anorexic people suffer from:

- Fear of growing up and become adults
- Retaining their emotions
- Feelings of uselessness and insecurity
- Keeping their feelings inside
- A large need to please the others
- Fear of rejection



# Caracteristics and Behavior

- Perfectionism
- Lost of sexual desire / lost of libido
- Problems with their sexuality
- Other phobias besides gaining weight
- Need to feel independents



# Caracteristics and Behavior

- Self-esteem depending on their weight and physical shape
- The weight loss is considered a remarkable accomplishment
- Gaining little weight is seen as a large failure
- They don't fear the consequences of their disease, not even death.



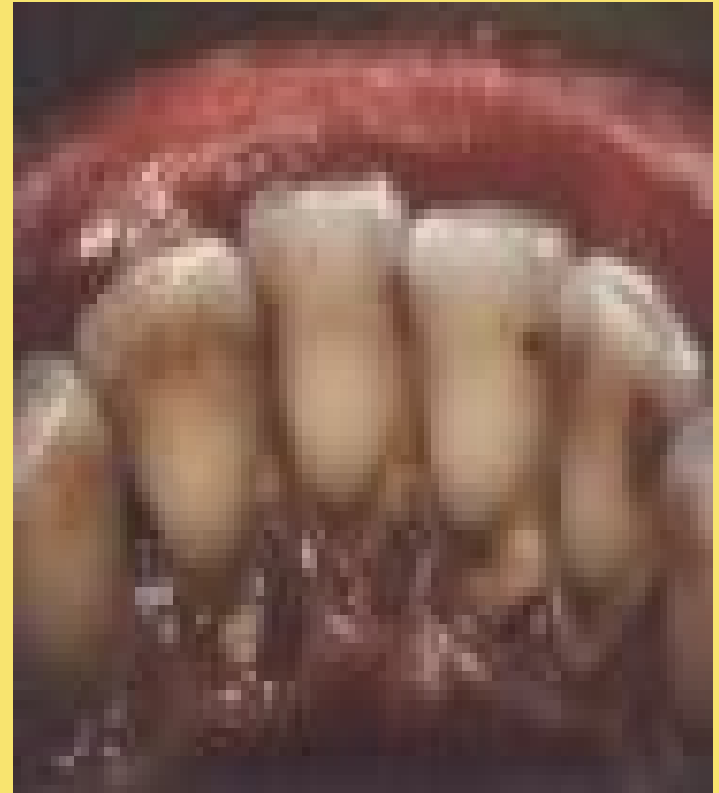
# Consequences

- Mal nutrition, skinny to the maximum, osteoporosis, anemia, amenorrhea, hair loss.
- Muscle loss.
- Insomnia, disrhythmia, tachycardia, bradycardia,
- Arterial low blood pressure, cold extremities,
- Loss of energy, lethargy, intolerance to the coldness



# Consequences

- Discoloration and loss of teeth, (repeated vomiting)
- Constipation (abuse of laxatives), irritation of the colon
- Dry skin, dehydration
- Metabolic encephalopathy
- **Death**, mortality rate: 6% to 10% (metabolic alteration or organic disrupt of: Kidneys, Liver, Heart...)



# Frequency

Anorexia happens in around 1% of the European population, and 90% of the cases are women.

It is more frequent in the wealthy classes.

Some professions establish a connection between slimness and success, that is the case of models or ballet dancers



# Frequency

Cases of anorexia have begun to appear in children.

The disease is found in the proportion of one for 20 thousand children.

“ Its origin could be the relation with the parents” .



# Frequency

There are two forms for the precocious anorexia:

the **Passive** one and the **Active** one, there are also two different treatments.

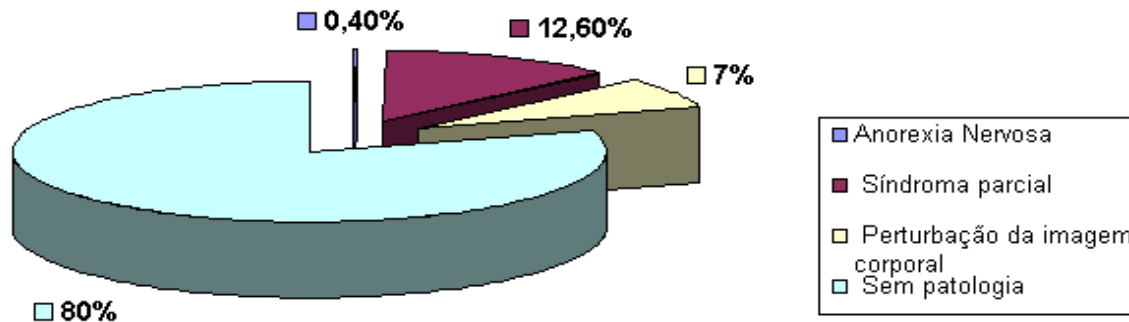
**Precocious Passive anorexia:** The most serious type. The child has no appetite and loses the connection with the exterior world, like if he/she was an autistic person. It leads to death if there will be no psychiatric treatment.

**Precocious active anorexia:** The prognostic is better because there is not the autistic behavior. The treatment goes through psychiatry and social reintegration.



# Frequency

Prevalência da Anorexia Nervosa em jovens do sexo feminino de Lisboa e Setúbal



- 20% of the female teenagers are at risk of becoming anorexic or already are (0,4%)

- Daniel Sampaio, Dulce Bouça, Isabel do Carmo and Zulmira Jorge
- Universe: 2398 female youngsters from 29 schools of Lisbon and Setúbal, 1998

# Occidental Medicine

## Treatment

- One turns to psychological, individual and familiar therapy, and anti-depressants.
- Medication are used, especially when there is associate depression or compulsive symptoms, which are common.
- When the loss of weight is very serious (more than 20 % of the normal weight) the patient must be interned.
- The interning is frequently compulsive, it includes forced food intake or trough naso-gastric probe.
- The anorexic people are interned frequently



JERRY McBRIDE / Herald

# Occidental Medicine

## Etiology

- There is a tendency to point the guilt towards the parents, particularly to the mother
- One thinks that the anorexia depends on a bad mother-daughter relationship,
- sometimes because of excessive authority or excess of protection.
- **It is one of the phobic diseases, compulsive-obsessive and bipolar diseases**



# Occidental Medicine

## Etiology

- The remote cause of the anorexia can reside in a psychological shock
- Nevertheless, it has to be considered biological factors, such as a genetic predisposition
- There is also familiar influence, cultural-social influence, Media influence, among others.



# Anorexia on an Organic Level

Magnetic resonance in anorexic children showed the reduction of 10 % to 30 % of the blood cerebral flow in the lobo temporal, the lobo temporal governs the appetite, the sensation of satiety, the emotional expression and the visual perception.

**The anorexic normally have problems in all these areas simultaneously.**



# Organic Problem and Visceral Entities (TCM)

- Recent studies have been associating the Anorexia to a health problem with not merely a psychological origin, but also with an organic origin,
- What meets the framing of this pathology in TCM.
- We consider it to be a perturbation of the Shen 神 while conductor of the orchestra of all the visceral entities



# TCM and Anorexia

## Visceral Entity or spirit of the organ

- Po 魄 – Lung – basic instincts,
- Shen 神 – Heart – Emotional stability and control
- Hun 魂 - Liver – Ability to communicate
- Yi 意 – Spleen, Repetitive thinking
- Zhi 志 – Kidney – Will Power and Determination

Po- Absence of survival instinct, suicide; starving to death.

**Shen- Hallucination; psycho-emotive discoordination**

**Hun – No externalization, almost autism. Looked upon himself**

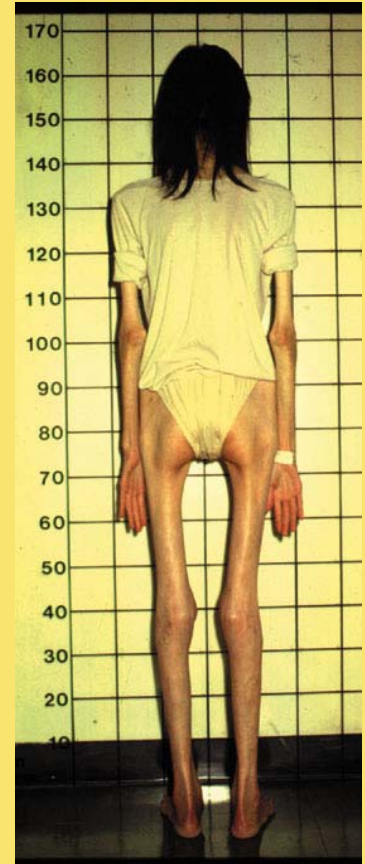
**Yi - Perfectionism, obsession for the slimness, excessive worries and for anticipation**

Zhi – Irrational fear, incapacity of achieving, understands the goal but does not bring it to the end, excessive determinism: " Best dead than fat"

# TCM and Anorexia

## Treatment - Phytotherapy

- Chinese patented herbal medicines can regulate the relation between visceral entities:
- **F137 – An Shen Wan –**
- It regularizes the Shao Yin level
- That is the relation Kidney-Heart,
- or the relation **Zhi 志**– **Shen 神**:
- The emotions get stable
- The hallucination gets moderated
- The capacity of rationalizing overcomes the rest,
- The fear and phobias go away (social rejection, fatness, not loved, etc....)



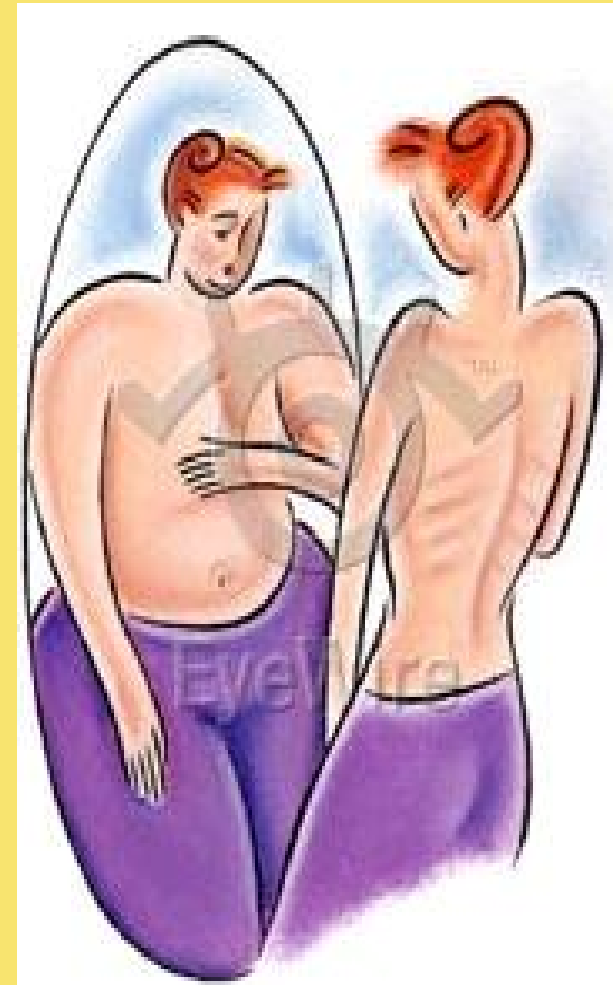
# TCM and Anorexia

## Treatment - Phytotherapy

- **F61- Gui pi Wan –**
- Restores the Spleen
- The **Yi 意** becomes sufficient:
- It stops the obsessions,
- The worries are vanished.

**Because the Spleen is the center of the Zhong Jiao.**

- the appetite is balanced,
- The excess and lack of food are gone (Bulimia and Anorexia).



# TCM and Anorexia - Phytotherapy

- **F69 – Tian Wang Bu Xin Dan**
- Feeds the Heart Yin
- Rebuilds the **Shen**神,
- The **Shen**神 is the master of all visceral entities, so the other entities also get organized and stable like a well tuned orchestra
- Psychic and rationalism work in perfect harmony.
- This is when we get the cure.



# TCM and Anorexia

## Acupuncture

- BL 42 –Pohu 魄户 3 cun lateral to the lower border of the spinous process of 3rd thoracic vertebra
- BL 44 –Shentang 神堂 3 cun lateral to the lower border of the spinous process of 5th thoracic vertebra
- BL 47 – Hunmen 婚门 3 cun lateral to the lower border of the spinous process of 9th thoracic vertebra
- BL 49 – Yishe 意舍 3 cun lateral to the lower border of the spinous process of 11th thoracic vertebra
- BL 52 – Zhishi 志室 3 cun lateral to the lower border of the spinous process of the 2nd lumbar vertebra
- ST 36 – Zusanli 足三里; SP 6 Sanyinjiao 三阴交
- SP 4 Gongsun 公孙 (key point of Chong Mai);
- SJ 6 Neiguan 内关 (key point of Yin Wei Mai)
- DU 20 Baihui 百会; Extra 1 Yintang 印堂;
- GB 13 Benshen 本神 Auricular - Shenmen 神门;
- Auricular Point - Adrenal gland;

# TCM and Anorexia

## Acupuncture

- **BL 42 – Pohu** 魄户
- Acts directly over Po 魄
- Calls for the survival instinct, going against the self destruction process of going voluntarily to famine
  
- **BL44 – Shentang** 神堂
- Acts directly on the Shen 神
- Rebalances emotions,
- Brings back the control of the other visceral entities to the Shen 神, preventing them from promoting the chaos on the mental.



# TCM and Anorexia

## Acupuncture

- **BL 47 – Hunmen 婚门**
- Balances the Hun 婚 allowing the emotions to be brought outside
- Promotes the balance of the inner world of the patient with the outside world
  
- **BL 49 – Yishe 意舍**
- Balances the Yi 意
- Therefore the obsession disappears and the worries are vanished



# TCM and Anorexia

## Acupuncture

- **BL 52 - Zhishi 志室**
- Helps the Zhi 志 to find its aim,
- The wrongly placed determination (stubbornness and the sacrifice to be thin) is replaced by the will to cure,
- One gets self esteem back,
- Overcomes the fear and phobia to fatness.



# TCM and Anorexia

## my personal experience

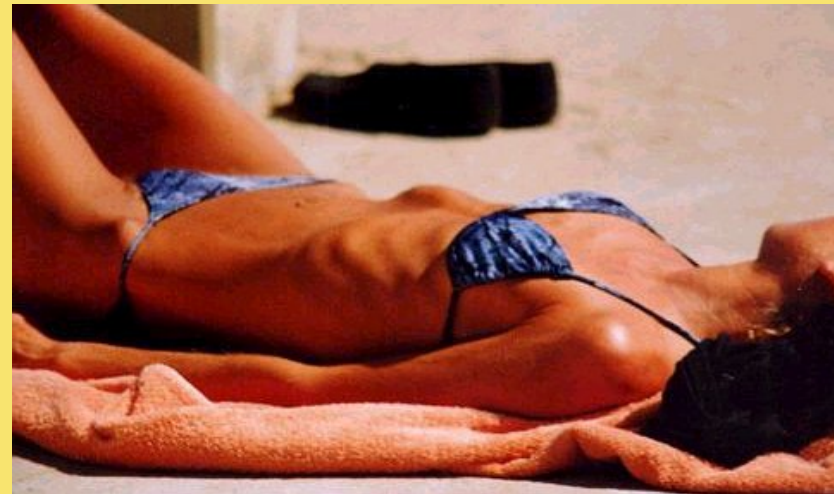
- I have treated hundreds of cases, the majority with success
- The first cases were about too thin girls, that come to me to grow even thinner.
- The good results got the word out, and soon I was being searched for girls actually anorexic.



# TCM and Anorexia

## my personal experience

- I attack the problem by explaining to the patient and family that it is not their fault, there is no one to blame
- The anorexic persons are born with a predisposition towards this disease (Insufficiency of the Kidney Jing, mostly)
- To the parents that is a relieve to listen those words because they usually get the blame by themselves or from other health care professionals.



# TCM and Anorexia

## my personal experience

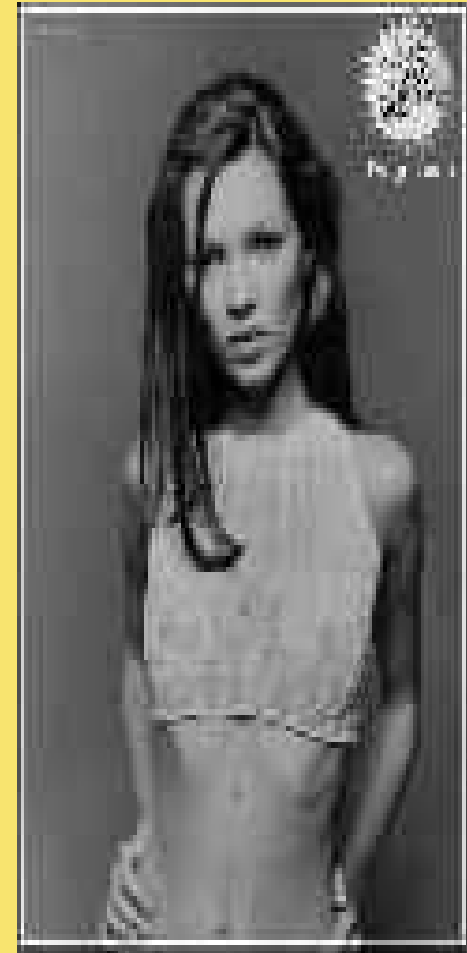
- But the therapeutic method of TCM we use, isn't only about herb prescription and acupuncture, instead of drugs and psychology
- The biggest difference is the **cooperation with the patient.**



# TCM and Anorexia

## my personal experience

- To cooperate with the patients means to support them, in their biggest fear: **phobia of being obese**
- In conversation they easily admit that if they would gain some kilograms they would still be skinny
- Then why do they still want to get thinner?
- Because they fear so much to be overweight, that they need security against it ,
- which they only acquire by growing too thin!



# TCM and Anorexia

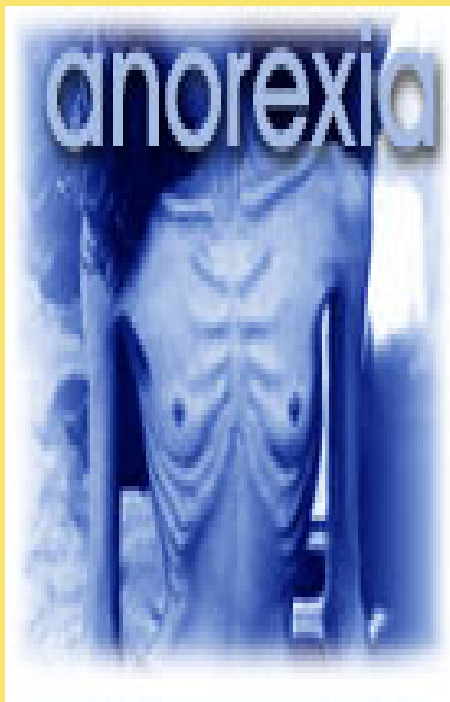
## my personal experience

- And, what about, if we would work to be the guarantee of this security that the patient looks for!?
- Helping her/him to support oneself to be sure that they will stay thin,
- but according to parameters that are healthy!?
- For example: a young girl aged 16, with 1,58m and 37kg admits easily that with 45kg still is a thin girl.
- We shall make one agreement with her, (a symbolic shake-hands is welcome):
- That she will gain weight up until she is 45kg
- and we won't let her go above that weight unless she wants so.

# TCM and Anorexia

## my personal experience

- We really must full accomplish our side of this agreement, so that we do not lose the patient confidence
- If she gets to be 46kg and wants to lose 1kg, we must help her on achieving that, even if we know she need to gain more weight.
- That way we can keep the patient still thin, but on one level that is safer for her health, far away from risking her life.
- Meanwhile, the acupuncture and the herbs are promoting the balances until the day the patient accepts having a normal weight
- A few Months after that, we can dismiss her from treatment.
- Because She is healed.



# **Anorexia and TCM**

## The End

Vilnius, May 2006

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