

"Stomach Disharmony is Sleeping Restlessness" and Insomnia Differentiation and Treatment

Ruyan Sha¹, Jinpei Zhang^{2,*}, Li Meng¹

¹Shaanxi University of Chinese Medicine, Xianyang 712046, Shaanxi, China

²Affiliated Hospital of Shaanxi University of Chinese Medicine, Xianyang 712000, Shaanxi, China

*Correspondence Author

Abstract: *Insomnia belongs to the category of "sleepless" in Chinese medicine, the main clinical manifestations are difficult to sleep, or sleep and easy to wake up, or can not sleep after waking up, and sometimes wake up when sleeping, severe sleepless all night. Later generations of doctors will spleen and stomach disharmony, phlegm and damp block, diet stagnation, causing sleepless nights are attributed to this. As early as in Suwen, it was mentioned that "stomach disharmony leads to sleeping restlessness". With the in-depth study of brain and intestinal axis and intestinal flora, the relationship between spleen and stomach and insomnia has been further understood, and it is concluded that one of the important pathogenesis of insomnia is spleen and stomach disharmony, which can cause deficiency of Qi and blood biochemistry, disharmony of Ying and wei, and loss of balance of Yin and Yang. Regulating spleen and stomach is safe and effective in treating insomnia without side effects.*

Keywords: Insomnia, Regulate the spleen and stomach, Differentiation and treatment.

1. Introduction

Insomnia, Chinese medicine is also known as "not sleeping" "eyes not close", mainly manifested as insufficient sleep time, lack of depth, not easy to fall asleep, easy to wake up at night, and early wake up and dream, daytime sleepiness, inattention, etc., is one of the common sleep problems in clinical practice. Frequent insomnia will affect the quality of life, work and study of patients, and seriously lead to other diseases. According to epidemiological studies, 45.5% of respondents in China have experienced varying degrees of insomnia in the past month [1]. Patients with clinical brain diseases such as insomnia, depression, bipolar disorder, In the course of onset, it is often seen that sleep disorders such as difficulty falling asleep, many times waking up at night, difficulty falling asleep after waking up, and many dreams, as well as mental symptoms such as restlessness, sweating, taciturn, easy to be dry and irritable, low mood, crying for no reason, sulking, and easy to cry. Long-term recurrent attacks can also lead to hiccups, belching, vomiting and acid reflux, poor bowel movements, and other symptoms of spleen and stomach imbalance. Although the latter belongs to the category of "abdominal pain" and "diarrhea" in traditional Chinese medicine, the root cause is closely related to long-term insomnia in patients [2]. About this disease, "Neijing" put forward a theoretical system based on yin-yang rhythm and dominated by yin-yin and wei, that "stomach disharmony leads to restfulness" is one of its important causes. The spleen and stomach are the basis of acquired nature and the source of Yingwei's transformation and health, and the transformation and operation of Yingwei are closely related to sleep rhythm. Therefore, this paper focuses on regulating the spleen and stomach and explores sleeping restfulness caused by stomach disharmony in combination with acupuncture treatment [3].

2. Causes and Pathogenesis of Sleeplessness

Due to the people's eating habits, eating spicy stimulation, fat

thick greasy, like to eat cold drinks, alcohol and food is not good, and the spleen and stomach transport is not good, the accommodation is stagnant in the stomach, the spleen and stomach are damaged, wet food produces phlegm, stagnation phlegm produces heat, stomach qi disorder, disturbs the mind, can not sleep. For example, "Zhang's doctor can not lie down", "pulse slip number strong can not lie down, there is stagnation phlegm fire, this is the stomach is not sleeping restlessness" [4]. Modern people's fast pace of life, often busy with work and social activities, the consciousness of healthy diet is weak, long-term irregular eating habits, as well as sedentary less movement, high pressure, emotional disorders, fatigue, excessive thinking, resulting in spleen and stomach qi machinery unfavorable, transport disorder, lack of Qi and blood biochemistry, can not be given to the heart, resulting in mental disorder and insomnia. Such as "Jingyue Book · sleepless" cloud: "tired, thinking too much, will cause blood depletion, no master, so do not sleep" [5]. Although there are many causes of insomnia, but the total is Yang sheng Yin failure, Yin and Yang lost. Yin and Yang maintain the balance of the two qi, life activities can proceed in an orderly manner. Yin and Yang, Qi and blood come from the subtle of water and grain, on the heart, then the mind is nourished; If it is stored in the liver, the liver body is soft; Control in the spleen, then biochemical ceaseless; Adjust the degree, and for fine, hidden in the kidney, kidney essence on the heart, heart Qi under the kidney, the mind is peaceful. The production of fine grain is from the spleen and stomach transport. "Stomach disharmony is sleeping uneasily", "harmony" refers to Yin and Yang self harmony, Yin and Yang sympathies are both at ease, harmony for use, through the Yin and Yang transformation, Yin and Yang ebb and flow of self-coordination mechanism to make Yin and Yang to maintain a relatively stable structural relationship. If the destruction of Yin and Yang dynamic balance, causing Yin and Yang imbalance, Yin does not make Yang, Yang does not make Yin pathological changes, it will lead to the function of the viscera is abnormal, it will cause "discord", "and" sleeping safety ", "discord" is "sleeping restlessness". "Stomach harmony" is the basis of "sleeping safety".

3. The Connotation and Mechanism of Stomach Disharmony and Sleeping Restlessness

"Stomach disharmony is sleeping uneasiness" earliest from "Plain question · Inverse tone" said: "Yangming, stomach pulse also. The stomach, the six fu-organs of the sea, its qi also down. Yangming inverse, not from its way, so can not lie also. The following sutra said: stomach disharmony is sleeping restlessness, this is called also." Ming · Li Zhongzi "Medical must-read" cloud: "sleepless, there are about five..... My stomach has been upset." It is clearly pointed out that "stomach discord" is one of the reasons for sleepless [6]. (1) The spleen and stomach are located in the middle jiao, the stomach is accepted and decomposed, which is "the sea of water valley", the spleen is the main transport, which is "the stomach does its body fluid", both of which are "the root of the acquired day". The stomach decompresses the food, water and grain into fine substances, and disperses the whole body through the transport function of the spleen and the function of the lung in propagating and lowering, generating Ying and Wei. Ying belongs to Yin and the main body guards, while Wei belongs to Yang and the main body guards, and the two are mutually reinforcing and mutually reinforcing [7]. "Ling Shu · Camp health meeting" said: "People receive qi in the valley, the valley into the stomach, to pass in the lungs, the viscera, all to receive Qi, its Qing for the camp, the turbidities for the guard, the camp in the pulse, the guard outside the pulse, the camp week, fifty and the complex assembly, such as ring without end." Yingwei two qi are from the water valley subtle, the two pulse running, inside and outside, Yin and Yang with each other, running in the whole body, nowhere. Only when the physiological function of the spleen and stomach is normal, the qi of Yingwei can be continuously generated and run in the body, and the ying week is endless, in order to maintain the normal physiological function of the body during the day and night. The rise and fall of qi in the spleen and stomach is related to the strength of Yingwei Qi, and also determines the size of the body's anti-evil ability. And the spleen and stomach, Ying Wei and the two physiological correlation, pathological mutual fatigue, if the spleen and stomach transport function disorder, insufficient subtle chemical, then Yingwei qi deficiency, Yin and Yang sympathetic disorder, positive decay, evil Qi while the deficiency in, and Wei Qi stroke, resulting in Wei qi operation disorder, should be from Yang but not out, should enter in Yin but not in, and thus appear to sleep disorder. "Ling Shu · Ying Health Association" said: "Ying Qi deficiency, and Wei qi internal felling, so the day is not fine, night is not close [8]." (2) The balance of Yin and Yang is disordered, and the sleep is erratic; The normal life activities of the body are the result of both Yin and Yang maintaining coordination and harmony and being in dynamic balance, as the Lingshu · Mouth Question said: "Yin is the Lord of the night, the Lord of the night, Yang qi, Yin Qi is full of eyes, Yin Qi is full of Yang Qi, and it is on Yi." That is, "plain question · Angry theory of heaven" in the cloud: "Yin Pingyang secret, spirit is governance." Once this balance is broken, it causes disease in the human body, the author found that the occurrence of insomnia, and "stomach disharmony" caused by Yin and Yang this balance is closely related, Zhu Danxi in the "Danxi heart Law" said: "The spleen can make the heart and lung Yang down, kidney and liver Yin rise, and into heaven and

earth, is no disease. "Su Question · Inverse modulation" said: "Yangming, the stomach pulse is also, the stomach, the six fu-organs of the sea, its qi also downward. Yangming cannot follow its path, so it cannot lie down." The main pathogenesis of insomnia is Yin sheng Yang failure, Yin and Yang incompatibility, the spleen and stomach are in the center of focus, is the hub of Yin and Yang, Qi and blood, body fluid rise and fall, when the spleen and stomach dysfunction, the traffic function of the hub will be destroyed, breaking the original balance, can not achieve the balance of Yin and Yang growth, and insomnia. (3) heart and brain loss, God displaced, can not sleep; "Su Wen Linglan Secret Classics" said: "The heart, the monarch's official, God out of how." The heart Lord God is mainly reflected in dominating the physiological and psychological activities of the human body, so "Plain Question · Six sections of the theory of Tibetan Images" the brain resides in the brain, and there are pith aggregation, so "Plain Question · Five viscera generation" said: "All pith, all belong to the brain." The brain is the place where the essence and the gods come together and dominate the mental consciousness thinking activities. Therefore, the heart and brain have the functions of the Lord God. Zhang Jiabin said in the article "Jing Yue's Complete Book, Sleepless": "Cover the sleep of Yin, God its Lord also, God is sleeping, God is restless sleepless." God is one of the foundations of sleep, and the normal function of the heart and brain is the premise of God, and the normal function of the heart and brain can not be separated from the common material basis of Qi, blood and body fluid. Therefore, when the spleen and stomach transport function is abnormal, the digestion and absorption of food and its water and grain subtlety and other substances cannot be transformed into qi, blood and body fluid to be transported to the heart and brain, affecting the normal physiological functions of the heart and brain, and the god is displaced, it will show insomnia or irregular sleep [9].

4. Dialectical Thinking of Insomnia based on the Theory of "Stomach Disharmony Leads to Sleeping Restlessness"

4.1 Phlegm-dampness Blocking Type

Stomach in the middle of the state, for the hub of qi lifting, if phlegm endogenous, block qi, qi lifting disorder, such as Ming Rong Jingming said: "in the duct of the qi blockage is not comfortable, Yin and Yang pulse is not reversed, and not sleep of the evidence." This is the "stomach discord" of "phlegm dampness obstruction". Clinically, when Erchen decoction is added to taste, dry dampness and phlegm and "and stomach", then wet expectoration, stomach and sleep is an [10].

4.2 Phlegm-heat Internal Disturbance Type

If mood depression does not reach, liver loss, stomach qi and thus disharmonious, or diet is not proper, wet phlegm, and then spittoon confluent, heat over time, phlegm heat disturbance, stomach Qi also then reverse, thus into deficiency vexation sleepless, restless and other diseases. As the "class syndrome treatment" cloud: "cover the stomach qi main down, if the phlegm fire blocking bi is disturbing sleep also." This is "phlegm heat internal disturbance" of "stomach discord". Clinically, it is appropriate to add and reduce

Huanglian Wendan Decoction to clear heat and eliminate phlegm and "reconcile stomach", so that phlegm heat can be removed, and stomach qi can be reconciled and sleep can be accomplished [11].

4.3 Stomach Heat Incandescent Type

If because of excessive eating spicy stimulation, burnt roast warm dry products, then heat fire, or mood failure, qi depression fire attack the stomach, or evil heat attack the stomach, stomach fire burning, hinder Qi, stomach and fall, turbid-qi on the reverse night sleep uneasy. As the "Medical heart" cloud: "can not sleep, Yin and Yang have, the crazy can not sleep, Yang Ming stomach heat is also..... Stomach heat evil, so do not sleep, do not sleep." This is the "stomach discord" of "stomach heat". Clinically, Qingwei Powder combined with Xiexin Decoction should be used to reduce, clear the stomach and expel fire and "and stomach", then the stomach heat is removed, and the stomach qi is and lying since an [12].

4.4 Spleen and Stomach Deficiency Cold Type

If the causes of the patients with gastric disordered sleeping restlessness are insufficient Yang qi, cold diet, and turbidity-yin disturbing the stomach, there may be signs of gastric epigastric cryptic pain, warm and warm, fullness of fullness after eating, nausea, loose stool, pale tongue, thin or thin pulse, etc., which can warm the middle and dissipate cold, strengthen the spleen and stomach, and Huangqi Jianzhong Decoction can be used for differentiation of addition and reduction [13].

4.5 Gastric Duct Type

If the causes of patients with gastric disordered sleeping discomfort are improper diet, insufficient movement of the spleen and stomach, and stagnation in the stomach duct, there may be signs of gastric distension and pain, fetid breath, vomiting and indigestion of food, pain reduction after vomiting, uncomfortable stool, thick and greasy fur, etc., which can eliminate the accumulation and guide the stagnation, relieve the food and stomach, Baohe pills can be used for differentiation of addition and reduction [14].

4.6 Gallbladder and Stomach Disharmony, Phlegm-heat Internal Disturbance Type

If the cause of gastric disharmony causing lying restlessness is spleen disturbance, wet food causing phlegm, emotional disorder, qi stagnation causing phlegm, phlegm turbidness and upper disturbance, there may be timid and easy to panic, palpitation insomnia, restlessness, phlegm and sticky quality, loss of appetite, nausea and vomiting, hiccup and belching, yellow and greasy fur, pulse slip number or string number and other gallbladder and stomach discord, phlegm turbidness and internal disturbance, which can clear phlegm and turn turbidness. Huanglian Wendan Decoction can be used for syndrome differentiation and treatment of stomach-calming [15].

5. Acupuncture Treatment

Acupuncture is trusted by the masses, on the basis of the theory of "stomach disharmony is sleeping restlessness", acupuncture is not a minority of sleepless treatment. "Acupuncture integration" contains: "heart heat sleepless, Xie Xixie, Yongquan buliyu" from Yangming stomach treatment of heart heat sleepless. "Acupuncture and Moxibustion Dacheng" said: "where the needle against and welcome to seize, that is, diarrhea son also, such as the heart of the fever, will be diarrhea in the spleen and stomach points" from the spleen through the treatment of heart heat sleepless. Through TCM syndrome differentiation, syndrome examination, syndrome differentiation and treatment, the balance of Yin and Yang of the body and qi and blood of the zang-fu organs can be adjusted, the qi and blood of Yin and Yang in the body can be harmonized, the liver qi can be regulated, the drainage can be coordinated, the qi and blood can be filled, the heart can be nourishing, the spirit can be peaceful, and sleep can be naturally improved [16].

Gao Yu [17] believed that the spleen and stomach were the main reasons for treating insomnia and "treating symptoms and root causes". Acupuncture at Zhongwan, Neiguan, Tianshu, Zusanli and other points calmed stomach. Liu Liangsheng et al. [18] performed acupuncture with the stomach-calming method to restore the function of the spleen and stomach, so as to make Yingwei sufficient, calm mind, coordination of Yin and Yang and calm sleep, and achieved good curative effect by acupuncture Zhongwan, Tianshu, Pishu, Weishu, Anmian, Shenting, Baihui, etc. Yang Shuo et al. [19] treated 40 cases of insomnia with spleen-stomach acupuncture. The basic treatment was sleep education, asking the patients to refrain from beer, strong tea, coffee and other substances, to do outdoor activities for at least 2 hours during the day, and not to do strenuous exercise before going to bed. Acupuncture Baihui, Shenting, Benshen, Sishencong and other points, flat stab back 0.5~1 inch, Shenmen, Neiguan, Zhongwan, Taichong, vertically into the needle, the tip of the needle into 0.5~1 inch; Zusanli, Sanyin jiao, Tianshu, Qi Hai, vertically into the needle, needle tip into 1.5 inches; The scores of PQSI, SAS and SDS were significantly improved after 3min, 30 times /min and 1 time /d (P<0.01). Jia Xieri et al. [20] believed that the balance of Yin and Yang was based on the harmonization of the spleen and stomach and the orderly movement of the spleen and stomach. The disharmony of the spleen and stomach, the imbalance of the rise and fall, in addition to lead to the syndrome of the spleen and stomach, but also make the imbalance of Yin and Yang cause insomnia; Through the adjustment of Zang-fu Yin and Yang treatment of insomnia, although there is an effect, but not lasting effective, should be added to regulate spleen and stomach points, such as Shangwan, Zhongwan, lower wan, Tianshu, Neiguan, Gongsun, foot Sanli, three Yin Jiao, etc., can receive better results.

6. Other Remedies

Yan Yongmei [21] believed that the incompatibility of the spleen and stomach would lead to the adverse flow of qi and blood and deficiency. Blood is one of the material basis of mental activity, and the spirit is the master of the heart, while Qi and blood deficiency means that the God has no support. Yin and Yang are the house of the gods. Applying the dialectical theory of Pinxia kaoliang decoction to add or

reduce, dry pinellia can dry dampness and eliminate phlegm, reduce regress and retching, and eliminate lumps and tangles, which is a good medicine for stomach. Lin Da et al. [22] and Weitongfu Anshen prescription treated 69 cases of insomnia, including dampness and heat in the spleen and stomach, diet injury to the stomach, gallgalli and stomach dissonation, adding and reducing the syndrome, 1 dose/day, and the cure rate was 37.7%, the effective rate was 49.3%, and the total effective rate was 87.0%. Shi Wei [23] believes that "stomach disharmony" has the difference between evil and deficiency, reinforcing deficiency and draining excess, resolving obstruction, and Wei Qi flowing smoothly, then Yang qi is not too abundant and Yin Qi is not too deficient, Yin and Yang are harmonious, and sleepless is more; Wendan Decoction combined with Banxia Kaoliang rice decoction for the treatment of phlegm heat blocking type, Guipi decoction combined with Jiaotai Pill for the treatment of spleen and stomach qi deficiency type. Chen Taiming [24] believed that "stomach disharmony leads to sleeping restlessness" mainly consists of patients mixed with deficiency and insufficiency, and there are few empirical studies. Invigorating spleen and supplementing qi, calming liver and stomach, adding drugs to calm the heart, Xiangsha Liujuanzi decoction plus or minus dialectical treatment, the effect is remarkable. Hu Ke et al. [25] put forward the diagnostic significance of "sleeping restlessness" for "stomach disquiet", and believed that phlegm heat disturbing the spirit could be identified with symptoms such as restlessness at night, body enthusiasm and irritability, yellow and greasy fur, and pulse slippage. Banxia Kaoliang rice Soup combined with Wentan Tang was given to clear heat and remove phlegm and soothe stomach.

7. Modern Research on the Understanding of "Stomach Disharmony is Sleeping Restlessness"

In modern society, due to the change of the pace of life, the increase of work or life pressure, and the conflict of interpersonal relations, insomnia is a frequent trend. At present, sedative and hypnotic drugs are commonly used in Western medicine. Such drugs are easy to cause side effects such as dizziness, drowsiness, drug resistance, withdrawal reaction, etc., and the effect is not obvious after long-term use, and patients will become dependent if they are used for a long time. Many domestic researchers have found that insomnia is often accompanied by gastrointestinal diseases in clinical practice, and have conducted in-depth studies on the relationship between gastrointestinal diseases and insomnia under the guidance of the theory of "sleeping restlessness due to stomach disturbance" [26].

8. Conclusion

According to traditional Chinese medicine, sleep may be affected to varying degrees by disharmony between liver and stomach, spleen deficiency and loss of mobility, stomach Yin loss, and blockage of phlegm and dampness, etc. The treatment principle of traditional Chinese medicine is mainly to regulate the function of the spleen and stomach on the basis of syndrome differentiation and treatment, so as to restore harmony between the spleen and stomach [27]. Because of the principle of gastrointestinal function, "the stomach should be

lowered and the fu-organs should be toned", the clinical application of toning drugs can achieve better results in the treatment of the disease of "stomach disharmony and sleeping restlessness". The spleen, soil also, while away the grain, sent in the chest, keep in the four sides; The stomach is the fu-organ of the spleen, and the fundamental of man. Is the so-called "four seasons spleen Wangwang not by evil." Stomach qi is strong, the viscera are strong, so it is not easy to be invaded by external evil. The spleen and stomach is the hub of human qi movement. The normal function of the spleen and stomach, the harmony of stomach and qi, and the orderly rise and fall can ensure the balance of Yin and Yang, the fullness of qi and blood, and the normal operation of Ying and wei. On the contrary, the spleen and stomach are not healthy, disturbed by evil, Yin and Yang are not good, the house of the five gods is disturbed, then God is restless, sleepless at night, so "stomach and" can "sleep on", "stomach is not sleeping". "Plain Question · Angry theory" said: "Yin Pingyang secret, spirit and even; Yin and Yang are determined, and the essence is determined." The brain is the cardinal of life and dominates the life activities of the human body. Yin and Yang imbalance, life activities can not be orderly, will be affected by the brain. The brain is the "house of the primitive God" and the hub of spiritual consciousness. Therefore, insomnia can affect emotions; On the contrary, mental consciousness is abnormally involved in the brain, which will also produce sleep disorders. Yin and Yang disharmony, resulting in the whole body Qi-blood body fluid transport and transfer of obstruction, spleen and stomach dysdynia or affect the function of spleen and stomach rise and fall, spleen loss of health transport, stomach disharmony, resulting in "stomach disharmony" as the main manifestation of clinical symptoms. "Stomach disharmony leads to sleeping restlessness" in Neijing points out that spleen and stomach disharmony leads to insomnia, which sets a precedent for treating insomnia by harmonizing spleen and stomach. From ancient acupuncture literature and modern clinical reports, it can be seen that this theory has become an important rule of acupuncture in treating insomnia. The modern second brain theory and related experimental studies are the basis of the theory and explain the mechanism of the theory. The syndrome type of insomnia is complex. In clinical practice, we should examine the cause of the disease, scrupulously observe the pathogenesis, take into account the coordination of the spleen and stomach, make the spleen and stomach rise and fall in an orderly manner, have active Qi-blood biochemistry, and follow the regularity of Ying and wei, so that Yin and Yang can be harmonious and sleep well [28].

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