

A Review of Chinese Medicine Treatment of Depression

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Abstract: In recent years, with the increasing incidence of depression year by year, the mainstream western psychological counseling has a long course of treatment, and has little effect on major depression. Technology of Chinese Medicine (TCM) doctors keep pace with The Times, combining TCM with psychotherapy, and have made a series of research achievements in TCM treatment of clinical psychological diseases. This review discusses many methods of TCM in the treatment of depression, and focuses on the application of TCM five-tone therapy, TCM therapy, acupuncture therapy and modern TCM psychological techniques. TCM treatment of depression emphasizes regulating qi and blood, balancing Yin and Yang and dredging meridians, aiming at restoring physical and mental harmony. Five-tone therapy regulates the circadian rhythm through the rhythm, alleviates the symptoms of depression, and is suitable for primary and secondary depression. Acupuncture treatment includes ordinary acupuncture, electric acupuncture, abdominal acupuncture and other methods to regulate the function of qi, blood and nervous system to improve the emotional and mental state of patients. Chinese medicine helps relieve depression by reconciling the viscera and calming nerves. Modern TCM psychological techniques, such as low-impedance ideation therapy, modified TCM emotional therapy and displacement techniques, provide new therapeutic approaches in emotional regulation and cognitive remodeling. Low impedance ideation therapy improves depressive symptoms by adjusting the patient's impedance state and guiding situational imagination. Modified Chinese emotional therapy helps patients regain a healthy state of mind through emotional catharsis and group support. The technique

of displacement alleviates negative emotions through visualization and mental space transfer.

Keywords: Five-Tone Therapy; Acupuncture Treatment; Modern TCM Psychological Technology; Low Resistance Thought Induction Psychotherapy; Depression

1. Five-Tone Therapy of TCM

Five-tone therapy is one of the important means of psychological adjustment in the theory of traditional Chinese medicine. It regulates the human body's qi and blood by using the different frequencies of the five tones of Gong, Shang, Jiao, Zheng and Yu to promote emotional balance, so as to improve mental diseases such as depression. The basis of TCM five-tone therapy is the combination of the five-element theory and phonology. The five-tone corresponds to the five viscera, namely, Gong tone corresponds to the heart, Shang tone corresponds to the spleen, Angle tone corresponds to the liver, characteristic tone corresponds to the lung, and Yu tone corresponds to the kidney [1-3].

1.1 Five-Tone Therapy for Primary Depression

Primary depression, also known as simple depression, usually has no clear inducement, and is more related to the patient's physical, genetic, endocrine and mental trauma. Five-tone therapy improves mood disorders by regulating the function of the body's five viscera and six organs. For example, Gong Yin regulates the heart qi, can promote blood circulation, relieve anxiety and inner emptiness; Shang Yin regulates temper and helps improve digestive system function, especially for those depression symptoms caused by spleen deficiency and loss of appetite; Horn sound can relax the liver and relieve depression, help to relieve the backlog of negative emotions,

and effectively relieve psychological symptoms such as anxiety and irritability; Signs and sounds can regulate lung qi and help to improve the problems of shortness of breath, chest tightness and emotional depression caused by poor lung qi. Yu Yin helps to restore the patient's physical strength and immunity by nourishing the kidney and Yin and regulating physiological functions. A number of clinical studies have shown [4-6] that five-tone therapy can have a positive effect on the nervous system of the brain through sonic stimulation, relieve the negative emotions of patients with depression, and improve their psychological state.

1.2 Five-Tone Therapy for Depression Secondary to Medical Disease

Medical disease is often the trigger factor of depression, especially patients with long-term chronic diseases are easy to cause depression because of physiological discomfort. By regulating the function of the internal organs, five-tone therapy can help improve the emotional instability caused by the dysfunction of the internal organs. For example, patients with heart disease often show low mood and fatigue, and the palace sounds in five-tone therapy help strengthen the heart and improve mental state by regulating the function of the heart. For chronic gastrointestinal patients, Shang Yin regulates the function of the spleen and stomach, which can improve symptoms such as dyspepsia and loss of appetite, so as to effectively relieve emotional problems caused by physiological discomfort [7].

1.3 Five-Tone Therapy for Depression Secondary to Gynecological Diseases

Gynecological diseases, such as irregular menstruation, menopausal syndrome, postpartum depression, etc., are often accompanied by fluctuations in hormone levels, which can easily lead to depressive symptoms. Five-tone therapy has been widely used in such diseases. In particular, the combination of uterine and horn sounds can regulate the physiological cycle of women, balance hormone levels, and alleviate emotional instability caused by hormonal fluctuations. The combination of sonic stimulation and psychological relaxation can not only promote the circulation of qi and blood, but also effectively regulate the psychological state of

women [7].

1.4 Five-Tone Therapy for Depression Secondary to Tumor

Depressive symptoms in cancer patients are often caused by the disease itself, the side effects of treatment and the psychological pressure of patients. The modulating effect of five-tone therapy is especially prominent in tumor patients. The conditioning of Yuyin on kidney can enhance the physical strength of patients and reduce the physical overdraft and low immunity caused by radiotherapy or chemotherapy; The combination of shang tone and horn tone can help improve symptoms such as dyspnea and chest tightness caused by anxiety and emotional depression, and help tumor patients better cope with pain [7].

2. Chinese Medicine Treatment

Chinese medicine plays an important role in the treatment of depression, especially in the adjustment of physical constitution, relaxation of emotions, balance of Yin and Yang has a unique advantage. The common TCM treatment plan mainly alleviates the symptoms of depression through the aspects of soothing the liver and relieving depression, invigorating qi and nourishing blood, and calming the mind and resolving the will [8].

2.1 Commonly Used Chinese Medicines and Prescriptions

Xiaoyao SAN: Xiaoyao SAN is widely used to treat depression caused by liver qi stagnation. Its composition includes bupleuri, Paeony, Angelica, Tuckahoe, etc., which can relax the liver and relieve depression, harmonize the spleen and stomach, and balance emotions. Xiaoyao Powder has a significant effect on relieving depression, anxiety, chest tightness and other symptoms.

Tianwang Buxin Dan: Tianwang Buxin Dan is mainly used to treat depression caused by heart-kidney incompatibility, especially patients with insomnia symptoms. Its main components include ginseng, poria cocos, salviorrhiza, wolfberry, etc., which has the effect of nourishing the heart, calming the mind, invigorating qi and replenishing blood.

Bupleurum Shugan Powder: This prescription is mainly used for depression caused by liver qi stagnation, especially for modern people who are under pressure for a long time.

Bupleurum, Xiangfu and other ingredients can dredge liver qi, relieve emotional depression, regulate physical and mental state.

2.2 Mechanism of TCM Treatment

The mechanism of TCM treatment of depression mainly includes regulating neurotransmitter, improving blood circulation in brain, dredging meridians and so on. Modern research has shown that many TCM ingredients have significant antidepressant effects, for example, drugs such as bupleurum and Paeony can regulate the nervous system and affect the secretion of important neurotransmitters such as dopamine and serotonin, thereby helping to improve mood. The effect of traditional Chinese medicine is not only reflected in the regulation of emotions, but also can improve the sleep quality of patients, enhance immune function, and improve the overall health level [8].

3. Acupuncture Treatment

Acupuncture is one of the traditional methods of Chinese medicine to treat depression. Acupuncture and moxibustion through the stimulation of specific points on the body surface, regulate the meridians qi and blood, balance Yin and Yang, to dredge the meridians, improve the purpose of mental state.

(1) Ordinary acupuncture method

Ordinary acupuncture is the most basic acupuncture treatment method, by stimulating specific points, regulate the body's qi and blood. For patients with depression, commonly used acupoints include ** Baihui point ** (head to regulate emotions), ** Hegu Point ** (facial sedation), ** Neiguan Point ** (chest pressure relief) and so on. Stimulation of these points can help relieve symptoms such as anxiety and depression [9].

(2) Tiaodu Tongnao acupuncture method

Tiaodu Tongnao acupuncture helps regulate the function of the central nervous system through acupuncture targeted at the acupoints of the governor pulse. The governor vein runs through the body and is an important channel connecting the brain. By regulating the governor vein, blood flow in the brain can be promoted and cognitive function decline and depression symptoms caused by insufficient blood supply to the brain can be alleviated [10].

(3) electroacupuncture

Electroacupuncture is based on traditional

acupuncture, through the application of micro current to stimulate the acupuncture point, enhance the curative effect of acupuncture. Studies have shown that electricity has a significant effect on emotional regulation in patients with depression. Electrical stimulation can activate the nervous system, promote the secretion of neurotransmitters, and improve mood and sleep [11].

(4) Abdominal acupuncture therapy

Abdominal acupuncture therapy can regulate the function of the viscera by stimulating specific acupoints in the abdomen. Patients with depression are often accompanied by digestive problems, abdominal acupuncture can help improve gastrointestinal function and relieve depression caused by indigestion. Through the adjustment of stomach, intestine, spleen and other parts, abdominal acupuncture can improve physical and psychological discomfort and promote physical health [12].

(5) head needle combination stitch

The combination of head acupuncture and body acupuncture can more comprehensively regulate the physiological and psychological state of patients. Head acupuncture directly affects brain function and helps relieve the mental distress of patients with depression, while body acupuncture further helps regulate overall qi and blood by stimulating the body's meridians and acupoints [13].

(6) Transferred to Tongdu acupuncture method
Tiao-ren Tongdu acupuncture method combines the regulation of Ren pulse and Du pulse, which can balance Yin and Yang and harmonize qi and blood. For those patients with depression caused by excessive pressure and low mood, the effect is particularly obvious [14].

(7) Moxibustion therapy

Moxibustion therapy helps improve the body's circulation of qi and blood by stimulating specific meridians and points through the thermal action of moxa sticks. Moxibustion, in particular, has a significant effect on relieving the cold and damp constitution and psychological problems caused by cold coagulation and blood stagnation in patients with depression [15].

4. Modern TCM Psychological Technology

Modern TCM psychological technique is a treatment method developed in recent years, which combines traditional TCM theory with

modern psychology and neuroscience to form a brand new treatment model. These techniques can be used either alone or in combination with traditional Chinese medicine treatments such as acupuncture and herbal medicine to enhance the therapeutic effect.

4.1 Low Impedance Ideation Therapy

Low-impedance Thought Induction Therapy (LIT) is an innovative TCM psychotherapy method, originally developed by Professor Wang Weidong in more than 20 years of clinical practice. The form of this therapy combines not only the holism of traditional Chinese medicine and the theory of abnormal personality, but also Qigong, hypnosis and suggestion therapy in modern psychology. Based on the theoretical framework of low-impedance science and ideation-induced theory, low-impedance ideation-induced therapy brings patients into a low-impedance state between waking and sleeping with the help of equipment, so as to regulate emotions and improve psychological symptoms, especially in the treatment of depression [16].

4.1.1 Theoretical basis and formation of low impedance idea-induced therapy:

The core theory of low impedance ideation therapy is the combination of low impedance theory and ideation theory. On this basis, Professor Wang Weidong made a systematic summary of the unique psychological characteristics of Chinese people, the root causes of emotional distress and its performance in treatment. This therapy combines the concepts of "qi" and "god" in traditional Chinese medicine theory, as well as the interaction of emotions and thoughts. TCM holism emphasizes the harmony between body and mind, and believes that emotional problems are often the manifestation of Qi and blood disorders and zang-fu-organ disorders, while low-impedance ideation-induced therapy achieves the purpose of adjusting qi and blood and restoring the balance of body and mind through the dual role of physical and psychological.

The theory of ideation points out that human thinking not only depends on the neurophysiological response of the brain, but also is closely related to the whole body's aura and energy field. A low-impedance state is defined as a state of low brain wave frequency, usually between wakefulness and light sleep,

which makes it easier for the brain to receive external information and regulate emotional and behavioral responses. In this state, the therapist guides the patient to carry out emotional release and self-regulation through speech, suggestion, situational simulation, etc., and gradually improves his depressive symptoms and psychological problems.

4.1.2 Operational mechanism of low impedance ideation therapy:

Low impedance ideation-induced therapy combines modern biofeedback, suggestion therapy and Qigong concepts of traditional Chinese medicine to guide patients into a low impedance state to achieve emotional regulation and recovery. The specific operation process includes the following steps:

(1) Equipment assisted into the low impedance state

In the course of treatment, low-impedance ideation therapy often uses specialized equipment to act on the cerebral cortex using the low-frequency characteristics of electric waves to help patients gradually enter a low-impedance state. The effect of low-frequency radio waves on brain neurons helps to change the frequency of brain waves, so that patients are emotionally stable and focused. By stimulating the nervous system, the device can directly affect the secretion of neurotransmitters, regulate brain function, and achieve the effect of emotional regulation.

(2) Language suggestion and situation guidance

After entering the low-impedance state, the therapist will pass the treatment information to the patient through specific verbal cues. These hints can be the adjustment of emotions and physical feelings, or they can guide patients to self-adjust through mental imagination and scenario setting. The therapist may set up pleasant situations, guide the patient to recall pleasant experiences, and even help the patient construct a new psychological experience through situational simulation, which can replace the patient's original negative emotions and bad mental patterns.

(3) Imagination training and experience

In the low impedance state, the patient's thinking is more active, and the therapist further strengthens the psychological adjustment of the patient through various forms of imagination training, including situational imagination, motor imagination and

communication imagination. By guiding patients to imagine pleasant scenes and comfortable environments, patients can achieve psychological relaxation, thereby changing their inner negative emotions and enhancing their self-regulation ability. In addition, the patient's emotional relaxation helps to reduce physical tension and improve the symptoms of physical discomfort common in patients with depression.

(4) Implicit cognitive changes

Low-impedance ideation therapy helps patients change the cognitive structure of their negative emotions by gradually adjusting their cognitive and emotional responses. Through verbal suggestion and psychological counseling, the therapist makes the patients gradually realize the impact of the original negative emotions and behavior patterns on their lives, and guides them to adopt a more positive way of thinking, so as to realize the change of cognitive structure. In the end, the patient psychologically forms new cognitive and emotional responses, which help to improve the clinical symptoms of the patient and achieve the curative effect.

4.1.3 Clinical application and efficacy:

Low impedance ideation therapy is mainly used in the clinical treatment of depression, anxiety, insomnia and other mental diseases, and has achieved remarkable curative effect. A number of clinical studies [17] have shown that this therapy can not only effectively relieve the emotional distress of patients with depression, but also improve their cognitive function and quality of life.

(1) The effect on depression

The study found that low impedance ideation therapy has a good effect in the treatment of mild to moderate depression. For example, clinical trials conducted by Zhou Xuanzi [18] et al showed that low-impedance idea-driven therapy had a significant effect in the treatment of patients with mild to moderate depression, and it had a more significant effect in raising serum serotonin concentration than Citalopram hydrobromide. These results suggest that low-impedance ideation therapy can not only improve patients' emotional symptoms, but also promote psychological and physiological recovery by regulating the balance of neurotransmitters.

(2) The effect on major depression

The study of Zhao Zhenhai et al. [19] further

showed that low-impedance ideation therapy combined with antidepressant drugs had a more significant effect on patients with major depression. After 8 weeks of treatment, low impedance ideation therapy can significantly improve the therapeutic effect of patients, correct patients' gallbladder deficiency and further improve their personality defects. This result indicates that low-impedance ideation therapy can not only relieve patients' emotional symptoms, but also help patients improve underlying psychological problems, such as personality defects, thereby improving long-term treatment results.

(3) The effect of liver depression and spleen deficiency type depression

The study of Tian Chenchen [20] pointed out that low-impedance ideation-induced therapy combined with Xuning granule in the treatment of patients with mild and moderate depression of liver depression and spleen deficiency had a faster effect, and the effect was significantly better than that of Xuning granule alone. The results of this study further prove that the combination of low-impedance ideation therapy and traditional Chinese medicine therapy can achieve better treatment results and shorten the treatment period.

4.1.4 Advantages of low impedance ideation therapy:

As a non-invasive treatment, low-impedance ideation therapy has the following significant advantages:

(1) Non-drug, non-invasive treatment: This therapy adjusts brain activity and emotional response without the use of drugs or surgery, and the treatment process is relatively safe and has fewer side effects.

(2) Quick results: Many patients experience an improvement in mood and quality of life after just a few treatments.

(3) Comprehensive treatment effect: low-impedance ideation therapy not only improves depressive symptoms, but also achieves overall physical and mental regulation by regulating patients' cognitive, emotional and physical states.

4.2 Improved Emotional Therapy of Traditional Chinese Medicine

Modified Chinese emotional therapy is an innovative method of psychological treatment, which aims to improve the emotional and psychological state of patients with depression

through the guidance and regulation of emotions. This therapy, proposed by Major Yan [21] and other scholars, combines the principle of "emotional victory" in "Huangdi's Inner Classic · Suwen", the traditional psychological technique of "Zhuyu" in traditional Chinese medicine and modern psychological theory to form a new type of treatment. Through rational use of the mutual restriction relationship between emotions, it guides patients to carry out emotional catharsis, and then regulates the emotional state of patients, so as to achieve the therapeutic effect.

(1) The theoretical basis and principle of improving emotional therapy in traditional Chinese medicine

The core theoretical basis of improving emotion therapy in traditional Chinese medicine is the principle of "emotion wins" put forward in "Yellow Emperor's Inner Classic · Su Wen". This principle holds that there is a mutual influence and restriction relationship between human emotions and the five internal organs, and different emotional states will have different impacts on the health of the body. For example, excessive worry can damage the spleen and stomach, excessive anger can damage the liver, and excessive sadness can damage the lungs. Based on this theory, improved TCM emotional therapy attempts to restore harmony and balance between the five viscera by regulating and channeling the emotions of patients.

In addition, the traditional TCM psychological technique of "wishing you" is another important theoretical support for this therapy. Zhuyoushu is an ancient psychological adjustment technique, which uses suggestion and imagination to channel emotions and regulate qi through speech, behavior and other ways. In the modified emotional therapy of traditional Chinese medicine, the technology of Zhu is improved and optimized to create an environment conducive to emotional catharsis and regulation in the patient's psychology, and to help the patient release their inner bad emotions through verbal expression and emotional venting.

The integration of therapy theory and technology in modern psychology is also the key to the innovation of improved emotional therapy in traditional Chinese medicine. The combination of emotional therapy and cognitive behavioral therapy makes the

traditional theory of Chinese medicine and the treatment concept of western psychology effectively integrated, forming a multi-dimensional treatment framework. Through the interaction of reason and sensibility, language and behavior, the therapist can more accurately regulate the emotional and psychological state of the patient, and help them out of the dilemma of depression.

(2) Improving the treatment process of emotional therapy in Chinese medicine

The treatment process of modified Chinese emotional therapy can be divided into three stages: warm-up, treatment and sharing, each of which has clear goals and methods to ensure that patients can fully receive treatment and effectively release bad emotions.

Warm up phase

The purpose of the warm up stage is to create a relaxed and relaxing treatment environment for patients, so that they can break away from the pressure and distress of daily life, and gradually enter the state of emotional regulation. The therapist helps the patient relax physically and emotionally through communication, light talk or guided activities, gradually making them feel safe and comfortable. This stage is similar to the preparation stage in psychotherapy, the purpose is to establish a trusting relationship for therapy and prepare mentally for subsequent emotional processing.

Treatment phase

During the treatment phase, the patient will enter the core of emotional catharsis. According to the patient's emotional problems and specific performance, the therapist triggers the patient's emotional response through a series of targeted emotional guidance and stimulation means. For example, a therapist may evoke an emotional response through specific verbal cues and situational Settings that remind the patient of past emotional experiences. In this process, patients are encouraged to release their long-term backlog of negative emotions, such as anger, anxiety, disappointment, etc., by venting these emotions, gradually restore psychological balance.

The treatment stage also includes some psychological counseling work to help patients realize the psychological motivation behind their emotions and adjust their cognitive structure through positive psychological

construction. Through cognitive behavioral interventions, patients gradually learn how to control negative emotions and how to cope with stress and difficult situations.

Sharing phase

In the final stages of treatment, patients are encouraged to share their treatment experiences and emotional responses. The core purpose of this process is to help patients further vent their emotions through expression and sharing, while gaining the support and understanding of the group. The treatment method in the sharing stage can also be regarded as a psychological integration process, in which patients can feel the collective power and warmth by sharing their inner world with others, so as to obtain more psychological support and therapeutic energy. This not only boosts patients' self-confidence, but also helps them better face future emotional challenges.

(3) Clinical research and therapeutic effect analysis

A number of studies have validated the efficacy of modified mood therapy in the treatment of depression. For example, Major Yan et al. [22] used modified Chinese emotional therapy combined with antidepressants to treat 34 patients with depression in a clinical study, which showed that after 8 weeks of treatment, the patients' emotional symptoms were significantly improved, and the effect of modified Chinese emotional therapy combined with antidepressants was significantly better than that of antidepressants alone. This therapy can not only effectively relieve the symptoms of depression, but also improve the psychopathological characteristics of patients and promote their mental health.

In addition, Zhao Jianhua et al. [23] used improved traditional Chinese medicine emotional therapy combined with paroxetine to treat patients with depression, and found that this therapy not only helped to improve patients' physiological and psychological emotions, but also enhanced the antidepressant effect of patients' immune system. Studies have shown that modified Chinese emotional therapy can effectively enhance patients' emotional recovery ability and help them maintain a positive attitude in the face of difficulties through emotional catharsis and cognitive intervention.

(4) The advantages and challenges of

improving emotional therapy in traditional Chinese medicine

Improved emotional therapy in Chinese medicine has many obvious advantages. First of all, it is a simple, effective and operable psychological treatment method, the patient experience is good, easy to promote in clinical application. Secondly, the modified Chinese emotional therapy combines the traditional wisdom of Chinese medicine and modern psychological theory, has strong cultural adaptability and pertinence, and can better meet the emotional characteristics and psychological needs of Chinese people. In addition, improved Chinese emotional therapy through the combination of emotional guidance and cognitive intervention, not only can effectively treat depression, but also help patients improve their overall mental health, to achieve the root effect.

However, the improvement of emotional therapy in TCM still faces some challenges in clinical application. First of all, the current relevant clinical study samples are small, and the study time is short, and there is a lack of long-term follow-up data, so the durability and stability of the efficacy still need to be further verified. Second, although the therapy has a good patient experience in the treatment process, its specific operating procedures and treatment details need to be further standardized to ensure the maximum therapeutic effect.

4.3 Displacement Technology

Emptying technique, also known as box-shifting technique, is a localized psychotherapy method created by professor Liu Tianjun [24]. This technique combines the theories of physiology and psychology of China and the west, takes the concrete thinking of traditional Chinese medicine as the theoretical basis, relies on the disease view and treatment view of the integration of body and mind, adopts the traditional Qigong cultivation techniques such as thinking and calm, and forms a unique psychological treatment method. The main feature of the displacement technique is to help the client relieve his physical and psychological negative symptoms through the adjustment of consciousness imagination and mental space, so as to realize the harmony and recovery of body and mind.

(1) Theoretical basis of displacement

technology

The theoretical basis of the displacement technique is rooted in the holistic view of TCM and the Qigong theory. Traditional Chinese medicine emphasizes the existence of "qi", believing that the flow of qi and blood in the human body and the balance of Yin and Yang are essential to health, and any psychological or physiological discomfort is related to the disorder of the body's qi machinery. The displacement technique is based on this and restores the inner qi balance by adjusting the psychological and physiological state of the patient.

In addition, one of the core ideas of vacating technology is the therapeutic concept of "unity of body and mind". Traditional Chinese medicine believes that the body and the mind are closely linked, psychological imbalance is often manifested as physical symptoms, on the contrary, physical discomfort may also cause or aggravate psychological problems. By changing the psychological state of the patient, the displacement technique can fundamentally adjust the balance of the patient's body and mind, and then achieve the therapeutic effect.

(2) The therapeutic process of displacement technology

The operation process of displacement technology is usually divided into static and dynamic two stages, and includes ten specific steps. These steps are designed to help patients relieve and eliminate negative emotions or physical symptoms through conscious visualization and adjustment of mental space. Here is a brief overview of the treatment process:

Static phase: Preparation and calm

The main goal of the static phase is to help the patient enter a relaxed, focused state. The therapist brings the patient to a state of meditation by instructing him to breathe deeply, relax his muscles, and concentrate. At this stage, the patient will begin to feel more sensitive to their emotional and physical state and be ready for the next psychological adjustment.

Dynamic stage: Concretization and displacement

Once the patient is in a relaxed state, the therapist begins to guide the patient through specific mental operations. First, the therapist asks the patient to concretize their symptoms or negative emotions, that is, to transform the

problem from an abstract mental state into a concrete image or object. This process is often done by visualizing some concrete object (such as a box, package, etc.) to hold these negative emotions or symptoms.

For example, if a patient is feeling anxious or depressed, the therapist may guide them to think of that emotion as a heavy box filled with their negative feelings or physical discomfort. The patient then removes the box from his or her mental space through thought and imagination until the problem or symptom disappears completely.

Release and transfer

In the treatment process of displacement technology, the therapist will also guide the patient to move negative emotions or symptoms to a specific "no problem" space through the mind, helping the patient to obtain psychological relief through this transfer. Through appropriate verbal cues, the therapist helps the patient transfer the discomfort from the physical or mental center to a space far away from the self, which often makes the patient feel a light relief and relief.

(3) Clinical efficacy of displacement technique
Vacating technique is especially suitable for the treatment of various psychological symptoms, especially anxiety, depression, fear and other negative emotions. In the treatment of clinical depression has played a prominent effect. By reifying and displacing negative emotions, patients can better face and deal with these emotions, and achieve the effect of emotional release and relief through continuous psychological counseling and transfer.

Professor Liu Tianjun pointed out in a number of clinical studies [25] that vacating technology can not only help patients relieve symptoms, but also enhance patients' self-regulation ability and restore psychological balance. For example, one study found that anxiety patients treated with the displacement technique experienced a significant reduction in psychological stress and effective improvement in symptoms. In addition, research has shown that displacement technology can help patients establish a positive emotional feedback mechanism and enhance their psychological resilience to cope with stress and challenges.

(4) Advantages and challenges of displacement technology

First, the technique is easy to operate and does not rely on medical treatment, so it can be widely used in the treatment of various mental disorders, especially those symptoms that cannot be completely alleviated by drugs or traditional treatment methods. Secondly, displacement technology can help patients fundamentally adjust their emotions and psychological states by using the adjustment of mind and mental space, and achieve the effect of cure.

Although the displacement technique has shown good clinical efficacy, it still faces some challenges. First, the effectiveness of treatment often depends on the patient's participation and the therapist's guidance skills, so the effectiveness may vary between patients. Secondly, the scientific theory and clinical research of displacement technology are still developing, and further empirical studies are needed to verify its long-term effects and scope of application.

In short, as a localized psychological treatment method, vacating technology not only integrates Chinese and western therapeutic concepts, but also helps patients effectively alleviate both physiological and psychological symptoms through innovative psychological space operations, which has broad application prospects and practical value [26].

5. Conclusions

TCM has a profound theoretical basis and rich practical experience in the treatment of depression. From traditional five-tone therapy and acupuncture to modern TCM psychological techniques (low-impedance ideation-induced therapy, modified TCM emotional therapy, etc.), TCM offers a variety of treatment options. These treatments can not only improve the symptoms of depression, but also fundamentally regulate the physical and mental balance of patients. Future research should focus on how to combine TCM treatment with modern technology to improve treatment outcomes and ensure a wider range of patients benefit.

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