

In the past 10 years, the Clinical Treatment of Vascular Dementia has progressed in Traditional Chinese and Western Medicine

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Abstract: In recent years, the incidence of anxiety and depressive symptoms in the elderly has increased year by year, and the combination of traditional Chinese medicine and medical care is a new concept proposed in recent years, which has the advantages of simple operation, economic cheapness and few adverse effects compared with simple Western medicine treatment. But there is currently less research on this aspect, so it is a promising new field in the treatment of anxiety-depressive diseases. Through literature retrieval, this paper reviews and summarizes the mode and therapeutic effect of the combination of traditional Chinese medicine and medical care in the treatment of anxiety and depression symptoms. The study found that the treatment effect of the combination of traditional Chinese medicine and medical care in the treatment of anxiety and depression symptoms was relatively satisfactory, and there were few adverse reactions. At the same time, it also points out the existing problems in the current mode of integrating traditional Chinese medicine and medical care, and provides ideas for further study of the combination of medical and nursing care.

Anxiety depression, also known as anxiety neurosis, is characterized by generalized anxiety disorder (chronic anxiety disorder) and episodic panic state (acute anxiety disorder). According to 2019 data [1], the prevalence of depression in China reached 2.1%, the prevalence of anxiety disorders was 4.98%, and the prevalence of depression and anxiety disorders was close to 7%. Among the sick people, the elderly are more likely to have psychological diseases such as anxiety, depression, and apathy due to the influence of the disease itself and physical fitness [1]. At the same time, it leads to greater damage to its psychological and social functions. Current western medicines are treated with selective serotonin reuptake inhibitors (SSRIs) and serotonin norepinephrine reuptake inhibitors (SNRIs) and Benzodiazepine drugs (Benzodiazepine drugs, BZD)[2]. Its efficacy in the treatment of anxiety-depressive symptoms is satisfactory, but there are different degrees of drug dependence, gastrointestinal adverse reactions and other drug safety risks [2]. Therefore, finding new effective and reasonable treatment methods and methods is the key to clinical research to solve the physical and mental health of the elderly. The combination of medical and nursing care is a new concept proposed in recent years[3], which refers to the integration of medical rehabilitation and health care services with life care, mental psychology, etc. into an integrated model. At the same time, the combination of traditional Chinese medicine and medical care combined with the concept of traditional Chinese medicine treatment has played a better role in the treatment of elderly anxiety and depressive symptoms, and this study intends to analyze and summarize the advantages and disadvantages of the current combination of traditional Chinese medicine and medical care in the treatment of elderly anxiety and depression symptoms through the review and collation of literature, in order to provide ideas for clinical treatment.

1. The Classic Traceability of Medical Care Combined with the Treatment of Anxiety and Depression Disorder in the Elderly

1.1 Theoretical Basis for the Combination of Traditional Chinese Medicine and Medical Care in the Treatment of Anxiety and Depression Disorders

Anxiety and depressive disorders in Traditional Chinese medicine belong to the categories of "depression, dirty mania, plum core qi, ben dolphin qi, and lily disease" [4]. Depression in a broad sense, including depression caused by external evils, emotions and other factors; Depression in the narrow sense refers only to depression caused by emotional indifference, and anxiety and depression disorder in the elderly can be seen clinically. Anxiety and depression in old age are mainly responsible for physiological weakness of qi and blood, poor qi and machine, and imbalance of yin and yang. The Yellow Emperor's Neijing Lingshu [3] Yun: "The old man's qi and blood are weak, his muscles are dry, and his airway is astringent."

The "Su Qing And Pain Theory" also mentions that "Yu Zhi Bai is born of qi", in addition, the "Zhengzhi Hui Supplement" also mentions "qi and blood rush and harmony." A hundred diseases do not arise. One has a melancholy. Sick and sick. It is recorded in the "Su Qing Qi Tong Tian" that "Yin Ping Yang Secret, Spirit is The Cure, Yin and Yang Are Broken, and Essence is Absolute" also talks about the importance of the smooth flow of qi for the balance of yin and yang and the coordination of spirit. Therefore, in the treatment of elderly anxiety and depression disorder, the main thing is to adjust the qi machine, so that the yin and yang are secret. The Opening Chapter of the Yellow Emperor's Inner Classics says: "The ancients, those who know, the Law is in yin and yang, and in the number of techniques, eating and drinking moderately, living and living constantly, and not working in vain." And "spring and summer nourish the yang, autumn and winter nourish the yin, from its roots, so that all things sink at the door of growth." It is all to enlighten people in their daily lives to comply with the changes of the yin and yang of heaven and earth, the changes of the four seasons in the world, diet is moderate, living regularly, moderate exercise, etc., and these aspects are an important part of the combination of medical and nursing care. In the diagnosis and treatment of anxiety and depression disorder, it is the key to loosen the gas machine and adjust the mood. Emotional adjustment, dietary maintenance, exercise, regular work and rest are of great significance for regulating the qi machine, so it is also particularly critical in the treatment of anxiety and depression disorders.

1.2 Ancient Literature on the Combination of Traditional Chinese Medicine and Medical Care in the Treatment of Anxiety and Depression Disorders

Regarding the combination of medical care and nursing care in the treatment of anxiety and depression disorders, ancient physicians have carried out useful explorations, and emotions, dietary therapy, exercise, and living have been recorded. For example, the "Suwen Tang Liquid Mash Theory" pointed out: "The spirit does not advance, the will is not cured, so the disease cannot be cured." Emphasis is placed on mental activity that directly affects the course and prognosis of the disease. When diagnosing and treating depressed patients, Ye Tianshi, a famous doctor in the Qing Dynasty, also repeatedly mentioned that "only Yi Yue is cheerful, and the inner depression can be flattened", "each Yi Yi yue is happy, do not make the depression stretch", "Explain with leniency", etc., otherwise the depression will not be understood, and the medicinal stones will not be effective. For example, in terms of diet, the ancients attached importance to the role of food, such as the "Yellow Emperor's Inner Classic": "Five grains for nourishment, five fruits for help, five animals for benefit, five vegetables for filling, smell and serve, to supplement the essence." Explain the importance of a reasonable diet. A reasonable diet can also help alleviate bad emotions such as anxiety and depression. "Drinking and Eating"

records donkey broth and jujube soup for the treatment of sadness. Diet therapy is an important part of the culture of traditional Chinese medicine, the concept of homology between medicine and food is deeply rooted in the hearts of the people, through diet to nourish anxiety and depression, happy mood, the treatment method is more convenient and practical, safe and reliable. On the other hand, there are also records of exercise. For example, "Lü's Spring and Autumn": "The people's morale is depressed and stagnant, and the muscles and bones are not able to reach, so it is used as a dance to promote it." ", "Yellow Emperor's Inner Classic": "Spring and March, this is said to be Chen, heaven and earth are born, all things are proud, lie down at night and get up early, walk in the court" also pointed out that guiding techniques, walking exercises, etc. are conducive to reconciling qi and blood, balancing yin and yang, stretching muscles and bones, and in the prevention and treatment of anxiety and depression disorders, exercise methods such as baduanjin, tai chi, and slow walking have also played a better role. Finally, regarding the regular work and rest, there is a constant aspect of living, and the Yellow Emperor's Inner Classic says: "Pingdan to the middle of the day, the sun of the heavens, the yang of the yang; From day to dusk, the sun of heaven, the yin of yang; Night to the sound of chickens, the yin of heaven, the yin of yin; The chicken chirps to Pingdan, the yin of heaven, and the yang of yin. The deceased should do the same.". Man should correspond to heaven and earth, so the ancients proposed a living and resting work with different emphases at sunrise, sunset and rest, and lying up at four o'clock.

2. The Current Situation of Traditional Chinese Medicine and Medical Care Combined with the Treatment of Anxiety and Depression in the Elderly

2.1 TCM Syndrome Classification of Anxiety-Depressive Disorder in the Elderly

In general, Chinese medicine divides depression disease into two categories: empirical and false evidence, and the empirical evidence is mainly based on liver qi depression, depressed fire, and qi stagnation and blood stasis, while the false evidence is mainly for several types of evidence such as heart and spleen deficiency, yin deficiency and fire. Clinical four diagnosis and dialectical treatment is the essence of TCM theory, according to the conditions of the person, the energy efficiency of the selection of evidence is like a drum. In recent years, various scholars have taken the identification of TCM symptoms or TCM physique as the evaluation criteria for data mining for elderly patients with anxiety and depression disorder, and after statistical analysis, they have found that there are six main types of elderly anxiety and depression, namely hepatic qi depression syndrome, phlegm depression syndrome, qi depression fire certificate, heart and spleen deficiency

evidence, heart and kidney yin deficiency certificate, and mental insufficiency certificate [5]. And people who think that qi depressed TCM physique are more likely to suffer from anxiety and depression disorders. Through reasonable and effective symptomatic analysis of anxiety and depression disorder in the elderly, it can provide positive diagnosis and treatment ideas and guidance for clinical use.

2.2 The Current Situation of Traditional Chinese Medicine and Medical Care Combination Treatment

Emotional Tuning "Su Qing Tang Liquid Mash Theory" points out: "The spirit does not advance, the will is not cured, so the disease cannot be cured." Emphasis is placed on mental activity that directly affects the course and prognosis of the disease. When diagnosing and treating depressed patients, Ye Tianshi, a famous doctor in the Qing Dynasty, also repeatedly mentioned that "only Yi Yue is cheerful, and the inner depression can be flattened", "each Yi Yi yue is happy, do not make the depression stretch", "Explain with leniency", etc., otherwise the depression will not be understood, and the medicinal stones will not be effective. Therefore, the treatment of anxiety-depressive disorder must be accompanied by mental conditioning. Guan Chun'e [6] observed 129 patients with nasopharyngeal carcinoma with anxiety and depressive symptoms, the control group adopted basic cancer management, and the observation group added short-term mindfulness meditation training. The results showed that this method can improve the negative mood of patients with nasopharyngeal carcinoma with anxiety and depression symptoms, reduce the degree of cancer-induced fatigue, and facilitate the recovery of patients. Fang Xiancong[1] selected 60 elderly patients with depression and anxiety comorbidity, and the control group was treated with conventional antidepressants, and the observation group used psychotherapy methods on the basis of the control group. The results showed that the overall efficiency of the observation group was significantly better than that of the control group, and the difference was statistically significant ($P<0.05$), and it could also effectively improve the quality of sleep and thus improve the quality of life. Chen Bo [8] et al. have verified this view, and believe that psychotherapy can promote the recovery of patients' cognitive function and improve their living standards.

Diet Diet is closely related to people's lives, and recently some scholars have studied the effect of different diets on the prevention and treatment of anxiety and depression disorders. Zhang Yingli [8] et al. selected 70 cases of alzheimer's disease with anxiety and depression as the research object, the control group received routine intervention, and the observation group assisted in ketogenic food treatment on the basis of the control group, and finally found that the ketogenic diet treatment significantly reduced the SAS and SDA levels of patients, and the difference was statistically significant ($P<0.05$). It can alleviate the nerve damage in the brain of

Alzheimer's disease patients, improve anxiety and depressive symptoms. Zheng Shufeng[9] Randomly divided 112 patients with chronic gastritis into a control group and an observation group, and the control group was given routine gastroenterology nursing, and the observation group implemented dietary care and TCM emotional care on the basis of the control group. The results showed that dietary care combined with TCM emotional care could reduce anxiety and depression in patients with chronic gastritis, improve their sleep quality, and improve the nursing effect and nursing satisfaction. Shi Wenyan [10] et al. observed anxiety and depression indicators in 80 patients with cerebral hemorrhage. The control group gave routine care, and the observation group adopted methods such as emotional support, creating a suitable ward environment, and eating a reasonable and nutritious diet. After treatment, it was found that giving refined care to patients with cerebral hemorrhage can effectively reduce patients' anxiety and depression, improve their quality of life, improve treatment compliance, and the incidence of complications is low, which is worth learning. Li Xiaolin [11] et al. selected 80 cases of nasopharyngeal carcinoma patients, randomly divided into a control group and an observation group, the control group carried out traditional nursing, the observation group implemented dietary care with psychological guidance, and after treatment, it was found that the psychological state and nutritional status of the patients in the observation group had significantly improved compared with the control group. The difference was statistically significant ($P<0.05$). It can be seen that integrating many aspects of dietary care into the clinical treatment of anxiety and depression disorder will achieve certain clinical effects and is worth applying.

Exercise Exercise therapy can be developed according to the patient's own situation and hobbies, with few adverse reactions, simple operation and high patient compliance. Studies have shown [12] that during exercise, nerve cells can be excited, metabolism can be promoted, blood circulation in brain tissue can be improved, the body's immunity can be improved, and a good physical and mental state can be shaped, which can help restore bad emotions such as anxiety and depression. Fan Weiyang [13] et al. observed 76 elderly patients with primary hypertension with anxiety and depression, and the control group carried out routine treatment and health education, and the intervention group carried out eight-danjin exercise intervention on the basis of the control group. It was found that the SAS score, SDS score, SBP and DBP in the treatment group after the intervention were significantly lower than those in the control group ($P<0.05$), and it was found that the Baduanjin exercise could effectively reduce the patient's blood pressure and improve bad mood, thereby improving the quality of life. Cao Cong[14] et al. selected 103 elderly patients with STABLE COPD spleen and lung qi deficiency, 51 cases in the control group underwent walking training on the basis of routine health guidance, and 52 cases in the experimental group underwent eight duanjin exercise on the basis of

routine health guidance. It was found that after 24 weeks of intervention, the lung function of patients in the experimental group was higher than that in the control group, and the anxiety and depression level of the patients in the experimental group decreased more significantly in the control group, and the difference was statistically significant ($P < 0.05$). Deng Hongmei[15] et al. used random group sampling to select 100 elderly residents of the community as research subjects. The control group insisted on walking every day after meals, and the experimental group carried out outdoor tai chi exercises and used ethnic music for soundtrack drills. The results showed that after three months of intervention, the improvement of the anxiety self-assessment scale (SAS) and the depression self-assessment scale (SDS) in the experimental group were better than those in the control group ($P < 0.01$). It can also significantly improve the quality of sleep. Liu Bing[16] et al. took 40 patients with hypertension as the study object and randomly divided them into control group and observation group. The control group carried out health education, and the observation group implemented individualized exercise therapy on the basis of the control group. After treatment, the systolic blood pressure, diastolic blood pressure, TC, TG, LDL-C, HDL-C levels, anxiety and depression mood scores of the observation group were lower than those in the control group ($P < 0.05$). The implementation of individualized exercise in patients with hypertension can improve blood pressure status and blood lipid indicators, alleviate their psychological pressure, and is worthy of clinical research. Ma Yang[17] et al. observed 36 patients with T2DM with mild anxiety and depression, and the control group adopted conventional Traditional Chinese medicine acupuncture and dietary convalescence, and the observation group used forest bathing on the basis of the control group. Guide patients to wear loose, cotton clothing, and guide patients through forest walks, climbing mountains, downhill sports and other ways. After treatment, it was found that giving T2DM with anxiety and depression in forest bathing combined with traditional Chinese medicine acupuncture and dietary recuperation could effectively improve the patient's anxiety and depression and improve the quality of life.

Regular rest There is a regular, regular work and rest, and a better quality of sleep is conducive to protecting people's mental health. Some explorers [18] randomly divided 45 patients with mild and moderate insomnia with anxiety and depression into a control group and an observation group. TCM comprehensive health intervention and cognitive behavioral therapy were carried out through the Internet for 8 weeks. The Pittsburgh Sleep Quality Index (PSQI), the Patient Health Questionnaire (PHQ-9), and the Generalized Anxiety Disorder-7 (GAD-7) scores were significantly reduced ($P < 0.05$). This method can significantly improve the sleep quality and anxiety and depressive symptoms of insomnia patients, and is worthy of application and promotion. Zhai Na [19] Selected 76 patients with

depression and insomnia, and randomly divided them into control group and observation group. The control group gave routine care for mental illness, such as medication guidance, life care, recreation therapy and safety protection, etc., and the observation group added relaxation training combined exercise therapy to the control group. After 4 weeks of intervention, it was found that the relaxation training combined exercise therapy group significantly improved sleep quality compared with the control group, thereby reducing the HAMA and HAMD scores, and the difference was statistically significant ($P < 0.05$). Higher sleep quality is good for physical and mental health.

Adverse reactions Anxiolytic and depressive drugs commonly used in clinical practice have different degrees of adverse reactions. In the treatment of anxiety and depression disorders, the combination of traditional Chinese medicine and medical care can reduce the dependence of patients on drugs and have fewer adverse reactions than simple Western medicine treatment. Fu Meihua [20] et al. randomly divided 120 patients into control groups and observation groups. The control group adopted conventional drug treatment, and the observation group used a combination of drug pillow and ear acupuncture bean pressing method on the basis of conventional treatment. After treatment, it was found that the medicine pillow combined with the ear acupuncture bean pressure method could effectively improve the patient's perioperative anxiety and depression, reduce the incidence of adverse drug reactions and postoperative complications, and improve patient satisfaction. Shao Yue [21] et al. selected 100 patients with heart-kidney incompatibility sleep disorder with anxiety and depression, randomly divided into control group and observation group, the control group was treated with Shule Soloxadam, and the observation group added acupuncture on its basis to cooperate with maintenance treatment, after treatment, the treatment efficiency of the observation group was significantly higher than that of the control group, and the side effects were small. Ding Lei [22] et al. observed 94 patients with primary hypertension, randomly divided into a control group and an observation group, and the control group was given traditional Chinese medicine decoction treatment, and the observation group added acupuncture treatment on this basis. 4 weeks for 1 course of treatment, after treatment, it was found that the combination of acupuncture and medicine can significantly improve the sleep quality of patients with primary hypertension with insomnia and effectively control the blood pressure level of patients, alleviate patients' anxiety, depression and other bad emotions, and has a high safety, which is worth promoting and applying. It can be seen that the combination of traditional Chinese medicine and medical care is safer and more effective than antidepressant anxiety drugs alone.

Medical Experience Modern doctors also have a certain understanding of the combination of traditional Chinese medicine and medical care in the treatment of

anxiety and depression disorders. Professor Liu Tiejun[23] believes that emotional abnormalities are an important cause of spleen and stomach disease, and spleen and stomach dysfunction is often accompanied by anxiety and depression. Elder Liu believes that "the heart and stomach are depressed and depressed due to illness", and in the treatment and prevention of spleen and stomach diseases, the importance of spirit and emotion is emphasized. Professor Yang Xiaojun believes that for female patients with functional dyspepsia, clinicians should pay attention to psychological intervention and listen to patients' demands carefully and patiently. It is beneficial to reduce the psychological burden of patients, thereby promoting recovery and reducing disease recurrence [24]. Han Zhenyun [25] discussed the treatment of anxiety and depression disorders from the heart and liver homology, in addition to the dialectical treatment of drugs, he also emphasized the importance of "winning feelings with emotions". Clinically, it is commonly used as "emotion control method, enlightenment and leakage method, empathy method, and confidence-building method", and is good at helping patients manage emotions. It also cooperates with five elements music and exercise therapy, and achieves a relatively satisfactory clinical effect.

3 Advantages and Disadvantages of Combining Medical Care and Nursing Care in the Treatment of Anxiety and Depression in the Elderly

3.1 Advantages

According to the latest guidelines [26], drug therapy is the basis for patients with anxiety and depression bipolar disorder, but combined with psychosocial interventions can also be effective in helping patients. The guidelines emphasize that the efficacy of psychosocial treatment is mainly reflected in the prevention of relapse and the restoration of the quality of life of patients and their families. Mental health education can be used as a first-line treatment modality. Psychological and behavioral therapy is part of the combination of medical care and nursing care, which is safer and less adverse than drug treatment alone. At the same time, there are more underlying diseases in elderly patients with anxiety and depression disorder [2], and the treatment methods of traditional Chinese medicine and medical care are rich and diverse, which can better take into account other diseases and are more conducive to improving the quality of life and physical and mental health of the elderly.

3.2 Insufficient

Through the search and analysis of relevant literature, it is found that there are still some problems that need further exploration in the treatment of anxiety and

depression disorder in the elderly by combining traditional Chinese medicine and medical care: (1) The mode and program of the combination of traditional Chinese medicine and medical care for the treatment of anxiety and depression disorder are still not standardized and perfect, and there is no clear and clear program and efficacy evaluation standard for interventions such as mood, diet, exercise, and living. (2) The sample size of the population is small, and how to promote the implementation of multi-center and large samples still needs further research. (3) At this stage, the combination of medical and nursing care is still a relatively new field, scholars have not yet conducted in-depth discussion, and the mechanism of action of the combination of traditional Chinese medicine and medical care in the treatment of anxiety and depression disorders still needs to be explored.

4. Conclusions

Due to the complexity of the underlying diseases of the elderly themselves, coupled with the many factors affecting the anxiety and depression disorder of the elderly, it is quite difficult to treat. The combination of traditional Chinese medicine and medical care can adjust the anxiety and depression of the elderly through overall prevention and treatment, dialectical treatment, and multi-pronged approach, and the clinical treatment prospects are broad, but more scholars are still needed for in-depth research in order to better serve the clinic.

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