

Acupuncture Treatment for Anxiety at Flowers Beauty Studio in Bandung

Afriyanti Bunga Mega Frawati*, Ikhwan Abdullah, Amal Prihatono, Mayang
Wulandari

Institut Teknologi Sains dan Kesehatan Rs. dr. Soepraoen Malang, Indonesia

Email: afriyantibunga08@gmail.com*

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Abstract

This study explores the effectiveness of acupuncture therapy in reducing anxiety symptoms accompanied by insomnia, a condition that has become increasingly prevalent globally and in Indonesia. Anxiety disorders significantly affect individuals' quality of life, while limitations in conventional treatments and mental health services highlight the need for complementary therapeutic approaches. Therefore, this research aims to evaluate the benefits of acupuncture care in alleviating anxiety and improving sleep quality in patients. The study employed a qualitative case study design involving one adult female participant undergoing six sessions of acupuncture therapy over two weeks at Flowers Beauty Studio Bandung. Data were collected through observation, structured interviews, clinical examination based on Traditional Chinese Medicine (TCM) principles, and documentation. The therapy focused on balancing Yin deficiency and regulating Liver Qi stagnation through specific acupuncture points. The findings indicate a gradual and consistent improvement in the participant's condition, including reduced anxiety levels, improved sleep duration and quality, decreased panic symptoms, and enhanced overall well-being. Clinical indicators such as pulse, tongue condition, and emotional stability also showed positive changes across therapy sessions. In conclusion, acupuncture therapy demonstrates effectiveness as a complementary and low-risk intervention for managing anxiety with insomnia. This approach contributes to restoring physical and emotional balance and offers a promising alternative for holistic mental health care.

INTRODUCTION

Generalized Anxiety Disorder (GAD) is one of the most common mental health problems worldwide. According to recent research, about 4% of the global population experiences generalized anxiety disorder, with a significant impact on quality of life and productivity (Bandelow et al., 2022). This disorder is characterized by excessive and uncontrollable anxiety about various aspects of daily life, such as work, finances, and interpersonal relationships, that lasts for a minimum of six months (American Psychiatric Association, 2022).

The prevalence of Anxiety, based on WHO, is 1 in 4 people worldwide experiencing anxiety disorders (WHO, 2021). In Indonesia, there are 3,330 cases per 100,000 population (World Population Review, 2025). More specifically, 1 in 3 adolescents (34.9%) or the equivalent of 15.5 million adolescents experience mental health problems, with anxiety being the most common problem (I-NAMHS, 2024). Recent research suggests that the COVID-19 pandemic has exacerbated this situation, with a significant increase in anxiety and depression symptoms worldwide (Liu et al., 2023). Based on the results of interviews with 10 final year students of the University of Batam. Which was held on Wednesday, October 30, 2024. It can be concluded that students experience considerable anxiety towards the end of their studies.

The dominant factors causing anxiety are academic burden, future uncertainty, and social and family stress. Efforts made to overcome anxiety include social support from friends and family, healthier lifestyle changes, and seeking professional help (Chen et al., 2023; Chen et al., 2024; Ding et al., 2024; Fang et al., 2024).

Awareness of mental health is starting to increase in Indonesia. But in 2025, stigma and lack of facilities will still be an obstacle. Economic pressures, urbanization, and the impact of social media contribute to the increasing cases of depression and anxiety, especially among the younger generation (He et al., 2024; Li et al., 2024; Liu et al., 2021; Liu et al., 2021). Unfortunately, the number of psychologists and psychiatrists is still limited, and mental health services are not well integrated in the primary health system (Goldenberg-Institut.org). Generalized anxiety disorder has become a serious concern in recent decades, mainly because of its broad and complex impact. Conventional treatments such as cognitive-behavioral therapy (CBT) and pharmacotherapy are not always effective for all patients, and some patients may experience side effects from such treatments. Recent research suggests that an integrative approach that combines conventional medicine with complementary therapy can be an effective strategy in managing generalized anxiety disorder (Kessler et al., 2022). One approach that shows potential is Acupuncture Nursing, which has been used in Traditional Chinese Medicine (TCM) to treat a variety of health conditions, including mental disorders.

Acupuncture care has been shown to be effective in reducing anxiety symptoms by regulating the activity of the sympathetic and parasympathetic nervous systems, as well as increasing the production of neurotransmitters such as serotonin and GABA (Zhang et al., 2021; Li et al., 2022). By using specific acupuncture points, Acupuncture Care can help regulate Qi, reduce anxiety, and improve mental well-being. From the description above, it is necessary to conduct research on Acupuncture care for people with general disorders. This study aims to explore the effectiveness of Acupuncture Care in reducing the symptoms of generalized anxiety disorder and evaluate how Acupuncture Care can be an effective and minimal side effect complementary therapy for generalized anxiety disorders. Problem Limitations: This case study problem is limited to Acupuncture Care in Anxiety cases with complaints of insomnia at "Flowers Beauty Studio" Bandung.

Formulation of Research Problems

- a. How does acupuncture therapy affect anxiety levels in anxiety patients?
- b. Can the combination of acupuncture therapy and relaxation therapy reduce anxiety symptoms in patients?
- c. Can acupuncture therapy improve the quality of life of anxiety patients?

The purpose of this study, in general, is to find out the benefits and effectiveness of acupuncture in cases of Anxiety with complaints of insomnia at Flowers Studio Bandung. And the specific goal is to find out the effect of acupuncture therapy on anxiety levels in anxiety patients. In addition, to find out if the combination of acupuncture therapy and relaxation therapy can reduce the symptoms of anxiety in patients (Pscheidl & Streng, 2025; Wang et al., 2025; Wang et al., 2025). And also find out whether acupuncture therapy can improve the quality of life of anxiety patients. It is hoped that this case study can provide additional insight into the meaning of anxiety from the perspective of western medicine and eastern medicine. And can also provide an explanation of the mechanism of action of acupuncture in dealing with

anxiety. In addition, it can reduce anxiety symptoms, and improve the quality of life of people with anxiety. And also, an additional reference in handling Anxiety cases with complaints of difficulty sleeping (Yao et al., 2024; Yu et al., 2025; Zhao et al., 2024; Zhou et al., 2024). It is hoped that this research will be a reference to enrich insights for future researchers. In addition, it is hoped that this research can provide inspiration to develop more effective and efficient research methods, in reducing anxiety symptoms in different populations, such as children, adolescents, or the elderly (Wu et al., 2020; Wu et al., 2024; Yan et al., 2025; Yang et al., 2021).

Thus, this research is expected to contribute to the development of further research and improve the quality of research on acupuncture and anxiety. It is expected to help Acupuncture Therapists, improve their abilities and be able to develop more effective acupuncture techniques. So that they can provide more information and of course this can improve the quality of their services to patients, as well as help increase patient confidence in acupuncture therapy, so that therapists can increase the number of patients and increase income. This research is also expected to help therapists develop therapy programs that are more effective and efficient in reducing anxiety symptoms, so that they can improve the quality of life of patients. Thus, this research is expected to contribute to the development of the therapist profession and improve the quality of service to patients. With this research, it is hoped that participants can experience an improvement in the quality of life, so that they can live their daily lives better. Get a more natural treatment and have no significant side effects. In addition, they can gain knowledge and skills on how to manage their emotions, to improve mental health. So that there is no more excessive anxiety that results in sleep difficulties. In addition, participants can contribute to research on the effectiveness of acupuncture in reducing anxiety symptoms, so that it can help others who are experiencing similar problems. Thus, participants can benefit significantly from this study and improve their quality of life. With this research, readers will gain new insights about the effectiveness of acupuncture in reducing symptoms of anxiety. In addition, it can add new insights, that it turns out that the condition of Anxiety is the result of an imbalance in the organs of the body. So that it can increase awareness about the importance of managing their emotions and improving mental health. Readers can also consider acupuncture as an effective and safe anxiety treatment option. Readers can use this research as a reference for the future if they or someone they know is experiencing anxiety problems. Thus, readers can benefit significantly from this research and improve their quality of life.

METHOD

Research Design

This study used a qualitative research design of a case study type. This study was chosen because it aims to get a comprehensive overview of acupuncture care in Anxiety cases. Case studies in acupuncture care are not intended to explore social problems as broadly as case study research in general, but rather as a systematic report on the management of health complaints through acupuncture modalities. The main focus of this study is to observe and describe the process of acupuncture care provided to clients, starting from the examination stage, diagnosis enforcement, therapy planning, implementation of actions, to evaluation of therapy results.

Data collection is carried out in a structured manner, carried out using instruments in the form of Client Data Sheets which are systematically compiled. The data that has been obtained is carefully processed to be used as a basis for establishing Diagnosis (Diseases and

Syndromes). In the implementation of acupuncture care services, an accurate diagnosis is needed to be used as a guideline in compiling and implementing an acupuncture therapy action work plan. In this study, each act of service to the participants was thoroughly analyzed and rearranged in the form of a case report. This study aims to provide an overview of the implementation of acupuncture care in cases of Anxiety with insomnia complaints, at Flowers Beauty Studio Bandung in a complete and structured manner. The implementation of this case study is still limited by time and place according to the willingness of the participants and the smooth process of therapy, unless there are certain conditions that require adjustments to the implementation plan. The preparation of this case study report is guided by the standard rules of acupuncture care. Each stage of service is analyzed sequentially so that a comprehensive picture of the implementation of acupuncture care in Anxiety cases is obtained.

Term Limitations

The limitation of terms in qualitative research is referred to as an operational definition, which is a statement that describes the key terms that are the focus of the case study research (Bookdown, 2024). In this case study, the researcher provides term limitations, so that readers can understand the context of the use of terms appropriately and there is no double interpretation. The limitations of the term referred to in this case study research are special terms that are the core variables in the research title.

The main focus in this case study research is acupuncture care in Anxiety cases with insomnia complaints at Flowers Beauty Studio Bandung. Anxiety is an emotional state characterized by feelings of tension, worried thoughts, and physical changes, such as increased blood pressure, increased heart rate, and faster breathing. The body mobilizes itself to face perceived threats (American Psychological Association (APA). 2021) In the context of traditional acupuncture of Chinese medicine, Anxiety / Anxiety disorders are: "Fear and Palpitations" (Jing Ji) Surprised Fear, "Pulsating Panic" (Zheng Chong) Stunned Rush, "Mental anxiety" (Fan Zao) Annoying Irritability, "Agitasi" (Zang Zao) Dirty Irritability. (Maciocia, Youth).

This case study limits the scope of discussion to the following aspects:

1. Application of acupuncture care for one individual case of Anxiety in adult women
2. The therapy process is carried out exclusively at Flowers Beauty Studio Bandung
3. Limited intervention period of 6 sessions within 2 weeks
4. The use of manual acupuncture techniques without a combination of electro-acupuncture modalities

Evaluation of outcomes based on subjective patient reports and clinical observations of therapists This limitation is intended to focus analysis on the effectiveness of the application of holistic acupuncture care in managing cases of Anxiety, taking into account the unique characteristics of the patient and the context of the therapeutic environment.

Participants

The participant in this study was one client who experienced Anxiety and underwent acupuncture therapy at Flowers Beauty Studio Bandung. The selection of one participant was in accordance with the characteristics of case study research that aimed to delve deeply into the process of acupuncture care in one individual. The characteristics of the participants were described in general, including gender, age, health condition, willingness to be a participant, and other criteria relevant to the purpose of the study. In this case, the researcher provides a

limit (definition) on the term used, so that the reader can understand the context of the use of a term or perhaps its special meaning, what is meant by a special term in this case study research is a keyword that is the core variable arranged in the title of the case study research.

The expected participant characteristics in this case study are as follows:

1. Status as a patient at Flowers Beauty Studio Bandung
2. Having anxiety problems with complaints of difficulty sleeping.
3. Male or female.
4. Be willing to be a participant.
5. Willing to receive Acupuncture Care according to the procedure.
6. Be willing to adhere to the therapy schedule as well as recommendations and suggestions.

Data Collection

The researcher provides an explanation of the objectives and procedures of the research, then asks for the subject's consent through informed consent.

1. Licensing

The process of research activities begins after the proposal is approved by the supervisor. After that, the data collection process is carried out which is preceded by bureaucratic procedures or a license letter issued by the Head of the D-III Acupuncture Study Program ITSK Hospital dr. Soepraoen Malang. The researcher conducted an acupuncture examination using an instrument in the form of a Client Data Sheet.

2. Data Collection

Data collection is a systematic stage in qualitative research that includes various techniques such as observation, interviews, and documentation, where researchers approach the subject to obtain the information needed in depth and contextual so that the research results are accurate and meaningful (Mulatiningsih & Rindrayani, 2025). The data collection process begins with:

- a. Identification and initial assessment of the research subject through structured interviews.
- b. Obtaining written consent (informed consent) which contains a comprehensive explanation of the rights and obligations of the participant.
- c. The implementation of a thorough acupuncture examination using standardized Client Data Sheet instruments.

Acupuncture examination is carried out based on Four Examination Methods, namely:

- 1) Observation Examination (Wang): includes observation of shen, facial color and expression, body condition, and tongue examination (tongue body, tongue membrane, and topography of Zang-Fu organs).
- 2) Hearing and Smell (Wen) Examination: includes assessment of voice, speech, breathing, as well as body Odor and excretion.
- 3) Interview Examination (Wen): includes the client's identity, main and additional complaints, disease history, lifestyle, and symptoms felt by the client.
- 4) Touch Examination (Qie): includes touching the complaint area, special points, and pulse examination.

In addition, supporting data in the form of the results of other medical examinations such as laboratories or medical records is used when available and relevant.

Data Reduction

Data reduction is the process of processing data from acupuncture examinations. The data obtained through the Client Data Sheet is sorted and grouped according to its category. Next, the researcher compiled a summary of the data by selecting data that had diagnostic value or showed abnormal conditions, which were then used as the basis for establishing an acupuncture diagnosis.

Diagnoses Enforcement (Diseases and Syndromes)

Acupuncture is established as the foundation for drawing up a therapy plan. This diagnosis includes two main aspects, namely the identification of the Disease (Bing) and the determination of the Syndrome (Zheng). Diagnosis of Diseases and Syndromes can be established after the data of the results of the Acupuncture Examination are considered to have met the completeness criteria. In its application, a type of Disease often manifests several Syndromes. Therefore, therapy planning should consider all successfully identified Syndromes.

Preparation of a Therapy Plan

In this case study, therapy planning is structured by covering the following components:

- a. Principles and methods of therapy. The principles and methods of therapy, are formulated based on the established acupuncture diagnosis. In this case, the principle of therapy, is focused on efforts to improve sleep quality by eliminating liver stagnation, regulating liver, kidneys and heart.
- b. Selection of equipment and therapeutic materials. Therapy uses disposable sterile acupuncture needles with sizes of 0.25 x 25 mm (1cun) and 0.25 x 40 mm (1.5 cun).
- c. Selection of points and manipulation techniques. The selection of acupuncture points is based on the identified syndrome, by combining local and distal points.
- d. Providing recommendations and recommendations. Clients get guidance on regular sleep patterns, good movement patterns, avoiding anxiety triggers, doing breathing exercises, and eating a balanced diet.

Implementation of Therapy Plan

In this case study, the implementation of therapeutic actions includes:

- a. Preparation of facilities, tools, and materials
- b. Client (participant) consent
- c. Positioning clients (participants)
- d. Hand decontamination
- e. Wearing personal protective equipment
- f. Preparation of the location of the target of the stabbing
- g. Needle preparation
- h. Duration of retention
- i. Needle collection
- j. Decontamination of equipment
- k. Be on standby
- l. Action response (responsive)
- m. Prevention of trauma/injury risk
- n. Rewearing of the client's clothes
- o. Storage of sharp objects
- p. Obedience to the principles of health and safety

Preparation of Evaluation

In this case study, evaluation includes:

- a. Process evaluation, which is an evaluation that is carried out immediately after all needles are removed. This evaluation is quite short including Acupuncture Examination (Four Ways of Examination). i.e. observations of: Former incarceration. Changes in Observation Examinations include shen, xing tai, and others. Changes in Olfactory and Hearing Examinations include coughing sounds, speech sounds, and others. Changes to the Interview Examination include main complaints, additional complaints, and others. Changes in the Touch Examination include temperature, pulse, location of complaints, and others. Questions about the use of assistive devices and others.
- b. Evaluation of results, which is a temporary conclusion of the results of the process evaluation in the form of feasibility to continue therapy in the next session according to the schedule agreement or other appropriate and urgent actions needed.

Prognosis Statement

In this case study, the prognosis statement includes:

- a. Prognosis. Prognosis is a scientific prediction about the possible development of a disease and its outcomes. The prognosis statement is as follows:
Sanam: healed
Bonam: Good.
Dubia: not sure/doubtful.
- b. References. Referral is a follow-up and/or additional health care process in a more comprehensive health care facility. The referred participant (client) is a participant (client) who needs health services outside the authority of the Therapeutic Acupuncture.

Data Validity Test

Data validity testing is an activity of testing the quality of the data/information obtained, so as to produce data with high validity. In this study, the validity of the data is in the integrity of the researcher, because the researcher is the main instrument. In addition, data validity tests were also carried out, through: Extension of action/care time,

Confirmation of additional information sources using triangulation from three main data sources, namely participants (clients). Acupuncture Therapists, and the participant's family (client) who are very closely related to the research subject.

Data Analysis

Data analysis in this study was carried out using a cross-comparison technique of data between therapy sessions. The data compared is process data and result data. Process data includes the process of examining clients, preparing diagnoses (diseases and syndromes), preparing therapy plans, and implementing therapeutic actions. Outcome data is data from observations of changes that occur after receiving therapeutic action, which includes the condition of the participant's (client) recovery rate, prognosis, and referral. The data analysis process is in the form of cross-referencing between therapeutic actions which is carried out by comparing the implementation of the 1st therapy session with the 2nd therapy session, the 1st therapy session with the 3rd therapy session, the 1st therapy session with the 4th therapy session, and so on.

RESULTS AND DISCUSSIONS

This case study research was conducted on a 38-year-old female client with the main complaint of insomnia since the last 3 months. Clients have difficulty starting sleep, to be able to go to bed in the early hours of the morning, and wake up during the day. and feeling unrefreshed when waking up. And there is also a panic attack on the situation/problem faced. The mind is not calm, easily worried, sometimes accompanied by palpitations/heart palpitations.

Therapy is carried out using an acupuncture care approach of 6 times of therapy, with a frequency of 2 times per week. The goal of therapy is to calm the Shen (mind), reduce anxiety, improve sleep quality, and balance yin and yang energy.

1. Overview of Research Locations

The research was conducted at Flowers Beauty Studio Bandung. A beauty studio located on Jalan Mekar Indah blok f no. 1, Cibiru Bandung.

The research location was chosen because Flowers Beauty Studio Bandung, is one of the popular beauty studios, and has many customers who experience anxiety when using beauty services.

2. Participant Characteristics (Client Identity)

Name: Mrs. I Age: 38 years old

Gender: female Occupation: Private employee Status : Married

Main complaint: clients complain of difficulty sleeping at night since the last 3 months. Difficulty sleeping has arisen since the client, experiencing work pressure, and domestic problems.

Additional complaints: easy anxiety, heart palpitations, uneasy thoughts, easy fatigue, decreased concentration.

3. Acupuncture Care Data (Resume of Each Therapy Session)

Table 1 Acupuncture Stages Resume Table (Alternative B)

Therapy	Inspection	Diagnosis	Planning	Implementation	Evaluation
Session 1 (date...)	The face looked tense, the eyes were glazed and tired, the lips were pale, the expression was restless. Excessive menstruation. Normal voice but lacking enthusiasm. A lot of phlegm. The tongue is pale reddish and thin. The pulse is smooth and slightly fast	Shen disorders due to Yin deficiency of the heart and kidneys and stagnation of the liver's Qi. There is a deficiency of the Yin of the spleen.	Principles of therapy: calming Shen, balancing Yin and Yang, improving Qi circulation, and strengthening the heart and kidneys. Recommendations: reduce artificial light at night (HP/lamp), grounding and sunbathing according to circadian clocks, breathing exercises and relaxation, EFT, consumption of heart and kidney strengthening foods,	Prepare needles 1.5 cu, cotton, alcohol. Asking for the client's consent. Client lying on the bed. Hand decontamination and preparation of the spraying. Piercing at HT7, Anmian, Yintang, SP6, KI3, CV6 points for 20 minutes.	Clients feel more relaxed after therapy.

	(xi, shu mai). Difficulty sleeping until the early hours of the morning, when waking up feeling tired, easily panicking, anxious, and offended.		blood boosters, and liver boosters.		
Session 2 (date...)	The condition is still the same as at the beginning, but it is starting to improve. Still having trouble sleeping. The voice began to sound more excited.	Same as initial diagnosis.	The principle of therapy remains the same.	Puncture at the HT7, PC6, Anmian, DU20, and SP6 points uses a 1–1.5 cu needle.	Clients feel calmer and fall asleep faster than before.
Session 3	Sleep starts to be better, anxiety decreases.	The yin of the heart begins to improve.	Calming Shen, balancing Yin and Yang, and smoothing the circulation of Qi.	Therapy at HT7, KI3, LV3, DU20, and Yintang points.	Clients feel refreshed when they wake up as sleep hours start to improve.
Session 4	Difficulty sleeping decreased, mild anxiety. Phlegm is reduced, the body is more energized.	The yin of the heart, kidneys, and spleen begins to improve.	Calming Shen, balancing Yin and Yang, and smoothing the circulation of Qi.	Reinforcement at HT7, LV3, SP6, and Anmian points.	Sleep better and deeper (deep sleep). Anxiety is reduced, there are no panic attacks.
Session 5 (on ...)	Normal sleep, minimal anxiety, normal pulse.	The qi, of the heart, began to improve.	Nourishes the heart and calms the mind.	Maintenance therapy at HT7, LU9, PC6, and DU20 points.	Clients feel very relaxed, faces are more excited, eyes seem to shine more.
Session 6 (date...)	Sleep is normal, there is no significant anxiety, the tongue is not too pale, the	Shen, Yin of the heart, and harmonious heart Qi (ping).	Strengthens the heart, spleen, and kidneys and launches the liver.	Strengthening therapy at HT7, PC6, LU9, SP6, KI3, and LV3 points.	The client's condition is stable, more vibrant, the face is fresher, the

pulse is
normal.

eyes shine,
and the
sleep hours
are regular.

Discussion of Research Results Discussion Content:

Female patient aged 38 years came first with the following conditions:

- a. The face looked tense, the eyes glazed and tired, the expression was restless.
- b. Normal voice, but lacking enthusiasm.
- c. The tongue is pale reddish, and thin.
- d. Pulse: smooth and slightly fast (xi, shu mai).
- e. Difficulty sleeping until the early hours of the morning, when waking up feeling tired, easily panicking and anxious and irritable.
- f. Excessive menstruation and a lot of mucus.

However, after doing 6 times of therapy, the client's condition changed, his face was radiant, his eyes were shining, his voice was more excited, his tongue was not too pale, his pulse was normal, and he went to bed earlier with a fresher waking up condition. And his anxiety and panic were greatly reduced.

In traditional Chinese medicine the Heart, Spleen, Lungs, Kidneys, and Liver as the main organs. An imbalance of energy that results in a lack of energy in certain organs will also affect emotions, thus causing various pathologies, in this case, panic disorders, if the affected organs are the Gallbladder, Kidneys, or both (from an energy point of view). (Wl Huang, 2020). In line with that, the results of this study describe the condition of yin deficiency of the heart and kidneys, as well as yin deficiency of the spleen. And also, the occurrence of liver stagnation.

After therapy, using the principle, calm the shen, strengthen the yin of the heart, kidneys and spleen. As well as launching the stagnation of the Qi. Thus, the therapy session was carried out for 6 times in a span of 3 weeks. Resulting in better client condition, fairly stable emotional and more enthusiastic patient condition, glowing face, and more regular sleep hours, of course. In line with what was explained by (S Qu et al. 2022), common anxiety-related syndromes include stagnation of liver Qi, heart and spleen deficiencies, and heart disorders due to heat-sputum. Once the syndrome is identified, a therapeutic strategy is selected as needed. For example, in the case of liver Qi stagnation, treatment is directed at regulating liver function, increasing Qi flow, and relieving emotional tension.

Discussion instructions: In the 1st session of therapy, the face still looks tense, eyes glaze, and restless. Pale lips and pale tongue, excessive menstruation, smooth and slightly fast pulse, and of course difficulty sleeping. However, after the first therapy, the client's condition felt better. In the 2nd therapy session, when the client came still with the same condition at the time of the first session. But according to him, he was able to sleep a little faster than usual. The voice began to have enthusiasm.

In the 3rd session of therapy, his yin heart began to improve. With the state of sleep, it begins to be more restful and deeper and anxiety decreases. And when he wakes up, his body condition is much fresher. In the 4th session therapy, there was a significant change. The yin of the heart is getting better and so is the yin of the kidneys. Sleep better, faster and wake up earlier, and Bagun's condition is fresher.

5th and 6th therapy sessions, normal sleep and no significant anxiety. The tongue is not too pale and the pulse is normal. With therapy, it nourishes the heart, spleen and kidneys, and calms the mind. By selecting the HT7 and DU20, SP6 and LV3 points, KI3.

Yin deficiency of the heart, kidneys and spleen, as well as the stagnation of the liver's Qi, greatly impact a person's emotional state. In addition, it is severe with a condition of difficulty sleeping, which can disrupt the organ clock and further make that imbalance occur in the body. So the first thing that must be done is how to order his sleep patterns, as well as improve his shen's calm to support a regular sleep pattern.

1. Discussion at the Examination

In the 1st session of therapy, it was found that the face still looked tense, eyes glazed, and restless. Pale lips and pale tongue, excessive menstruation, smooth and slightly fast pulse, and of course difficulty sleeping. However, after the first therapy, the client's condition felt better. In the 2nd therapy session, data was obtained when the client came still with the same condition at the time of the first session. But according to the client, he was able to fall asleep a little faster than usual. The voice began to have enthusiasm.

In the 3rd therapy session, the yin data of his heart began to improve. With the state of sleep, it begins to be more restful and deeper and anxiety decreases. And when he wakes up, his body condition is much fresher. In the 4th session therapy, there was a significant change. In getting the yin of the heart is getting better, so is the yin of the kidneys. Sleep better, faster and wake up earlier, and Bagun's condition is fresher. And of course it affects a slightly brighter face.

The 5th and 6th therapy sessions, normal sleep data and no significant anxiety were obtained. The tongue is not too pale and the pulse is normal. Of course, it affects the radiance of brighter eyes, a bright face, lips and tongue that are not pale. Because, focus on maintaining the heart, spleen and kidneys, as well as calming the mind. By selecting the HT7 and DU20, SP6 and LV3 points, KI3. This is in accordance with the theory (Yun Yang-xiang, 2021), acupuncture points targeted at calming the mind, refreshing the brain and opening holes, calming the heart, and strengthening the spleen are chosen, including Baihui, Yintang, Sishencong, shenting, as well as other head acupuncture points, including Neiguan, Xinshu, jueyinshu, Sanyinjiao, Zusanli, and Taichong, and other distal and posterior acupuncture points. Acupuncture can be a viable therapeutic option for the treatment of depression and anxiety related to functional dyspepsia. Its therapeutic efficacy seems to be comparable to that of psychotropic drugs. (Xu Zhiwei., et al 2024)

2. Discussion on Diagnosis

In the 1st diagnosis therapy session, data was obtained that the client was diagnosed, there was Shen disorder due to Yin Deficiency of the heart and kidneys. As well as stagnation of the liver's Qi, which causes anxiety and also excessive menstruation. In addition, a lot of mucus comes out, causing a Yin Deficiency of the spleen. In the 2nd session, the diagnosis was still the same as in the first therapy session, but the impact at the time of the first therapy was felt that the client felt that he fell asleep faster and felt a little calmer, and when he spoke, his voice sounded more excited.

In the 3rd diagnosis therapy session, it was obtained that the yin of the heart began to improve, although other imbalances, such as kidney yin deficiency, and spleen yin were not so significant, especially in the stagnation of the liver's qi. In the 4th diagnosis therapy session, it

was obtained that the yin of the spleen and kidneys had begun to show improvement, with the condition of sputum starting to decrease and the body condition was more energetic.

In the 5th diagnosis therapy session, the data on the liver Qi began to improve, as evidenced by the Client who felt very relaxed, with a more excited face, and slightly shining eyes. And in the last therapy session, at the 6th diagnosis, Shen, heart, kidney, and spleen yin as well as liver Qi begin to appear in the direction of improvement and harmony (ping). The client's condition is better and quite stable. The patient's condition is more vibrant, the eyes shine, the face is fresher, and the sleep hours are more regular, of course.

Associated with diagnosis, acupuncture may be a viable therapeutic option for the treatment of depression and anxiety related to functional dyspepsia. Its therapeutic efficacy seems to be comparable to that of psychotropic drugs. (Xu Zhiwei., et al 2024). In addition to acupuncture, one way to reduce anxiety is to do emotional freedom techniques (EFT). Non-invasive measures to balance the body's natural meridian energy when symptoms of physical and emotional decline occur. (Kumara, R. A., et al 2025). Emotional Freedom Technique (EFT) is an alternative complementary treatment that has the power of tapping and suggestion that can improve physical and psychological problems in just a matter of minutes. (Anggreini, E. R., Sari, I. W. W., 2021). EFT is effective as a psychoeducational strategy in reducing stress. (Halima Andi., et al 2025). The use of EFT is very useful to overcome emotional problems, just by preparing a comfortable environment, EFT can be done and emotional problems can be overcome. In addition to being able to be done with the help of social workers, this energy therapy can also be used as a safe self-help method to help individuals reduce existing emotional stress. (Roziika Aisyah., et al 2020).

3. Discussion on Therapy Planning

Principle of therapy: calming Shen, balancing Yin and Yang, improving Qi circulation, strengthening the heart, kidneys and spleen. Using needles of 1 cun and 1.5 cun, cotton and alcohol. Recommendations: reduce artificial light at night, such as mobile phones and lights, grounding and sunbathing according to the Circadian clock, breathing exercises and relaxation, EFT, eating foods that strengthen the heart and kidneys, strengthen the blood and smooth the liver.

Acupuncture can be a viable therapeutic option for the treatment of depression and anxiety related to functional dyspepsia. Its therapeutic efficacy seems to be comparable to that of psychotropic drugs. (Xu Zhiwei., et al 2024). In addition to acupuncture, one way to reduce anxiety is to do emotional freedom techniques (EFT). Non-invasive measures to balance the body's natural meridian energy when symptoms of physical and emotional decline occur. (Kumara, R. A., et al 2025). Emotional Freedom Technique (EFT) is an alternative complementary treatment that has the power of tapping and suggestion that can improve physical and psychological problems in just a matter of minutes. (Anggreini, E. R., Sari, I. W. W., 2021). EFT is effective as a psychoeducational strategy in reducing stress. (Halima Andi., et al 2025). The use of EFT is very useful to overcome emotional problems, just by preparing a comfortable environment, EFT can be done and emotional problems can be overcome. In addition to being able to be done with the help of social workers, this energy therapy can also be used as a safe self-help method to help individuals reduce existing emotional stress. (Roziika Aisyah., et al 2020).

4. Discussion on the Implementation of Therapy

Acupuncture points targeted at calming the mind, refreshing the brain and opening holes, calming the heart, and strengthening the spleen are selected, including Baihui, Yintang, Sishencong, shenting, as well as other head acupuncture points, including Neiguan, Xinshu, jueyinshu, Sanyinjiao, Zusanli, and Taichong, and other distal and posterior acupuncture points. (Yun Yang-xiang, 2021). Acupuncture can be a viable therapeutic option for the treatment of depression and anxiety related to functional dyspepsia. Its therapeutic efficacy seems to be comparable to that of psychotropic drugs. (Xu Zhiwei., et al 2024).

Acupuncture is applied in Baihui (GV20), Yintang (GV29), Shenmen (HT7, bilateral), and Sanyinjiao (SP6, bilateral). In this study, stabbing was also carried out at the HT7, Anmian, Yintang, SP6, KI3, CV6 points with a duration of 20 minutes. In the next session, DU20, PC6, and LU9 points were also added.

5. Discussion on Evaluation

The data obtained in each session shows that there are stages of development that lead to improvement. Although it is slow, each session always shows good progress. The main focus of this study, starting with improving the client's sleep pattern or hours, by inserting acupuncture needles at the meridian point for the heart, spleen and kidneys. In addition, it focuses on how to unleash the heart's Qi to have an impact on reducing its anxiety and panic. The rest, focus on how to stabilize the menstrual cycle, and form good and balanced habits in movement patterns, eating patterns that suit their needs and of course how to regulate their mindset so that they are not easily anxious and overthinking, one of which is with the EFT technique.

CONCLUSION

This case study demonstrates that acupuncture care, guided by a comprehensive Traditional Chinese Medicine (TCM) assessment encompassing anamnesis, observation, palpation, and tongue and pulse examination, effectively addresses anxiety accompanied by insomnia through precise syndrome differentiation. The patient's condition was identified as *Yin* Deficiency of the Heart, Spleen, and Kidneys with concurrent *Liver Qi* Stagnation, resulting in the undernourishment and disturbance of *Shen*, which compromised both emotional stability and sleep quality. Therapeutic principles focusing on nourishing *Yin*, calming *Shen*, strengthening Spleen and Kidney function, and resolving *Liver Qi* Stagnation through targeted acupuncture point selection yielded progressive improvements, including reduced anxiety levels, diminished insomnia complaints, and enhanced overall well-being, affirming acupuncture as a safe and effective complementary therapy when practised according to established standards. Clinically, practitioners are encouraged to refine their identification of complex deficiency-stagnation patterns and conduct periodic monitoring of *Shen* stability and sleep quality, while patients are advised to maintain consistent therapy schedules, regulate emotional stress, and adopt a diet supportive of *Yin* preservation. For future research, it is recommended that studies with larger sample sizes and more rigorous experimental designs be conducted to strengthen the scientific evidence base for acupuncture in treating the combined pattern of Heart–Spleen–Kidney *Yin* Deficiency with *Liver Qi* Stagnation in anxiety and insomnia cases.

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