## Hallucinations, Psychosis and Loss of Consciousness

Symptoms such as hallucinations, psychosis, and loss of consciousness are seen as manifestations of severe Shen (神) disturbance. They indicate that the Heart, which houses the Shen, is no longer able to anchor, regulate, or express the spirit properly. These are not subtle emotional imbalances but rather signs of deep pathology — either from extreme excess (e.g. Fire, Phlegm-Heat) or critical deficiency (e.g. collapse of Yang or Essence).

* **Hallucinations**: Visual, auditory, or sensory perceptions not grounded in reality.  
  → In TCM, they indicate Shen being disturbed by Phlegm-Heat or Fire, or the orifices of the Heart being blocked.
* **Psychosis (Kuáng-Diān 病)**: Includes both manic (*Kuáng 狂*) and withdrawn/delusional (*Diān 癫*) states. → Suggests extreme Shen disturbance due to Phlegm, Fire, or constitutional deficiency.
* **Loss of Consciousness (昏厥 / 神昏)**: Can be temporary (fainting) or more prolonged (coma, vegetative state). → In TCM, this results from obstruction of clear Yang, or collapse of Qi or Yang.

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| Pattern | Pathophysiology | Causes | Symptoms | Tongue | Pulse | Treatment | Formula |
| Phlegm Misting the Mind (痰蒙心窍) | The Heart orifices are obstructed by Cold-Phlegm, blocking mental clarity and spiritual awareness. | Weak Spleen (producing Damp/Phlegm), emotional suppression, substance use | Mental dullness, clouded thinking, incoherent speech, muttering, hallucinations, withdrawal | Swollen, greasy white coat | Slippery, soft | Transform Phlegm, open the Heart orifices, tonify Spleen | *Di Tan Tang*, *Shun Qi Dao Tan Tang* |
| Phlegm-Fire Harassing the Heart (痰火扰心) | An internal excess pattern where Heat cooks fluids into Phlegm, creating turbulent movement that agitates the Shen. | Liver Qi stagnation → Fire, emotional stress, rich diet, substance abuse | Manic behaviour, delusions, shouting, visual/auditory hallucinations, aggression, insomnia | Red with greasy yellow coat | Rapid, slippery, wiry | Clear Heat, resolve Phlegm, open orifices, calm Shen | *Gun Tan Wan*, *Wen Dan Tang*, *Sheng Tie Luo Yin* |
| Heart Fire Blazing Upward (心火亢盛) | Extreme emotional stress or constitutional Heat causes Fire to rise, disturbing the Shen. |  | Agitation, vivid hallucinations, excessive talking or laughter, insomnia, red face, mouth sores | Red, especially tip; dry yellow coat | Rapid, full | Drain Heart Fire, calm Shen | *Dao Chi San*, *Zhu Sha, and Shen Wan* (historical, used with caution) |
| Collapse of Yang (阳脱) | In cases of shock, massive fluid loss, severe exhaustion, Yang Qi can suddenly collapse, and consciousness is lost. | Haemorrhage, heart failure, trauma, chronic deficiency. | Sudden fainting or coma, cold limbs, profuse sweating, very weak pulse, pale complexion | Pale, moist | Hidden, minute, or absent. | Rescue Yang, restore consciousness | *Shen Fu Tang* (Ren Shen + Fu Zi), *Du Shen Tang* |
| Collapse of Blood or Qi (气脱 / 血脱) | Extreme Blood or Qi loss (from trauma, childbirth, illness) causes Shen to lose its residence, leading to unconsciousness. |  | Fainting, pale complexion, shallow breathing, spontaneous sweating, severe weakness | Pale or dry | Faint, forceless | Restore Qi and Blood, stabilize Shen | *Ren Shen Bai Du San*, *Du Shen Tang*, blood tonics post-collapse |
| Kidney Essence Deficiency (肾精不足，脑髓空虚) | In chronic psychosis or post-trauma, Essence fails to nourish the Brain, leading to mental and cognitive breakdown. |  | Long-term confusion, memory loss, hallucinations, cognitive decline, emotional instability | Pale or red with little coat | Thin, weak | Tonify Kidney Essence, nourish Brain (Sea of Marrow), stabilize Shen | *Zuo Gui Wan*, *He Che Da Zao Wan* (placenta-based, Jing-tonic) |

In TCM, hallucinations, psychosis, and loss of consciousness are signs of severe Shen disturbance, most often due to Phlegm-Heat or Phlegm-Fire obstructing the Heart, Heart Fire blazing upward, Collapse of Yang, Qi, or Blood or Kidney Essence failing to nourish the Brain. Treatment depends on the pattern: clearing Heat, resolving Phlegm, rescuing Yang, or nourishing Essence and Blood.