

Các cách chữa trị mất ngủ với y học cổ truyền

10:00 16/04/2022

Mất ngủ trong y học cổ truyền gọi là chứng "thất miên", "bất寐", "bất đắc miên"... và thường kèm theo các triệu chứng như suy nghĩ căng thẳng, tâm bất an và nếu tình trạng này kéo dài cũng dẫn đến mất ngủ.

Khoa Y học cổ truyền áp dụng phương pháp dùng thuốc và không dùng thuốc. Bệnh nhân khi đến với

Về thuốc thang có các bài thuốc cụ thể trên từng thể bệnh khác nhau, khoa Y học cổ truyền có đầy đủ

Tại khoa Y học cổ truyền còn áp dụng phương pháp Ngâm chân bằng thảo dược góp phần hỗ trợ điều

Ngoài việc dùng Thuốc uống Đông y và ngâm chân bằng thảo dược Khoa còn kết hợp phương pháp k

Điều trị mất ngủ bằng y học cổ truyền là một phương pháp điều trị lâu dài, cần có sự phối hợp chặt chẽ

Về phía Bệnh nhân cần thay đổi thói quen, nếp sinh hoạt như:

- Sắp xếp công việc phù hợp, tránh căng thẳng stress
- Tập thói quen đi ngủ và thức dậy đúng giờ, không thức quá khuya hay dậy quá sớm.
- Không ngủ trưa quá dài (trung bình 15- 30 phút là đủ).
- Phòng ngủ cần yên tĩnh, ánh sáng phù hợp.
- Không ăn quá no hoặc đói quá đói.
- Tập các bài tập thư giãn trước khi đi ngủ.
- Không dùng các chất kích thích trước khi đi ngủ 3 tiếng.
- Khuyến khích bệnh nhân tham gia các hoạt động xã hội, tránh tình trạng nhàn rỗi quá mức , khiến bệnh
- Hướng dẫn bệnh nhân day ấn các huyệt có tác dụng dịu sự căng thẳng và an thần như Ấn đường, An
- Các món ăn có các vị thuốc có tác dụng trấn tĩnh an thần như: Củ sen, hạt sen, tâm sen, nhãn nhục, lệ

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