



Study on the Clinical Value of Dream

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The dream is a well-known experience in the routine life. It is the image and thought being occurred during the sleep, and the complex reaction of our mental world to the event of everyday. We spend a quarter of every night on the dream, it means for us to spend about six years having a dream.

But, any portion of the dream are remained the mystery in these days and it goes without saying that these mystery have not been solved from old times. So, the people have not known about the essences of dream for a long time although they have experienced in dreaming in the early days of human history.

In particular, there are so many opinions of the reason why people have a dream and this thesis is telling about the physical and pathological changes in the human as one of that various opinions. The aspects of this thesis are often founded in the diverse texts of Oriental Medicine, including the Internal Classics(內經), and there were some cases that regarded the dream as diagnostic object and put to clinical uses. These attempts were not only tried out by particular Orient thought, also the ancient Greeks thought that the dream would represent important informations about the health.

But, these ideas have been treated lightly by the impacts of the Western medicine since the modern age. Straightforwardly, before the psycho-analytics was not development, most of the doctors and scientists regarded the dream as things like dregs of mind.

But, It is necessary to consider the dream to modality of disease diagnosis because many evidences that the dream represents the physiologic and pathologic changes in the human have been proved in recent days. So, we are going to inquire into the things being scattered over many texts of the Oriental Medicine, including the Internal Classics(內經), about the dream and to look the diagnostic significances of the dream with some examples of the modern psychiatric accomplishments.



The dream is a symptom associated with disease, and it is the component of the Jang image(臟象). So, the dream has the diagnostic value as the sign of physiologic and pathologic changes of human body. The central operating bodies of the dream are the Spirit(神) and Hun and Beak(魂魄), and the Spirit(神) is more essential part between the two. The oneironosus(病夢) was caused by three factors, which are the external stresses of the body, malfunction of Jang-Bu(臟腑) and irregularity of Yin-Yang(陰陽) and Gi-blood(氣血). The oneironosus(病夢) reflects the location, characteristics, progression and prognosis of the disease. In addition, it predicts the development of disease. The principle of treatment for the oneironosus(病夢) is making an effort for the stabilization of mind by eradicating the internal and external factors that make the Spirit(神) been unstable. Researches proving a relation between the dream and disease are going on in progress in the present-day Western countries.

Because the previous texts of Oriental Medicine describes the mechanism of dream simply and there are not enough examples about it in the texts, it is difficult to understand its mechanism systematically. So, it seems to be the obvious limitations that the range of applications in the clinical field is restrictive owing to construing the mechanism of dream arbitrarily or interpreting it in accordance with examples in the previous texts.

But, since the practical cases make sure of the effective value of dream in the actual, it is the problem awaiting solution to overcome the limitations mentioned above and to reconsider the diagnostic value of dream by finding out the cause, function and further detailed mechanism of dream. In addition, it is urgent to operate the special researches for the dream, which is the product of general psychiatric action, in the medical aspects because the prevalence of all sorts of disease are tending upwards owing to being inharmonious of the seven passions as the peculiarity of modern society.

Key word : dream, oneironosus(病夢), Jang image(臟象)