

Shenjing Shuariuo

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Shenjing shuariuo is a Chinese term for "nerve weakness." Specifically, "shen" translates to "spirit," "jing" means "channels which carry blood and energy," "shuai" means "degenerate" and "ruo" means "weak." This condition appeared in medical writings in the early 1900s. Currently, the Chinese Classification of Mental Disorders specify shenjing shuariuo's main symptoms as mental or physical fatigue, sleep disturbances, irritability, excitability, headaches, and other kinds of pain. The secondary symptoms include sexual dysfunction, gastrointestinal concerns, dizziness, concentration problems, and memory gaps. Shenjing shuariuo is translated as neurasthenia in the western medical world. It is included in the ICD-10 and is classified as a neurotic disorder. However, in the current ICD-11, this diagnosis was removed and its symptoms were incorporated with bodily distress disorder which is characterized by distressing bodily symptoms and excessive attention regarding such symptoms. Japanese culture recognizes the same group of symptoms as shinkeishitsun.