



SUN TEN

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NEWSLETTER

研究 尊重 安全

中医 Traditional Chinese Medicine



Arthritis is the major cause of disability and pain in Australia and the prevalence of arthritis is rapidly approaching that of cardiovascular disease. 60% of Australians suffering arthritis are of working age.¹

This newsletter examines the age-old concept of impediment syndrome, which includes the modern biomedical concept arthritis. Causes, patterns and formulas with modifications are explained in the article "TCM principles". The "Traditional Chinese Medicine" article further investigates the applications of the impediment syndrome theory in the treatment of different stages of rheumatoid arthritis.

A powerful herb-duo used in the treatment of impediment syndrome is the subject of this newsletter's "Dui Yao – the Art of Combining Medicinals" article.

TCM Treatment of Rheumatoid Arthritis

By Dagmar Riley Dip. TCM

Arthritis simply put means inflammation of the joints. The inflammation can affect any of the important structures inside a joint, including the joint lining (synovium), bones, cartilage and supporting tissues. Common symptoms of arthritis include pain, stiffness and swelling of the joint. Rheumatoid arthritis (RA) is a chronic systemic inflammatory autoimmune disease. RA affects women in a 3:1 ratio to men. The usual age of onset lies between 30 and 60, but the disease can strike at any age.

Diagnosis is based on a consideration of many factors, including the presence of the characteristic symptoms and signs of RA, the results of laboratory tests, and the results of x-rays.

Symptoms and signs:

- Stiffness in and about joints following inactivity; morning stiffness lasts for more than one hour.
- The affected joints are tender and painful and may be swollen and warm to the touch.
- Arthritis of more than three joints, including at least one affected hand joint.
- Extra-articular symptoms such as rheumatoid nodules, pericarditis, vasculitis and elevated ESR (erythrocyte sedimentation rate).
- Malaise, low-grade fever, weight loss.

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Current TCM Treatment Strategies: Treatment of Rheumatoid Arthritis According to Three Stages

The inflammation of active RA can potentially damage the bones, cartilage and other structures of the joints. Damage is usually cumulative and irreversible. Impairment in function, for example an inability to continue full-time employment, occurs in about one half of patients.



Since ancient times, Traditional Chinese Medicine (TCM) has been treating arthritis with a variety of formulae under the heading “bi syndrome”, also called “impediment”. References appear as early as the classic *Huang Di Nei Jing Su Wen* describing impediment as “when wind, cold and damp evils concur and combine, they give rise to impediment”. Impediment thus denotes a blockage of the channels due to the invasion of wind, cold and dampness producing joint pain, stiffness and numbness. For explanation of the basic types (wind impediment, cold impediment, damp impediment) and formulae with modifications, see the article “TCM Principles” on page 5 in this newsletter.

Many treatment strategies for RA that go beyond pattern differentiation have been published according to the personal experience of specialists in the field. Dr Jiang Rong Hua², vice chief physician at the Tieling City TCM Hospital, bases his treatment strategy on the fundamental principle that if right qi is abundant, evil qi cannot invade. Dr Jiang stresses four important clues when examining the patient:

- The location of the arthritis indicates how deeply evil qi has penetrated the body.
- The accompanying symptoms and signs (for example wandering or acute pain, numbness etc.) give clues about whether the predominant evil is wind, cold or dampness.
- The duration of the arthritis indicates the relative vacuity and repletion of right and evil qi.
- The constitution of the patient indicates the abundance or vacuity of qi and blood.

After considering these four clues in his diagnosis, Dr Jiang treats according to three different stages: Initial Stage, Middle Stage and Advanced Stage.

Treatment in the Initial Stage

In the initial stage, the internal cause of disease is a disharmony of construction and defence qi, and the external cause is invasion of wind, cold and dampness. The symptoms in the initial stage tend to manifest as joint pain, aching muscles, increased sweating and aversion to wind. The disorder is treated most effectively in this stage.

Dr Jiang’s formula of choice for this stage is *Gui Zhi Tang Jia Wei* [Cinnamon Combination with additions]. In the classic *Shang Han Lun*, *Gui Zhi Tang* is used to harmonise construction and defence qi in greater yang exterior vacuity patterns caused by external contraction of wind-cold evil. The formula uses warm acrid medicinals to resolve the fleshy exterior, dispel wind and harmonise construction and defence qi.

Modifications are made according to the nature of the external causes of the impediment, adding:

- Wind impediment (moving impediment): Add Dang Gui [Angelica Sinensis], Chuan Xiong [Cnidium] or *Si Wu Tang* [Dang Gui Four Combination] according to the principle: When treating wind, first treat the blood; when the blood moves, wind naturally disappears.
- Cold impediment (painful impediment): Add warming medicinals such as Gan Jiang [dried Ginger] and Rou Gui [Cinnamon Bark] to warm the channels and dispel cold.
- Damp impediment (fixed impediment): Add Fu Ling [Hoelen] and Bai Zhu [Atractylodes, white] or *Ling Gui Zhu Gan Tang* [Atractylodes & Hoelen Combination] to strengthen the spleen and dispel dampness.
- Heat impediment (when the three evils transform into heat): Add heat clearing medicinals such as Huang Bai [Phellodendron].

Although *Gui Zhi Tang* [Cinnamon Combination] is not considered a textbook formula for the treatment of RA, it does correspond very well to the characteristics of impediment syndrome as quoted in the classics. With the necessary modifications, Dr Jiang has achieved excellent results in the treatment of the initial stages of RA in more than 20 years of treating the disorder in clinical practice.

Treatment in the Middle Stage

In the middle stage, the internal cause is deficiency of both construction and defence qi, and impaired function of certain internal organs. The external cause is the deep penetration of wind, cold and damp. This stage occurs if the patient has a weak constitution, the arthritis is not treated in the initial stages, the patient is older and suffers from dual liver and kidney deficiency, or is exposed to extreme environmental conditions, permitting wind, cold and dampness evils to penetrate from the surface into the deeper levels of the body.

A deeper penetration of external evil often causes liver qi stagnation, which often results in liver-spleen disharmony and a deficient spleen. Liver qi stagnation tends to

give rise to blood stasis, and spleen deficiency causes dampness. External dampness and internal dampness thus combine and block the qi dynamic, damage yang qi and give rise to internal cold. The spleen is the source of qi and blood formation, and the renewed spleen impairment will reinforce and aggravate any previous construction and defence qi deficiency. The exacerbated defence qi deficiency permits repeated invasion of external wind cold damp evils which, as defence qi is weakened and does not provide much resistance, can penetrate straight to the sinews and bones where they can lodge long-term. There is increased joint pain, stiffness, swelling, numbness.

“The symptoms in the initial stage tend to manifest as joint pain, aching muscles, increased sweating and aversion to wind. The disorder is treated most effectively in this stage”

This is the beginning of mixed repletion and deficiency which complicates treatment. Dr Jiang likes to use *Huang Qi Gui Zhi Wu Wu Tang Jia Wei* [Astragalus and Cinnamon Five Herb Combination with additions] from the *Jin Gui Yao Lue*. This formula is composed of *Gui Zhi Tang* [Cinnamon Combination] with the addition of *Huang Qi* [Astragalus]. The formula preserves the original functions of *Gui Zhi Tang* but reinforces the supplementation of qi, it warms and harmonises the channels and unblocks painful obstruction. The formula thus addresses the internal cause of the middle stage, deficiency of both construction and defence qi. The additions to the formula attend to both the external causes and the evils engendered internally due to impaired function of the internal organs.

Additions:

- Liver qi stagnation: Add Chai Hu [Bupleurum], Xiang Fu [Cyperus].
- Spleen deficiency engendering dampness: Add Yi Yi Ren [Coix], Ban Xia [Pinellia].
- Internal cold: Add Gan Jiang [dried Ginger], Rou Gui [Cinnamon Bark].
- Depressed heat: Add Mu Dan Pi [Moutan], Xi Xian cao [Siegesbeckia].

Treatment in the Advanced Stage

In the advanced stage, the internal cause is severe depletion of construction and defence qi, but with an added complication of overall deficiency of the internal organs with phlegm and blood stasis binding together, while the external cause is still wind, cold and damp evil penetration.



By the time the disorder has reached the advanced stage, the evils have been lodged in the body long enough to have an effect on most internal organs, causing liver qi stagnation and spleen qi deficiency, which greatly impairs the spleen's function of qi and blood formation. The resulting qi and blood deficiency deprives both the organs of the upper burner, lung and heart, and lower burner, liver and kidney, of proper nourishment.

Continued ->

Table 1. Overview of Formulae Commonly Used in the Treatment of Rheumatoid Arthritis

<p><i>Gui Zhi Tang</i> [Cinnamon Combination] + modifications.</p>	<p>Used in the initial stages of rheumatoid arthritis to resolve the fleshy exterior, dispel wind, and harmonise construction and defence qi. <i>Modifications</i> are made according to the nature of the external causes of the impediment (see above article for modifications).</p>
<p><i>Huang Qi Gui Zhi Wu Wu Tang</i> [Astragalus and Cinnamon Five Herb Combination], composed of <i>Gui Zhi Tang</i> [Cinnamon Combination] with the addition of <i>Huang Qi</i> [Astragalus] + modifications.</p>	<p>Used in middle stages of rheumatoid arthritis to reinforce the supplementation of qi, warm and harmonise the channels and unblock painful obstruction. <i>Modifications</i> are necessary to address both external evils and evils generated internally (see above article for modifications).</p>
<p>Use a combination of formulae that supplement liver, kidneys, qi and blood, dispel wind-dampness, unblock the flow of yang qi and move stagnation where there is painful obstruction. Consider <i>San Bi Tang</i> [Chin-Chiu and Tu Huo Combination] + modifications.</p>	<p>Used in the advanced stages of rheumatoid arthritis to supplement liver, kidneys, qi and blood, dispel wind-dampness, unblock the flow of yang qi and move stagnation where there is painful obstruction. <i>Modifications</i> are necessary to address the new pathogenic factors phlegm and blood stasis (see above article for modifications).</p>

Lung deficiency results in an impaired function of governing qi, regulating the waterways and the exterior of the body. An impaired liver disturbs the body's qi mechanism causing stagnation. Kidney deficiency may reflect in weak bones and water swelling. Spleen deficiency gives rise to accumulation of dampness and phlegm, while heart deficiency means a weakened ability to move blood and may give rise to blood stagnation. The end result is an overall deficiency of the internal organs with phlegm and blood stasis.

In the middle stage, the disorder had already penetrated the deeper layers of the body, but did not yet entail the combination of severe deficiency and bind (concentration of evils that causes hardness) of phlegm and stasis, a combination of pathologies that are hard to treat. Dr Jiang uses a combination of *Gui Zhi Shao Yao Zhi Mu Tang* [Cinnamon and Anemarrhena Combination] and *Du Huo Ji Sheng Tang* [Tu-ho and Loranthus Combination] with additions. Both combinations are currently not available due to Australian regulations concerning ingredients such as Aconite. However, Practitioners can use the idea of those two formulas to create an individual treatment approach to their patients, as in the advanced stage individual patterns will vary considerably depending on the original constitution and lifestyle of the patient.

An alternative to *Du Huo Ji Sheng Tang* could be *San Bi Tang* [Chin-Chiu and Tu Huo Combination], which supplements liver, kidneys, qi and blood, and dispels wind-dampness (see Table 1, previous page). Another point worth considering is that long-term administration

of corticosteroids is linked to kidney yin depletion³, hence Practitioners treating patients on corticosteroids might need to consider formula modifications supporting kidney yin.

The therapeutic principle behind *Gui Zhi Shao Yao Zhi Mu Tang* is to unblock the flow of yang qi, move stagnation where there is painful obstruction, dispel wind and transform dampness. The formula still embraces the concept of *Gui Zhi Tang* [Cinnamon Combination] used in the initial stage to harmonise construction and defence qi. The therapeutic principle behind *Du Huo Ji Sheng Tang* is to expel wind-dampness, disperse painful obstruction and supplement liver and kidneys.

The formula treats long-term impediment syndrome with dual liver and kidney deficiency, and insufficiency of qi and blood. Used together, the formulae address both the important internal causes found in the advanced stage or arthritis - severe depletion of construction and defence qi, and overall deficiency of the internal organs – and the external cause of wind damp cold. The additions are used to address the new pathogenic factors phlegm and blood stasis. Examples for additions are tian nan xing [Arisaematis] which disperses wind-phlegm in the channels and reduces swelling, san qi [Notoginseng] which transforms blood stasis, reduces swelling and alleviates pain, and E Zhu [Zedoaria] which breaks up blood stasis, rectifies qi and alleviates pain.

Treatment in the advanced stage is aimed at alleviating symptoms, stabilising the patient's condition and preventing exacerbation.

References available on request.

Table 2. Overview of Formulae Commonly Used in the Treatment of Impediment Syndrome

<p><i>Shu Jing Huo Xue Tang</i> [Clematis & <i>Stephania</i> Combination]</p>	<p>Used for joint pain, radiating pain in the leg, numbness in the legs, pain following trauma. Used in beginning stages of arthritis or in cases of pain with little or no deficiency.</p> <p>Dispels wind-damp and:</p> <ul style="list-style-type: none"> • Quickens blood & transforms stasis • Supplements blood
<p><i>Fang Ji Huang Qi Tang</i> [<i>Stephania</i> & <i>Astragalus</i> Combination]</p>	<p>Used for pain and swelling of the joints with heavy sensation of the body, sweating, may have oedema or aversion to wind. Used in cases of damp impediment and defence qi deficiency.</p> <p>Dispels wind-damp and:</p> <ul style="list-style-type: none"> • Supplements qi and strengthens the spleen • Disinhibits water and relieves swelling
<p><i>San Bi Tang</i> [<i>Chin-chiu</i> & <i>Tu Huo</i> Combination]</p>	<p>Used for joint pain, numbness and weakness in the legs, tremors and muscle spasm. Used in advanced stages of arthritis or in cases of liver/kidney deficiency.</p> <p>Dispels wind-damp and:</p> <ul style="list-style-type: none"> • Supplements qi and blood • Supplements the liver and kidneys
<p><i>Dang Gui Nian Tong Tang</i> [<i>Dang Gui</i> and <i>Anemarrhena</i> Combination]</p>	<p>Used for pain and swelling of joints. Can be used for heat impediment.</p> <p>Dispels wind-damp and:</p> <ul style="list-style-type: none"> • Clears heat • Reduces swelling

中医基础 TCM Principles

Articles appearing under the heading "TCM Principles" are suitable for graduates of the **Sun Ten Self Study Course**. The articles are ideal to review your studies and further your knowledge in a particular area of TCM.

The Age-Old Concept of Impediment Syndrome and its Applications

By Dagmar Riley Dip. TCM

In Chinese medicine theory, pain occurs when the free flow of qi and blood in the channels is inhibited. There are many factors that can inhibit the free flow of qi and blood, including anger or stress, trauma, or exhaustion. A concept unique to Chinese medicine is the concept of "exterior evils" invading the body, inhibiting the flow of qi and blood and causing pain. The most common exterior evils are wind, cold and damp. The term "impediment syndrome" means pain/stiffness/numbness in the joints, sinews and bones due to blockage of the channels by wind, cold and damp evil. Impediment syndrome includes the biomedical disorders arthritis, spondylosis, and sciatica.

It is only possible for exterior evils to invade the body when right qi, the form of qi which maintains health and resists disease, is weakened for any reason. Right qi includes the construction and defence qi mentioned in the TCM article of this issue, as well as correct organ function. Construction is considered to be an aspect of the blood, and defence qi protects the exterior of the body, preventing the invasion of external evils. Formulae treating impediment syndrome will include herbs to address weakened right qi. In the earlier stages of the disorder this usually means a deficiency of construction and defence qi, while in the later stages of the disorder herbs are included that maintain the correct function of the internal organs.

There are three different types of impediment, caused by a prevalence of either wind, damp or cold evil. It is important to differentiate the three different types of impediment when modifying the basic formulae used for impediment syndrome to suit your patient's condition.

Pain characteristics of the different types of impediment are:

- Wind impediment: Wandering pain (no fixed location), aversion to wind.
- Cold impediment: Acute pain in a fixed location, aggravated by cold and relieved by warmth.
- Damp impediment: Fixed pain, heaviness of limbs and numbness of the skin. Pain tends to be set off by rainy damp weather.

Heat impediment arises when the three evils transform into heat and is characterised by hot, red, painful joints.

The tables on the previous pages give an overview of both base formulae used in the treatment of impediment syndrome and single herbs used to modify these formulae according to the type of impediment (wind, damp or cold) and other accompanying symptoms the patient may experience.

Table 3. Overview of Singles Added to Formulae in Table 2 (left) to Address the Predominance of Wind, Damp or Cold and Other Accompanying Symptoms

Dampness	Du Huo [Tu Huo]	Dispels wind-damp, alleviates pain.
	Fu Ling [Hoelen]	Promotes urination, strengthens the spleen, transforms phlegm.
	Wei Ling Xian [Clematis]	Dispels wind-damp, unblocks the channels, alleviates pain.
	Yi Yi Ren [Coix]	Clears damp-heat, dispels wind-damp, promotes urination, strengthens the spleen.
Wind	Bai Zhi [Angelica]	Expels wind and alleviates pain, dries dampness.
Cold	Gan Jiang [dried Ginger]	Warms the channels, warms the spleen.
	Rou Gui [Cinnamon Bark]	Warms and unblocks the channels and alleviates pain. Warms the kidneys and fortifies yang.
Weak limbs	Huang Qi [Astragalus]	Supplements qi and blood.
	Ren Shen [Ginseng]	Strong qi tonic.
Liver/kidney deficiency	Shu Di Huang [cooked Rehmannia]	Supplements (liver) blood and kidney essence.
	Du Zhong [Eucommia]	Supplements liver and kidneys, promotes smooth flow of qi and blood.
	Niu Xi [Achyranthes]	Supplements kidneys and liver, transforms blood stasis, clears damp heat in lower burner.
Blood stasis	Tao Ren [Persica]	Strongly moves blood, "breaks up" blood stasis, alleviates pain.
	Hong Hua [Carthamus]	Dispels blood stasis, alleviates pain.
Stiffness	Qin Jiao [Gentiana macroph]	Dispels wind-damp and relaxes sinews.
	Mu Qua [Chaenomeles]	Relaxes sinews, unblocks the channels.
Heat	Huang Qin [Scute]	Clears heat and dries dampness.
	Huang Bai [Phellodendron]	Drains damp-heat, clears heat due to kidney yin deficiency.

中西医结合 Integrated Traditional and Western Medicine

A Joint Operation – Breaking Down San Bi Tang [Chin-Chiu & Tu Hou Combination]

By Angela Carroll

Adv. Dip. H.Sc - Nat, Adv. Dip H.Sc - Acu, Adv. Dip H.M.

San Bi Tang [Chin-Chiu & Tu Hou Combination] has been traditionally used in both rheumatoid and osteoarthritis. Rheumatoid arthritis (RA) is a chronic systemic autoimmune disease. Osteoarthritis (OA) is characterised by degradation of both proteoglycans within the cartilage and subchondral bone in the joint. In both conditions continued breakdown of proteoglycans and loss of glycosaminoglycans leads to abrasion of the articular cartilage and functional deterioration of the joint. The deformity created and ongoing turnover of the cartilage matrix leads to pain, stiffness, joint swelling and crepitus.

Treatment Aims

Treatment is typically aimed at relieving symptoms, preventing joint degradation, and preserving joint function. Analgesics and anti-inflammatories are often used to reduce symptoms. In this article we will be breaking down *San Bi Tang* and looking at how the individual herbal components assist Practitioners and patients alike, to achieve their treatment aims.

San Bi Tang Actions:

- Anti-inflammatory
- Analgesic
- Antioxidant
- Inhibits collagen and bone breakdown and stimulates repair of these tissues

Anti-inflammatory

One of the most marked actions of *San Bi Tang* is its anti-inflammatory action which most of the formula's component herbs provide. Reducing inflammation is important as joint inflammation increases joint tissue breakdown, inhibits repair, increases swelling and pain and inhibits movement.

Ginsenosides, active components of Panax Ginseng, strongly suppress Tumour Necrosis Factor – alpha (TNF- α). TNF- α is an inflammatory cytokine that is elevated in RA. Because of the demonstrated excess of pro-inflammatory cytokines, such as TNF- α , results have confirmed that suppression of TNF- α is an effective treatment for RA.

There are a number of other inflammatory cytokines which are also produced in abnormally high amounts in patients with arthritis. These chemicals also mediate cartilage breakdown and bone resorption, leading to further joint structural changes. Many of the ingredients found in *San Bi Tang* have inhibitory effects on these cytokines, as listed in Table 4.

Table 4. Summary of Herbal Anti-inflammatory Actions of Individual Ingredients in *San Bi Tang*.

HERB	TNF- α	COX-2	PGE-2	LTB4	PLA2	AA	IL-6	IL-1	other
Panax Ginseng	√	√			√				
Poria cocos ^{2,3,4}				√	√	√			
Paeonia lactiflora ^{5,6}	√		√				√	√	√
Astragalus membranaceus ^{7,8}		√							√
Gentiana macrophylla ⁹			√						
Angelica pubescens ^{10,11}						√			√
Zingiber officinale ^{12,13,14,15,16}	√	√	√	√					√

We can see from Table 4 how comprehensive an anti-inflammatory formula such as *San Bi Tang* is. Other ingredients in the formula including *Achyranthes bidentata*¹⁷, *Glycyrrhiza uralensis*^{18,19}, *Rehmannia glutinosa*²⁰ and *Eucommia ulmoides*²¹ have well documented anti-inflammatory actions via other mechanisms not discussed here. In a study on a rat model of RA, *Gentiana* had a significant inhibitory effect – reducing inflammation and swelling of the joints in a manner comparable to prednisolone.¹²

Analgesic

Much of *San Bi Tang*'s analgesic effect is due to its anti-inflammatory action.^{6, 9, 22}

Ginger has a well recorded history of use in arthritic conditions. As we can see from the above table, ginger inhibits many inflammatory cytokines involved in arthritis. In a trial of 58 patients (28 with RA, 18 with OA and 10 with muscular discomfort) given ginger root extract 75% of the arthritic patients experienced relief of pain and swelling and 100% of those with muscular pain experienced relief.²³

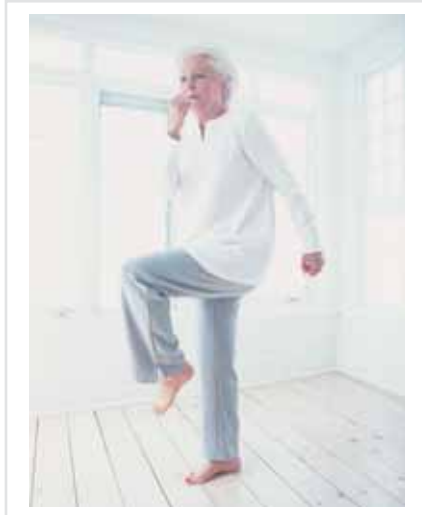
In a larger study on ginger, 247 patients with OA of the knee were given ginger twice daily for 6 weeks. 63% had a reduction of pain on standing. Reduction in pain on walking was also found, as well as a reduction in swelling and acute pain medications needed.²⁴

Antioxidant

Antioxidants reduce the oxidative stress and inflammatory processes caused by reactive oxygen species (ROS); they may therefore protect the joint in OA.²⁵ ROS may be generated in joints, and have been implicated in many degenerative changes in the ageing body including destruction of cartilage and connective tissue.^{25, 26} The primary antioxidant herbs in *San Bi Tang* appears to be *Eucommia*^{27, 28, 29, 30, 31} coupled with *Astragalus*.⁸

Inhibition of Joint Breakdown and Stimulation of Repair

The destruction of cartilage and bone in both OA and RA is related to the action of matrix enzymes (metalloproteinases).^{32, 33} These enzymes are under the control of inflammatory cytokines, such as the ones we have already looked at above, which are highly activated in RA and are elevated in the synovial membrane, the synovial fluid and the cartilage of OA patients. As also



mentioned previously, inhibiting inflammation reduces joint breakdown. Research shows that *Eucommia*³⁴ and *Paeonia*⁵ both inhibit metalloproteinase expression in the joint, thereby inhibiting joint destruction.

Eucommia has the additional action of stimulating bone and connective tissue repair. *Eucommia* and *Dipsacus* appear to influence the proliferation and differentiation of the osteoblasts from their precursor cells. Bone culture indicates these herbs increase the rate of tissue regeneration in damaged bones.³⁵ Importantly also in the management of arthritis, both *Eucommia* and *Panax* stimulate collagen synthesis.^{4, 36, 37}

Putting It All Together

San Bi Tang has long been a favourite among TCM Practitioners in the management of arthritic conditions. When we break down the formula and look at the research for each individual herb it is easy to see why this formula is so effective. The selection of superior

anti-inflammatory herbs combine to address many factors of inflammation, alleviate pain reduce joint tissue breakdown and encourage joint repair. This combination of actions makes *San Bi Tang* a valuable and complete arthritic treatment.

References available on request.

Dui Yao – The Art of Combining Medicinals

Dui Yao, or the art of combining medicinals, is the ancient art of combining two medicinals to effectively enhance a particular action and minimise undesired actions. Theoretically, many single herb combinations should be able to generate a certain clinical effect, however, it is only certain combinations that have proven particularly effective in clinical practice over the centuries. Knowledge of these highly effective herb-duos enables the Practitioner to be confident in modifying base formulae with success.

Combining Medicinals Relevant to the Treatment of Rheumatoid Arthritis: Qiang Huo [Notopterygium] & Du Huo [Tu Huo]

Qiang Huo [Notopterygium] Single Action:

Qiang Huo has an ascending action and has its effects predominantly on the upper burner, dispelling wind-cold. Upwards it reaches the vertex of the head, horizontally it affects the arms. It is often used to alleviate headache caused by exterior pattern and joint pain due to impediment, especially wind impediment.

Du Huo [Tu Huo] Single Action:

Du Huo has a descending action and affects predominantly the lower burner, dispelling wind-damp. Du Huo can also free the flow of qi and blood. It mainly affects the area

from the lumbar area down the legs to the knees and feet. It is often used to treat impediment in the lumbus, legs, knees and feet, especially damp impediment.

Combined Action:

Both herbs together free the foot, greater yang bladder channel, combining their actions on upper and lower body, dissipating wind-cold, dispelling dampness and freeing impediment, stimulating the blood flow in the network vessels and alleviating pain.

Clinical Success is Easy with Sun Ten

All Practitioners enter Natural Healthcare for two main reasons. The first is to help people regain their health, and the second is to create a good business that provides for your lifestyle, your family and your eventual retirement. The secret that enables Practitioners to achieve both of these goals is to achieve excellent clinical results.

Referral is the Best Business Builder

All successful Practitioners have discovered that the best way to build their business is through referral. It is the ideal way to gain new patients as it costs you nothing but a thankyou, and attracts people who are motivated and compliant, just like the clients who referred them. The best strategy for generating referrals is to ask your clients directly if they know anyone else that would benefit from your services (like they have). Alternatively, you can send them a letter asking the same question, with an envelope for them to mail it back to you.

Clinical Results get People Talking

Your patients will talk about your business to their friends and family, and the message they give will be based on the results they have achieved. If you get great results, they will tell some people, but unfortunately if you don't, they will tell even more people. The success of your practice depends on the results you achieve. Sun Ten makes it easy for you to achieve excellent clinical results, time after time.

The Best Products

Sun Ten has one of the broadest range of herbal formulae and combinations on the Australian market. This ensures that you are able to provide a formula that closely matches the pattern your patient presents with, with minimal additions or modifications. This makes prescribing easy, and it also means that the cost to the client is reduced as they do not need to purchase multiple singles to achieve the same results. All of Sun Ten's formulae are clinically proven in practices and hospitals and are based on classic combinations.

Sun Ten tests and guarantees the quality of all their products, making sure that you get a reliable action each time you prescribe a formula. They also conduct rigorous screening of the products for any contamination such as pesticides, metals or drugs which have been found in inferior quality TCM herbal formulas. Why take the chance that a product may not work as it should, or may even harm your patients, when you can be guaranteed of clinical activity and safety with the Sun Ten range?

Seminars

Sun Ten presents three seminar series each year throughout Australia, featuring well known local presenters and esteemed Practitioners from China. These seminars are ideal for refining your treatment strategies and learning new approaches to common pattern presentations. They also provide a great opportunity to network with your colleagues and encourage referral between Practitioners.

Technical Support

Sun Ten provides fully trained and experienced Practitioners who you can call to discuss product usage, difficult cases or conditions that you may be unfamiliar with. Many of our patients are taking one or more pharmaceutical medications, and as responsible Practitioners we need to be aware if any treatments we will be recommending are likely to interact with these drugs. Our technical support team can discuss this and other issues with you to make sure that your patients get the best possible support.

Area Sales Managers

Sun Ten also provide Area Sales Managers who can call on your practice and provide you with information on products, discuss ideas for building your practice and help with implementing treatment strategies. Many of our Area Sales Managers are qualified Practitioners and are able to discuss treatment approaches and share some ideas on patient management.

It's the Package That Makes the Difference

Practicing natural medicine is a challenging profession, however there is nothing more rewarding than knowing you have made a difference to a patient's health and quality of life. Every consultation that you have influences your patient's health, your community and your own financial success. Why take the chance on all of this with inferior quality products, service or technical advice? Most patients would agree that their health is their most valuable asset, and they will pay a fair price to protect and improve it. However if the treatment doesn't work, due to poor product quality or advice, then even the cheapest product is too expensive.

Sun Ten makes it easy for you to succeed in clinical practice. Call us soon to find out how we can help you to have more financial and professional success.

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