



SUN TEN

August 2003

NEWSLETTER

TCM at the 2003 International Congress on Natural Medicine

The 2003 International Congress on Natural Medicine equipped participants with an understanding of relevant Traditional Chinese Medicine principles and applications in the treatment of immune disorders.

Key note TCM speaker, Professor Qing-Fu Hu, graduated as Doctor of Oriental Medicine from Shanghai Medical University in 1975. He gained his masters degree in Integrated Western and Chinese Medicine in 1982 whilst working as the attending physician at the TCM Dept. at Zhong Shan Hospital. Assistant professor of TCM at Shanghai Medical University until 1988, Prof. Hu emigrated to the USA and completed his postdoctoral degree at the Dept. of Physiology and Biophysics, University of Kentucky Medical Center, Lexington, Kentucky in 1990.

In two fascinating lectures, Prof. Hu put forward how Traditional Chinese Medicine can be used to modify the neuroendocrine and immune functions, with a profound impact on patient recovery for severe debilitating immune disorders such as cancer and Chronic Fatigue Syndrome.

Suggested TCM treatment strategies involved pattern differentiation and corresponding formulas for different stages of Chronic Fatigue Syndrome (stage of detoxification and energy enhancing/immunomodulating stage) and Comprehensive Cancer Care (before, during and after chemotherapy and radiation).

Information sheets based on Prof. Hu's lectures are available on request.



Technical Support:

For technical support, contact our Sun Ten Technical Support Officer, Dagmar Riley. Dagmar is a fully qualified and experienced TCM practitioner, having studied and practiced in Beijing, China for over 10 years. She is also fluent in Mandarin and can translate written and verbal medical Chinese. Contact Dagmar with any technical enquiries on: 1800 777 648 or Email: dagmar@healthworld.com.au.

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Endometriosis: A nonmalignant disorder in which functioning endometrial tissue is present outside the uterine cavity.⁸

The following article is a translated and edited abstract from [1] (Gynaecology), published by [2], p.148-156

Traditionally this condition is considered due to abortion, sexual intercourse at an inappropriate time,⁸ or the six excesses (wind, cold, summer heat, damp, dryness, fire) invading the body and damaging the Chong and Ren vessels, affecting the uterus. Qi and blood congeal and stagnate, binding to form concretions or conglomerations.⁸

Clinical manifestations include abdominal pain during menses (the pain ranging from distending pain to so severe that it is hard to bear) alterations of menses such as increased menstrual flow, prolonged menstruation, menstruation at irregular intervals, or scanty menstruation, infertility, and general pelvic pain.

Blood stasis plays a part in all patterns of endometriosis, however, one must be careful to differentiate the cause of blood stasis in order to employ the correct treatment strategy. Emotional stress and anxiety leading to liver depression qi stagnation can cause qi stagnation blood stasis. Another possibility is exposure to cold (e.g. by over-consumption of cold foods, staying in a wet and cold swimsuit during menstruation etc) causing cold retention blood stasis, or surgery causing blood stasis. Yet another possibility is long illness or weakness causing vacuity of right qi blood stasis complex. These are three main patterns, however, any other of the six excesses e.g. damp or heat, has to be considered with the individual patient.

Although blood stasis is a factor in all patterns and has to be considered in the treatment strategy, pattern differentiation should clarify the main pattern of disharmony according to accompanying symptoms and signs. The following pattern differentiation is hence broken up into qi stagnation, blood stasis and vacuity repletion complex.

Qi Stagnation

1. Pattern Differentiation:

Menstruation at irregular intervals, mostly scanty but in some cases profuse blood flow, distending aching pain during menstruation, patient feels depressive, painful and tender breasts prior to menstruation, oppression in the chest, frequent sighing, pent-up feelings of sadness or worry, dizzy head, headache, distention in the stomach duct and abdomen. Thin slimy tongue coating. Thin wiry pulse.

2. Treatment Principle & Formula

Course the liver and resolve depression, transform stasis and alleviate pain.

Formula: Xiao Yao San Jia Wei (Bupleurum & Dang Gui Formula with Additions). Chai Hu (Bupleurum) courses the liver and resolves depression; Xia Ku Cao (Prunella) clears liver heat and dissipates bind (jie); Dang Gui (Angelica sinensis) and Bai Shao (White Peony) nourish the blood and emoliate the liver; Bai Zhu (white Atractylodes) and Fuling (Hoelen) bank up the earth (spleen), Bo He (Mentha Leaf) helps Chai Hu (Bupleurum) to course liver qi; Chi Shao (Red Peony) cools blood and transforms stasis; Yu Jin (Curcuma aromatica), Yan Hu Suo (Corydalis) Wu Ling Zhi (Pteropus), Xiang Fu Zi (Cyperus) and Chen Pi (Citrus) rectify qi and quicken blood, dissipate stasis and alleviate pain, Chuan Shan Jia (Manis pentadactyla) dissipates stasis and frees the network vessels.

Blood Stasis

1. Pattern Differentiation:

Either advanced or delayed menstruation, usually scant inhibited menstrual flow. Some cases have extremely small amounts of dark purple menstrual blood with small clots; other cases display profuse menstrual flow with clots. Fixed stabbing pain in the lower abdomen that is exacerbated with pressure and, if severe, can be accompanied by nausea and vomiting, reversal cold of the limbs, and a sombre white facial complexion. Dark tongue with stasis speckles at the sides, thin coating. Wiry pulse.

2. Treatment Principle & Formula

Quicken blood and transform stasis, soften hardness and dissipate bind.

Formula: Tuo Mo San Jia Wei (Tuomo Powder with Additions). Rou Gui (Cinnamon Bark) warms the channels and dissipates cold; San Leng (Scirpus) and E Zhu (Zedoaria) break blood and dispel stasis; Ru Xiang (Mastic), Mo Yao (Myrrh) and Wu Ling Zhi (Pteropus) quicken blood, transform stasis and alleviate pain; Yan Hu Suo (Corydalis), Mu Xiang (Saussurea) and Xiang Fu Zi (Cyperus) rectify qi and resolve depression, regulate menstruation and alleviate pain; Yi Mu Cao (Leonorus) moves blood and dispels stasis.

Vacuity Repletion Complex⁸

1. Pattern Differentiation:

Advanced menstruation or menstruation at irregular intervals, profuse menstruation, purple menstrual flow with small clots, or scanty menstruation, pain is not severe, pain may be accompanied by a dropping sensation in the lower abdomen and anus, dizzy head, flusteredness, aching pain in the lumbar area, fatigued spirit and lack of strength. Pale red tongue, thin wiry pulse.

2. Treatment Principle & Formula

Support right qi (zheng qi) and transform stasis.

Formula: Jiao Ai Tang Jia Jian (Modified Ass Hide Glue and Mugwort Decoction). Ai Ye (Mugwort) warms the uterus and alleviates pain; Dang Gui (Angelica sinensis) and Dan Shen (Salvia) warm and nourish the blood vessels; Bai Shao (White Peony) and Gan Cao (Licorice) relax tension and alleviate pain; Shu Di (Rehmannia cooked) and E Jiao (Gelatin) enrich yin and nourish blood; Chi Shao (Red Peony), Shan Zha (Crataegus), Zhi Xiang Fu (Cyperus prepared) and Yi Mu Cao (Leonorus) rectify qi, quicken blood and regulate menstruation; Tai Zi Shen (Radix pseudostellariae) supplements yin qi; Gou Qi Zi (Lycium Fruit) and Xu Duan (Dipsacus) supplement liver and kidney; Shi Xiao San (Pteropus and Bulrush Formula) consisting of Wu Ling Zhi (Pteropus) and Fu Huang (Pollen Typhae) moves qi, disperses stagnation and alleviates pain.

1 *The Merck Manual of Diagnosis and Therapy, Section 18 Gynaecology and Obstetrics, Chapter 239. Endometriosis.*

2 Sexual intercourse during menstruation (translator's note).

⁸ Concretions or conglomerations: Concretions have a definite shape and fixed location, conglomerations are masses of indefinite shape which conglomerate and disperse at irregular periods. ¹

⁸ In this case blood stasis manifesting as concretion or conglomeration representing a repletion pattern, combined with signs of vacuity of right qi (zheng qi).

Classical Formula	TCM Indication	Possible Accompanying Symptoms
Bupleurum & Dang Gui Formula with Additions Xiao Yao San Jia Wei Additions: Xia Ku Cao (Prunella) Chi Shao (Red Peony) Yu Jin (Curcuma aromatica) Yan Hu Suo (Corydalis) Wu Ling Zhi (Pteropus) Xiang Fu Zi (Cyperus) Chen Pi (Citrus)	Qi Stagnation	Menstruation at irregular intervals, mostly scanty but in some cases profuse blood flow, distending aching pain during menstruation, patient feels depressive, painful and tender breasts prior to menstruation, oppression in the chest, frequent sighing, pent-up feelings of sadness or worry, dizzy head, headache, distention in the stomach duct and abdomen. Thin slimy tongue coating. Thin wiry pulse.
Tuomo Powder with Additions Tuo Mo San Jia Wei Additions: Ru Xiang (Mastic) Mo Yao (Myrrh) Yan Hu Suo (Corydalis) Mu Xiang (Saussurea) Xiang Fu Zi (Cyperus) Yi Mu Cao (Leonurus)	Blood Stasis	Either advanced or delayed menstruation, usually scant inhibited menstrual flow. Some cases have extremely small amounts of dark purple menstrual blood with small clots, other cases display profuse menstrual flow with clots. Fixed stabbing pain in the lower abdomen that is exacerbated with pressure and, if severe, can be accompanied by nausea and vomiting, reversal cold of the limbs, and a sombre white facial complexion. Dark tongue with stasis speckles at the sides, thin coating. Wiry pulse.
Cinnamon and Hoelen Combination Gui Zhi Fu Ling Wan	Blood Stasis	Choppy, wiry pulse. Other signs and symptoms as above. This formula was brilliantly constructed considering possible underlying mechanisms of blood stasis in its choice of herbs so it would not rely too heavily on the use of blood moving herbs. Milder than above formula and can be taken long-term providing the appropriate symptoms are present.
Pteropus and Bulrush Formula Shi Xiao San	Blood Stasis	As Tuomo Powder with Additions. This formula is especially effective in treating blood stasis involving the liver channel.
Modified Ass Hide Glue and Mugwort Decoction Jiao Ai Tang Jia Jian Subtractions: Sheng Di Huang (Raw Rehmannia) Chuan Xiong (Cnidium) Additions: Dan Shen (Salvia) Shu Di (Rehmannia cooked) Chi Shao (Red Peony) Shan Zhe (Cistaegus) Zhi Xiang Fu (Cyperus prepared) Yi Mu Cao (Leonurus) Gou Qi Zi (Lycium Fruit) Xu Duan (Dipsacus) Wu Ling Zhi (Pteropus) Pu Huang (Pollen Typhae) Tai Zi Shen (Radix pseudostellariae)	Vacuity Repletion Complex	Advanced menstruation or menstruation at irregular intervals, profuse menstruation, purple menstrual flow with small clots, or scanty menstruation, pain is not severe, pain may be accompanied by a dropping sensation in the lower abdomen and anus, dizzy head, flush/flushness, aching pain in the lumbar area, fatigued spirit and lack of strength. Pale red tongue, thin wiry pulse.

Other Effective Traditional Formulas for Endometriosis

Clinical Study 1

Gui Zhi Fu Ling Wan (Cinnamon and Hoelen Combination) modified according to individual patterns was used to treat 95 cases of endometriosis. Taken as a decoction once a day, marked improvement was seen in 36 cases (37.9%), improvement was seen in 43 cases (45.3%) and no result in 16 cases (16.8%), with an overall rate of improvement in 83.2% of cases.

Gui Zhi Fu Ling Wan (Cinnamon and Hoelen Combination)
 Source: Jin Kui Yao Lue (Prescriptions from the Golden Chamber)

Ingredients: Gui Zhi (Cinnamon Twigs), Fu Ling (Hoelen), Mu Dan Pi (Moutan), Chi Shao (Red Peony), Tao Ren (Persica).

Action: Quickens blood and transforms stasis, reduces masses.

Indication: Blood stasis, esp. lower jiao, concretions and conglomerations (zheng jia).

Formula Analysis: Gui Zhi (Cinnamon Twigs) warms the channels, moves qi and frees yang; Mu Dan Pi (Moutan) and Tao Ren (Persica) quicken blood and dispel stasis; Fu Ling (Hoelen) transforms phlegm, percolates dampness and fortifies the spleen. Chi Shao (Red Peony) quickens blood and dispels blood stasis.

Modifications: If the abdominal masses are hard to disperse and treatment shows no significant results, consider adding San Leng (Scirpus), E Zhu (Zedoaria). If there is delayed menstruation, with cold limbs during menstruation, and severe pain in the lumbar area and legs, consider adding Niu Xi (Achyranthes), Pu Huang (Pollen Typhae), Wu Ling Zhi (Pteropus), Xiang Fu Zi (Cyperus), Yan Hu Suo (Corydalis), Gan Cao (Licorice).

Contraindications: Do not use during pregnancy.

Magazine: Liao Ning Zhong Yi Za Zhi, 1994, 21 (6):271.

Shi Xiao Gui Jie Tang (Pteropus and Bulrush Formula with Angelica and Sanguis Draconis) treating 30 cases of endometriosis, patients' age between 35-45 years, with a duration of disease ranging from 7 months to 9 years.

Formula Ingredients: Pu Huang (Pollen Typhae) 8g, Wu Ling Zhi (Pteropus) 12g, Xue Jie (Sanguis Draconis) 3g, San Qi (Notoginseng) 1.5g (take drenched), Dang Gui (Angelica sinensis) 10g.

Instructions: Taken as a decoction starting 3 days before menstruation.

Result: 12 cases (40%) cured, with "cured" defined as: menstruation interval normalised, no more abdominal masses, no more menstrual abdominal pain, lower back pain or pain accompanied by a dropping sensation in the anus, normal volume of menstrual blood.

16 cases (53.3%) experienced significant results, "significant results" defined as significant alleviation of menstrual pain, normal volume of menstrual blood, or decreased size of abdominal masses, less pain upon palpation with the local tissue feeling more relaxed and soft.

2 cases (6.7%) experienced no results.

The overall effectiveness rate is thus 93.3%.

Shi Xiao San (Pteropus and Bulrush Formula)

Source: Tai Ping Hui Min Ji Ju Fang

Ingredients: Wu Ling Zhi (Pteropus), Pu Huang (Pollen Typhae)

Preparation: Equal amounts of both herbs are ground into powder. Take 6g and mix with medicinal wine or vinegar. The use of medicinal wine or vinegar enhances the formula's actions of quickening blood and alleviating pain.

Action: Quickens blood and removes stasis, dissipates bind and relieves pain. Used for retention of blood stasis giving rise to acute abdominal pain, menstrual irregularities, painful menstruation, postpartum retention of the lochia.

Formula Analysis: Pu Huang (Pollen Typhae) moves blood and dispels stasis, and stanches bleeding. Wu Ling Zhi (Pteropus) quickens blood and dispels stasis, stanches bleeding and alleviates pain. Both herbs used in combination dispel stasis and alleviate pain.

This formula is often used for any type of pain brought about by retention of blood stasis, such as stomach pain, painful menstruation etc. It is especially effective in treating blood stasis involving the liver channel.

Contraindications: Use with caution in cases of weak digestion. Do not use during pregnancy.

Magazine: Jieng Su Zhong Yi, 1990; 11 (8):14.



First World Congress on Chinese Medicine [WCCM 2003]

The First World Congress on Chinese Medicine is to be held in Melbourne from 21st to 24th November 2003. The Congress been organized to present and share information on recent advances in Chinese Medicine education, research, practice and policy, and to set the framework for future development in these areas.

The congress will be hosted by RMIT University, Melbourne and Nanjing University of Traditional Chinese Medicine, China. The Congress also has the support of the Chinese Association of Integrative Medicine, the Chinese Government State Administration of Traditional Chinese Medicine, the Western Pacific Regional Office of the World Health Organization and the International Chinese Medicine Alumni Association Conference.

For more details please visit the congress website www.wccm2003.com

1. The action of Shi Xiao San (Pteropus and Bulrush Formula) is to:

- Quicken blood and transform stasis, dispel bind and alleviate pain.
- Quicken blood and transform stasis, warm the channels and alleviate pain.
- Quicken blood and transform stasis, free the channels and alleviate pain.
- Quicken blood and transform stasis, soothe the liver and alleviate pain.

2. The ingredients of Xiao Yao San (Bupleurum & Dang Gui Formula) are:

- Dang Gui (Tang Kuei), Chi Shao (Red Peony), Bo He (Mentha), Chai Hu (Bupleurum), Shan Zhi Zi (Gardenia), Gan Cao (Licorice); Fu Ling (Hoelen); Bai Zhu (Atractylodes).
- Dang Gui (Tang Kuei), Bai Shao (Peony), Bo He (Mentha), Chai Hu (Bupleurum), Sheng Jiang (Ginger), Gan Cao (Licorice); Mu Dan Pi (Moutan); Fu Ling (Hoelen).
- Dang Gui (Tang Kuei), Bai Shao (Peony), Bo He (Mentha), Chai Hu (Bupleurum), Sheng Jiang (Ginger), Gan Cao (Licorice); Ban Xia (Pinellia); Fu Ling (Hoelen).
- Dang Gui (Tang Kuei); Chuan Xiong (Cnidium), Bo He (Mentha), Chai Hu (Bupleurum), Sheng Jiang (Ginger), Gan Cao (Licorice); Ban Xia (Pinellia); Fu Ling (Hoelen).

Fu

Ling (Hoelen); Bai Zhu (Atractylodes).

3. Essential symptoms justifying the use of blood quickening and stasis dispelling formulae are [choose one or more]:

- Stabbing pain, fixed location of pain.
- Dull pain, pain alleviated by warmth and pressure.
- Distending pain, no fixed location of pain.
- Dark tongue with stasis speckles.

4. Which of the following herbs are considered to "break blood" (dispelling static blood drastically). Choose more than one:

- Mu Dan Pi (Moutan).
- San Leng (Scirpus).
- Tao Ren (Persica).
- E Zhu (Zedoaria).

Answers:
1(a), 2(c),
3(ad), 4(bcd)