



SUN TEN

January/February 2004

NEWSLETTER

Treating Hyperactive Child Syndrome

Hyperactive child syndrome (alternate names: ADD, ADHD, Attention Deficit Hyperactive Disorder) is a neurobiological based developmental disorder, typically diagnosed at school age.

Diagnosis tends to centre around three main patterns: Liver-kidney yin vacuity, phlegm-heat harassing the interior and heart-spleen qi vacuity.

Liver-kidney yin vacuity

Pathomechanism: Insufficiency of the congenital constitution or damage due to long illness causing vacuity of liver and kidney yin. When yin and blood are vacuous, brain marrow loses nourishment, causing the mind to be dispersed and movements to be clumsy. When yin is vacuous, yang becomes hyperactive. Hyperactive liver yang can cause the ethereal soul (non-physical aspect of man stored by the liver) to be improperly stored causing symptoms such as disturbed sleep, excessive movement and talking, and unruliness and impulsiveness.

Symptoms and signs: Dispersed mind, forgetfulness, excessive movement and speech, movements are coarse and clumsy, insomnia, waking up easily during the night, unruliness and impulsiveness, vexing heat in the five hearts (heat in the palms, soles and chest), thin body, malar flush (flushing of the cheeks), red dry lips. Tongue: Dry and red, little coating or no coating. Pulse: Stringlike, fine and rapid.

Treatment: Enrich yin and subdue yang, quiet the spirit and benefit the intellect.

Formula: Qi Ju Di Huang Wan jia jian [Lycium, Chrysanthemum and Rehmannia Formula with alterations] - Qi Ju Di Huang Wan minus Fu Ling [Hoelen], Mu Dan Pi [Moutan], Ze Xie [Alisma]; adding Zhi Mu [Anemarrhena], Wu Wei Zi [Schizandra], Gui Ban [Turtle Shell], Long Gu [Dragon Bone]. If unruliness and impulsiveness are strong symptoms, add Shi Jue Ming [Haliotis] and Gou Teng [Gambir].

If the child is lacking in intellectual capacity, add Shi Chang Pu [Acorus], Yuan Zhi [Polygala], and Bo Zi Ren [Biota].

In cases of strong vexing heat and rash movements, add Huang Bai [Phellodendron], Di Gu Pi [Lycium Bark] and Mu Dan Pi [Moutan].

If the mouth is dry and the child desires to drink a lot, add Bai He [Lily] and Shi Hu [Dendrobium].

If there is constipation, add Huo Ma Ren [Linum] and Ju Ming Zi [Cassia Seed].

Phlegm-heat harassing the interior

Pathomechanism: Either external contraction of damp heat, or excessive consumption of fatty, greasy, and/or sweet foods, engendering phlegm heat internally which accumulates and obstructs the qi dynamic. Accumulated phlegm heat harasses the heart spirit, giving rise to symptoms such as oppression in the chest, torpid intake (poor appetite and indigestion), dispersed mind, being easily irritated and angered, and/or impatient.

Symptoms and signs: Dispersed mind, excessive movement and speech, easily irritated and angered, unruliness and impulsiveness, disturbed sleep, oppression in the chest and torpid intake (poor appetite and indigestion), copious phlegm, bad breath, yellow urine, hard stools. Tongue: Red, with yellow greasy coating. Pulse: Slippery and rapid.

Treatment: Clear heat and transform phlegm, quiet the heart and calm the spirit.

Formula: Huang Liang Wen Dan Tang jia jian [Coptis Bamboo and Hoelen Combination with alterations] - Huang Liang Wen Dan Tang minus Chen Pi [Citrus], Gan Cao [Licorice], Ban Xia [Pinellia], Sheng Jiang [Fresh Ginger], Suan Zao Ren [Ziziphus]; adding Dan Nan Xing



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Treating Hyperactive Child Syndrome cont.

[Arisaemae cum Felle Bovis], Lian Qiao [Forsythia], Zhe Bei Mu [Fritillaria], Yuan Zhi [Polygala], Shi Chang Pu [Acorus].

If vexation and irritation are strong and the eyes are red, add Long Dan Cao [Gentiana] and Jue Ming Zi [Cassia Seed].

If disturbed sleep is a predominant symptom, add Long Gu [Dragon Bone] and Fu Shen [Poria Cocos].

If constipation is strong, add Da Huang [Rhubarb].

In case of copious phlegm with oppression in the chest and torpid intake (poor appetite and indigestion), add Xie Bai [Allium macrostemi Bulb] and Gua Lou Pi [Trichosanthes peel].

Heart-spleen vacuity

Pathomechanism: The heart stores the spirit, the spleen stores reflection. Thought arises in the heart and is reflected by the spleen. Small children often suffer from spleen vacuity. Inadequate care or illness can then cause dual vacuity of the heart and spleen. This will cause the spirit to have no residence, and the spleen won't store reflection adequately. Spirit and thought are unstable, causing the child to be hyperactive and unable to sustain interest for long.

Symptoms and signs: Dispersed mind, excessive talk and movement, unstable moods, unruliness and stubbornness, insomnia and dream-disturbed sleep, forgetfulness, lustreless facial complexion, fatigue, no energy, torpid intake (poor appetite and indigestion), sloppy stools. Tongue: Pale with thin coating. Pulse: Thin and weak.

Treatment: Supplement heart and spleen, benefit the intellect and calm the spirit.

Formula: Gui Pi Tang [Ginseng & Longan Combination] minus Sheng Jiang [Fresh Ginger], Long Yan Rou [Longan] and Mu Xiang [Saussurea] combined with Gan Mai Da Zao Tang [Licorice and Jujube Combination] minus Da Zao [Jujube] and adding Gui Ban [Turtle Shell].

If the patient experiences excessive dreaming and disturbed sleep, add He Huan Pi [Albizia], and Ye Jiao Teng [Polygonum Stem].

In case of dizziness and palpitations, add Long Yan Rou [Longan] and Wu Wei Zi [Schizandra].

If the child has no appetite, add Shen Qu [Massa Fermentu], and Shan Zha [Crataegus].

If there is copious phlegm with a greasy tongue coating, add Ban Xia [Pinellia] and Chen Pi [Citrus].

<see article "Case studies and clinical trials of Gan Mai Da Zao Tang" for case study>



Case Studies and Clinical Trials of Gan Mai Da Zao Tang [Licorice and Jujube Combination]

Use of Gan Mai Da Zao Tang

This prescription from the classic Jin Gui Yao Lue [Essential Prescriptions from the Golden Coffer] was designed to treat *zang zao* [visceral agitation]. Wiseman's "A Practical Dictionary of Chinese Medicine" defines visceral agitation as "a paroxysmal mental disease most prevalent in women, heralded by melancholy and depression, illusions, emotionalism, and increased or diminished sensitivity. Attacks are characterised by vexation and oppression, rashness and impatience, sighing for no apparent reason, and sadness with an urge to weep."¹ Other symptoms and signs include "sorrowfulness without apparent cause and abnormal laughing and crying [...], vexation, insomnia, profuse dreaming, susceptibility to fright, heart palpitations, lassitude of spirit, thirst, constipation, red tongue that may be soft in texture, and a weak fine or fine stringlike pulse."²

The basic pattern of visceral agitation (*zang zao*) is heart vacuity (heart spirit deprived of nourishment), liver depression, and concurrent spleen qi vacuity. Gan Mai Da Zao Tang consists of Gan Cao [Licorice] harmonizing the centre and nourishing the heart, Fu Xiao Mai [Wheat] regulating and nourishing heart qi and yin, Da Zao [Jujube] boosting spleen qi, moistening internal dryness, relaxing liver tension and supplementing the heart.

Visceral agitation is classically attributed to excessive worry, anxiety or pensiveness. It can be linked to "hysteria" in modern medicine. The basic pattern of visceral agitation is also often found in conjunction with hormonal changes in women.

¹ Wiseman, Nigel, with Feng Ye, *A Practical Dictionary of Chinese Medicine*, Brookline: Paradigm Publications, 1998, p. 655

² *ibid*

CASE STUDY 1: HYPERACTIVE CHILD SYNDROME

Zhong Yi Za Zhi Magazine, 1994; (11):696
9 Year old boy named Liu. First signs of hyperactive syndrome at age 4, getting worse as he grew older. Due to his hyperactivity he often sustains injuries to the head or hands and feet. He can't concentrate in school and keeps fidgeting or even walking about in the classroom. He is thin, with a thriving expression, wakes up easily during the night, and has no appetite. His stools are hard. Pulse is stringlike and rapid, red tongue, with very thin white coating in the middle of the tongue.

Children's bodies are said to have 3 repletions (the heart, liver, and

yang tend to be in repletion) and four insufficiencies (the spleen, lung, kidney and yin tend to be vacuous). In this case, the 3 repletions are the reason for the outbreak of hyperactive child syndrome, with hyperactive liver and heart yang as the basic pathomechanism. Gan Mai Da Zao Tang is used to relax liver tension and nourish heart yin.

The boy took one dose of Gan Mai Da Zao Tang consecutively for 3 months, taking half the dose in the morning and the other half in the evening. After 3 months, he could sit still in the class and concentrate on his tasks. His studies improved markedly.

CASE STUDY 2: NIGHT CRYING IN INFANTS

Zhe Jiang Zhong Yi Za Zhi Magazine, 1991; (2): 88

An 8-month old boy named Yan cries every night for no apparent reason, and neither feeding nor holding or gentle rocking appeases him. With daylight, his abnormal behaviour stops. All previous treatment with both Chinese and western medicine yielded no results.

White facial complexion, thin body, frequent spontaneous sweating, weak crying, restless behaviour, and poor appetite. Pale tongue and lips, thin white coating. The pattern is diagnosed as heart-spleen qi vacuity, and the formula of choice is Gan Mai Da Zao Tang adding Fu

Shen [Poria Cocos], Long Gu [Dragon Bone], Mai Dong [Ophiopogon], Shan Yao [Dioscorea]. After 2 doses, the night crying is much less. Chan Yi [Ciccada Slough] is added to the prescription and another 3 doses are taken. The night crying ceases completely.

Children who cry often at night have weak spleen qi causing the heart spirit to lack nourishment. This may be due to a poor constitution, or improper care after the child suffered a febrile disease. In these cases Gan Mai Da Zao Tang harmonizes heart and spleen, adding Fu Shen [Poria Cocos], Long Gu [Dragon Bone], Mai Dong [Ophiopogon] to calm the spirit.

CASE STUDY 3: ZANG ZAO [VISCERAL AGITATION]

"Yue Mei Zhong Yi An Ji" 1978 edition

30 year old male patient of medium build, pale yellowish facial complexion, previously admitted to Jinan Psychiatric Hospital because of hysteria. As the hospital's treatment was not effective he was sent to seek Chinese Medicine treatment.

He displayed typical signs of visceral agitation such as sorrowfulness without apparent cause, abnormal laughing and crying, and excessive abnormal yawning. The patient was treated with Gan Mai Dao Zao Tang. After taking 7 doses, his signs and symptoms had disappeared. He was observed for another 3 years, and there was no recurrence of the symptoms.

CASE STUDY 4: ENURESIS

"Guo Yi Lun Tan" Magazine 1987; (2): 25

A sixteen year old girl experiences involuntary loss of urine every time she sees running water. Western medicine tests could not find any abnormality in her urinary system. Her physical development is normal and she gives the impression of a healthy young girl. Her tongue is pale red with a thin white coating. Pulse examination reveals that the left cun position is weak, the other positions are all even. Upon further questioning, the girl says that two years ago when she was getting water

at the pump she was frightened by a morally corrupt person. After this experience the symptoms started.

She was treated with Gan Mai Da Zao Tang adding Sang Piao Xiao [mantis egg-case], Yi Zhi Ren [Alpinia] and Mu Li [Oyster Shell]. After taking two doses the enuresis stopped. To consolidate the result, another 3 doses were prescribed.

CLINICAL TRIAL 1: MENOPAUSE

a) Gan Mai Da Zao Tang was used to treat 54 cases of menopausal syndrome. In 35 cases all signs and symptoms disappeared, 14 cases experienced significant improvement, 5 cases showed no significant improvement. Reported in "新中医", 1988, 20 (9):51.

b) Gan Mai Da Zao Tang with additions was used to treat 133 cases of menopausal syndrome. The rate of success for individual symptoms was: hot flashes 94.4%, spontaneous sweating 84.1%, insomnia 92.6%, headache 86.8%, dizziness 67.8%, irritability 70.2%, abdominal distention 75%. Reported in "福建中以杂志", 1985, 7 (4):34

CLINICAL TRIAL 2: INFANTILE ENURESIS

Gan Mai Da Zao Tang adding Sang Piao Xiao [mantis egg-case], Tu Si Zi [Cuscuta] and Yi Zhi Ren [Alpinia] was used to treat 28 children with enuresis of the pattern "vacuity cold in the lower jiao". After taking the decoction for 20 days, all signs and symptoms disappeared in all 28

children. The children were observed for 8 months, during which 2 children relapsed and were treated successfully with the original prescription. Reported in "湖北中医杂志", 1989, (3):38

CLINICAL TRIAL 3: NEURASTHENIA

a) Gan Mai Da Zao Tang with additions was used to treat 100 cases of neurasthenia. The treatment was highly effective in 28 cases and effective in 64 cases, and no significant results were observed in 8 cases. Reported in "江苏新中医学院二附院江苏医药中医分册" 1976, (1):47

b) Gan Mai Da Zao Tang with additions was used to treat 34 cases of neurasthenia. Patients took the decoction ½ dose in the morning and ½ dose in the evening for a duration of 10 days. The treatment was effective in 30 cases and ineffective in 4 cases. Reported in "新医学杂志", 1974, (7):35.

Use of Sun Ten Products in a Private Clinic (Taiwan)



Dagmar Riley
Technical Support Officer

Another highlight of my recent visit to Sun Ten Headquarters Taiwan was to meet practitioners like Dr. Zhang. Dr Zhang Bu Tao has practiced TCM for over 45 years and leads a highly successful practice in Taipei, where he personally treats hundreds of patients each day until as late

as 11 or 12 o'clock at night, followed by a late night dinner with his students during which he explains the cases of the day.

Dr. Zhang uses Sun Ten granulated herbs to treat his patients. Sitting at his desk he will ask about the main complaint while taking the pulse, look at the tongue and then dictate a ready-made formula, plus several single herbs if needed, to his assistant who types the prescription into the patient's data sheet in the computer. The prescription plus patient data appears on another computer screen in the dispensary where several other assistants mix the Sun Ten herbal granules together ready for the patient to pick up.



Dr Zhang on the phone to one of his many patients, his wife helps him in the dispensary.



Mrs. Zhang, Zhang Bu Tao, Dagmar Riley, Dr. Zhang's star disciple.



Sun Ten Seminar

Strategies for Resolving Confusing TCM Patterns in Difficult Patients

Learning from a TCM Master: Professor Ji Liang Chen.

Interpreted by Dr. Greta Young Jie De, Master of Chinese Medicine.

- Inheritor of a TCM family tradition
- More than 50 years of clinical experience
- Chief physician (retired) at Beijing Traditional Chinese Medicine Hospital

Difficult patients are always a challenge but also a great opportunity to learn.

Patients with severe long term illnesses with multiple TCM patterns represent one of the greatest challenges for TCM practitioners. This is where the application of TCM theory becomes confusing due to the conflicting nature of multiple coexisting patterns affecting different organs.

After more than 50 years of clinical practice, Professor Ji Liang Chen excels in expounding the classics of Chinese Medicine such as the Shang Han Lun in such a clear way that even highly complex cases unravel into a logic pattern of imbalance and matching treatment.

"Professor Ji takes the seemingly dusty and out of date classics that are difficult to understand and simplify and go right to the point, the root of the problem, and everything seems so clear suddenly. Magical."

Using the Chinese Medicine Classics as a tool to simplify a seemingly complex and confusing clinical reality as a base for highly efficient and successful treatment is the sign of true mastery of the art of Chinese Medicine.

Dr. Ji will use his wealth of clinical experience and numerous case studies of difficult disorders to shed light on the skilful use of ancient theory in resolving complex clinical situations.

Book your place now!
Phone Health World on **1800 777 648**.



Please note revised dates and venues below.



Dates and Venues

Sydney - Saturday, 27th March 2004
All Seasons Premier Menzies Hotel,
14 Carrington St, Sydney 2000

Brisbane - Sunday, 28th March 2004
Sheraton Brisbane, 249 Turbot St, Brisbane 4000

Adelaide - Tuesday, 30th March 2004
Stamford Plaza Adelaide, 150 North Tce, Adelaide 5000

Perth - Thursday, 1st April 2004
Hyatt Regency Perth, 99 Adelaide Tce, Perth 6000

Melbourne - Saturday, 3rd April 2004
Novotel Melbourne on Collins,
270 Collins St, Melbourne 3000

Session Times:
Registration 1:30 - 2:00pm
Seminars run from 2:00 - 7:00pm
Dinner will be served from 7:00 - 8:00pm

Chinese New Year Greetings

Happy Chinese New Year - May Prosperity Be With You!
2004 is the Year of the Monkey – Lunar Year 4702.

Chinese New Year begins on January 22 and is the most important holiday for Chinese families, a time of reunion and thanksgiving. Chinese New Year starts with the new moon on the first day of the new year and ends with the Lantern Festival on the full moon 15 days later. The Monkey is the ninth animal in the Chinese horoscope. People born in the Year of Monkey (1920, 1932, 1944, 1956, 1968, 1980, 1992, 2004) include Harry S. Truman, Elizabeth Taylor, George Lucas, Lyndon B. Johnson, Mick Jagger, Will Smith, Jennifer Anniston and Julius Caesar.

