



# SUN TEN

March/April 2005

# NEWSLETTER

## 中医 Traditional Chinese Medicine



Ginseng



### Li Zhong Tang [Ginseng & Ginger Combination] – History and Application

By Dr. Hong-Yen Hsu, founder of Sun Ten Pharmaceutical Co Ltd., edited for length

#### Origin and Development

*Li Zhong Tang* [Ginseng & Ginger Combination], also called *Ren Shen Tang*, first appears in the *Prescriptions from the Golden Chamber*. It was called *Li Zhong Tang* in the *Treatise on Febrile Diseases* of the Han Dynasty and appears as *Zhi Zhong Tang* in the medical works of Su Song of the Song Dynasty, and is later called *Tiao Zhong Tang* in the works of Zhang Jing-Yue of the Ming Dynasty. It also has an alias of *Li Zhong Yuan* in *The Classic of the Golden Chamber*.

Ginseng & Ginger Combination is the representative formula indicated for greater Yin (*Tai Yin*) disease marked by internal cold and vacuity cold of the spleen and stomach. The formula warms the spleen and stomach in order to dispel cold from the middle jiao, it supplements Qi and strengthens the spleen. Vacuity cold of the spleen and stomach result from the general decrease of the digestive mechanism, leading to obstruction of digestive absorption, decrease of metabolism, decrease in digestive and peripheral circulation, insufficiency of gastrointestinal peristalsis, stagnation of water and gas, and stagnation of fluid in the stomach. Stimulation of sudden cold may also cause tension of smooth muscles of the digestive tract, tension of the autonomic nerves, and contraction of the abdominal and peripheral vessels.

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Ginseng & Ginger Combination is composed of *Gan Jiang* [Dried Ginger] to dispel cold, *Ren Shen* [Ginseng], *Bai Zhu* [Atractylodes (white)] and *Gan Cao* [Licorice] to invigorate Qi and reinforce the spleen.

*Gan Jiang* [Dried Ginger] stimulates the digestive mucous membrane, promotes blood circulation to warm the abdomen, improves digestive secretion, regulates smooth muscles, inhibits abnormal peristalsis, and increases appetite. In scientific experiments the aqueous extract of *Gan Jiang* [Dried Ginger] showed anti-emetic and antispasmodic effects. Its essential oils, 6-gingerol and 6-shogaol, inhibit automotion, prolong sleep, relieve heat, reduce pain, counteract spasms, arrest coughs, invigorate the gallbladder, and inhibit intestinal peristalsis. *Ren Shen* [Ginseng] stimulates the nervous system, invigorates the heart, promotes digestive absorption, and strengthens metabolism. *Bai Zhu* [Atractylodes (white)] mainly promotes gastrointestinal secretion and absorption, regulates smooth muscles of the digestive tract, adjusts fluids in the intestines, increases the flow of urine, and arrests diarrhoea. *Gan Cao* [Licorice] protects the gastric mucous membrane, counteracts spasms, and reduces pain. Therefore, the synergism of the above herbs regulates the gastrointestinal mechanism, promotes circulation and metabolism, and improves deficient cold of the spleen and stomach.

**The classics describe the function of Ginseng & Ginger Combination as follows:**

**1. The Prescriptions from the Golden Chamber:**

“Thoracic paralysis, obstructed cardiac function, thoracic stagnation and fullness, and flushing up from the hypochondrium to the heart should mainly be treated with *Zhi Shi Xie Bai Gui Zhi Tang* [*Chih-shih*, Bakeri & Cinnamon Combination] or *Ren Shen Tang* [Ginseng & Ginger Combination]”. (The Chapter on Thoracic Paralysis, Heart Pain and Gaspings: IX-5).

**2. The Treatise on Febrile Diseases:** “*Wu Ling San* [Hoelen Five Formula] is indicated for patients with vomiting, diarrhoea, headache, fever, generalised aching, and thirst. *Li Zhong Wan* [Ginseng & Ginger Combination] is indicated for cold and a complete absence of thirst” (Art. 174).

**3. The Treatise on Febrile Diseases:** “*Li Zhong Wan* [Ginseng & Ginger Combination] is recommended for patients with continued expectoration of saliva and cold in the chest as a sequela to a serious illness” (Art. 181).



According to the *Rhymes of Effective Formulas in Japan* “this formula [Ginseng & Ginger Combination] is a remedy indicated for thoracic paralysis (like coronary heart disease) of the weak constitution and is used for cold in the middle warmer (the spleen and stomach), cholera-like condition, and vomiting and diarrhoea of the greater Yin (Tai Yin) disease.”

**Application**

The applications of Ginseng & Ginger Combination according to Keisetsu Otsuka<sup>1</sup> are as follows:

- Pallor, poor complexion, and lack of vitality.
- Tendency toward thin saliva commonly retained in the mouth, thirst with warm and moist tongue and rare fur, and cough with frequent thin phlegm.
- Difficult urination, diarrhoea with difficult urination, edema with difficult urination, and cold feet with excessive urination.
- Cold hands and feet, and frequent complaints of headache and insomnia.
- Dizziness.
- Epigastric stuffiness and rigidity, chest pain, abdominal distension and flaccidity, stagnant water in the stomach or thin abdominal wall, and board-like straight muscles of abdomen upon touching.
- Pitting oedema without difficult urination, and malnutrition of the skin.
- Vomiting, diarrhoea, and occasional constipation.
- Occasional generalised aching.
- Mostly slow and moderate, or slow and weak, or wiry and thready pulse.

**Clinical Cases**

**Allergic Colitis:** A 49-year old woman had intestinal discomfort two months prior. An x-ray examination confirmed the presence of an intestinal polyp. As she also had accompanying abdominal weakness and debility, Ginseng & Ginger Combination [*Li Zhong Tang*] was administered. Six months later, an examination revealed that she had deficient pancreatic and gall functions. Ginseng & Ginger Combination [*Li Zhong Tang*] was continued and the intestinal bleeding disappeared. The case was cured in three months.<sup>2</sup>

**Diarrhoea:** A 72-year old woman suffered from frequent diarrhoea and was diagnosed by a hospital as a case of large intestinal allergy. Since she had probable gastroptosis, moderate physical exercise was the recommended treatment, but the diarrhoea was still present. *Ban Xia Xie Xin Tang* [Pinellia Combination] was administered to clear heat, harmonise spleen and stomach, and stop diarrhoea, but the diarrhoea was aggravated. The prescription was switched to Ginseng & Ginger Combination [*Li Zhong Tang*] and the case was cured.<sup>2</sup>

**Excessive Salivation:** Dr. Terutane Yamada<sup>3</sup> reported that a 30-year-old woman began to suffer nine months prior from frequent salivation, vomiting after meals, obstruction in the throat and chest, stabbing pain in the epigastrium, chest pain during sleep, palpitation, soft stool, and waking up every night to urinate. The patient had a medium stature, average physical strength, submerged pulse, subcardiac resistance, and hyperpalpitation upon palpation at the upper left side of the umbilicus. Taking her excess salivation and nightly urination as objective, the case was administered with Ginseng & Ginger Combination. All the symptoms were cured in less than a month.

**Chronic Pancreatitis:** Dr. Keigo Nakata of the Hosono Clinic (Japan)<sup>4</sup> reported the use of Chinese herbal therapy in a case of chronic pancreatitis with a deficient constitution that did not respond to Western therapy over the course of a year. The patient complained of epigastric distention and fullness, lack of appetite, stomatitis, and suspected nephrosis with normal BUN and biochemical values. Dr. Nakata diagnosed the case as chronic pancreatitis with decrease of appetite, flaccidity of abdominal wall, and tendency toward fatigue; he considered it as a conformation of spleen deficiency.

The case was first treated with Saussurea & Cardamon Combination [*Xiang Sha Liu Jun Zi Tang*] and Major Zanthoxylum Combination [*Da Jian Zhong Tang*]. Salivation, nausea, epigastric stuffiness and rigidity, and lack of appetite occurred. The case was then considered to be the conformation of Ginseng & Ginger Combination. The prescription was switched to Ginseng & Ginger Combination with *Mu Xiang* [Saussurea], *Dang Gui* [*Angelica sinensis*] and *Xiang Fu Zi* [*Cyperus*]. The epigastric stuffiness and rigidity disappeared and the symptoms improved in two weeks.

**Frequent Diarrhoea and Fatigue:** Dr. H. Saido of the Tokyo Girls Medical College Affiliated Second Hospital<sup>5</sup> reported a 34-year old man who had experienced frequent diarrhoea and fatigue since he was 17. Upon diagnosis, he had a pressing sensation in the left side of his chest, pain in both sides of the lower abdomen, moist tongue fur, floating and weak pulse, average abdominal tension, spasm in the straight muscle of the abdomen, but an indistinct cold conformation. The case was considered to be obstruction of Qi in the chest and he was administered Ginseng & Ginger Combination. The soft stool became normal in three or four days, and the chest distress and bowel movement recovered completely in about six months.

## Discrimination of Similar Formulas

***Li Zhong Tang***  
[Ginseng & Ginger Combination]

- **Warms the middle jiao and dispels cold.**
- Supplements Qi.
- Strengthens the spleen and stomach.

***Ban Xia Hou Po Tang***  
[Pinellia & Magnolia Combination]

- **Transforms phlegm, disinhibits water.**
- Rectifies Qi.
- Downbears counterflow.
- Disperses stagnation.

***Ling Gui Zhu Gan Tang***  
[Atractylodes & Hoelen Combination]

- Disinhibits water, relieves oedema and **warms and transforms phlegm-rheum.**
- Strengthens the spleen.
- Disinhibits dampness.

***Wu Ling San***  
[Hoelen Five Formula]

- Disinhibits water, relieves oedema and **dries dampness.**
- Strengthens the spleen.
- Frees (aids the flow of) Yang.
- Promotes Qi transformation and water metabolism.

***Ban Xia Xie Xin Tang***  
[Pinellia Combination]

- **Harmonises** the spleen and stomach.
- Aids the descending of stomach Qi.
- Relieves retention of food and fluids in the stomach.
- Stops diarrhoea.
- Clears heat.
- Regulates and harmonises the intestines and stomach.

# 中医基础 TCM Principles

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

## When "The Herbs Don't Do Anything" - The Importance of Strengthening the Spleen

By Dagmar Riley.

You have diagnosed your patient and prescribed a formula that should work brilliantly. And now the patient is sitting in front of you claiming that these herbs didn't do anything, even though they were taken faithfully. "Yes", he nods, he took them exactly as you explained. What is going on? Before you doubt your diagnosis, the quality of the herbs, or the patient's word, consider this: According to Li Dongyuan, (1180-1252 A.D.), author of the classic *Pi Wei Lun (Treatise on the Spleen and Stomach)*, the majority of diseases are caused by damage to the spleen/stomach system as a result of dietary irregularities, overwork, and imbalance of the seven emotions.

There is probably not a soul in modern society that does not fit into any of the above, including the patient in front of you. *Caused* does not mean that the pattern stays a simple spleen-stomach pattern. But it does mean that: Our body's ability to assimilate the herbs and transport their essence to the appropriate location within the body is often very poor, and the herbs can only be effective if they are absorbed well by the digestive system.

You can dramatically increase the patient's ability to assimilate the healing properties of the herbs with simple adjustments to their nutrition. Adding singles that protect and strengthen the spleen/stomach to the base formula can also assist.

There are two basic types of energy that make up a person's health: The energy that we inherited from our parents (the "pre-heaven Qi", your constitution) and the Qi that is absorbed through nutrition ("post heaven Qi"). Whether or not we have plenty of post-heaven Qi does *not* only depend on what we eat, *but how and in what form we eat it!* If we eat food in a form that harms the digestive system (too cold, too much of one kind, eaten under stress or irregularly) it will not be absorbed well, no matter how healthy the ingredients of the food might "theoretically be". For example, if our digestive system is weak and this leads to a deficiency in certain vitamins, taking vitamin pills won't do much good. We will have to take the vitamins in a form that strengthens the digestive system so that it can absorb the vitamins - in other words: Correct nutritional habits. A lot of nutritional theories only consider the chemical composition of the food - they don't consider us and how we work.

The patient does not have to start eating strange or tasteless food to have good nutritional habits. But they have to understand this: The patient knows themselves and how they work/how they feel after eating certain foods. Do certain foods, certain combination of foods, the preparation (cooked, raw), etc. make them feel bloated, tired after eating, without energy, leave them with cravings? Or does it make them feel like they've got exactly what they needed, and leave them energised and comfortable?

A basic "stomach & spleen diet" is made up of fresh food that is cooked (neither cold nor raw, so the popular combination sandwich and salad is out!) and not extreme in flavour (not too spicy, salty etc.). All uncooked foods like salads, yoghurt and sandwiches are classified as cold foods, including cold drinks. A salad with a warm meal does not do much harm (eat raw foods like the Chinese - together with a warm meal), but the excessive consumption of cold foods leads to sluggish digestion.

### Other ground rules are:

- \* Irregular meal times, skipped meals, too much variation of foods or too many exotic foods we are not used to harm the spleen.
- \* Too much food harms the spleen.
- \* Eat slowly, peacefully and with reverence for the food. Hasty eating, eating when angry or eating while concentrating on something else (business lunches) harms the spleen.
- \* The spleen dislikes cold and dampness. Refrigerated drinks are the best way to destroy your digestive ability. The stomach needs to be warm to digest effectively.



Sweet tastes pertain to Earth. Sweet foods tonify and act to harmonise, but this only goes for natural sweetness. Processed foods with added white sugar do the opposite - they rob energy. When we get sugar cravings, all the body really demands is nourishing food. When we give it processed sugary foods like chocolate, the demand is not fulfilled and the craving gets stronger and stronger.

Naturally sweet foods are usually foods that look “earthy” - brown or yellow - like pumpkin, sweet potato, potato, most beans, carrot, rice, corn, barely, millet, all nuts e.g. chestnuts or walnuts, seeds like sunflower seeds, sesame, figs, dates, apricot, honey melon, papaya, raisins, honey, malt and tofu.

Cooked cereals are extremely good for the spleen and stomach. They are easy to prepare and store, and keep and combine well with most other foods. Ground corn (Polenta) is a good example, it is available all year round and combines well with all vegetables and meats. You can also get ideas from cuisines of other countries for good recipes including cooked cereals.

Sweet fruits are cooling and good to eat in the summer, when under stress (over-activity causes pathogenic heat) or when suffering under other heat symptoms like sleeplessness. Beware not to overdo it though. Remember that the spleen doesn't like cold. Too much cooling fruits harms spleen Qi and causes dampness.

Most meats generally pertain to Earth, tonify Qi and are ideal to strengthen the spleen. Again, the quantity and way of preparation is important. Eaten in small quantities and cooked in water is best, e.g. in soups.

Soups are ideal for overactive people that have high-pressure jobs and are constantly under stress (although we all tend to be overactive and over-stimulated). Over-activity causes heat by depleting the Yin aspect of our bodies. Soups replenish Yin, but are warming the spleen at the same time and are therefore ideal food for stressed people with a weak digestion. Eating more soups (freshly prepared, no instant soups!!) will dramatically improve the digestive system.

Ginger is very good for people who have a deficient spleen manifesting as fatigue, soft stools, pale face/tongue/lips, being tired after meals, feeling bloated after meals, and feeling cold easily. Add fresh ginger to meals or drink it as a tea.

Asian and African cuisines are good examples of the above guidelines. The patient does not have to follow a rigid diet, but can let themselves be inspired and develop their own individual style. Eating food just because it's healthy isn't enough: Good food has to be enjoyed!

After eating this way for at least one month, the patient should become sensitive enough to be able to modify the basic spleen-stomach diet with foods of cold or hot energetics according to their individual type and imbalance. The patient can follow the basic rules, experiment, and learn from their reactions.

Not only will the patient be more sensitive towards the effect food has on their wellbeing (to the point of being able to use food as medicine), they will also have increased awareness of the effects of the herbs they are taking.

**Examples of singles that protect and strengthen the spleen/stomach to be added to the base formula:**

### ***Sheng Jiang* [Fresh Ginger] and *Gan Jiang* [Dried Ginger]**

#### **Indication:**

Ginger is wonderful when it comes to warming the spleen and stomach, relieving symptoms of indigestion such as feeling bloated, gas, soft stools, feeling heavy and tired after eating, nausea, vomiting, stomach pains relieved by warmth (including other cold pains, like menstrual pain relieved by warmth), etc.

#### **Function:**

Ginger warms the spleen and stomach and helps the transformation (assimilation) of food and liquids, thus promoting digestion.

**Fresh Ginger:** Dispersing cold, arresting vomiting, and resolving sputum.

**Dried Ginger:** Warming the center (the region including the spleen and stomach), eliminating pathogenic cold, recuperating depleted Yang and stimulating blood circulation.

**Channels:** Both act on the channels of the spleen, stomach and lung.

### ***Chen Pi* [*Pericarpium citri reticulatae*]**

The peel is used dried, and when tangerine season starts you can see many Chinese households drying the peels on window-sills and balconies for self-medication.

#### **Indication:**

Tangerine peel is especially good to use in cases of abdominal distension/bloatedness and gas, since it “rectifies Qi”, meaning that it moves stagnating Qi. It is also used to treat general indigestion.

#### **Function:**

Rectifying Qi (moving stagnating Qi), harmonising the center (stomach and spleen) and drying dampness.

**Channels:** Spleen and Lung.

# 中西医结合 Integrated Traditional and Western Medicine

## Traditional Chinese Medicine Treatment of Coronary Heart Disease

Reported by Modern Drug Weekly of Taiwan, published by Sun Ten Pharmaceutical Co. Ltd.

A group of 112 patients received traditional Chinese herbal treatment for a variety of coronary and hypertensive diseases. Among them, 61 were male and 51 were female, 83% aged 41-60. The main prescription was *Er Chen Tong Mai Tang*:

<i>Tai Zi Shen</i> [ <i>Pseudostellaria</i> ]*	1 liang
<i>Xuan Shen</i> [ <i>Scrophularia</i> ]	1 liang
<i>Dang Gui</i> [ <i>Angelica sinensis</i> ]	3 qian
<i>Chi Shao</i> [Red Peony]	5 qian
<i>Bai Shao</i> [White Peony]	5 qian
<i>Yu Jin</i> [ <i>Curcuma aromatica</i> ]	5 qian
<i>Suo Luo Zi</i> [ <i>Fructus aesculi</i> ] <sup>#</sup>	5 qian
<i>Dan Shen</i> [ <i>Salvia</i> ]	5 qian
<i>Xi Xin</i> [ <i>Asarum</i> ] <sup>+</sup>	1.5 qian

Today, most herb stores in mainland China use approx. 3 grams as one qian, according to the conversion 1 liang = 10 qian (new) = 31.25 grams. Apart from the use in herbal medicine, in modern China the liang equals 50 grams. During the European colonial period the liang was equal to 1/12 pound, or about 37.8 grams.

\* Or alternatively *Dang Shen* [*Codonopsis*].

<sup>#</sup> Or other warm medicinal that courses depression and rectifies Qi.

<sup>+</sup> Or alternatively *Gui Zhi* [Cinnamon Twig] combined with *Xie Bai* [*Allium macrostemi* Bulb].

The patients took the decocted formula once a day. When the condition stabilised, the prescription was taken every other day. The patients decreased or completely stopped taking nitroglycerine or other during the treatment period. The formula was modified according to the patient's accompanying symptoms.



### Modifications:

- For chest discomfort, shortness of breath, cold arms and legs, perspiration, white or furred tongue and submerged fine or taut pulse:** *Gui Zhi* [Cinnamon Twig] 1.5 qian, *Gua Lou* [Trichosanthes Fruit] 1 liang, *Da Suan* [Garlic] 3-5 qian.
- For depressed vital functions and obstructed blood:** *Zhi Qiao* [Bitter Orange] 3 qian, *Fo Shou* [Finger Citrus] 3 qian, *Qing Pi* [Blue Citrus] 3 qian, *Ji Xue Teng* [*Milettia*] 1 liang, *Chuan Xiong* [*Cnidium*] 3-5 qian, *Hong Hua* [*Carthamus*] 3-5 qian.
- For sputum obstruction with corpulence, somnolence, cough, heavy chest with pain, heaviness of the head, thick white tongue fur, and slippery pulse:** Delete *Xuan Shen* [*Scrophularia*] and *Bai Shao* [White Peony] and add *Ban Xia* [*Pinellia*] 3 qian, *Chen Pi* [Citrus] 3 qian, and *Gua Lou* [Trichosanthes Fruit] 1 liang.
- For dizziness, headache, irritability, insomnia and dreams, a bitter taste in the mouth, costal distention, red coated tongue, and fine, taut or rapid pulse:** *Di Huang* [*Rehmannia*] 5-10 qian, *Shi Jue Ming* [*Haliothis*] 1 liang, and *Ju Hua* [*Chrysanthemum*].
- Insufficiency of cardiac function, palpitation, apprehension, fatigue, insomnia, chest pain, shortness of breath, pale and swollen tongue with thin white coating, submerged or fine pulse:** *Huang Qi* [*Astragalus*] 1 liang, *Dang Shen* [*Codonopsis*] 3-5 qian.
- When blood does not nourish the heart and there are palpitations and insomnia:** *Zhi Suan Zao Ren* [Baked Zizyphus] 3 qian, *Bai He* [Lily] 1 liang, *Yuan Zhi* [*Polygala*] 5 qian, *Shi Chang Pu* [*Acorus*] 3 qian, *Wu Wei Zi* [*Schizandra*] 3-5 qian.
- For nerve functional disturbances:** *Zhi Gan Cao* [Baked Licorice] 3-5 qian, *Fu Xiao Mai* [Wheat] 1 liang, and 10 fruits of *Suan Zao Ren* [Zizyphus].

To promote circulation, the authors often prescribed *Zhi Tong San* (止痛散) containing *Pu Huang* [Pollen Typhae], *Wu Ling Zhi* [*Pteropus*], *Chen Xiang* [*Aquilaria*], and *She Xiang* [*Moschus*], or *Guan Xin Wan* (冠心丸).

The patients' conditions were graded as mild (67), medium (39), and severe (6). Treatment was markedly effective in 39 patients (34.8%), improved in 63 (56.2%), and unchanged in 10 (9%).

Serum cholesterol and triglycerides dropped markedly in all patients. Patients' diets were not restricted and no drugs were given to lower blood lipid levels.

Additionally, after treatment the nail fold beds in 73 patients were examined to determine the effect of treatment on blood flow. Capillary loops increased in 27 patients. In 31 patients, erythrocyte aggregation improved.

**Long Term Results:** Of 49 patients treated over two years, 23 (46.9%) improved markedly, 24 (49%) improved, and two (4.1%) did not improve.

Careful pattern differentiation and modification according to the patient's individual pattern is always required.



## ***Qian Cao* [Madder] and *Chuan Xiong* [Cnidium] in Coronary Heart Disease**

By Lu Chun-sheng et al, from Chinese Medical Journal, 4 (1):43-46, 1978.

A group of 150 patients with coronary disease received injections of *Qian Cao* [Madder] and *Chuan Xiong* [Cnidium]. These patients ranged from 37 to 81 years of age. The majority – 105 patients – suffered from angina pectoris. Other medical complications included: Hypertension, hyperlipidemia, myocardial infarction, papillary muscle dysfunction, arrhythmia, premature beat, fibrillation, and bundle branch blocks.

For more than two months, 105 patients received 2 ml injections intramuscularly, once or twice daily. Of these patients, 56 continued the treatment for six months. Before and after treatment, clinicians checked tongue coating, pulse, blood pressure, heart rate, electrocardiogram, and blood lipid level. Some patients also received routine blood and liver function tests.

**“Treatment not only relieved angina attacks and chest compression but also increased tolerance for exertion in some patients.”**

Therapeutic effects appeared within 14 weeks and the treatment was effective in 95.2% of the patients and not effective in 4.8%. Treatment not only relieved angina attacks and chest compression, but also increased tolerance for exertion in some patients.

The treatment did not measurably affect blood pressure or heart rate. Nor did serum cholesterol and triglyceride values change significantly. Only one patient experienced skin eruptions, which disappeared after stopping treatment.

Researchers carried out experiments on isolated rabbit hearts to determine the effect of the injection on coronary flow and cardiac oxygen consumption. 0.3 ml and 0.5 ml of the injection increased the coronary flow on all six isolated rabbit hearts. The injection only slightly increased cardiac oxygen consumption. Other researchers have shown that these two herbs inhibit agglomeration of thrombocytes. Likewise, these same herbs and *Chi Shao* [Red Peony], *Hong*

*Hua* [Carthamus], *Sha Tang Mu* [Lignum acronychiae] stimulate the factor (SF) in rabbit serum. This study substantiated these findings, showing that the two herbs can help prevent thrombosis and atherosclerosis.

### **References:**

1. The basic texts of Chinese medicine, such as the Neijing Suwen and Lingshu, and the Materia Medica came to Japan during the 7th through 9th Centuries. This led to publication of the primary historical text about Chinese medical theory and practice in Japan: the Ishimpo. In the Chinese tradition, there are certain scholar-physicians who have become revered for their work, including Zhang Zhongjing and Sun Simiao, whose formulas and theories were incorporated into the Ishimpo. Japan also has its famous contributors from the classical period (15th to 18th Centuries), such as Sanki Tashiro, Gonzan Goto, and Todo Yashimosu, and renowned 20th-Century physicians, such as Keisetsu Otsuka and Domei Yakazu, who helped restore Kampo after several decades of suppression during the rise of Western medicine in Japan (taken from “Kampo Medicine, the Practice of Chinese Herbal Medicine in Japan” by Subhuti Dharmananda, Ph.D., Director, Institute for Traditional Medicine, Portland, Oregon).
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3. Yamada T: Exposition of Clinical Chinese Herbal Formulas, Japan, 1979, p.437.
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# Sun Ten Chinese Medicine Pearls Seminar 2005

\* Translated by Dr. Greta Young Jie De

## Presented by Professor Guo Wei Qin from The Beijing University of Chinese Medicine, China

Professor Guo Wei Qin was born to a family with a strong Chinese Medicine background and has more than 30 years of clinical experience. Her father Professor Guo Shi Kui was a foremost cardiac specialist in China. Professor Guo Wei Qin has studied under many famous Chinese Medicine Practitioners such as Qin Bo Wei, Ren Ying Qiu, Dong Jian Hua and Liu Dou Zhou. Since 1977, she has been involved in the Chinese Medicine treatment of cardiac disorders and specialises in the treatment of coronary disease, myocardial infarction, hyperlipidaemia, atherosclerosis, hypertension, myocarditis etc. From 1989-1991 Professor Guo Wei Qin headed a research team on "Clinical Research on Heart and Kidney Yang Deficiency and Cardiac Disorders" and the strategy of "Augmenting Qi and Unblocking Vessels in the Treatment of Coronary Heart Disease".

In 1978 Professor Guo Wei Qin was awarded a prize by the China Scientific Association for her research work on "Integrated Chinese and Western Medicine in the Treatment of Acute Myocardial Infarction".

Professor Guo Wei Qin has received other awards, including: Research on "Heart Qi Deficiency and its Correlation with Cardiac Disease"; "Chinese Medicine Theory of Qi and Blood in the Treatment of Cardiac Disorders"; "Tonification of Spleen and Transformation of Phlegm in the Treatment of Atherosclerosis". In 1993 she received yearly subsidy for her contribution to the treatment of cardiac diseases by the Chinese Government.

This two-day seminar (Brisbane is a one-day seminar) will be delivered by Professor Guo Wei Qin and interpreted by Dr. Greta Young Jie De.

**Your investment (Incl. GST) which includes the seminar, manual, lunch (Brisbane only) and coffee breaks.**

### Melbourne/Sydney:

- Full Registration (early bird, before June 7th, 2005) \$150.00\*
- Full Registration (after June 7th, 2005) \$180.00\*
- Student (please provide school/university name) \$55.00\*
- One day attendance \$100.00\*

### Brisbane (one-day seminar): \$100.00\*

\* All prices are GST inclusive.

## Dates and Venues

**Melbourne** - Co-hosted by RMIT University.

**Day One:** Saturday 2nd July, 2005.

**Day Two:** Sunday 3rd July, 2005.

**Venue:** RMIT University, Storey Hall, 336-348 Swanston Street, Melbourne.

**Sydney** - Co-hosted by University of Technology

**Day One:** Saturday 9th July, 2005.

**Day Two:** Sunday 10th July, 2005.

**Venue:** UTS Lecture Theatre, No. 1 Broadway, Ultimo.

**Day One:** Seminars run from 1:00 pm - 5:00 pm (afternoon tea provided)

**Day Two:** Seminars run from 10:00 am - 5:00 pm (afternoon tea provided)

**Brisbane** - Co-hosted by Health World Limited, distributor of Sun Ten Products (one-day seminar only). The Topic is Research and Clinical Applications of Chinese Medicine in the Treatment of Hyperlipidaemia, Coronary Disease and Hypertension.

Wednesday 6th July, 2005.

Registration from 9:30 am - 10:00 am

Seminar runs from 10:00 am - 5:00 pm

Lunch will be served from 12:00 pm - 1:00 pm

**Venue:** The Holiday Inn Brisbane, Roma Street, Brisbane.

**This seminar is a must for all Practitioners and students of Chinese medicine (up to 10 CPE points accredited by AACMA & FCMA)**

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