



SUN TEN

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NEWSLETTER

Dr. Ma Zhi Yong's experience in how to handle difficult and complicated cases with TCM methods

1. It is important to grasp the root cause of a difficult disorder with careful pattern differentiation

Case study 1: 12 year old male, student, first consultation 17th April 1995. For the past 1 year and 10 months he has suffered severe spasmodic headaches. Western Medicine diagnosed his condition as "angioneurotic headache". The patient was prescribed Rotundine, Fenbid (Ibuprofen Sustained-Release Capsules), Oryzanol Tablets and Vitamin B₁. The pain subsided when the medication was taken, but re-appeared as soon as the medication was stopped.

A further treatment attempt was made using Traditional Chinese Medicine. Because the boy's headache was located in the greater yang (tai yang, in this instance referring to the posterior of the head) and vertex region, with malar flush, red eyes and dry mouth, the TCM doctor applied the method of coursing wind and dissipating heat, coursing the exterior and overcoming dampness. This treatment strategy showed no results. The patient was then diagnosed with the TCM pattern wind-phlegm repletion pattern, and treatment consisted of coursing wind and checking spasm, transforming phlegm and dispelling dampness. However, prescriptions such as Orifice-Freeing Blood-Quickening Decoction or Magnolia Flower and Gypsum Combination adding Quan Chong [Scorpion], Wu Gong [Centipede], Jiang Can [Silkworm] and other insects showed no result.

The patient then sought help from Dr. Ma Zhi Yong, who observed: Male child with frequent headaches, frequency is 1-2 times daily. During a headache-attack the facial complexion is sombre white, the lips are green-blue, hands and feet are cold, the eyes are tightly shut, the boy's spirits are exhausted, he is dripping with cold sweat, with a dry mouth and throat. The pulse is tight and string-like at both cubit positions; the tongue is pale purple with a white glossy coating. Stabbing pain in the abdominal area around the navel, smaller-abdominal cold pain.

Dr. Ma enquired about a possible root cause of the disorder and was told that two years ago the child suddenly turned very cold after swimming. Dr. Ma

deducted that the cold evil then possibly entered the Jueyin channel [foot reverting yin liver channel], disturbing the smooth flow of liver qi, obstructing yang qi and causing impediment of the network vessels. The head is the confluence of the yang channels. If yang is obstructed by yin and cannot move upwards, pain ensues. Thus, the corresponding treatment method is to warm the liver and dissipate cold, quicken blood, move qi and check pain.

Prescription: Dang Gui [Angelica sinensis], Gou Qi Zi [Lycium fruit], Rou Gui [Cinnamon bark], Xiao Hui Xiang [Fennel fruit], Wu Yao [Lindera], Chen Xiang [Aloeswood], Li Zhi He [Lychee nut], Chai Hu [Bupleurum], Sheng Jiang [Fresh ginger], Wu Zhu Yu [Evodia], Chuan Xiong [Cnidium], Yuan Hu [Corydalis].

After 3 doses the headache was alleviated, and the complexion a healthy red. Dr. Ma modified the first prescription with Fu Zi [Aconite], and after another 3 doses were taken the headaches stopped. The boy's spirits recovered, his appetite increased to a healthy level, his tongue changed to a healthy colour and the tongue coating reverted to a normal thin white coating.

At the third consultation, the treatment was changed to sweet and warming, supplementing kidney qi and strengthening spleen yang.

Prescription: Wu Yao [Lindera], Chen Xiang [Aloeswood], Li Zhi He [Lychee nut], Du Zhong [Eucommia], Sang Ji Sheng [Loranthus], Tu Si Zi [Cuscuta], Chao Bai Zhu [Atractylodes], Dang Shen [Codonopsis], Huang Qi [Astragalus], Dang Gui [Angelica sinensis], Chuan Xiong [Cnidium]. After 5 doses the headache was considered completely cured, with a check-up 2 years later confirming there had been no recurrences.

Comment: What made this example of stubborn headache a difficult case was 1. The root cause of liver cold was obscured by symptoms and signs that seemed to indicate phlegm heat. 2. The root cause, liver cold congealing of qi and blood, was obscured by the signs of blood stagnation. However, once the root cause was identified, the problem could be solved.



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Dr. Ma Zhi Yong's experience in how to handle difficult and complicated cases with TCM methods continued

2. If different essential treatment methods are difficult to implement together, the proper treatment sequence has to be determined

Case study 2: 68 year old female, first consultation 11th April 1986. For the past 4 months she suffers from rapid hungering, causing her to eat 16 times a day. Accompanying symptoms and signs: Abdominal distension, borborygmus, hypertension, coronary heart disease, chronic arthrosis. Use of western medication. Abdominal fullness and distension started 4 months ago, accompanied by rapid hungering and excessive eating. Previous isotope scanning and thyroid iodine uptake examination were normal, blood production and urine were examined and found to be normal, blood sugar was also normal. Western medication did not achieve any changes in symptoms, thus a combination of Western Medication and Chinese herbs was considered.

Additional TCM signs and symptoms: Palpitations and shortness of breath, heart vexation and sleeplessness, fatigue and lack of strength, sensation of oppression in the chest, abdominal distension and constipation, pale tongue, fine deep pulse. TCM diagnosis: Insufficiency of heart blood, qi vacuity of both heart and spleen.

Prescription: Gui Pi Tang [Ginseng & Longan Combination], Tian Wang Bu Xin Dan [Ginseng & Zizyphus Formula] and Si Ni Tang [Aconite and G.L. Combination]. After one month, the symptoms were not alleviated - on the contrary: The abdominal distension was exacerbated, the navel had protruded, constipation, passing thin strips of stool every 2-3 days. Excessive eating and rapid hungering were unchanged, still eating 16 times a day.

The patient then sought help from Dr. Ma Zhi Yong who observed: Abdominal distension making the abdomen seem tight like a drum, protruding navel, tight shiny skin, rumbling intestines, constipated over 1 week, bright white facial complexion, sensation of oppression in the chest, not able to breathe freely, pale tongue with white greasy coating, deep fine and noticeably slippery pulse. If the cause of disease really was heart-spleen qi-blood vacuity, with the electrocardiogram suggesting lack of blood in the heart muscle, why did the previous TCM doctor's prescription not yield any results?

Trying to get to the bottom of the matter, Dr. Ma discovered that the patient was worrying about her second son and was laden with anxiety. This information gave valuable clues towards the root of the disorder as the spleen stores reflection and governs thought, if there is spleen qi vacuity, one fails to understand even after pondering the matter a hundred times, reflection is not stored properly and this results in muddled and chaotic thoughts. Proper reflection is abandoned and the abode of the spirit (heart) cannot fulfil its duty, resulting in palpitations and fearful throbbing. When spleen qi is vacuous, water damp is not moved properly, accumulating and forming phlegm. Phlegm-rheum accumulates in the intestine, causing abdominal distension and borborygmus. The root of the disorder is heart-spleen qi-blood vacuity; the tip is phlegm congealing and qi stagnation. Thus, there is a vacuity repletion complex present, the tip being a repletion and the root a vacuity.

As this disorder incorporates contradictory patterns, it has to be resolved in stages. The prescription to be applied first is Di Tan Juan Bi Yin [涤痰宽脾饮] to rectify qi and soothe depression, while the assistant medicinals quicken blood and transform stasis.

Prescription: Zhi Shi [Citrus sinensis], Ju Hong [Red Citrus], Ban Xia [Pinellia], Fu Ling [Hoelen], Dan Xing [Arisaema mixed with bovine bile], Zhu Ru [Bamboo], Xiang Fu [Cyperus], Yu Jin [Curcuma aromatica], Hai Fu Shi [Pumice], Shi Pu Huang [Pollen Typhae], He Huan Pi [Albizia], Hou Po [Magnolia bark], Dan Shen [Salvia], Gan Cao [Liquorice]. After 3 doses, the abdominal distension was alleviated, the patient passed sticky foul-smelling stool, turbid urine like rice water, daily intake of food now limited to 9 times. The treatment method was continued but the quantity of Yu Jin [Curcuma aromatica] was increased to 30g and chen pi tan [charred Citrus] and Zhu Li Shui [dried Bamboo sap] were added. After another 3 doses, the patient passed large amounts of black foul-smelling stool, the abdominal distension was greatly alleviated, the greasy tongue coating was gradually transformed, and the pulse changed from deep fine to moderate slippery.

After the gradual removal of the tip repletion pattern, the patient was ready for the next stage of simultaneous treatment of tip and root. The quantity of phlegm-flushing medicinals in the previous prescription was reduced according to the patient's present state, with Shu Di Huang [Cooked Rehmannia], He Shou Wu [Ho-Shou-Wu] and Yu Zhu [Polygonatum] added to supplement yin and blood and appease the stomach. After 4 doses, the patient's food intake dropped to 4 times a day and the abdominal distension was barely observable. There were still signs of heart-spleen qi-blood vacuity, hence the treatment method was adjusted to strengthening the spleen and benefiting qi, nourishing blood and calming the spirit, after which the EKG was normal and the HP stable. The prescription was changed to Ren Shen Gui Pi Tang [Ginseng Spleen-Returning Decoction] and Tian Wang Bu Xin Dan [Ginseng & Zizyphus Formula]. At a check-up 6 months later the patient was healthy and in good spirits.

Comment: The problematic aspect of this example was that the first TCM practitioner used blood supplementing and nourishing, spleen strengthening and qi boosting medicinals according to the apparent pathocondition without obtaining results, making the condition appear particularly peculiar. After discovering the root of the disorder to be anxiety and qi bind, with phlegm congealing and blood stasis, an appropriate treatment strategy incorporated different stages could be formed: first treating the tip by removing repletion [the phlegm-bind and qi stagnation] then treating the tip and root at the same time. Finally, a method of supporting right and securing the root was adopted.



3. In cases of stubborn diseases diagnosed by western diagnostic methods, one has to develop a TCM awareness of the disorder and differentiate the pattern accordingly

Case study 3: 47 year old male, cadre, first consultation 6th October 1994. For the past 3 months the patient has suffered from dizziness, unclear vision, numb and trembling extremities, and forgetfulness. Nuclear magnetic scanning revealed: 1. Left side: Occipital lobe astrocytoma. 2. Right side: Temporo-auricular osteoma. The patient is seeking TCM treatment due to an allergy to anaesthetics and analgesics, making treatment by cranial surgery difficult.

TCM symptoms and signs: Pulse is string-like and slippery, the tongue body is swollen and the tongue is purple and dark with a thick yellow sticky coating. The TCM doctor, considering the MRI results, diagnosed the pattern as spleen deficiency and liver heat, blood stasis and phlegm congealing. The patient is given 6 doses of a prescription that strengthens the spleen, clears liver heat, eliminates phlegm and transforms stasis, to no effect. Not only are the symptoms not alleviated, but the patient now also experiences abdominal distension, a strong string-like slippery pulse, with the thick yellow sticky coating on tongue gradually transforming, pointing to further repletion of evil qi. The prescription is changed to transform phlegm and disperse bind, quicken blood and transform stasis.

Prescription: Xia Ku Cao [Prunella], Gou Teng [Gambir], Bai Hua She She Cao [Oldenlandia], Ban Zhi Lian [Scutellaria], Shan Ci Gu [Cremastra], Mao Zhao Cao [root of Catclaw Buttercup], Yu Jin [Curcuma aromatica], Shi Jue Ming [Haliotis], Han Lian Cao [Eclipta], Nu Zhen Zi [Ligustrum], Tian Long [Gecko], She Xiang [Moschus]. After taking 10 doses, the dizziness gradually ceases and the numb extremities and trembling were alleviated. At his sixth consultation on the 31st of October, the patient felt that his sleep had improved and general health is taking a turn for the better, hence the previous prescription is continued for 14 doses.

On the 16th of November, the patient had a consultation with a famous brain specialist. In preparation for a planned γ -ray surgery, the patient underwent another nuclear magnetic scan. Comparing the results of the previous scans to the recent ones revealed that the TCM treatment had achieved marked results. Weighing the patient's allergic constitution against the obvious results the TCM treatment has already achieved, the brain specialist advised the patient to continue with the TCM treatment. The patient resumed his TCM consultations on the 26th of November '94 and reported





that he has recently experienced dizziness, difficulties finding the right words when communicating and unclear vision. The patient felt that after stopping the TCM treatment his health had regressed. As his condition had improved with the previous TCM treatment, the same strategy of eliminating phlegm and dissipating bind, transforming stasis and softening hardness was continued.

Prescription: Xia Ku Cao [Prunella], Ju Hong [Red Citrus], Ban Xia [Pinellia], Bai Hua She She Cao [Oldenlandia], Shan Ci Gu [Cremastra], Yu Jin [Curcuma Aromatica], Fu Ling [Hoelen], Bai Zhu [white Atractyodes], Huang Qi [Astragalus], Mao Zhao Cao [root of Catclaw Buttercup], Kun Bu [Kelp], Hai Zao [Sargassum], Tian Long [Gecko], Mu Li [Oyster Shell] etc. After 4 doses the patient felt that the symptoms of dizziness, numb and weak extremities, and unclear vision were already getting better. His tongue had changed from purple and dark to a more normal colour, the pulse was string-like and slippery. The above prescription was continued for another 20 doses.

On 23rd of January 1995, the dizziness and numb and trembling extremities had disappeared, but the unclear vision and difficulties in finding the right words were still a problem. The prescription is altered according to the changed symptom picture, putting more emphasis on enriching yin and supplementing the kidney, whilst continuing to eliminate phlegm, quicken blood and transform stasis. On the 11th of February, the patient's spirits were lifted, his complexion looked much healthier (from previously dark and dull to rosy and glowing), he had shed some superfluous weight and the language problem had disappeared. The patient was sent to have a CT exam on the 10th of March, which revealed that the growths had disappeared, thus the treatment strategy was changed accordingly.

As the phlegm stagnation obstructing the brain network vessels had been removed, the main focus was now on strengthening right qi. Based on the TCM theory that the kidneys are the source of marrow and the brain is the sea of marrow, the treatment strategy is to supplement the kidney and the governing vessel, supplement essence and brain, strengthen the spleen and transform phlegm, thus regulating both earlier and later heaven.

Prescription: Huang Jing [Polygonatum root], Huang Qi [Astragalus], Bai Zhu [white Atractyodes], Lian Zi Rou [Lotus seed], Bian Dou [Dolichos], Shan Yao [Dioscorea], Ba Ji [Morinda], Xian Ling Pi [Epimedium], Gou Ji [Cibotium], Gou Qi Zi [Lycium fruit], He Shou Wu [Ho-shou-wu], Lu Jiao Jiao [Gelatinum Cornu Cervi], Gui Ban Jiao [Turtle shell gelatin], Tian Zhu Huang [Tabasheer], Mai Ya [Barley sprout], Bai Dou Kou [Amomum] etc., 15 doses. After taking the 15 doses, the patient stopped taking the medicine for two weeks and did not feel any worse, except that his vision was still not optimal. Kun Bu [Kelp], Hai Zao [Sargassum], Hai Ge Ke [Clam shell], and Chuan Xiong [Cnidium] were added to the most recent prescription, and the patient was advised to take 15 doses (one dose every second day). The patient had another CT scan in September 1995 and a follow-up examination in 1996, both of which revealed no abnormalities.

Comment: In this difficult case, the treatment methodology was developed from two angles: To strengthen the spleen and clear the liver, and to flush phlegm and transform stasis. During the course of treatment, modification of the prescriptions had two characteristics: The first stage belonged to the

category "evil is exuberant and right qi is vacuous", with quickly developing growths, the treatment strategy was therefore based on flushing phlegm and transforming stasis. In the later stage, the growths had regressed and right qi was about to recover, hence the treatment strategy primarily supported right and secondarily dispelled evil, supplementing the kidney and the governing vessel, supplementing essence and brain, and strengthening the spleen and transforming phlegm.

4. Discussion

Complex patterns of simultaneous vacuity and repletion, hot and cold, yin and yang tend to make a clear diagnosis difficult for the practitioner. In these cases it is important not to get muddled and to calmly discriminate false symptoms from real symptoms by grasping just one or two root symptoms. This will clarify the tip versus the root and make a difficult disorder seem easy.

A complicated disorder often warrants several treatment strategies that might be difficult to implement at the same time: It might be difficult to determine which strategy is the primary and which the secondary one, and in which order they should be applied. In these cases, I tend to search for the major contradiction, and then divide this contradictory aspect into different levels, steps etc. The Nei Jing [Inner Canon] provides good insights into the analysis of difficult disorders. Three paragraphs are devoted to the treatment sequence of internal damage disorders. One says "the root is followed by the tip", giving clues to the discrimination of root and tip by the order of their appearance, the earlier symptoms and signs being the root, the later symptoms and signs being the tip. Other ways of looking at root and tip are: The cause of the disease is the root, the symptoms and signs are the tip; right qi vacuity is the root, evil repletion is the tip; the viscera are considered the root and the bowels the tip; the bowels and viscera are regarded as the root and the channels and network vessels the tip. Usually, the root is treated first and then the tip is treated. However, this is not always the case: Another way of analysis is to divide the disorder into slow/moderate and urgent symptoms. Treatment order is then determined by urgency: If urgent treat the tip first; if slow/moderate, treat the root first. If there are no urgent symptoms and no extremes, one can also consider treating root and tip at the same time. If several contradictory disorders exist at the same time, one should first determine whether urgent and slow/moderate can be differentiated and treat the urgent disorder first. If one cannot determine urgent and slow/moderate, one can attempt to differentiate easy-to-treat from hard-to-treat, then treat the easy disorder first.

In clinical practice, it often occurs that the disorder is already diagnosed quite accurately by Western Medicine, but the treatment result is less than ideal, and that this disorder also proves quite difficult to treat with TCM methods. In these cases one may use the knowledge and diagnostics of Western Medicine as a reference, but it is still imperative to gain solid understanding of the disorder within the theories of TCM, otherwise one will not be able to make use of the special characteristics and advantages of TCM. An independent TCM investigation has to be conducted, making full use of the rich theory of TCM, its methods of diagnosis and treatment, and flexible use of medicinals, to effectively resolve difficult and complicated cases.

By Ma Zhi Yong, 北京中医 (Beijing Zhongyi), 2001; (2):22



Clinical observation of Chronic Gastritis treated by Ban Xia Xie Xin Tang [Pinellia Combination]: A report of 124 cases

Chronic gastritis belongs to the TCM categories "stomach duct pain", "glomus fullness", "eructation" and "torpid intake". Causative factors include: Dietary irregularities; taxation fatigue; internal damage by the seven affects; damage by the six excesses and insufficiency of earlier heaven. The obvious pathomechanisms of chronic gastritis include an abnormality in the spleen-stomach functions, such as disturbed intake (stomach) and transportation (spleen), or a disturbed qi dynamic of the digestive process (disturbed up-bearing of spleen qi and down-bearing of stomach qi). Another factor is stagnation of qi and blood. It is important to understand that freeing methods, which are often used in the treatment of pain according to the principle "when there is stoppage there is pain", don't merely denote

moving qi and blood, but differ according to the pattern e.g. stoppage caused by cold is freed by warming, stoppage caused by vacuity is freed by supplementation etc.

According to the Shang Han Lun [On Cold Damage], Ban Xia Xie Xin Tang [Pinellia Combination] treats glomus due to the inappropriate treatment of lesser yang disease with precipitation causing damage to the spleen and stomach. When evil is in the shao yang (lesser yang), the correct treatment method is harmonisation. Incorrect use of precipitation causes damage to centre qi, while the shao yang evil attacks the stomach and intestines, causing cold and heat to bind and stagnate "below the heart" (in the stomach duct)

and giving rise to “hard glomus below the heart”. With centre qi damaged, abnormal up-bearing and down-bearing ensues, causing retching, borborygmus and diarrhoea. The correct treatment method is to employ acrid herbs to open and bitter herbs to down-bear, disperse the glomus, supplement the centre and harmonise cold and heat. Ban Xia Xie Xin Tang [Pinellia Combination] is the main formula for this treatment method. Ban Xia [Pinellia], acrid bitter in flavour and pertaining to the stomach, is the sovereign medicinal.

It down-bears counterflow, stops retching and dissipates glomus qi. Gan Jiang [Dried Ginger] - acrid and warm, dissipates cold. Huang Qin [Scute] and Huang Lian [Coptis], bitter and cold, both clear heat. Dang Shen [Codonopsis] (in the original formula Ginseng is used) and Da Zao [Jujube] supplement and boost centre qi. Gan cao [Licorice] warms and supplements the spleen and stomach, and harmonises the action of all other herbs.

All medicinals combined provide both a warming and cooling, opening (acrid) and down-bearing (bitter), supplementing and draining action. Thus, the formula drains the “heart” (the heart region, here denoting the stomach duct), disperses glomus, supplements the centre, supports right, and harmonises hot and cold.

Variations:

Liver qi invading the stomach: Add Yu Jin [Curcuma aromatica], Xiang Fu [Cyperus] to rectify qi, course the liver, harmonise the stomach and alleviate pain.

Cold evil invading the stomach: Add Gao Liang Jiang [Galanga], Xiang Fu [Cyperus] to dissipate cold and alleviate pain.

Exuberant stomach heat: Add Da Huang [Rhubarb], Zhi Zi [Gardenia] to clear and drain stomach heat. Adding Bai Shao [White Peony] in combination with the Gan Cao [Licorice] transforms yin, relaxes tension and relieves pain.

Food stagnation in the stomach and intestine: Add Zhi Ke [Ripe Citrus], Shen Qu [Massa Fermentu] to disperse food and abduct stagnation,

and add Sheng Jiang [Raw Ginger] to harmonize the stomach and check vomiting.

Stasis obstructing the stomach vessel: Add Dan Shen [Salvia], Dang Gui [Angelica Sinensis], Xiang Fu [Cyperus] to quicken blood, dissipate stasis and relieve pain.

Stomach yin vacuity: Add Yuan Shen [Corydalis], Sheng Di [Raw Rehmannia] to nourish yin and boost the stomach, add Bai Shao [White Peony] (acting in combination with Gan Cao [Licorice]) to harmonise the centre, relax tension and relieve pain, and add Ma Ren [Linum] to moisten the intestines and free stool.

Spleen-stomach vacuity cold: Combine with Huang Qi [Astragalus] to supplement the centre and boost qi, Bai Zhu [White Atractylodes] to strengthen the spleen and harmonise the stomach, and increase the amount of Gan Jiang [Dried Ginger] in the formula to warm the stomach, transform rheum and alleviate pain.

In this research, 124 cases of chronic gastritis were treated with Ban Xia Xie Xin Tang [Pinellia Combination] with variations according to individual patterns. The results indicated that this relatively simple and straightforward formula yields excellent results in every type of chronic gastritis.

Clinical data:

All cases were between the ages of 24–76 years old, average age 48 years old. Duration of illness was between 6 months ~ 3 years, with an average duration of 22 months. 66 cases were male, 58 cases were female. 73 cases suffered from chronic superficial gastritis, 51 cases suffered from atrophic gastritis. Main clinical symptoms: Upper abdominal pain, abdominal distension and fullness, feeling of oppression and obstruction, reduced appetite, belching, acid regurgitation etc.

Treatment method:

Pattern differentiation according to clinical symptoms and signs, with a corresponding treatment of Ban Xia Xie Xin Tang [Pinellia Combination] and variations in accordance with individual patterns.

TCM Pattern of Chronic Gastritis and # of Cases	Main Clinical Symptoms	Dosage of Ingredients Pinellia Combination		Additions to Pinellia Combination
Liver qi invading the stomach (29)	Pain and glomus distension in the stomach duct or scurrying pain in ribsides and back. Frequent belching. Thin white tongue coating, wiry pulse.	Ban Xia [Pinellia] 12g Huang Lian [Coptis] 6g Da Zao [Jujube] 4 pcs Gan Cao [Licorice] 6g	Huang Qin [Scute] 10g Dang Shen [Codonopsis] 10g Gan Jiang [Dry Ginger] 6g	Yu Jin [Curcuma Aromatica] 10g Xiang Fu [Cyperus] 10g
Cold evil invading the stomach (21)	Sudden and violent cold pain in the stomach duct, vomiting clear fluid, aversion to cold and preference for warmth, no thirst. White tongue coating, wiry tight pulse.	Ban Xia [Pinellia] 10g Huang Lian [Coptis] 3g Da Zao [Jujube] 6 Pcs Gan Cao [Licorice] 6g	Huang Qin [Scute] 6g Dang Shen [Codonopsis] 10g Gan Jiang [Dry Ginger] 6g	Gao Liang Jiang [Galanga] 10g Xiang Fu [Cyperus] 10g
Exuberant stomach heat (18)	Acute stomach pain or feeling of glomus fullness, distension and oppression. Sensation of emptiness and burning in the stomach duct, acid regurgitation, vexation, bitter or sticky taste in the mouth. Red tongue, yellow or greasy tongue coating, rapid pulse.	Ban Xia [Pinellia] 10g Huang Lian [Coptis] 10g Da Zao [Jujube] 4 Pcs Gan Cao [Licorice] 6g	Huang Qin [Scute] 10g Dang Shen [Codonopsis] not used Gan Jiang [Dry Ginger] 3g	Tai Zi Shen [Psuedostellaria] 10g Da Huang [Rhubarb] 6g Zhi Zi [Gardenia] 6g Bai Shao [White Peony] 10g
Food stagnation in the stomach and intestine (12)	Distending pain in the stomach duct, foul belching and acid regurgitation, or vomiting of undigested foods. Pain and distension alleviated after vomiting. Thick greasy tongue coating, slippery or replete pulse.	Ban Xia [Pinellia] 10g Huang Lian [Coptis] 6g Da Zao [Jujube] 4 Pcs Gan Cao [Licorice] 6g	Huang Qin [Scute] 10g Dang Shen [Codonopsis] 10g Gan Jiang [Dry Ginger] 3g	Zhi Ke [Ripe Citrus] 10g Shen Qu [Massa Fermentu] 15g Sheng Jiang [Raw Ginger] 3 slices
Stasis obstructing the stomach vessel (15)	Severe stabbing stomach pain in a fixed location, pain exacerbates with pressure, may have black stools. Dark purple tongue, rough pulse.	Ban Xia [Pinellia] 10g Huang Lian [Coptis] 3g Da Zao [Jujube] 4 pcs Gan Cao [Licorice] 6g	Huang Qin [Scute] 10g Dang Shen [Codonopsis] not used Gan Jiang [Dry Ginger] 3g	Tai Zi Shen [Psuedostellaria] 10g Dan Shen [Salvia] 10g Dang Gui [Angelica Sinensis] 15g Xiang Fu [Cyperus] 10g
Stomach yin vacuity (10)	Dull stomach pain, sensation of emptiness, burning and vague discomfort in the stomach duct, hunger but only wants to eat little, dry mouth, dry stool. Red dry tongue, fine rapid pulse.	Ban Xia [Pinellia] 10g Huang Lian [Coptis] 6g Da Zao [Jujube] 6 pcs Gan Cao [Licorice] 6g	Huang Qin [Scute] 6g Dang Shen [Codonopsis] not used Gan Jiang [Dry Ginger] 3g	Tai Zi Shen [Psuedostellaria] 15g Yuan Shen [Corydalis] 15g Sheng Di [Raw Rehmannia] 15g Bai Shao [White Peony] 15g Ma Ren [Linum] 10g
Spleen-stomach vacuity cold (19)	Continuous stomach pain, pain exacerbated on an empty stomach and relieved with eating, warmth and pressure. Vomiting of clear fluid, fatigue, lack of strength, cold hands and feet, tendency to sloppy stools. Pale tongue, fine deep pulse.	Ban Xia [Pinellia] 10g Huang Lian [Coptis] 3g Da Zao [Jujube] 6 Pcs Gan Cao [Licorice] 6g	Huang Qin [Scute] 6g Dang Shen [Codonopsis] 10g Gan Jiang [Dry Ginger] 6g	Huang Qi [Astragalus] 20g Bai Zhu [White Atractylodes] 10g

TCM Pattern of Chronic Gastritis	# of Cases	Cured	Improved	No Result
Liver qi invading the stomach	29	18	11	0
Cold evil invading the stomach	21	13	8	0
Exuberant stomach heat	18	11	6	1
Food stagnation in the stomach and intestine	12	8	4	0
Stasis obstructing the stomach vessel	15	8	6	1
Stomach yin vacuity	10	5	3	2
Spleen-stomach vacuity cold	19	12	6	1

Results:

Cured: “Cured” was defined as complete stop of stomach duct pain and disappearance or significant improvement of all minor symptoms, normal secretion of stomach acid, gastroscopy confirms disappearance of inflammation or ulceration, gastric mucosa normalised.

Improved: “Improved” was defined as disappearance or significant improvement of stomach duct pain, improvement of more than 33% of all minor symptoms and test results.

No result was defined as no significant change in all symptoms. Amongst all 124 cases, 75 cases (60.47%) were cured, 44 cases (35.49%) improved, 5 cases (4.04%) showed no result.