



SUN TEN

May/June 2006

NEWSLETTER

中医 Traditional Chinese Medicine



Get Set For the Cold and Flu Season

Winter is almost here and for many that means relief from oppressive heat while still enjoying clear sunny winter days. However, the change of climate also brings colds and coughs sweeping through day care centres, schools and the workplace. The very young, the frail and the elderly are especially at risk from the complications these disorders can bring.

This newsletter focuses on the successful TCM treatment and prevention of these disorders.

New Dui Yao Series Begins

New in this newsletter is the beginning of an article series on Dui Yao - the art of combining medicinals, an invaluable resource for all those who want to dramatically increase the use of their favourite formulae through the addition of herb-duos that have proven clinically highly effective through the centuries

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TCM Treatment of Chronic Bronchitis

By Dagmar Riley Dip. TCM

Chronic bronchitis is a long-term inflammation, obstruction and degeneration of the bronchi. The inflammation also stimulates excessive mucus production within the airways. Symptoms are coughing, thick sputum that is difficult to cough up, and breathlessness, which will get worse over the years. Flare-ups tend to occur predominantly in winter and spring. The disorder is often caused by cigarette smoking.

Complications include acute bronchitis, pneumonia, cor pulmonale, emphysema, respiratory failure and cardiac arrhythmia. Presently there is no cure for chronic bronchitis, and Western medicine treatment is aimed at relieving symptoms and preventing complications. Treatment includes bronchodilators, oxygen and steroids. Antibiotics may be prescribed for infections.

TCM View of Chronic Bronchitis

Traditional view: Significance of lung, spleen and kidney in pathology.

The main symptoms of chronic bronchitis are cough, sputum (phlegm) and shortness of breath. The Huang Di Nei Jing (The Yellow Emperor's Inner Canon) says, "Cough is not merely an affair of the lung. All the five viscera and six bowels can cause a person to cough." Hence, although cough is a disorder of the lung, treatment of the root cause tends to include other organs as well. Chronic cough has been associated with lung, spleen and kidney in particular. The root of the problem could be a weak spleen producing dampness and phlegm that tends to collect in the lungs. As any long-term illness, long-term coughing is also likely to involve the kidneys. TCM theory states that the kidney governs the absorption of qi. Kidney qi insufficiency impairs the absorption of qi by the lung, manifesting as shortness of breath and rapid breathing at little or no exertion.

"Cough is not merely an affair of the lung. All the five viscera and six bowels can cause a person to cough."

Lung, spleen and kidney also play an important role in the transformation and transportation of fluids by the triple burner. An impairment of this triple burner function is an important cause for phlegm-rheum formation (accumulation of fluid). The lung in the upper burner governs regulation of the waterways, meaning that lung qi transports water downward to the bladder. If this function is impaired, water may accumulate in the body. The spleen in the middle burner governs movement and transformation of grain and water. An impaired distribution of water by the spleen causes dampness and phlegm. The kidney in the lower burner controls the flow of urine down to the bladder. A disturbance of this function due to kidney yang deficiency can cause disorders of the fluid metabolism. Thus, although chronic bronchitis manifest as phlegm-rheum accumulation in the lung, its formation is closely linked to spleen and kidney as well. This is expressed in the saying: "the tip (of phlegm-rheum) is in the lung, but the root lies with spleen and kidney."¹



The spleen (earth) is the mother element of the lung (metal), while the kidney (water) is the child element of the lung (metal). Deficiency of the lung can be treated by supplementing the mother and child element. The Jin Gui Yao Lue recommends to include medicinals of the type of Ren Shen [Ginseng] in formulas treating phlegm-rheum cough to "bank up earth to engender metal", which means to fortify the spleen to treat disorders of the lung. This method is used when phlegm-rheum collects in the lung due to a weak spleen engendering dampness which transforms into phlegm. The same classic also recommends Shen Qi Wan [Kidney Qi Pill] to generate kidney qi in cases of kidney qi insufficiency manifesting as shortness of breath and rapid breathing.

Patterns for chronic bronchitis are diverse, however, the following patterns are often seen in modern clinical practice:

1 Lung and spleen deficiency:

Symptoms: Coughing and shortness of breath, frequent infections and colds, sweats easily on no or only little physical exertion, low voice, easily fatigued, no appetite, oppression and sensation of fullness in the chest and stomach duct, bland taste in the mouth, abdominal fullness and gas, or loose stool. Pale tongue with white greasy coating, moderate soggy pulse.

Treatment principle: Supplement the lung and strengthen the spleen, transform phlegm and calm panting, benefit qi and secure the exterior.

Formula: *Liu Jun Zi Tang* [Six Major Herb Combination] with *Yu Ping Feng San* [Saposhnikovia & Astragalus Formula].

2 Lung and kidney deficiency:

Symptoms: Weak cough, weak low voice, rapid breathing with short breaths, aching lower back and/or knees, dizziness, tinnitus, frequent colds, sweats easily on no or little physical exertion. If the patient tends towards kidney yang deficiency, symptoms include aversion to cold and cold limbs, panting worse on physical exertion, pale tongue with white coating, or enlarged tongue with teeth marks, deep forceless fine pulse. If the patient tends towards kidney yin deficiency, symptoms include flushed cheekbones and feverishness in the afternoon, sensation of heat in the palms and soles, dry mouth and throat, night sweats and sleeplessness, red tongue with little coating or cracks, fine rapid pulse.

Treatment principle: Supplement kidney and lung, calm panting.

Formula: *Sheng Mai San Jia Wei* [Ginseng & Ophiopogon Formula with additions]. In cases of yin deficiency, add *Liu Wei Di Huang Wan* [Rehmannia Six Formula]. In cases of yang deficiency, add *Rou Gui* [Cinnamon Bark], *Gan Jiang* [Dry Ginger], and *Bu Gu Zhi* [Psoralea].

3 Lung dryness:

Symptoms: Dry cough without phlegm or scant sticky phlegm which is hard to expectorate and may be blood-streaked, dry lips, tongue, and nose, panting. Dry stool, dry tongue without coating, fine thready or rapid pulse.

Treatment principle: Clear the lung and moisten dryness.

Formula: *Qing Zao Jiu Fei Tang* [Eriobotrya & Ophiopogon Combination].

4 Accumulation of phlegm damp:

Symptoms: Cough with copious phlegm that is easy to expectorate, cough due to phlegm, phlegm is white and thick, cough exacerbated in the mornings or after eating, especially greasy oily foods. Fullness and oppression and stomach duct, nausea, easily fatigued, reduced appetite. White greasy tongue coating, soggy and slippery pulse.

Treatment principle: Strengthen the spleen and dry dampness, transform phlegm and calm panting.

Formula: *Er Chen Tang* [Citrus & Pinellia Combination] with *Ping Wei San* [Magnolia & Ginger Combination].



5 Phlegm heat congesting the lung:

Symptoms: Cough and panting, thick yellow phlegm with fishy smell, or mixed with blood, oppression in the chest with pain while coughing, red face, heat effusion, dry mouth, thirst, dry stool, small quantities of dark urine. Red tongue with thin greasy yellow coating, rapid slippery pulse.

Treatment principle: Clear lung heat, transform phlegm and calm panting.

Formula: Combination of *Sang Bai Pi* [Morus], *Huang Qin* [Scute], *Shan Zhi Zi* [Gardenia], *Zhi Mu* [Anemarrhena], *Bei Mu* [Fritillaria], *Ban Xia* [Pinellia], and *Gua Lou* [Trichosanthes Fruit].

6 External cold with internal phlegm-rheum:

Symptoms: Cough, fullness and oppression in the chest and diaphragm, panting, sound of phlegm in the lungs, white thin phlegm, cold body, especially cold back, patient prefers hot drinks. White moist tongue coating, fine wiry slippery or deep wiry pulse.

Treatment principle: Warm the lung and transform phlegm-rheum, calm panting.

Formula: Variation of *Xiao Qing Long Tang* [Minor Blue Dragon Combination]: Combination of *Gui Zhi* [Cinnamon Twigs], *Gan Jiang* [Dry Ginger], *Xing Ren* [Apricot Seed], *Su Zi* [Perilla Seed], *Zi Wan* [Aster], *Bai Shao* [White Peony], *Wu Wei Zi* [Schizandra], *Ban Xia* [Pinellia], *Gan Cao* [Licorice].

Dealing With Complications and Individual Circumstances of the Patient

While knowledge about common patterns and treatment strategies is extremely useful, clinical reality often necessitates our thinking outside the box, as was the case in the case study below:

Chronic bronchitis with complicating infection²

Male, 61 years old, farmer, suffers from chronic bronchitis. Five days prior to the consultation he was working in the field and contracted another infection, manifesting as aversion to cold, heat effusion, cough, thick and yellow sputum, panting, bitter taste in the mouth, and discomfort in chest and rib-side. His tongue coating was thin and yellow, pulse was slippery and rapid. Western medical treatment consisted of antibiotics and medication to help him breathe, with unsatisfactory results. He then sought TCM treatment.

Complicating infections are frequently seen in cases of chronic bronchitis. Often, the patterns will be an invasion of exterior evil which causes phlegm to transform into phlegm-heat. The accumulation of phlegm heat disturbs the qi mechanism, impairing diffusion and downbearing of lung qi and causing panting. Due to the patient's history of chronic bronchitis and weakened defence qi, exterior evil can easily penetrate from the body exterior, the tai yang (greater yang) level, to the half-exterior-half-interior level, the shao yang (lesser yang) level. In this patient, typical shao yang symptoms included a bitter taste in the mouth, discomfort in the chest and rib-side.

"The patient took the prescription for six days, after which all symptoms had disappeared."

The treatment principle for such a case is to harmonise the lesser yang, clear heat and transform phlegm. The representative formula for the harmonisation of lesser yang is *Xiao Chai Hu Tang* [Minor Bupleurum Combination], supporting right qi (including defence qi), dispelling evil and clearing heat. This is combined with the singles *Shi Gao* [Gypsum], *Gua Lou Ren* [Trichosanthes Seed], *Yu Xing Cao* [Houttunia] and *Di Long* [Lumbricus] to clear phlegm-heat, stop cough and calm panting. The patient took the prescription for six days, after which all symptoms had disappeared.

References available on request.



Overview of Formulae Commonly Used in the Treatment of Chronic Bronchitis

Liu Jun Zi Tang [Six Major Herb Combination] with Yu Ping Feng San [Saposhnikovia & Astragalus Formula]	Used in lung and spleen deficiency pattern. Supplements the lung and strengthens the spleen, transforms phlegm and calms panting, benefits qi and secures the exterior.
Sheng Mai San [Ginseng & Ophiopogon] with Liu Wei Di Huang Wan [Rehmannia Six Formula]	Used in lung and kidney yin deficiency. Supplements kidney yin and lung and calms panting.
Sheng Mai San [Ginseng & Ophiopogon] with Rou Gui [Cinnamon Bark], Gan Jiang [Dry Ginger], and Bu Gu Zhi [Psoralea].	Used in lung and kidney yang deficiency. Supplements kidney yang and lung and calms panting.
Qing Zao Jiu Fei Tang [Eriobotrya & Ophiopogon Combination].	Used in lung dryness. Clears and moistens the lung, supplements qi.
Er Chen Tang [Citrus & Pinellia Combination] with Ping Wei San [Magnolia & Ginger Combination]	Used in accumulation of phlegm damp. Strengthens the spleen and dries dampness, transforms phlegm and calms panting.
Combination of Sang Bai Pi [Morus], Huang Qin [Scute], Shan Zhi Zi [Gardenia], Zhi Mu [Anemarrhena], Bei Mu [Fritillaria], Ban Xia [Pinellia], and Gua Lou [Trichosanthes Fruit].	Used in phlegm heat congesting the lung. Clears lung heat, transforms phlegm and calms panting.
Combination of Gui Zhi [Cinnamon Twigs], Gan Jiang [Dry Ginger], Xing Ren [Apricot Seed], Su Zi [Perilla Seed], Zi Wan [Aster], Bai Shao [White Peony], Wu Wei Zi [Schizandra], Ban Xia [Pinellia], Gan Cao [Licorice].	Used in external cold with internal phlegm-rheum. Warms lung and spleen, transforms phlegm, calms panting.

Dui Yao – The Art of Combining Medicinals

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

Pi Pa Ye [Loquat Leaf] & Ban Xia [Pinellia]

Pi Pa Ye [Loquat Leaf] single action:

Bitter and neutral, enters lung and stomach channels. Clears lung heat and moistens dryness, transforms phlegm and stops coughing, directs lung qi downward and reduces panting.

Ban Xia [Pinellia] single action:

Acrid and warm, enters the lung, stomach and spleen channels. Dries dampness and transforms phlegm, used in cough with copious white thin sputum, cough due to dampness (generated by the spleen), qi counterflow.

Action in combination:

Both herbs transform phlegm and stop coughing. They balance and enhance each other's actions, as Pi Pa Ye [Loquat Leaf] moistens dryness, and Ban Xia [Pinellia] tends towards drying dampness, thus the combination is neither too drying nor increasing phlegm by being too moistening. Both medicinals together are very effective in cases of chronic cough with thin sputum or cough with wheezing.

中医基础 TCM Principles

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

Prepare for Winter – How to Combat Invasion of Exterior Evils

By Dagmar Riley Dip. TCM

The Importance of Resolving Colds Quickly and Danger of Ignoring the Body's Signals

Chinese Medicine puts a lot of emphasis on the correct treatment of the common cold. This is because colds are considered to be the precursor of a large number of diseases if either treated incorrectly or allowed to penetrate the body due to poor lifestyle or other factors weakening body resistance. Dr Wang Han Wen, specialist on the Chinese medicine classic "Shang Han Lun (On Cold Damage)" says that mere weakness or deficiency alone does not pose a problem at all, as in these cases supplementation is simple and quick, and health problems are easily cured. It is when external pathogens attack the body, are not expelled and progress into the body interior, that health problems tend to linger and manifest in many different ways and seemingly contradictory patterns. Amongst the disorders Dr. Wang treats as "colds passed into the interior" are most skin disorders such as psoriasis, eczema, seasonal allergies, asthma, gynaecological disorders including infertility, gastrointestinal disorders and fatigue.

Hence, patients should be encouraged to seek proper treatment for common colds and coughs and not regard them as "just a cold" that will somehow go away and requires neither rest nor treatment. Especially in the case of children, prevention is important to avoid pathogens progressing into the body interior where they tend to weaken the spleen/digestion and generate dampness, giving rise to health problems such as skin disorders, seasonal allergies, asthma, and frequent infections.

The "Shang Han Lun" concept of external pathogens or "evils" invading the body from the outside and, if not stopped in time, then passing through the different channels into the body interior where they can cause different diseases, has proven extremely relevant to modern clinical practice. Amongst other areas, the "Shang Han Lun" theory and formulae¹ have proven helpful in the management of post infection syndromes.

"Patients should be encouraged to seek proper treatment for common colds and coughs and not regard them as "just a cold"

Treatment of Different Patterns of the Common Cold

The following are different formulae for various exterior patterns, meaning an exterior pathogen or evil entering the superficial layers of the body, called in TCM the "exterior". The difference in pattern is caused by either the different nature of the pathogen, the most common ones being wind-cold or wind-heat, or a particularly weak body resistance (defence qi deficiency). Often, the pathogens will occur in the related season, for example wind-cold occurring predominantly during the winter.

Treatment of different patterns of common cold (exterior disorder)

Differentiating symptoms	Common symptoms	Formula
Wind-cold: <i>Chills more pronounced than heat effusion, aching body, neck stiffness, no sweating.</i>	Sudden onset, aversion to cold or wind, heat effusion, thin tongue fur, floating pulse. Other possible symptoms: Nasal congestion, sneezing, headache.	Gui Zhi Tang with Ge Gen <i>[Cinnamon Combination with Pueraria]</i>
Headache and wind-cold: <i>Severe headache as main symptom, otherwise as "Wind-cold" above.</i>		Chuan Xiong Cha Tiao San <i>[Cnidium & Thea Formula]</i>
Wind-heat: <i>Heat effusion more pronounced than chills (or no chills), sore throat, thirst.</i>		Yin Qiao San <i>[Lonicera & Forsythia Combination]</i>
Coughing and wind-heat: <i>Coughing as main symptom, otherwise as "Wind-heat" above.</i>		Sang Ju Yin <i>[Morus & Chrysanthemum Combination]</i>
Qi deficiency: <i>Weak body response (only slight heat effusion or aversion to cold), cough with copious sputum, shortness of breath. Often occurs in children and the elderly.</i>		Shen Su Yin <i>[Ginseng & Perilla Combination]</i>

Prevention: Strengthening Defence Qi

- Defence qi (wei qi), a type of qi that regulates the opening and closing of the pores, guards the surface of the skin against external pathogenic factors.
- Defence qi also fights invading external pathogenic factors.

When the defending function of qi is normal external pathogens have difficulty invading the body. If external pathogens should succeed in invading the body exterior and cause disease, a strong defence qi will fight them effectively and the disease will be easy to cure. Examples of possible pathological changes if defence qi is weakened are: Low body resistance, tendency to catch diseases, and slow recovery from illness.

Defence qi can be weak due to a weak spleen (digestive system) not extracting enough essence out of nutrients and hence not generating enough qi and blood. It can also be weak due to long-term illness, stress, overwork or general exhaustion. Defence qi is also weak during sleep, when it largely withdraws from the body surface. Hence sleeping uncovered in summer, especially if next to an open window or a fan, can easily enable exterior pathogens to invade the body surface.

Yu Ping Feng San [Saposhnikovia & Astragalus Formula]

This formula supplements defence qi, secures the exterior and stops sweating. *Yu Ping Feng San* is used for adults and children alike, preventing frequent colds, upper respiratory tract infections, and respiratory allergies due to defence qi and lung qi deficiency. Patients have a pale facial complexion, pale tongue, sweat easily during the day, are easily fatigued and breathless and have an aversion to wind (including fans).

“Sleeping uncovered in summer, especially if next to an open window or a fan, can easily enable exterior pathogens to invade the body surface.”

Xiao Chai Hu Tang [Minor Bupleurum Combination]

Strengthening defence qi is especially important in paediatrics. This is because children naturally have a weak spleen, which means that the spleen is not as efficient in extracting essence from nutrients and therefore less blood and qi are produced, including defence qi. If the situation is exacerbated by an unsuitable diet (overfeeding, feeding too many foods that are not easily digested or that engender dampness, such as cold foods, sweets including fruit juices, junk food, or processed foods)

this will weaken the spleen and defence qi even further and the child will become prone to frequent infections. Moreover, a damaged spleen tends to engender dampness and phlegm, making the lung susceptible to frequent coughs with copious phlegm.

Children also have a relative “yang body”, meaning that the yang element is very strong, driving growth and development. This also means that children are prone to develop pathogenic internal heat.

Xiao Chai Hu Tang [Minor Bupleurum Combination] is a formula that addresses these typical characteristics of a child's body, strengthening the spleen (and indirectly defence qi) and clearing pathogenic heat. This extremely popular formula from the classic “Shang Han Lun” supplements the spleen, soothes the liver and clears fire, and thus treats a pattern known as liver-spleen disharmony. Preventative use of *Xiao Chai Hu Tang* in children suffering from frequent infections should start in early autumn and continue over the winter months. This will avoid frequent infection during the winter and seasonal allergies in the spring.

Cautions:

Do not use unmodified in cases of acute infection, which makes modification or switching of formula necessary. Dosage should be low as some of the herbs in the formula can otherwise be too drying. For example, children five to seven years old should not take more than 1 measuring spoon 3 times per day. This preventative treatment should be accompanied by a suitable diet (see dietary advice in “TCM Paediatric Physiology, Pathology and Treatment” in July/August 2005 newsletter, available on the Sun Ten website www.sunten.com.au)

Liver-spleen disharmonies are also extremely common in adults. The typical manifestation is: Stress or frustration combined with bad diet leading to depression, irritability, insomnia, fatigue, loss of appetite, loose stools, cold hands and feet and frequent infections.

References available on request.

Overview of Formulae Commonly Used to Strengthen Defence Qi (wei qi)

Yu Ping Feng San [Saposhnikovia & Astragalus Formula]

Supplements defence qi, secures the exterior and stops sweating. For both adults and children. Symptoms: Frequent infections, pale facial complexion, pale tongue, sweats easily during the day, easily fatigued and breathless, aversion to wind (including fans).

Xiao Chai Hu Tang [Minor Bupleurum Combination]

Supplements the spleen (and indirectly defence qi), soothes the liver and clears fire (heat).

中西医结合 Integrated Traditional and Western Medicine

Asthma is Manageable With Xiao Chai Hu Tang (Minor Bupleurum)

By Angela Carroll

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

Asthma is Australia's most widespread chronic health problem and frequently our clinics are full of coughing, wheezing patients. It affects over 2 million Australians: 1 in 4 children, 1 in 7 teenagers and 1 in 10 adults. At present the exact cause of asthma is not known; what we do know is that certain aspects of our environment, diet and lifestyle can significantly contribute to, and trigger, this "wheezing disorder", as it is known in TCM.

Asthma attacks and morbidity can be significantly reduced with regular and specific TCM treatment that is applied between acute episodes. *Xiao Chai Hu Tang* [Minor Bupleurum], has been widely used in the management of various lung diseases, including asthma – both allergic and non-allergic. In this issue we examine some of the scientific evidence and mechanisms of action.

Some actions of this herbal formula include:

- Steroid sparing
- Anti-inflammatory
- Anti-PAF (platelet activating factor)
- Muscle relaxant
- Digestant
- Anti-allergy

Steroid Sparing

Asthma can be a life-threatening condition, and the medical first line approach is to reduce inflammation with corticosteroid medications. Whilst they can be lifesaving, they do, unfortunately, have many well known side-effects. Minor Bupleurum has been used by Practitioners to help reduce the dose of the corticosteroids their asthmatic patients are taking. Magnolol, an active component of the formula, is thought to be responsible for this corticosteroid-sparing effect.¹ A remarkable steroid-sparing effect was seen in 6-12 months of treatment with Minor Bupleurum in steroid-dependant asthmatics. The implications of this is that less steroid medication may be needed, reducing the risks of unwanted side-effects, such as bone density loss, immune suppression and weight gain (if taking oral doses).²

Anti-inflammatory

A steroid-sparing effect maintains higher levels of cortisol in the body. Cortisol is our body's main natural anti-inflammatory hormone. Inflammation in the tissues can manifest as damp symptoms commonly seen in asthma. Minor Bupleurum may decrease tissue levels of IL-6 which suggests this formula reduces lung inflammation also by regulating local immune response. Additionally this formula has an antioxidant effect, which further contributes to the reduction of inflammation.³

Inhibits Platelet Activating Factor (PAF)

Another contributor to the damp and phlegm in asthma is PAF (platelet activating factor). It is an important

chemical mediator in inflammatory and allergic reactions and is strongly involved in the pathogenesis of asthma, where it induces bronchospasm, increased vascular permeability and eosinophil / neutrophil accumulation in the respiratory tract. Minor Bupleurum inhibits PAF production in a dose-dependent manner.⁴ This will reduce the phlegm and bronchospasm.

Muscle Relaxant

In an acute asthmatic episode the airway smooth muscle spasms, making respiration difficult. Beta-adrenergic stimulation relaxes bronchial smooth muscle, resulting in dilation of the bronchi. Research shows that Minor Bupleurum potentiates beta-adrenergic function in airway smooth muscle.⁵ Minor Bupleurum may be useful to maintain open airways, prevent bronchoconstriction and reduce reliance on bronchodilating inhalers.

Digestant

Weak digestive function (a weak Spleen) results in conditions that contribute to and exacerbate asthma. That is, inadequate defense qi, the formation of damp and phlegm and the development of allergies. Minor Bupleurum increases the activity of trypsin and trypsin-like enzymes, therefore directly supporting digestion.⁶

Reduces Allergic Reactivity

In allergic asthma, bronchospasm is caused by immune hypersensitivity. Asthma attacks are caused by an antigen-antibody reaction on the surface of the mast cells. This activates the release of chemicals like histamine and prostaglandins. The immunoglobulins involved in allergic reactions are IgE which sensitise the lungs and skin to a variety of substances like histamine. Taking Minor Bupleurum in allergic asthma has been shown to inhibit IgE and histamine release,^{7,8} making it a suitable formula in the management of allergic asthma.

So We Can All Breathe a Little Easier

Generally, Minor Bupleurum would be best used over an extended period of time – in some cases 12-24 months would be needed for long-term benefit, though initial benefits will be seen in as little as a week. Bear in mind that, because of this formula's ascending action, caution would need to be taken in long-term dosing for those prone to headaches, dizziness and bleeding gums. The ability of the TCM herbal formula, Minor Bupleurum, to reduce inflammation, congestion and muscle spasm in the lungs, coupled with its steroid sparing and anti-allergy actions make it an ideal formula for the management of asthma in both adults and children alike.

References available on request.




Sun Ten Chinese Medicine Pearls Seminar 2006

Professor Xue Yiming

Professor Xue Yiming is one of China's foremost experts in Chinese Medicine Schools of Thought. He specialises in the study of specific early Chinese Medicine Practitioners and their individual philosophy towards disease treatment. Professor Xue Yiming graduated in 1982 and continued research which focused on Schools of Thought and Chinese Medicine Classic Literature. In 1993 he was awarded a PhD honours degree in Schools of Thought. Currently he heads the Schools of Thought Faculty at Nanjing University of Chinese Medicine. Apart from academic and research work, Professor Xue has more than 20 years of clinical experience at the Internal Medicine Department of Jiangsu Provincial Hospital of Chinese Medicine.

Academic achievement: Professor Xue was granted three specialised research projects by the Jiangsu Provincial Government, two of which are associated with the development of Chinese Medicine Education and the third project is associated with clinical research. Following this he was appointed as chief editor responsible for compiling a modern textbook for master students studying Schools of Thought associated with Chinese Medicine.

As part of a joint collaboration between Hong Kong Baptist University and Nanjing University of Chinese Medicine Professor Xue is currently lecturing in Hong Kong to Chinese Medicine students on the "Clinical Application of the Schools of Thought". During the past 10 years, he has published 51 articles in medical journals of China.

To find out more information or to book your place, call
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Topics Discussed:

- Clinical application of Zhu Dan Xi theory on cerebro-cardiovascular disease due to Phlegm and Fire.
- Clinical application of Li Dong Yuan's theory on gastro-intestinal disease.
- Clinical application of Ye Tian Shi's theory on Deficient Detriment (Such as Chronic Fatigue Syndrome)

Sun Ten Pearls Seminar 2006

July

Melbourne - Sat. 8th and Sun. 9th
Co-located by BMJ Research

Sydney - Sat. 15th and Sun. 16th
Co-located by University of Technology

Brisbane - Sat. 22nd and Sun. 23rd

Two Day Seminar

Day One: Running from 1:00 to 5:00 pm

Day Two: Running from 10:00 to 5:00 pm

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