



# SUN TEN

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# NEWSLETTER

## Chronic Rhinitis

### - Treatment by Freeing the Orifices

Chronic rhinitis is a frequently encountered disorder characterised by long-term nasal obstruction, purulent rhinorrhea, loss of the sense of smell, etc. Using the "freeing the orifices method" in accordance with pattern differentiation, distinct improvement can be observed by resolving toxins and freeing the orifices, transforming phlegm and freeing the orifices, supplementing qi and freeing the orifices, or transforming stasis and freeing the orifices. Treatment according to the above methods can dramatically improve the condition, freeing nasal obstruction, eliminating rhinorrhea, and restoring the sense of smell.

#### 1. Resolving toxins and freeing the orifices

This method is used during the beginning stages of chronic rhinitis and for patients having undergone different kinds of treatment to free the nasal cavities without results. In this pattern the evil is lodged in the lung channel, obstructing the qi dynamic and impairing the lung's diffusing or spreading of lung qi, so that lung qi does not reach the exterior and upper parts of the body.

Clinical symptoms and signs include: nasal obstruction, deep and coarse voice, small quantity of white or yellow nasal discharge, dizziness with distending feeling in head, dry throat, cough with hard to expectorate phlegm, and, in extreme cases, oppression in the chest which is exacerbated with movement.

Examination reveals that both sides of the inferior turbinate are swollen and the mucous membrane is filled with blood. After dripping ephedrine into the nose, the swelling of the concha nasalis is significantly reduced.

The tongue is pale red with a thin white or thin yellow coating and a string-like pulse.

Treatment: Clear heat, resolve toxins, diffuse the lung and free the orifices.

Formula: **Yin Qiao San [Lonicera & Forsythia Formula]** minus Jing Jie [Schizonepeta], Dan Zhu Ye [Lophatherum], Lu Gen [Phragmites] and Gan Cao [Licorice] combined with **Cang Er Zi San [Xanthium Formula]** and adding Sang Bai Pi [Morus], Zhi Mu [Anemarrhena], Ban Lan Gen [Isatis Root] and Da Qing Ye [Isatis Leaf].

#### 2. Transforming phlegm and freeing the orifices

This method is used in cases of chronic rhinitis with large amounts of nasal discharge. The diffusion of lung qi aids in distributing fluids within the body. When the lungs lose their ability to ensure the unobstructed movement of qi, the fluids are not distributed properly. As a result, the waterways overflow with overflowing water accumulating in the nose.

Clinical symptoms and signs include: Nasal obstruction alternating between slight and severe, frequent turbid discharge, low spirits, lack of energy, fatigue, head feels heavy as if covered with a bag, dream-disturbed sleep, and no appetite.

Examination reveals that the mucous membrane of the nose is swollen, that both sides of the inferior turbinate are swollen, and the nasal passages contain large amounts of secretion.

The tongue is pale red with greasy white coating and the pulse is slippery.

Treatment: Diffuse the lung and transform phlegm, restoring the normal upbearing and downbearing of the qi dynamic.



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# Chronic Rhinitis

## - Treatment by Freeing the Orifices Continued

Formula: **Qing Qi Hua Tan Tang [Clear the Qi and Transform Phlegm Decoction]** minus Dan Nan Xing [Pulvis Arisaemae cum Felle Bovis], Huang Qin [Scute], Zhi Shi [Citrus Sinensis] combined with **Cang Er Zi San [Xanthium Formula]** minus Bai Zhi [Angelica] and Bo He [Mentha] and adding Zhi Qiao [Fructus Aurantii], and Da Bei Mu [Bulbus Fritillariae].

If nasal discharge is purulent, add Shan Zhi Zi [Gardenia], and Huang Qin [Scute]. If the nasal discharge is clear, add Su Ye [Perilla Leaf], and Jing Jie [Schizonepeta].



### 3. Supplementing qi and freeing the orifices

This method is used in cases of chronic rhinitis where the patient has a weak constitution and weak qi. In this case the exterior is not secure due to vacuous defense qi and therefore, seasonal evils are easily contracted. Vacuous defense qi may also cause malfunction of other bowels and viscera. One usually distinguishes between lung vacuity, spleen vacuity and kidney vacuity - clinical symptoms and signs differ in each case.

Clinical signs and symptoms:

**Lung vacuity:** Somber white facial complexion, nasal obstruction with nasal discharge that alternates between clear and turbid, lack of energy, and fatigue.

**Spleen vacuity:** Withered yellow facial complexion, copious amounts of turbid discharge, eats little, bloated abdomen and sloppy stools.

**Kidney vacuity:** Cold body, aversion to cold, dizziness, tinnitus, weak and aching knees and lumbar area, nasal obstruction alternating between slight and severe, symptoms improve with application of warmth, and only small amount of nasal discharge.

Examination reveals that the mucous membrane of the nose is pale and the inferior turbinate is not swollen.

Tongue is pale with thin coating and there is a fine pulse.

Treatment: Supplement spleen and kidney, secure the exterior and free the orifices.

Formula: Yu Ping Feng San [Siler and Astragalus Formula] in case of lung vacuity, Shen Ling Bai Zhu San [Ginseng & Atractylodes Formula] in case of spleen vacuity, and Jin Gui Shen Qi Wan [Kidney Qi Pill from the Golden Cabinet] in case of kidney vacuity. Jin Gui Shen Qi Wan can be made up by adding huang qi [Astragalus] and gui zhi [cinnamon twigs] to Rehmannia Six Formula. In the original formula fu zi [Aconite] is used instead of gui zhi.

### 4. Transforming stasis and freeing the orifices

This method is used in cases of chronic hypertrophy rhinitis and with patients dependent on the application of ephedrine due to long-term nasal obstruction. This pattern is due to evil obstructing the lung channel or qi vacuity, and weak constitution causing impaired flow of qi-blood, stagnating at the turbinate membrane. This causes the turbinate to swell and obstruct the nasal cavity.

Clinical signs and symptoms: Long-term nasal obstruction, has to breathe with the mouth open, can only sleep after dripping ephedrine into the nose, forgetfulness, dry and painful throat, bad breath, and vexation.

Tongue dark purple, white slimy coating and rough pulse.

Examination reveals a swelling of the inferior turbinate which obstructs the nasal passage. After dripping ephedrine into the nose, the turbinate does not contract.

Treatment: Quicken blood, transform stasis, and free the nasal cavity.

Formula: **Tong Qiao Huo Xue Tang [Unblock the Orifices and Invigorate the Blood Decoction]** minus Da Zao [Jujube], Sheng Jiang [fresh Ginger] and She Xiang [Moschus] and adding Dan Shen [Salvia], Xin Yi [Magnolia], Xiang Fu [Cyperus], Dang Gui [Angelica Sinensis] and Ji Xue Teng [Milettia].

In the initial stages, chronic rhinitis often presents as a repletion pattern that tends to change into a vacuity pattern after prolonged duration. Also common are mixed patterns of vacuity-repletion complex, which require the treatment method of, "supporting right and dispelling evil".

Cang Er Zi [Xanthium] and Xin Yi [Magnolia] are excellent herbs to free the nasal cavities. However, to merely use herbs to free the orifices is not enough. Freeing the orifices has to be combined with pattern differentiation, combining resolving toxins, transforming phlegm, boosting qi, or transforming stasis with freeing the orifices according to the different clinical manifestations. Only then can one achieve ideal results.

Chronic rhinitis is a disorder located in the head, and the head, as the uppermost part of the body, is easily affected by wind evil. Thus, formulas treating chronic rhinitis are not complete without medicinals that dispel wind. Wind-dispelling medicinals such as, Bai Zhi [Angelica], Bo He [Mentha Leaf], Fang Feng [Siler], Jing Jie [Schizonepeta] etc, also free the nose. Regarding patients suffering from chronic rhinitis which has not responded to multiple treatments, and whose nose is blocked - one may add one or two medicinals such as Chuan Xiong [Cnidium], Dan Shen [Salvia] or Hong Hua [Cartahmus], that quicken blood and free the network vessels - remembering the theory that enduring illnesses enter the network vessels [jiu bing ru luo].

Dr. Wang Xiao Ping, Jiang Su Province Chinese Medicine Hospital



# Case Studies Gui Zhi Jia Long Gu Mu Li Tang

## Use of Gui Zhi Jia Long Gu Mu Li Tang [Cinnamon and Dragon Bone Combination]

Gui Zhi Jia Long Gu Mu Li Tang originates from Zhang Zhong Jing's "Jin Gui Yao Lue" [Essential Prescriptions from the Golden Coffin] and is made up from Gui Zhi Tang [Cinnamon Combination] adding long gu [Dragon Bone] and mu li [Oyster Shell]. It harmonises yin yang, settles fright, subdues yang, and consolidates essence. Indications are dual vacuity of yin and yang manifesting as seminal emission in males or dream disturbed sleep of a sexual nature in women, anxiety, insomnia, palpitations, no vigor, little appetite, pale complexion, lower abdominal pain and cold genitalia.

These manifestations are brought about by vacuous yang being unable to guard yin which is then unable to store essence, while vacuous yin is unable to contain yang which floats upward and separates from yin. Gui Zhi Tang [Cinnamon Combination] harmonises yin yang, whilst long gu [Dragon Bone] subdues and anchors yang qi, and mu li [Oyster Shell] secures yin essence, helping yin restrain yang.

This prescription is a major prescription in the treatment of dual vacuity of yin and yang manifesting as seminal emission, dreaming of intercourse, palpitations due to susceptibility to fright, and vacuity taxation (severe vacuity). It is also used in cases of long-term stress and overwork with yin vacuity and unstable yang, manifesting as night sweats, palpitations, and insomnia with slightly pale tongue, thin white coating and soft pulse.

### SEMINAL EMISSION

*Dr. Xu Rui Qian, Fu Jian Province Zhao An Xian TCM Hospital, andrology department*

Mr. Li, 21 years old, first visit 20th June 1993. Previously suffered from pulmonary tuberculosis and was cured 4 months ago. For the last 3 months, he experiences nocturnal emissions 2-3 times a week. Every time after the seminal emission he suffers from sleeplessness, heat vexation (feeling of restlessness in the heart due to vacuity fire) and sweating to the degree that his clothes are wet.

He self medicated with Zhi Bai Di Huang Wan [Anemarrhena, Phellodendron and Rehmannia Formula], but the nocturnal emissions appeared even more frequently. He felt dizzy, weak and of fatigued spirit, experienced spontaneous sweating and shortness of breath, forgetfulness, lack of concentration and a dry mouth. The tongue was pale with a thin white coating, the pulse string-like and fine. The symptoms and signs pointed to a pattern of depleted yin and damaged yang, disharmony between yin and yang, shaken spirit (shen yao) and stirred essence.

Treatment would have to harmonise yin and yang, quiet the spirit and secure essence. The formula of choice is based on Gui Zhi Jia Long Gu Mu Li Tang and contains the following ingredients: gui zhi [Cinnamon Twigs] 6g, bai shao [White Peony] 15g, sheng jiang [fresh Ginger] 6g, long gu [Dragon Bone] 20g pre-decoct, mu li [Oyster Shell] 20g pre-decoct, zhi gan cao [Baked Licorice] 6g, da zao [Jujube] 12g, fu shen [Poria Cocos] 12g, and lian zi [Lotus Seed] 10g. Four doses, taken as a decoction - one dose per day.

Second visit, 25th June: The patient only experienced one seminal emission, no sweating, and better sleep quality. Yuan zhi [Polygala] 10g was added to the first prescription and the patient was instructed to take another 5 doses as a decoction - one dose per day.

Third visit: Peaceful nights, no seminal emissions, no night sweats. The herbal treatment was continued with some minor adjustments for another 12 days and there were no further seminal emissions.

### ENURESIS

*Dr. Ye Yi Feng, taken from Shan Dong Province Chinese Medicine Magazine [Shan Dong Zhong Yi Za Zhi] 1985; (5):20*

A 14 year old boy came to see me on the 3rd of April 1980. He had been bedwetting every night since he was small and had seen many doctors for this problem without being cured. His complexion was greyish dark, and he often experienced tension in the lower abdomen, dizziness, and tinnitus. His tongue was pale with a thin white coating, the pulse - slow and moderate. His symptoms and signs suggested dual vacuity of yin and yang, with qi not able to fulfil its function to secure and contain. The treatment strategy was therefore, to support yang and benefit yin, secure the bladder and stop enuresis.

Formula based on Gui Zhi Jia Long Gu Mu Li Tang: Gui zhi [Cinnamon twigs] 5g, bai shao [White Peony] 5g, gan cao [Licorice] 3g, sheng jiang [Ginger, fresh] 3 slices, da zao [Jujube] 10 pieces, long gu [Dragon Bone] 20g, mu li [Oyster Shell] 20g. Taken as a decoction with hot pork bladder stew. The patient is advised to abstain from tea in the evenings.

After taking one dose, the enuresis promptly stopped. Another 9 doses were taken to stabilise the patient. There has been no recurrence to this day.

### PALPITATION

*Dr. Luo Wei Dong, Guo Yi Lun Tan Magazine 1995; (6):18*

Mr. Liu, 22 years old, soldier, first visit 17th of May 1985. For the last 6 months he suffered from palpitations, mental discomposure, fear, and shortness of breath (short, rapid, shallow breaths). He had undergone western medicine treatment for over a month without any results. Symptoms and signs: Palpitations, easily frightened, cold hands and feet, oppression in the chest and shortness of breath, sweats easily when moving, dizziness and dizzy vision. Pale tongue with thin white coating, rapid fine pulse. Diagnosis: Palpitations due to heart yang vacuity. Treatment was based on warming and supplementing heart yang, calming the spirit and stabilising the palpitations.

Formula based on Gui Zhi Jia Long Gu Mu Li Tang: gui zhi [Cinnamon Twigs] 12g, bai shao [White Peony] 12g, zhi gan cao [Baked Licorice] 10g, long gu [Dragon Bone] 20g, mu li [Oyster Shell] 20g, sheng jiang [fresh Ginger] 6g, da zao [Jujube] 10g, dang shen [Codonopsis] 10g, suan zao ren [Zizyphus] 15g. 5 doses. Taken as a decoction, one dose a day.

Second visit after one week: Palpitations are less severe, the hands and feet are warmer, still shortness of breath and sweating when moving. On closer examination it was discovered that the tongue had stasis speckles on the sides, meaning that within yang vacuity there was stasis. Dan shen [Salvia] and tao ren [Persica] were added to the first prescription to quicken blood, and the patient was told to take another 20 doses. When the patient reported back after having taken 20 doses, the palpitations and all accompanying symptoms and signs had disappeared. An electrocardiogram was normal.

Note: This soldier was a new recruit. The sudden severe training had caused him to lose a lot of sweat, which had damaged heart yang. The Nan Jing [Classic of Difficult Issues] says "In case of heart damage, harmonise construction and defense". Gui Zhi Tang [Cinnamon Combination], a component of Gui Zhi Jia Long Gu Mu Li Tang, harmonises construction and defense; long gu [Dragon Bone] and mu li [Oyster Shell] calm the spirit and stabilise palpitations. Adding dang shen [Codonopsis], suan zao ren [Zizyphus], dan shen [Salvia] and tao ren [Persica] supplements and nourishes heart qi, quickens blood and transforms stasis.

## INABILITY TO EJACULATE

*Dr. Xu Rui Qian, Fu Jian Province Zhao An Xian TCM Hospital, andrology department*

Mr. Shen, 32 years old, first consultation on the 15th of February 1998. Married since (3 years), childless, and unable to ejaculate during intercourse. Accompanying symptoms and signs: Scrotum often feels damp and cold, aching lumbus, dizziness, insomnia, and palpitations. Tongue is pale red, thin white coating. Pulse is string-like and fine.

His symptoms and signs point to the pattern of breakdown of heart-kidney interaction. Treatment is thus based on promoting heart-kidney interaction, freeing

the gate (tong guan) and opening the orifices. The formula of choice is based on Gui Zhi Jia Long Gu Mu Li Tang and contains the following ingredients: gui zhi [Cinnamon Twigs] 6g, bai shao [White Peony] 12g, sheng jiang [fresh Ginger] 6g, ma huang [Ephedra] 8g, ji xing zi 10g, da zao [Jujube] 10g, long gu [Dragon Bone] 25g, mu li [Oyster Shell] 25g, pu huang [Pollen Typhae] 10g, lu lu tong [Liquidamber] 15g, xian ling pi [Epimedium] 15g, wu gong [Centipede] 2 pieces. Taken as a decoction - one dose per day.

After taking 15 doses the patient was able to ejaculate, and in June 1998 his wife was pregnant.

## IMPOTENCE

*Dr. Xu Rui Qian, Fu Jian Province Zhao An Xian TCM Hospital, andrology department*

Mr. He, 35 years old, first visit 11th March 1997. At that point he had been married for 2 months. He reports that during the wedding night he was frightened by a loud knock at the door. Since then it has been hard for him to get an erection, and if an erection is achieved it is not hard. He is uncommunicative and seems still preoccupied by the fright, experiences dizziness and insomnia. Before this visit he had already taken formulas that invigorate yang without any results. He has a lean body, white face colour and seems depressed. Tongue is pale with thin coating, and pulse is string-like, thin and forceless.

Being newlywed, insecure in the sexual encounter with his wife, apparently being terrified and panic-stricken, and considering the additional symptoms and signs, it seems that kidney qi was damaged while the heart spirit floated up, resulting in

breakdown of heart-kidney interaction and disharmony between yin and yang. Thus the treatment strategy has to involve promoting heart-kidney interaction and harmonising yin and yang. The formula of choice is Gui Zhi Jia Long Gu Mu Li Tang with variations: gui zhi [Cinnamon Twigs] 8g, bai shao [White Peony] 15g, da zao [Jujube] 12g, long gu [Dragon Bone] 25g pre-decoct, mu li [Oyster Shell] 25g pre-decoct, shi chang pu [Acorus] 10g, suan zao ren [Zizyphus] 10g, yuan zhi [Polygala] 10g. 5 doses taken as a decoction - one dose per day. No smoking or alcohol during the time of treatment. The patient was also advised to seek counselling on how to achieve a healthy sexual relationship within marriage.

On the 17th of March he reported that he was able to get an erection after being sexually aroused, but that the erection still failed to be hard. His spirits were calmer and his sleep quality was better. He was told to take another 12 doses of his first prescription. After two weeks he reported that he was successful in having sexual intercourse, and all accompanying symptoms had disappeared.

# Use of Sun Ten Products in the China Medical University Hospital, Tai Chung, Taiwan



**Dagmar Riley**  
Technical Support Officer

During my recent visit to Sun Ten Headquarters in Taiwan, I had the opportunity to visit several hospitals that use Sun Ten products. One of these was the China Medical University Hospital, a modern research and educational centre for medical students, physicians and biomedical scholars, providing a spectrum of comprehensive knowledge, research, patient care and service of the highest quality.

China Medical University Hospital primarily uses Sun Ten products in its Chinese Medicine dispensary, as patients tend to prefer the practical and easy to take granules to raw herbs. Sun Ten leading the way in Traditional Chinese Medicine.



*Prescriptions are passed down from the relevant departments into the dispensary via computer.*



*The granules are mixed together, weighed and packaged in this machine.*



*Granulated herbs*

*The finished packets, ready to be picked up by the patient or sent to the relevant inpatient department.*

