



# SUN TEN

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# NEWSLETTER

## 中医 Traditional Chinese Medicine



### Treating Recurrent Peptic Ulcer – Dr. Shan Zhaowei's Clinical Experience

By He Bin, Bei Jing Zhong Yi Za Zhi Magazine 2003 April; 22 (2): 16-17 [Excerpt]

Translated and condensed by Dagmar Riley

*Dr. Shan Zhaowei is professor for TCM at the Nanjing TCM University and the director of the Committee of Spleen-Stomach Disorders. Dr. Shan is a specialist in diagnosing and treating spleen-stomach disorders, and has been researching and treating peptic ulcer for numerous years with great success.*

#### **The Tip of Peptic Ulcers is a Mixed Pattern of Vacuity and Repletion, the Root is a Vacuity of Spleen Qi**

In clinical practice, pattern differentiation and treatment of peptic ulcer is largely based on the TCM category of "stomach duct pain". Peptic ulcers may also bear some characteristics of the patterns of acid vomiting, eructation etc.

Dr. Shen considers the cause to be largely due to excessive or prolonged emotions, mental or physical taxation, and wrong diet. The disorder manifests in the stomach but is closely connected with the liver and spleen. Anger or emotional over-stimulation may impair the liver's function of free coursing, causing liver qi to transversely counterflow and invade the stomach. Anxiety, excessive thinking or brooding may disturb the qi dynamic of the spleen and stomach, impairing food intake and transformation. Dietary irregularities or damp-heat brewing internally can damage the spleen and stomach. Prolonged mental or physical taxation damages the spleen and exhausts qi, impairing the spleen's function of movement and transformation, inhibiting the free flow of qi and blood and weakening the stomach mucosa.

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vacuity cold, stomach yin insufficiency, and blood stasis. In the active stage, gastrointestinal disorders typically manifest as vacuity of the middle jiao with damp heat. In the healing stage the typical manifestation is vacuity of the middle jiao with qi stagnation. After recovery there is likely to be spleen-stomach vacuity or stomach yin insufficiency. Patients with a long course of

**“The pathomechanism of peptic ulcer tends to start from the qi aspect and then involve blood, first presenting as a repletion pattern and then changing to a vacuity pattern. The pattern tends to change between cold and heat patterns, either transforming into a cold pattern damaging yang, or transforming into a heat pattern damaging yin.”**

The pathomechanism of peptic ulcer tends to start from the qi aspect and then involve blood, first presenting as a repletion pattern and then changing to a vacuity pattern. The pattern tends to change between cold and heat patterns, either transforming into a cold pattern damaging yang, or transforming into a heat pattern damaging yin. Clinical symptoms predominantly present as a vacuity-repletion complex. In recurring gastrointestinal disorders vacuity is considered the root and repletion, the tip. Damp-heat, qi stagnation, blood stasis and other evil repletions tend to appear concurrently but have their root in the vacuity of the middle jiao. As spleen-stomach vacuity is the root of the disorder, the main treatment strategy is to strengthen the spleen, assist transportation and boost qi. With assistant medicinals clearing and transforming, rectifying qi, or moving blood, according to the individual pattern of the patient.

## **2. Pattern Differentiation and Formulas**

Dr. Shan considers gastrointestinal disorders to be a mixed pattern of both repletion and vacuity, with spleen vacuity as the root. His main treatment strategy is to strengthen the spleen and assist the spleen's function of transportation. In the course of disease, gastrointestinal disorders have the characteristic of changing pathomechanism, which demands reassessment of the pattern.

**The common five patterns are:** Liver-stomach disharmony, damp-heat qi stagnation, spleen-stomach

disease and with recurrent peptic ulcer usually manifest with blood stasis. When treating peptic ulcer these different stages and their likely changes in pathomechanism need to be considered and corresponding changes should be made in the prescription according to the current pattern.

Base formula suggestions (to be modified according to changing pathomechanism):

**Liver-stomach disharmony:** Course the liver, rectify qi and harmonize the stomach with **Chai Hu Shu Gan Tang** with modifications [Bupleurum & Cyperus Formula].

**Damp-heat:** Clear and transform damp-heat with **Ping Wei San** with modifications [Magnolia & Ginger Combination].

**Spleen-stomach vacuity cold:** Supplement the centre and boost qi with **Bu Zhong Yi Qi Tang** [Ginseng & Astragalus Combination] or **Xiang Sha Liu Jun Zi Tang** [Saussurea & Cardamon Combination] with modifications.

**Stomach yin insufficiency:** Nourish yin and boost the stomach with **Sha Shen Mai Dong Tang** [Adenophora & Ophiopogon Combination] with modifications.

However, no matter whether the patient presents with liver depression, damp heat, or blood stasis, the assistant medicinals should always include spleen strengthening, qi boosting medicinals.

**“Gastric ulcer requires focus on protecting the gastric mucosa; in the active stage this is combined with medicinals that control acidity. In cases of duodenal ulcer the focus is on controlling acidity; protecting the mucosa takes a supportive role.”**

### 3. Protecting the Gastric Mucosa, Control Acidity

In addition to the above treatment strategies Dr. Shan uses medicinals to protect the mucosa and control acidity. Bai ji [Bletilla] protects the mucosa. To control acidity in patients with cold signs, use hai piao xiao [Cuttlebone] and bai ji [Bletilla], for patients with heat signs use wa leng zi [Cockle shell] and bai ji [Bletilla]. The use differs slightly with the location of the ulcer: Gastric ulcer requires focus on protecting the gastric mucosa; in the active stage this is combined with medicinals that control acidity. In cases of duodenal ulcer the focus is on controlling acidity; protecting the mucosa takes a supportive role.

### 4. Management of Complications

Complications of peptic ulcer include bleeding, perforation, or post-surgery complications. Note that bleeding or perforation are potential indications for surgery. If managed non-surgically, bleeding should be treated with a combined strategy of treating qi, blood and fire. Focus should be on supplementing qi, while controlling acidity, protecting the mucosa and cooling blood. In case of perforation, apart from emergency surgery, one can consider Da Chai Hu Tang [Major Bupleurum Combination] administered as an enema or orally, to rectify qi, free the fu organ, lower stomach pressure and promote recovery of stomach and intestine functions. Post-surgery, due to surgery damaging the network vessels, causing blood loss and damaging qi, the treatment strategy focuses on treating qi vacuity and blood stasis with qi-boosting and blood-quickeners medicinals.

### 5. Medicinals to be Avoided

Treating peptic ulcer, Dr. Shan chooses supplementing medicinals that are sweet and warming in nature. However, he cautions that medicinals should be warm but not drying, and supplementing but not cloying. Medicinals to be avoided include acrid-drying or bitter-cooling medicinals.

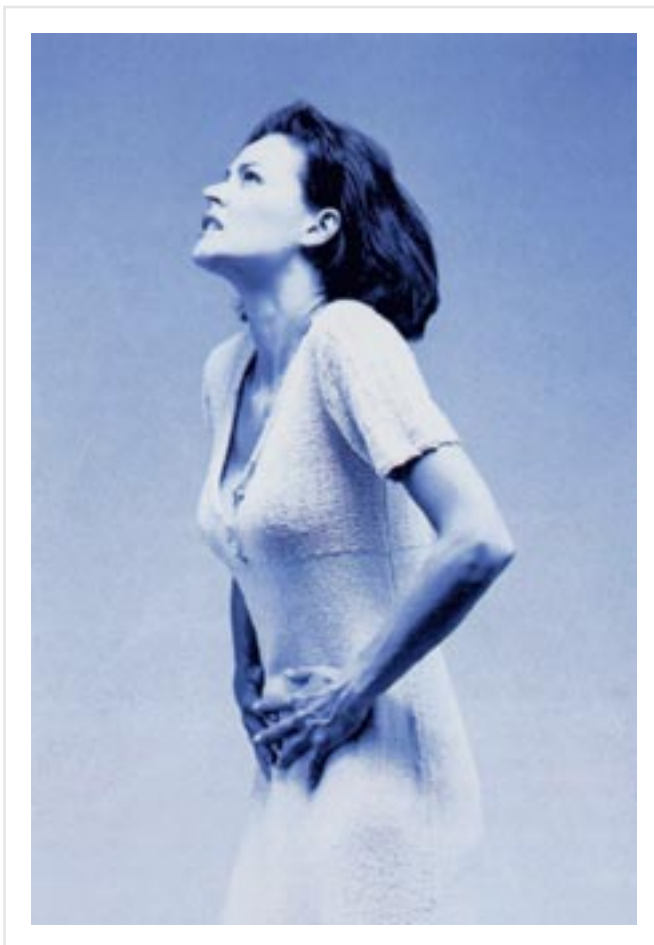
There are two reasons for the avoidance of acrid-drying medicinals:

1. Acrid-drying medicinals tend to move and penetrate blockages, hence they could easily damage the network vessels, excessively moving blood and causing haemorrhage.

**“The stomach is the yang aspect of the earth element in the body. The yang organs need moisture and are easily damaged by dryness; yang organ disorders are often connected to yin insufficiency.”**

2. The stomach is the yang aspect of the earth element in the body. The yang organs need moisture and are easily damaged by dryness. Yang organ disorders are often connected to yin insufficiency. The repeated administration of acrid-drying medicinals could damage yin, impairing stomach function.

Bitter cooling medicinals easily damage the spleen-stomach, especially if spleen and stomach are already vacuous. Even in cases of damp heat stagnation that seems to call for clearing and transformation, the root cause for the damp-heat is an impaired movement of the spleen. Bitter cooling medicinals could treat the tip but would impair the spleen and its function of movement, thus not removing the root cause for damp heat.



### 6. Life-Style Changes by the Patient

Peptic ulcer is largely due to excessive or prolonged emotions, mental or physical taxation, wrong diet, impairing liver, spleen or stomach. Treatment without the adoption of suitable life-style changes to correct the underlying causes will make the disorder recur. Learning how to relax and balance one's emotions, avoiding over-taxation and adopting a healthy diet, avoiding stimulants and heating foods such as coffee, alcohol, spicy and oily foods, is essential.

# 中西医结合 Integrated Traditional and Western Medicine

## Treating Female Infertility: A Clinical Study on Inducement of Ovulation by Kidney-Invigorating and Chong Vessel Regulating

By Wang Xia-ling, et al., Xin Zhong Yi Magazine 2003 Feb; 35 (2):19-21 [Excerpt]  
Translated and condensed by Dagmar Riley

The objective of this study was to observe the ovulation promoting action of kidney invigorating and chong-vessel regulating therapy for functional anovulation. A malfunction in ovulation is the main cause of female infertility. The author has used kidney-invigorating and chong vessel regulating therapy to treat functional anovulation for many years. This treatment uses *Bushen Yichong Tang* and *Huoxue Tiaochong Tang* in accordance with different stages of the menstrual cycle. The above treatment was compared to treatment using colmiphene, stilbestrol and provera<sup>1</sup>.

### Method:

Random allocation of 60 cases of functional anovulation, differentiated as kidney vacuity pattern, was split into two groups. TCM pattern differentiation criteria were: No pregnancy after one year of marriage, limp aching lumbus and legs, cold feeling in the smaller abdomen, low sex-drive, delayed menstruation, menstrual blood pale and scanty up to the point of amenorrhea, pale tongue with thin coating, deep fine pulse.

The treatment group (30 cases) was treated with *Bushen Yichong Tang* and *Huoxue Tiaochong Tang* in accordance with the different stages of menstruation.

**During the pre-menstrual and menstrual phase** treatment was based on harmonizing qi and blood, dispelling stasis and engendering new blood, to achieve an unimpeded flow of menstruation. The formula used was *Huoxue Tiaochong Tang*, ingredients: Dang Gui [Radix Angelicae Sinensis], Chuan Xiong [Rhizoma Chuanxiong], Hong Hua [Flos Carthami], Tao Ren [Semen Persicae], Zao Jiao Ci [Spina Gelditsae], Ze Lan [Herba Lycopi] 10g each, Chi Shao [Radix Paeoniae Rubra], Mu Dan Pi [Cortex Moutan], Chuan Shan Jia [Squama Mannis], Dang Shen [Radix Codonopsis], Tu Si Zi [Semen Cuscutae], Gou Qi Zi [Fructus Lycii] 15g each, and Huang Qi [Radix Astragalii] 30g.

**At the pre-ovulating stage**, kidney qi supplementing and kidney yang warming medicinals were used on the basis of kidney yin supplementing, essence and blood nourishing medicinals. The formula used was *Bushen Yichong Tang*, ingredients: Shu Di Huang [Radix Rehmanniae praeparata] 20g, Dang Gui [Radix Angelica Sinensis], Bai Shao [Radix Paeonia Alba], Shan Zhu Yu [Fructus Corni], Huang Jing [Rhizoma Polygonati], Zi He Che [Pulvis Placentae Hominis] 15g each, Lu Jiao Jiao [Colla Cornus Cervi], Xu Duan [Radix Dipsaci], Tu Si Zi [Semen Cuscutae], Ba Ji Tian [Radix Morindae Officinalis], Yin Yang Huo [Herba Epimedii] and Xiang Fu [Rhizoma Cyperi] 10g each.

**The mid-cycle/ovulating stage** is an important time of yin and yang transformation. Both *Bushen Yichong Tang* and *Huoxue Tiaochong Tang* were used together.

Above formulas were used as a decoction, one dose per day split into two administrations per day. Treatment results were assessed after six menstrual cycles.

The control group (30 cases) was treated with colmiphene, stilbestrol and provera<sup>1</sup>.

Six menstrual cycles constituted a course of treatment. Ovulation was detected by ultrasonography, and blood estradiol (E<sub>2</sub>), progesterin (P) and the diameter of the main follicle were observed.

### Discussion of formulas

*Bushen Yichong Tang* includes Shu Di Huang [Radix Rehmanniae praeparata] and Shan Zhu Yu [Fructus Corni] to supplement and boost essence and blood. Dang Gui [Radix Angelica Sinensis] and Bai Shao [Radix Paeonia Alba] nourish the liver and harmonize the blood. Tu Si Zi [Semen Cuscutae], Zi He Che [Pulvis Placentae Hominis], Lu Jiao Jiao [Colla Cornus Cervi] and Xu Duan [Radix Dipsaci] warm and nourish the liver and kidney and regulate and supplement the controlling and thoroughfare vessels. Ba Ji Tian [Radix Morindae Officinalis] and Yin Yang Huo [Herba Epimedii] warm the kidney and reinforce yang, supplement yin and boost essence. Xiang Fu [Rhizoma Cyperi] courses the liver and rectifies qi, preventing the supplementing formula from being too slimy in nature. All medicinals together supplement the kidney and boost the thoroughfare vessel. Used at the pre-ovulating stage, the

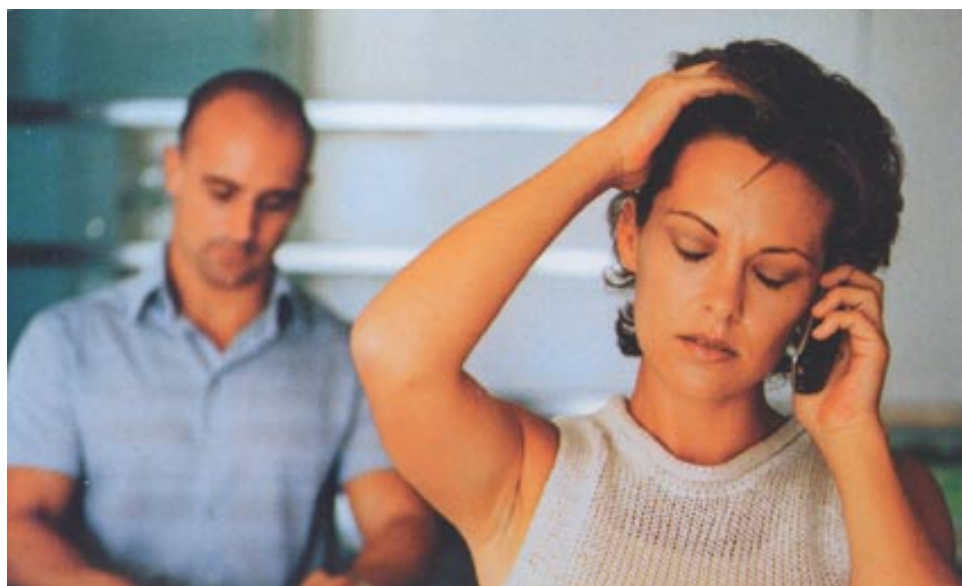
medicinals stimulate the development and ripening of the ovarian follicle.

*Huoxue Tiaochong Tang* includes Huang Qi [Radix Astragali], Dang Shen [Radix Codonopsis], Dan Gui [Radix Angelicae Sinensis] and Chuan Xiong [Rhizoma Chuanxiong] these strengthen the spleen boost qi and supplement blood. Tu Si Zi [Semen Cuscutae] and Gou Qi Zi [Fructus Lycii] enrich and supplement the liver and kidney and regulate and supplement the controlling and thoroughfare vessels. Chi Shao [Radix Paeoniae Rubra] and Mu Dan Pi [Cortex Moutan] clear heat, cool the blood and quicken blood. Zao Jiao Ci [Spina Gelditsae], Ze Lan [Herba Lycopi], Chuan Shan Jia [Squama Mannis], Tao Ren [Semen Persicae] and Hong Hua [Flos Carthami] dispel stasis and engender new [blood]. All medicinals together quicken blood and regulate the thoroughfare vessel. These medicinals are used in the premenstrual and menstrual phase to regulate qi and blood, dispel stasis and engender new [blood], causing menstruation to occur smoothly.

During ovulation, the two above formulas are used together to stimulate ovulation.

### Treatment result

The kidney-invigorating and chong vessel regulating therapy showed good effects in promoting the normal secretion of E<sub>2</sub> and P, enlarging the diameter of main follicle and inducing ovulation (see tables 1 and 2). Altogether, the 60 cases were treated for 360 cycles. In the treatment group 90 cycles with ovulation occurred within 180 cycles



total, constituting 50%. In the comparison group, 92 cycles with ovulation occurred within 180 cycles total, constituting 51.1%. The blood serum estradiol and progesterone of the treatment group were both significantly elevated after treatment. "Complete recovery" was defined as: Normal menstrual cycle, basal body temperature normal, cervical mucus clear, spinnbarkeit test presents cyclic changes, all test results return to normal, ultrasound displays matured follicle and ovulation, after treatment pregnancy is achieved (except pregnancy the patient has to conform to at least 3 of the above 5 points). The treatment group consisted of 30 cases with 23 cases of complete recovery, constituting 76.7%, fully demonstrating that due to the combined effect of the medicinals of the kidney-invigorating and chong vessel regulating method the rate of ovulation and pregnancies can be raised. Thus the objective of stimulating the growth and maturing of the follicle and ovulation is achieved.

*Table 1: Comparison of E<sub>2</sub> and P before and after treatment between the two groups*

GROUP	n		E <sub>2</sub> (pg/ml)	P (ng/ml)
Treatment group	30	Before treatment	36.05 ± 22.40	0.30 ± 0.23
		After treatment	110.78 ± 75.48	0.69 ± 0.30
Comparison group	30	Before treatment	42.64 ± 29.04	0.45 ± 0.20
		After treatment	105.04 ± 63.7	0.74 ± 0.21

*Table 2: Comparison of ultrasound monitoring of follicle diameter before and after treatment between the two groups*

GROUP	n	Before Treatment	After Treatment
Treatment group	30	10.75 ± 1.72	20.78 ± 1.42
Comparison group	30	10.81 ± 2.50	21.06 ± 2.54

Articles appearing under the heading “TCM Basics” 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.

## Gynecological Disorders: Discussing Pathomechanism, Pattern Differentiation and Treatment According to the Theory of Phlegm-Stasis

By Gao Yue Ping, 中医药学科 Magazine, 2002 August; 20 (4): 486-486,492  
Translated and condensed by Dagmar Riley

Both phlegm and blood stasis<sup>2</sup> are products of a similar pathological process. Phlegm results from an impairment in the transportation and transformation of water. Blood stasis stems from an impairment in blood flow. Hence, TCM considers phlegm and blood stasis to be closely connected. In gynaecological disorders, phlegm and blood stasis often present together and are treated at the same time.

### 1. Theoretical Basis for the Concurrent Treatment of Phlegm and Blood Stasis

The TCM way of determining treatment is to examine the pattern of the patient in order to understand the cause, and then base treatment on the cause. Today that often means combining the signs and symptoms of the patient gathered by traditional methods with the means of modern medicine in order to determine the pattern of the disease and the corresponding treatment. The concurrent pattern of phlegm and blood stasis appears particularly often in the modern disease categories of endometriosis, chronic pelvic inflammatory disease (PID), and uterine fibroids.

**“The concurrent pattern of phlegm and stasis appears particularly often in the modern disease categories of endometriosis, chronic pelvic inflammatory disease (PID), and uterine fibroids.”**

#### **Endometriosis**

Endometriosis falls under the TCM disease categories “painful menstruation”, “infertility” and “concretions and gatherings”. The common treatment strategy is to move blood, which improves the clinical symptoms and signs, but still leaves room for improvement. The author believes that combining moving blood with transforming phlegm will improve the localized shrinking of concretions (abdominal masses). Symptoms and signs of endometriosis often

include a sensation of distension and heaviness in the lower back, increased white vaginal discharge, greasy tongue coating, and a host of complicated signs that are stubborn and hard to cure. All these signs are typical of phlegm dampness<sup>3</sup>. Severe localized pain is a sign of blood stasis.

#### **Chronic PID**

Chronic PID can be the result of acute PID that was not treated successfully, or became chronic due to the weak constitution of the patient, but it can also appear without going through the stage of acute PID. Chronic PID is characterized by being stubborn to treat, with a feeling of heaviness, distension and pain, at times severe pain, in the lower abdomen. According to TCM theory, “strange diseases tend to involve phlegm”, the combination of heaviness and distension is a major symptom of phlegm, and (severe) pain is a major indicator of (blood) stasis. Apart from the above symptoms, the patient also often manifests with other signs of phlegm stasis such as increased white vaginal discharge and a greasy tongue. In clinical practice, the majority of chronic PID sufferers don’t respond to treatment with antibiotics as the acute infection has already been treated with antibiotics in the acute stage and has developed into a chronic inflammation with pelvic adhesions. In these cases of chronic PID, treatment of phlegm stasis will show good results.

#### **Uterine fibroids**

Benign growths of smooth muscle tissue in the uterine wall, manifesting as abdominal distension, pain, sometimes visible swelling of the abdomen, often with accompanying increased white vaginal discharge and sensation of heaviness and distension. The traditional therapy for these kind of uterine mass since ancient times has been Zhang Zhong Jing’s Gui Zhi Fu Ling Wan [Cinnamon & Hoelen Combination]<sup>4</sup>. As it quickens blood and dispels phlegm, hence being a prime example of concurrent treatment of phlegm and blood stasis. Gui Zhi Fu Ling Wan is made up of five medicinals, with gui zhi [Cinnamon Twigs] warming and freeing the vessels. Fu ling [Hoelen] transforming phlegm and disinhibiting dampness, mu dan pi [Moutan] and tao ren [Persica] quickening blood and transforming stasis. And shao yao [Peony] either quickening blood if chi shao is used, or alleviating pain if bai shao is used; all medicinals together move blood and dispel phlegm.



into phlegm. At the same time, fire evil or yin vacuity fire can also scorch the blood, congealing blood and giving rise to blood stasis. Heat can also cause frenetic blood movement with blood escaping the vessels and forming blood stasis. An example would be chronic PID, where in most cases the heat has abated after treatment of the acute stage, but the blood stasis brought about by heat scorching the blood is still present, rendering the disorder persistent and hard to cure.

### ***Cold evil as the common origin of phlegm and blood stasis***

Both pathogenic cold and internal cold<sup>8</sup> can cause the blood vessels to constrict and impair the flow of blood, giving rise to blood stasis. Also, when spleen yang is not properly warmed due to yang vacuity, the spleen's function of movement and transformation of fluids is impaired, producing dampness and phlegm. An example is endometriosis, which tends to be caused by an insufficiency of yang causing phlegm and blood stasis.

As we have seen, several causes can give rise to both phlegm and blood stasis. Also, by way of the qi dynamic, phlegm can obstruct the free flow of blood, and blood stasis can impair the transportation and distribution of body fluids producing phlegm. This is why phlegm and blood stasis often coexist in clinical practice.

## **2. Understanding the pathomechanism using the theory of “the common origin of phlegm and blood stasis”**

“The common origin of phlegm and stasis” denotes factors that can both cause fluids to congeal and form phlegm, and at the same time impair blood flow and cause stasis.

### ***Qi stagnation as the common origin of phlegm and blood stasis***

Impairment of the qi dynamic also effects the free flow of blood as the circulation of blood depends on the free flow of qi.<sup>5</sup> At the same time, a stagnating qi dynamic can impair the transportation and distribution of body fluids, resulting in phlegm formation. Hence, qi stagnation can cause phlegm and blood stasis, and, conversely, phlegm and blood stasis can exacerbate qi stagnation. Uterine fibroids are a good example for qi stagnation giving rise to phlegm and blood stasis.

**“...qi stagnation can cause phlegm and blood stasis, and, conversely, phlegm and blood stasis can exacerbate qi stagnation.”**

### ***Heat evil as the common origin of phlegm and stasis***

Fire evil<sup>6</sup> or yin vacuity fire<sup>7</sup> can both “scorch” body fluids

## **3. Understanding Phlegm and Stasis in a Modern Clinical Context**

In gynaecology, the clinical manifestations of coexisting phlegm/blood stasis correspond with two scenarios in modern medicine:

- a) Tissue proliferation and tissue changes, e.g. uterine fibroids. In these cases, treatment using medicinals that quicken blood and transform stasis, soften hardness and dissipate bind<sup>9</sup> can achieve good results in tissue proliferation or change.
- b) Localised hyperaemia, oedema, scarring. Chronic PID and endometriosis both manifest with symptoms of chronic inflammation such as localized hyperaemia, oedema and scarring. The use of blood stasis dispelling and phlegm transforming medicinals can soften and transform adhesions and aid in the reconstruction of scarred tissue, and, in the case of endometriosis, these medicinals can restrain the proliferation of displaced endometrial tissue and aid in its absorption.

#### 4. Using the same Treatment for Different Disorders

Although endometriosis, chronic PID and uterine fibroids are all different disorders, they tend to manifest with the same pathological products: Phlegm and blood stasis. Hence, the same treatment strategy is used for these different disorders.

**“Although endometriosis, chronic PID and uterine fibroids are all different disorders, they tend to manifest with the same pathological products: Phlegm and blood stasis.”**

On top of a base formula that will quicken blood and dispel phlegm [editor’s note: Gui Zhi Fu Ling Wan/Cinnamon & Hoelen Combination<sup>10</sup> quickens blood and dispels phlegm, and is a good example of concurrent treatment of phlegm and stasis], the practitioner can vary the treatment with the addition of singles according to the characteristics of the disorder and the individual pattern of the patient.

#### Common variations are:

**Uterine fibroids and other benign growths:** In cases of repletion<sup>11</sup> (both evil qi and the patient’s right qi are strong), add da huang [Rhubarb] to attack stasis and dispel evil. Da huang reinforces the blood quickening action, dispels evil and dispels blood stasis.

**Chronic PID:** If the patient suffers from abdominal pain, increased vaginal discharge, a greasy yellow tongue coating and other signs of damp-heat, add bai jiang cao [Patrinia scabiosaefolia], chuan lian zi [Melia], yan hu suo

[Corydalis] to clear heat and disinherit dampness, regulate qi and alleviate pain.

**Endometriosis:** Many patients suffer from dysmenorrhoea, aversion to cold and other signs of cold congealing. In these cases add xiao hui xiang [Fennel Fruit], chuan lian zi [Melia], yan hu suo [Corydalis], ai ye [Mugwort] to warm the channels and alleviate pain.

When treating concurrent phlegm and blood stasis, the base formula should always contain a certain amount of yang warming herb(s) [editor’s note: for example gui zhi/ Cinnamon twigs in Gui Zhi Fu Ling Wan] no matter whether the patient displays symptoms of yang vacuity or not, as yang warming herbs are important in the transformation of phlegm and stasis.

#### References

- <sup>1</sup> Possible side effects: The most common side effects associated with colmiphene citrate are: headaches, nausea and vomiting, “hot flushes”, bloating, abdominal pain, ovarian enlargement, insomnia, nervousness, and visual disturbances. Stilbestrol: Diethylstilbestrol can cause fetal toxicity when given to pregnant women. In utero exposure of females to diethylstilbestrol is associated with an increased risk of vaginal or cervical cancer in later life. In utero exposure of males to diethylstilbestrol has been associated with an increased risk of genital tract abnormalities. Provera: Side effects include weight gain, headaches, nervousness, abdominal discomfort, dizziness and weakness or fatigue. If the patient is exposed to medroxyprogesterone acetate (Provera) during the first four months of pregnancy or if she becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus.
- <sup>2</sup> Sun Ten Self Study Course, Book 1, p.50 “Phlegm Rheum and Blood Stasis”
- <sup>3</sup> Sun Ten Self Study Course, Book 1, p.41 “Examples of possible pathological changes: Dampness”
- <sup>3</sup> Sun Ten Self Study Course, Book 2 (Practitioner Manual), p.67 “Gui Zhi Fu Ling Wan”
- <sup>4</sup> Sun Ten Self Study Course, Book 1, p.35 “Relationship between Qi and Blood”
- <sup>5</sup> Sun Ten Self Study Course, Book 1, p.41 “Fire”
- <sup>6</sup> Sun Ten Self Study Course, Book 1, p. 10 “Yin vacuity, vacuity heat”
- <sup>7</sup> Sun Ten Self Study Course, Book 1, p. 39 “Cold”
- <sup>8</sup> “bind” denotes a hardness caused by accumulation of evils.
- <sup>9</sup> Sun Ten Self Study Course, Book 2 (Practitioner Manual), p.67 “Gui Zhi Fu Ling Wan”
- <sup>10</sup> Sun Ten Self Study Course, Book 1, p.55 “Repletion Pattern”

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