



**SUN TEN**

*Winter 2007*

NEWSLETTER



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# 中医 TRADITIONAL CHINESE MEDICINE

## Supporting Patients that Undergo Cancer Treatment

By Dagmar Riley Dip. TCM

The treatment of many cancers includes chemotherapy, radiotherapy and surgery with the goal to destroy and remove the maximum of cancer cells. While remission is sometimes achieved, the drastic nature of the treatment usually has severe side-effects.

Traditional Chinese Medicine (TCM) herbal therapy in integrated cancer care can strengthen patient immunity, enhance the efficacy of other therapies, improve quality of life and minimise the side-effects of other therapies.<sup>1</sup> Note, that all recommendations in this article add to, but do not replace standard therapy and procedures. Combining standard and TCM treatment necessitates good communication between the Physician and the TCM Practitioner. To facilitate communication, this article includes a review of relevant research findings.

### Enhancing immunity through herbal therapy with Ginseng

Lowered natural killer cell activity is associated with decreased survival time and response to treatment, and increased likelihood of metastases, relapses and disease severity. Research in the early nineties<sup>2</sup> established that ginseng (*Panax ginseng*) increases the activity of natural killer cells and lowers the destructive effect chemotherapy has on natural killer cells. Ginseng also inhibits the destructive effect of radiation on T cells. In studies with

melanoma patients, ginseng has been shown to inhibit angiogenesis (formation of new blood supply to a tumor).<sup>3</sup>

**There are several commonly used herbal formulas containing a significant amount of ginseng to enhance immunity, each addressing a particular situation and presentation of the patient:**

*Ren Shen Yang Rong Tang* [Ginseng Nutritive Combination], an energy supplement, is used for dual qi and blood deficiency (e.g. as seen in exhaustion after long illness or after operations) marked by fatigue and weak and cold limbs, dizziness, poor appetite and pale complexion. Pale tongue.

*Yu Ping Feng San* [Saposhnikovia & Astragalus Formula]: Used for patients that are prone to frequent infections, with fatigue, spontaneous sweating and pale complexion. Used in between infections.

*Bu Zhong Yi Qi Tang* [Ginseng & Astragalus Combination]: This formula is excellent for people prone to frequent colds or infections and has been demonstrated to protect the bone marrow in patients undergoing chemotherapy or radiotherapy.<sup>4</sup>

*Sheng Mai San* [Ginseng & Ophiopogon Formula]: This formula supplements qi and yin, moistens dryness and stops sweating (demulcent, anhidrotic). Used in cases of fatigue with dry mouth and throat, night sweats, insomnia, restlessness, spontaneous sweating. Tongue: Dry with thin coating.

*Shi Quan Da Bu Tang* [Ginseng & Dang Gui Ten Combination]: Energy supplement. Warms and supplements qi and blood, supports yang, strengthens defence qi. Numerous research findings in adjuvant cancer therapy, see detailed report below.

### *Shi Quan Da Bu Tang* [Ginseng & Dang Gui Ten Combination] in adjuvant cancer therapy

Ginseng & Dang Gui Ten Combination (GDGT), in Chinese *Shi Quan Da Bu Tang*, is a qi and blood supplementing formula originally mentioned in the *Tai Ping Hui Min He Ji Ju Fang* (Imperial Grace Formulary of the Tai Ping Era), written between 976–997 AD.

GDGT is a variation of *Ba Zhen Tang* [Dang Gui and Ginseng Eight Combination] plus Huang Qi [Astragalus] to supplement defence qi, and Qui Zhi [Cinnamon] to warm yang and expel cold.

GDGT is often used in alleviating side-effects of cancer treatment and improving quality of life for cancer patients. In this context, GDGT has been shown to act in various ways such as enhancing phagocytosis, cytokine induction, antibody production, induction of the mitogenic activity of spleen cells, antitumour effects when combined with surgical excision, and protection against side-effects of anticancer drugs as well as radiation-induced immunosuppression and bone marrow toxicity.<sup>5</sup>

A Japanese study investigated the effect of combined therapy of interferon (IFN)-alpha A/D and GDGT on lung metastasis of renal cell carcinoma in mice. GDGT administration alone tended to inhibit the metastasis, but not significantly. IFN-alpha A/D at the dose of 100,000 IU/mouse significantly inhibited the metastasis, but resulted in a marked loss of body weight. The combination of sub-optimal doses of IFN-alpha A/D and GDGT markedly augmented the antimetastatic effect without causing any loss of body weight, as compared with either treatment alone. Similar results were obtained by treatment with IFN-gamma and GDGT. The combination of IFNs with GDGT seems to provide a means to increase the therapeutic potential of IFNs and to decrease their toxicity for the treatment of metastatic renal cell carcinoma.

Below is a summary of references regarding Ginseng & Dang Gui Ten Combination/GDGT, Japanese name: *Juzen-taiho-to/TJ-48*:

- Kogure T et al, The effect of Juzen-taiho-to/TJ-48 on the expression of killer-cell immunoglobulin-like receptors (CD158a/b) on peripheral lymphocytes in vitro experiment, *Phytomedicine*, 2005 May; 12(5):327-32.

- Utsuyama M et al, Immunological restoration and anti-tumour effect by Japanese herbal medicine in aged mice, *Mech Ageing Dev*. 2001 Mar; 122(3):341-52.
- Miyagami M, Katayama Y, Improvement of host-immunity by adjuvant therapy with juzen-taiho-to for patients with brain tumors, *No Shinkei Geka*, 2003Apr; 31 (4):401-9.
- Mori H et al, Cell proliferation in cancer prevention; effects of preventive agents on estrogen-related endometrial carcinogenesis model and on an in vitro model in human colorectal cells, *Mutat Res*. 2001 Sep 1;480-481:201-7.
- Niwa K, Preventive effects of Juzen-taiho-to on N-methyl-N-nitrosourea and estradiol-17beta-induced endometrial carcinogenesis in mice, *Carcinogenesis*, 2001 Apr;22(4):587-91.
- Tagami K, Preventive effect of Juzen-taiho-to on endometrial carcinogenesis in mice is based on Shimotsu-to constituent, *Biol Pharm Bull*, 2004 Feb; 27 (2):156-61.
- Saiki I, A Kampo medicine "Juzen-taiho-to" - prevention of malignant progression and metastasis of tumor cells and the mechanism of action, *Biol Pharm Bull* 2000 Jun; 23(6):677-88.
- Muraishi Y et al, Effect of interferon -alpha A/D in combination with the Japanese and Chinese traditional herbal medicine juzen-taiho-to on lung metastasis of murine renal cell carcinoma, *Anticancer Res*. 2000 Sep-Oct;20(5A):2931-7.

### Contraindications

Due to GDGT's function of warming yang, it should not be used in cases with heat signs such as feeling hot and feverish, extreme thirst and desire for cold drinks, red face, red eyes, vexation and agitation, dry and hard stools, red tongue.

### Reducing Side-effects

*Ban Xia Xie Xin Tang* [Pinellia Combination]: Originally designed to address nausea, vomiting and diarrhoea in a pattern of spleen and stomach disharmony with accumulation of cold and heat, this formula is commonly recommended to manage similar symptoms in cancer patients. In addition, researchers at Japan's Hoshi University have found the formula to be effective in preventing damage from radiation burns when taken after radiation exposure.<sup>7</sup> The formula also has anti-inflammatory properties by inhibiting cAMP.<sup>8</sup>

*Ren Shen Yang Rong Tang* [Ginseng Nutritive Combination]: A qi and blood tonic, this formula is used in cases of anaemia, disturbed sleep, hair loss, shortness of breath and fatigue.

*Shi Quan Da Bu Tang* [Ginseng & Dang Gui Ten Combination] prevents damage to kidney, bone marrow and spleen.<sup>9</sup> Stimulates production of both red and white blood cells, reduces the severity of anorexia, nausea, and weight loss.<sup>10</sup> Also increases the effectiveness of prednisolone.<sup>11</sup>

*References available upon request.*

## Reducing Side-effects in Comprehensive Cancer Care

CLASSICAL FORMULA	INDICATION	POSSIBLE ACCOMPANYING SYMPTOMS
<b>DETOXIFICATION AFTER CHEMOTHERAPY AND/OR RADIATION THERAPY</b>		
Pinellia Combination <i>Ban Xia Xie Xin Tang</i> 半夏泻心汤	Chemotherapy and gastrointestinal symptoms	Use with symptoms such as nausea, vomiting, belching, upper abdominal distention. Tongue: White greasy coating.
Anemarrhena, Phellodendron & Rehmannia Formula <i>Zhi Bai Di Huang Wan</i> 知柏地黄丸	Radiation and heat symptoms	Use with symptoms such as heat effusion, night sweats, dry stools. Tongue: Red and dry with little or no coating.
<b>BONE MARROW DAMAGE</b>		
Ginseng and Dang Gui Ten Combination <i>Shi Quan Da Bu Tang</i> 十全大补汤	[TCM] Qi and blood deficiency with deficient cold	Use for qi and blood deficiency marked by fatigue, shortness of breath, dizziness, poor appetite, weak and cold limbs, pale complexion. Tongue: Pale with thin white coating. Pulse: thready and weak. See detailed research article above.
Ginseng Nutritive Combination <i>Ren Shen Yang Rong Tang</i> 人参养荣汤	[TCM] Qi and blood deficiency with deficient cold, heart blood deficiency and lung qi deficiency	Use for qi and blood deficiency marked by forgetfulness, anxiety, disturbed sleep, palpitations, sweating, feverishness, shortness of breath, hair loss, coldness, fatigue, pale complexion. Tongue: Pale. Pulse: thready and weak.
<b>SIDE EFFECTS OF RADIATION</b>		
Ginseng and Ophiopogon Formula <i>Sheng Mai San</i> 生脉散	Damaged qi and yin (damaged immunity and body fluids)	Use with symptoms such as dry mouth and throat, thirst, fatigue, shortness of breath, spontaneous sweating. Tongue: Dry with thin and dry coating. Pulse: weak and thready.
Pinellia Combination <i>Ban Xia Xie Xin Tang</i> 半夏泻心汤	Radiation burns	Researchers at Japan's Hoshi University have found the formula to be effective in preventing damage from radiation burns when taken after radiation exposure. <sup>12</sup>

# 对药 DUI YAO

## The Art of Combining Medicinals

By Dagmar Riley Dip. TCM

### Dang Gui [Angelica sinensis] and Huang Qi [Astragalus]

This combination is also known as *Dang Gui Bu Xue Tang*, with the action of tonifying qi and generating blood. Many patients undergoing chemotherapy suffer from a low white blood cell count. To address this side-effect, add Dang Gui and Huang Qi to any other formula or use the combination on its own.

Rationale: The formation of blood depends on qi. This is why Huang Qi [Astragalus], a qi supplementing medicinal, is used

together with Dang Gui [Angelica sinensis] which is a blood supplementing medicinal. Dang Gui is particularly suited here because it not only tonifies but also quickens the blood and thus generates new blood better than other blood tonifying medicinals.

Apart from its function to tonify blood, this combination of herbs is also used in the treatment of slow healing, ulcerating sores by strengthening defence qi and generating flesh.



# 中医基础 TCM PRINCIPLES

## Recurring Respiratory Infections in Children

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.

If a child suffers from more than 8 to 10 upper or lower respiratory infections per year, this is classified as recurring respiratory infections. The frequency of infections is linked to a lowered immunity to the disease causing factor. In TCM terms, this is a deficiency of defence qi.

The main functions of defence qi are to guard the surface of the body against external pathogens, to keep a constant body temperature by controlling the opening and closing of the pores and to control the excretion of sweat. 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.

There are two organs in particular that strongly influence the state of defence qi, the spleen and the lung. The spleen governs movement and transformation, which refers to extracting the nutrients

from food and moving the extracted essence to relevant parts of the body. In this sense, the spleen participates in the formation of qi, including defence qi. The qi the spleen extracts from food is transported to the lungs which spread the qi throughout the body. This lung function plays an important part in the body's immunity to external pathogenic factors: if qi is well distributed under the skin it warms the exterior and protects the body from an invasion of exterior pathogenic factors.

Small children from six months to three years can be prone to recurring respiratory infections due to their relative immaturity of spleen and lung. As both spleen and lung mature with age, the child may grow out of this weakness if the spleen is not damaged by an improper diet.

If however the spleen is weakened through improper nutrition, the spleen's functions of movement and transformation of body fluids can be impaired. This tends to result in phlegm formation which obstructs

and weakens the lungs. Lingering colds, chronic coughs, bronchitis, asthma, middle ear infections, allergies, eczema (the lung is related to the skin), and of course poor appetite, diarrhoea, abdominal pain, colic, reflux and vomiting - all these could be prevented or treated effectively by strengthening the spleen and as a result reinforcing the lung and its function to protect the body from external evils.



### Strengthening the spleen with the right nutrition

As babies and small children tend to have a weak spleen, healthy and "spleen-friendly" nutrition is important to strengthen the spleen and by doing so prevent or effectively treat many common childhood disorders. The introduction of solids in babies is an important stage and can aggravate existing conditions or can be the beginning for other disorders if:

- The baby is overfed;
- The solids are introduced too early, e.g. before the recommended age of six months or before the baby gives signs that it is ready for solids;
- The wrong type of solids are introduced too early or the variety increased too quickly;
- If dampness-engendering foods are given.

Food is classified as dampness-engendering if its temperature is too cold (for babies this is less than body temperature), sugary, or if its quality is cooling or dampness engendering. As a general guideline, foods to avoid with small children are:

- Foods colder than room-temperature (for babies foods colder than body-temperature);
- Sweets, especially ice cream;
- Commercial fruit juices ;
- Processed foods;
- Excessive amounts of cheese or cold milk.

Many common childhood illnesses can be prevented if we feed our children according to the common-sense guidelines: a regular light, easily digestible diet of fresh cooked meals, and no overfeeding.

In a large percentage of children introducing a spleen friendly diet will dramatically improve their condition. If the condition doesn't improve as desired, the spleen/lung weakness might require some additional herbal treatment. Other patterns of disharmony may be affecting the body's resistance to pathogens, in which case TCM herbal treatment can help by addressing the individual pattern of each child.

### Common patterns in children that suffer from recurring respiratory infections

#### Lung and spleen qi deficiency

Poor constitution (insufficiency of earlier heaven) exacerbated by inadequate diet, or a long illness, or long-standing diarrhoea, causing spleen and lung qi deficiency with insecurity of defence qi.

Symptoms:

Poor appetite, fussy eater, thin body, shortness of breath, low voice and disinclination to speak, sweats easily when moving, pale or yellow facial complexion, stools changeable diarrhoea or constipation. Tongue: Thin white coating. Pulse: soft and forceless.

Formulas:

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

*Yu Ping Feng San* strengthens defence qi, stops sweating and supplements the spleen. It is often used in patients of all ages that are prone to infections.

*Liu Jun Zi Tang* is one of the primary formulas to strengthen the spleen and transform dampness. Dampness is a major pathological by-product of a weak spleen, causing symptoms such as excess mucous, poor appetite, abdominal distension, sloppy stool, lack of thirst, and eczema. In order to strengthen the spleen, it is important to remove dampness.

#### Construction defence disharmony

Construction is the form of qi that flows in the vessels and is as such an aspect

of blood. When a child has a weak constitution or is neglected, repeated attack of wind evil (disease causing factor) can disturb the harmony of construction and defence and impair the functions of defence qi, including the ability to regulate sweat. This results in recurring respiratory infections.

Symptoms:

Aversion to cold, spontaneous sweating, night sweats, feels cold although sweating, white facial complexion. Often easily excitable and easily fatigued. May have insomnia. Tongue: Pale, thin white coating. Pulse: Moderate and forceless.

Formula:

*Gui Zhi Jia Long Gu Mu Li Tang* [Cinnamon & Dragon Bone Combination]. This formula is a variation of *Gui Zhi Tang* [Cinnamon Combination], which is used to dispel wind and cold, and balances the relationship between construction and defence qi.

#### Dual deficiency of qi and yin

A weak constitution, a long illness, or long standing diarrhoea can cause dual qi and yin deficiency.

Symptoms:

Thirst and dry throat, hot palms and soles, feels hot in the afternoons or evenings, night sweats, irritable, eats little but drinks a lot of fluids, dry hard stool. Tongue: Red with little or no coating. Pulse fine and rapid.

Formula:

*Sheng Mai San* [Ginseng & Ophiopogon Combination] to boost qi and nourish yin.



## Formulas commonly used in paediatrics

STRENGTHENING THE SPLEEN AND ENHANCING IMMUNITY	
<i>Shen Ling Bai Zhu Tang</i> [Ginseng & Atractylodes Formula]	Malnutrition in infants (underweight, poor eaters), indigestion, chronic diarrhoea, anaemia (due to malabsorption), tendency towards recurrent mucus congestion (lung, throat, sinus, glue ear). This formula treats spleen qi vacuity leading to dampness, often generated by overfeeding or feeding of damp-generating foods. Contraindication: Severe dryness or yin vacuity (e.g. dry hacking cough).
<i>Xiang Sha Liu Jun Zi Tang</i> [Saussurea & Cardamon Combination]	Used in cases of food stagnation. Food stagnation is a repletion pattern that develops from a spleen vacuity pattern. Symptoms and signs include: bad breath, warm hands and feet, tendency towards constipation, hyperactivity. Contraindication: severe dryness or yin vacuity (e.g. dry hacking cough). Contraindication: severe dryness or yin vacuity (e.g. dry hacking cough).
FORMULAS USED IN CASES OF RECURRING RESPIRATORY INFECTIONS	
<i>Yu Ping Feng San</i> [Saposhnikovia & Astragalus Formula] plus <i>Liu Jun Zi Tang</i> [Six Major Herb Combination]	Pattern: Lung and spleen qi deficiency
<i>Gui Zhi Jia Long Gu Mu Li Tang</i> [Cinnamon & Dragon Bone Combination]	Pattern: Disharmony of construction and defence
<i>Sheng Mai San</i> [Ginseng & Ophiopogon Combination]	Pattern: Dual deficiency of qi and yin

### How do children take Chinese herbs?

**Babies:** Granulated Chinese herbs dissolve very well in baby formula and babies usually don't mind the taste. Alternatively, dissolve granules in warm water and squirt into mouth with a dropper.

**Small children:** Granules can be dissolved in anything that works: dissolve granules in hot water and add honey. Alternatively add granules to a tip of a teaspoon of stevia powder, or add to small amount of porridge, cooked apple, etc.

**Dosage:** The dosage for school-age children is stated on the bottle, for smaller children please phone technical support.

# 中西医结合 INTEGRATED TRADITIONAL & WESTERN MEDICINE

## TCM Immune Formulas: Nothing to Sneeze at!

By Angela Carroll

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

Traditionally, as we know, TCM Practitioners were paid to keep their patients healthy and were not paid when their patients were sick. Understandably, there would be a lot of incentive then to explore and create powerful immune enhancing and defensive herbal formulas. The Sun Ten range of Kampo formulas includes an impressive range of immune formulas, many with scientific research behind them describing how they work. The following review includes some of this research.

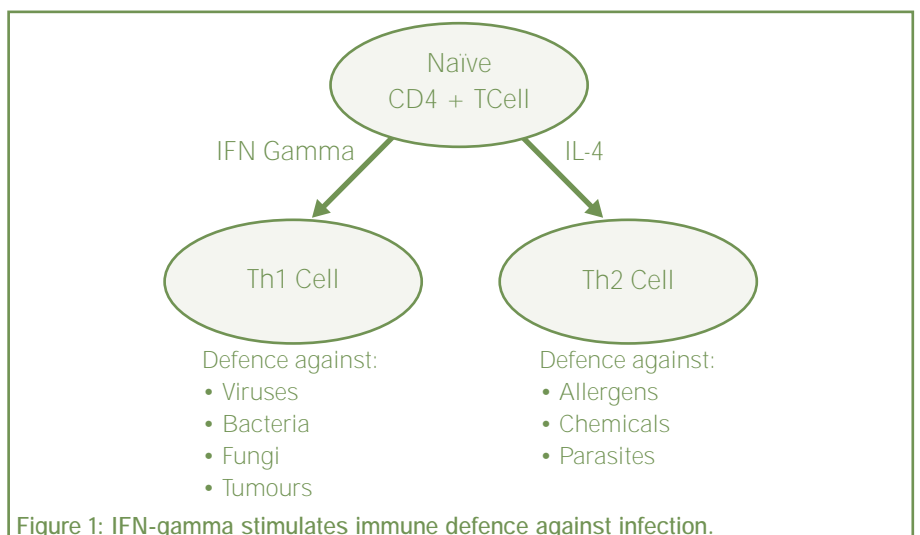
### MINOR BUPLEURUM COMBINATION

#### (Xiang Su San)

Minor Bupleurum Combination has traditionally been used to fight infection and boost immunity. One of its mechanisms of action is through

increasing interferon (IFN)-gamma. Increasing IFN-gamma<sup>1</sup> signals naive T cells to differentiate into active T helper 1 (Th1) cells which protect us from viruses

and bacteria, thereby helping to fight infection and build immune response. See Figure 1.



An important consequence of increasing IFN-gamma is the reduction of the allergic response. Minor Bupleurum has many benefits in asthma; these have been documented in the Sun Ten Newsletter May/June 2006, p.7. Frequently, asthmatic patients are also prone to recurrent infections. Minor Bupleurum would be an ideal formula for the asthmatic patient with recurrent infections. Of course their presenting pattern would be also taken into account.

Another method of action of Minor Bupleurum Combination is through increasing macrophage activity. With increased macrophage numbers there is increased phagocytosis of the invading pathogen, i.e. enhanced immune activity. In a mouse model study pre-treatment with Minor Bupleurum Combination increased specific antibody formation when the mice were exposed to certain bacteria.<sup>2</sup> This increase in circulating antibodies would then enhance immune response to future infection with the same organism. In short, this research supports the use of this herbal formula in fighting infection and in boosting immunity to prevent future infection.

Minor Bupleurum Combination has been found to reduce the degree of inflammation in infection.<sup>3</sup> An inflammatory cytokine often increased with infection is Interleukin-13. IL-13 increases mucous production, induces airway hyper-reactivity and promotes tissue fibrosis. Minor Bupleurum Combination reduces IL-13 production.<sup>4</sup> This would consequently reduce the degree of symptoms associated with infection.

### **LONICERA AND FORSYTHIA FORMULA (Yin Qiao San)**

The antiviral activities of Lonicera and Forsythia Formula were examined in mice. The mice were exposed to an inhaled influenza virus, however, were given an oral dose of the herbal formula one day before viral exposure and again one and four days after. The results were impressive! 100% of the mice that were given the herbs survived the infection, as opposed to 0% survival in those given no herbal protection.<sup>5</sup>

In another mouse model study and influenza, the effectiveness of Lonicera and Forsythia Formula were examined in it's ability to reduce fever. It appears that fever in infection is generated by the inflammatory cytokine interleukin-1 (IL-1) alpha. Lonicera and Forsythia Formula, given three times daily, significantly reduced fever and suppressed the level of IL-1 alpha to the level of the uninfected mice.<sup>6</sup> This supports the traditional heat-clearing use of this formula and its ability to effectively reduce symptoms of infection in colds, 'flu, sore throats and fever.

### **MORUS AND CHRYSANTHEMUM COMBINATION (Sang Ju Yin)**

Morus and Chrysanthemum Combination and Saposhnikovia and Astragalus Formula were used in a study to examine their effectiveness in prevention of viral infection during the 2003 SARS outbreak. The researchers concluded that, compared to the control group, both Morus and Chrysanthemum Combination and Saposhnikovia and Astragalus Formula had antiviral, immune protecting activities in humans.<sup>7</sup> This supports the traditional use of this formula in viral and bacterial infections, such as coughs and colds and eye infections.

### **SAPOSHNIKOVIA AND ASTRAGALUS FORMULA (Yu Ping Feng San)**

Saposhnikovia and Astragalus Formula, like Minor Bupleurum Combination, increases IFN-gamma, thereby boosting

immune defence against pathogens and reduces allergic asthma response.<sup>8</sup> In a mouse study model, Saposhnikovia and Astragalus Formula, using a high dose (Three times the human dose per kg of body weight), was administered for 17 days in conjunction with an immune aggravating protein. The mice given the formula had an increase in serum IgG and IgA.<sup>9</sup> These immunoglobulins bind to pathogens and allergens to render them inactive and either carry them out of the body or offer them up for immune attack. The researchers concluded that this increase in IgG and IgA was one of the methods of action in this formula's ability to support immune function in cases of pathogenic invasion. This in turn supports Saposhnikovia and Astragalus Formula's traditional use in fighting infections such as the common cold and building resistance to future infections.

### **Modern Research and Traditional Use**

As more and more researchers conduct studies on traditional formulas, our understanding of each formula's mode of action increases. Research is valuable and supportive in justifying and, at times, explaining how formulas work and in finding new uses and wider applications for the formulas and herbs involved. Traditional Chinese herbal formulas are a first line of defence management option in current infections and in building the body's immune defence and preventing susceptibility to infections.

*References available upon request.*





# SUN TEN

# Seminar

NOVEMBER 2007

**“NEW PRACTITIONERS USE MANY FORMULAS;  
EXPERIENCED PRACTITIONERS USE ONLY A FEW.”**

**Unlock the mystery of key formulas and learn effective modification to  
achieve outstanding clinical results.**

Escape the confusion in the ‘jungle of formulas’, gain clinical confidence and start being creative in the spirit of Chinese Medicine!



## YOUR PRESENTER

**Greg Bantick** helped in the establishment of the Brisbane College of Traditional Acupuncture. After undertaking extensive visits to China and Japan during the eighties, he moved to the Pacific College of Oriental Medicine in San Diego, California in 1986. There he helped write and develop the Masters Degree program and was a popular teacher for over 13 years. Most recently, in 2002 he was invited by Dan Bensky to become the Academic Dean and Clinical Director of the Seattle Institute of Oriental Medicine, one of the foremost TCM colleges. He has taught a wide variety of classes for over 20 years and has continued to study and work with many well-known Practitioners.

Greg has recently returned to Brisbane, Australia, where he is in private practice and continues to teach at TCM colleges. It is rare to have the chance to listen to a speaker with as much knowledge, rich personal experience and down to earth practicality who has the talent to communicate his experience with humour and sensitivity.

### DATES AND VENUES

**Sydney - Saturday November 10th, 2007**

Rydges Parramatta, 116-118 James Ruse Drive, Rosehill

**Brisbane - Sunday November 11th, 2007**

Holiday Inn Brisbane, Roma Street, Brisbane

**Perth - Wednesday November 14th, 2007**

Novotel Langley, 221 Adelaide Terrace, Perth

**Melbourne - Saturday November 17th, 2007**

Novotel Melbourne on Collins, 270 Collins Street, Melbourne

**Auckland - Saturday November 24th, 2007**

Novotel Ellerslie, 72-112 Greenlane East Road, Greenlane, Auckland

### Seminar Times:

Registration from 1:30 pm to 2:00 pm

Seminar runs from 2:00 pm to 7:00 pm (including two half-hour breaks)

Dinner will be served from 7:00 pm to 8:30 pm

Total lecture time of four hours.

Rather than trying to get a grasp on a wide variety of different formulas, many successful Practitioners in China and abroad develop mastery of a small number of formulas. Only the mastery of a formula allows the Practitioner to grasp the true spirit of TCM by adapting to change. This skill is called ‘ling huo’ (flexible, agile) in Chinese. A Practitioner who knows the formulas and their modifications can use them flexibly to respond to the changing needs of each patient.

Join Greg Bantick as he shares from his more than 20 years experience of prescribing and teaching. Greg will present a selection of the most versatile and effective formulas that he and other master Practitioners use to achieve outstanding clinical results.

### This presentation will cover:

- A selection of key formulas that provide experienced Practitioners with their core prescribing tools.
- A theoretical background, including historical development of the formulas and their evolution over time.
- Diagnostic strategies to identify the correct prescription every time.
- Use of effective modifications to extend the uses of the base formulas.
- Many detailed and entertaining case histories to assist the Practitioner apply the information to their patients immediately.

# SUN TEN - LEADING THE WAY IN CLINIC RESOURCES

## New Clinic Poster Now Available

Sun Ten have created some exceptional clinic and patient promotional tools. Most recently an A3 clinic poster has been designed to help promote the Sun Ten range in your clinic. Place this poster in your waiting and clinic rooms. The poster emphasizes the safety and quality of Sun Ten products to help give your patients an understanding of why you trust Sun Ten products. It also notes that Sun Ten is certified by the Therapeutic Goods Association.



## Informative Clinic Brochure

The Sun Ten patient brochure describes the many benefits of Traditional Chinese Medicine. It also details the importance of prescribing quality products. Place our informative patient brochures in your waiting room and hand them to patients while you are discussing their Sun Ten medications.



You can order a clinic poster or brochure set by calling Customer Service on 1800 777 648.

Sun Ten clinic poster order code – STP01

Sun Ten patient brochure (Pack of 15) order code – STB01.

[www.sunten.com.au](http://www.sunten.com.au)

Another great resource for TCM Healthcare Professionals is the Sun Ten website [www.sunten.com.au](http://www.sunten.com.au). Download previous Sun Ten Newsletters, the latest seminar invite, find out information on the product range and keep up-to-date with the latest product research and development.



# 治病定外關（手少陽三焦經）說

文 陳善嘉

道焦在之主六 上在腐下，經「不稱經：外並之經，（）異經肢同自但  
 之三氣人 臟 胃治主：濁 俞原手又為紐為氣中本病穴金 喘一四故，  
 穀。原為本五 在其旁清 榮「故 樞穴經經治之經（氣十自：穴患，  
 水始，根於 焦，腕臍別 井多四膝絡會之表：能五經肺敏）均腑之疾 市中  
 為終使氣之歷 上出中在分 經在過五交經絡穴但至焦主過 行幹手幹 臟足之 台  
 焦以別動經經 「不胃治主」 六腑均不相焦聯要非分三又 冒炎流軀 軀 者為 醫  
 三所之一， 難內焦下納。六穴足。氣三可冒 亦陽 感膚之向中面否。作 醫  
 「之氣間十氣 難內焦下納。六穴足。氣三可冒 亦陽 感膚之向中面否。作 醫  
 經，腎命行。十；水在而五） 肘關與少穴治俞疾手溝患性經梢經治之本中  
 難路者兩生通腑。三口中熟焦出蓋合穴過四氣手關為五之如支疾位脈末一能反（聯

於穀糟下別胱 焦 常中 賦知 六約焦已 陽持其呼上而，道水自傳 決  
 注水成成泌膀胱 中 焦 常中 賦知 六約焦已 陽持其呼上而，道水自傳 決  
 氣。故 而 濟入 霧，「中酸。蘊。焦而而六焦也氣 引以而以氣至擁。穀。中轉」者，  
 營腸。中，滲入 如瀆。呼出分傳三用同（三焦之 所，夫下之焉。焦為始上糟滯。焦  
 命別焉。胃腸 滲 上焦如：呼營之門妙，二為一元 者，各中 焦實為始上糟滯。焦  
 隧者，居于大下而 焦如：呼營之門妙，二為一元 者，各中 焦實為始上糟滯。焦  
 經焦而常俱滲循 下焦如：呼營之門妙，二為一元 者，各中 焦實為始上糟滯。焦  
 行下胱而， 曰溫釋水：焦延：腑之）言， 梃，氣，而而上血：氣所下下秘官  
 獨「膀者粕焦汁焉。經如（含焦下李中臟分腑而者矣。李氣諸形吸至不使喻路穀中導靈瀆

：中腑左通通調宣 上以腋陽明十五而 巴全 之氣經與 行復一中焦 焦糟注以得  
 者曰六 焦皆和上 「咽走至陽一十度 淋， 肺營四常度週 為于上 上泌上，故  
 焦號 外三下 導 並 遺足陽二十」之蹊 者聚於之十晝寅 雖由 出，血，  
 「三，臟內。上體，」篇，中，下于亦五。管鼠 者聚於之十晝寅 雖由 出，血，  
 「也五也。灌右也。會 胸行，行陰故矣。管鼠 者聚於之十晝寅 雖由 出，血，  
 氣領絡氣右身養也。生口布而俱陰故矣。管鼠 者聚於之十晝寅 雖由 出，血，  
 經之統經之左周左此生口布而俱陰故矣。管鼠 者聚於之十晝寅 雖由 出，血，  
 臟元。下 于營大衛胃膈而分舌營於也。太乃腋行。焦所行焦二。日經 氣則  
 中三腑衛上外其 莫營於實陰上常，一會）循官竇，隨中俱二度手然而 焦亦此液，  
 陀之營 內外 樞出 太，度 大釋 器介居，之氣亦十於， 焦亦此液，  
 華人清 右則也內下靈焦上循明胃五度復（腺身張所者脈營夜五會周焦也。之粕於奉





# 中藥治療痛風性關節炎

## 七十一例用藥分析 文 呂東富、汪悅

的了前威秦風 局現痛行在風 的風善屈的利肢不的枝行又 用佔率：海 了表疼 常祛物者祛急節類通是伸好桂通 機、 使、頻如風、 除的 利時加藥患 性關節 凡屈很。可藥氣 在中用。防藤、 作痛寒不此酌的解溫 治枝絡， 到功 經降 藥使味。忍 性熱畏伸， 用緩辛痛為。 經絡， 起之脈引升 藥味在兩、 急腫風屈況中作好仙止絡藥肢活 攣、 可痛經為、 藥味使味。紅 在中頻如丹等 作所必指局等綿入致肢節行藥 活局藥膝 絡五。 占枝、 者紅怕肢情藥節更靈絡經要四筋拘 都止痛可邪、 瘀五在五膝 紅 次 久 大 暗纏邪， 於關 氣 活 通 十 味 中 桂 枝、 患見常 限泄利能。 通利善 脈活 經化關血二味中 桃活患血入常痛， 血瘀 川、 可加使有 的風二十七味、 桑 等風多 走受濕絡往狀濕 木物節經 經溫 一溫利活百三味芍、 的風瘀病及 形現愈氣 節。 痛仁、 以亦 限祛百十仙、 等風多 走受濕絡往狀濕 木物節經 經溫 一溫利活百三味芍、 的風瘀病及 形現愈氣 節。 痛仁、 以亦 受 一三靈丸 藤痛部外游走利通往症除走伸藥關體利通辛十可通 一十赤蘭用痛致久以痛畸表不礙滯關形止桃藥環可病

積 其治礎濕尿 作的了前石、 丹 常紅足 滑清紅知 可。 燥熱母 蒼臬痠治疼養中上配以， 解、 熱、 強、 常患腫動 使 非之基利沙的。 用佔率：花、 常節以紅脈加部、 用 狀熱濕知用與李治可腫熱方礎 可證等、 用濕花增解藥風節活 便風的 子金尿出。 使、 頻如銀皮、 時關尤舌、 酌局寒為藥症清治與作。 乃合紅清在基狀合之黃濕同者銀可緩絡痛關、 瀉而利、 施小車、 助小、 藥使味地。 秦 作趾烈 糙每除大須要的 為 火弊散朮相節， 的症百熱苔燥皮患以亦狀通解的利 熱便不此證利如散協從藥味在八生 柏、 等。 性大痛顯或所以石藥實腫性毒要強陰一、 二 關寒津 熱毒、 實、 熱丹除輔、 症風緩致不 清大濕因辨通。 一有濁毒五。 占 黃 菇 急肢疼明膩 藥。 一分部、 解證加傷為柏， 甘生 清熱冬經飲清、 解。 毒的祛的導伸 滯毒「常輔之、 也使熱二一味知、 山患到痛腫或熱毒症寒瀉除味瀉的除防用「藥下生養 可血參患口苦與更的清紅藥以性甚 積濁謂也通 濁淋解、 清百十、 翹、 風見熱紅黃等解的苦清消柏、 致伍可合：要熱。 僅除沙解：皮、 以注翹部熱可急、 下滯所治療上泄通藥用 一三三膏連皮痛可腫蹠谷數熱腫母為以黃濕所配亦亦謂覽濕痛血不解伍緩如秦毒可下連局清常者痛

亂泄中在 中性院藥 藥用物 是絡幾 的佔率。 萆苳前 血基是酸痰作毒、 因較前從 其臨用、 茯苓分 甘之泄毒清便攻 紊排液晶病 特我用 用使藥 別通這 用面頻味、 土車 酸化尿酸 物濁瘀、 比利滯路 尤為故瀉土健解低仁濕排濁以大可 謝或體結疾疇獨對的 共中味 分血對 使裡用二瀉、 高 尿生尿高濁產乃痰生風通瘀出。 更。 澤中 萆苳以利、 使得有黃 代多及鹽性範其就人 一其十： 活針 在藥使十澤柏黃、 要 血。 濕 理 炎 而 變 痛 毒 有 務、 法、 其 毒。 酸 生 熱 尿、 結 伴 大 吟過清酸身的有下病：中、三、出、就：中在佔 澤 柏 黃、 為 重 降 關 之 病 節 所 療 濁 濁 邪 之 之 用 茯 等 濁 關 使 除 助 濁 相 瘀 常 制 嚶成血尿全證風以風述者味前所看濕下述。藥味。中、 黃大 認 的 關 的 責 等 關 然 濁 治 泄 使 療 濁 必 土 膝 泄 利 可 解 可 泄 藥、 患 象 於生成、的痹痛 痛論患五的表以可熱。別泄十一味、 牛朮、 論 風 的 醫 醫 風 節 由 床 濕 下 治 泄 風、 牛 通、 痛、 瀉 諸 化 風 現 由酸造加積醫療性例析例十高左可熱。別泄十一味、 牛朮、 論 風 的 醫 醫 風 節 由 床 濕 下 治 泄 風、 牛 通、 痛、 瀉 諸 化 風 現 是尿 增沉中治越一分一二最如表清疇分濕二十生懷倉 理 痛 因 治 中 濁 痛 關 乃 臨 利 敷 而 為 濕 痛 仁、 淡、 濁 腫 滲 澤、 泄 痛 的 風 導 致 少 酸 內 於 藥 優 十 一 十 百 率 序 上 於 範 面 利 百 三 三： 等 醫 是 風 症、 滯 毒、 調 二 便 亦 利 治 以 解 甘 濕 泄 節 淡、 酸 以、 結 痛 導 減 尿 體 屬 醫 與 七 七 一 頻 依 從 屬 等 方 一 了 前 如 解 苓 草 西 症 礎 痛 血 瘀 崇 瘀 濁 此 強 後 二 此 是 床 生 萆 苳 燥 清 關 寒 力 尿 得 除 秘



往劑、據石藤製、有病加通  
往的剔根伍冬伍子可是酌水  
辭搜後配忍配附 若可利  
作葷藥然、或制寒。則等石  
發、類。寒杖，散作石草石  
性苓蟲品屬虎絡烏經發結錢助排  
用。性急伏入之熱、通草溫情路金以對本藥上基痛到希磚同醫  
定病土加痛屬母熱制以病尿、是者從痛藥效作一引炎以面。痛，病病期精，煙如堅痛風文南醫  
一本大並定的知清、等制有沙品僅患也療中療副到吸節全，外本本解。煙如堅痛風文南醫  
有是加、瘳候、以烏枝控伴金之上風，治。的無起，關節加外療制。緩活戒，止本、床  
亦若要量蠲證膏等川桂效久海淋以痛結院律炎且文用性總更此治控素或生酒物味防（院臨

水蘭痛、利驗制可代濕能白止  
秋澤且高、有抑更現化 及炎  
含。升點貝，熱 放消  
菇用成酸特等物能效清皂釋而  
慈作合尿的石藥功之 體質而  
山炎酸血多滑的收雕明笛介  
、消尿有增、用吸雙表有性  
含有制多泄姑作再箭究含炎化  
百貝抑者排慈液管一研多制趨  
。驗以患酸山尿小到學亦抑胞  
泄仙可風尿用化腎收藥藥夠細痛。除藥歸用的如表品海等絡風久在川只功的者蛇經關加之藥痛

功。功生《「之不  
癱其新。療血則 用了十  
寒消論補功可活通 使、前倉芥  
苦血《之其其， 在中率：白  
參涼》草血新謂取通：藥頻如、  
丹、草宿生亦是流 藥味用。星  
癆。本宿癆》亦脈 濕五使味南  
功祛子破祛錄血 祛十在三制  
之血華、有別、俾 痰一。佔、等  
腎活曰：「醫痹， 化百味中朮苓風處局出淡痰苦祛芥助云，濕有脾朮  
肝能《曰血名腳功痛。 一八味白茯苓痛節至流舌等星、白有又以本燥多的白水日除之證可如杖、

# 長庚醫院研究證實

## 順天堂辛夷散對過敏性鼻炎有效

的過 臨有院夷敏 上參 「臨 任療床 順療究兩百實  
要對效在少醫辛過效床藥 之暨上主治臨示以床研期一體  
重學療炎則庚「於療臨用 辦究」部散盲表 臨將為集整  
灣醫的鼻 長 堂對床師之 舉研會醫夷雙他中為且 收  
台代好性發 天 堂對床師之 舉研會醫夷雙他中為且 收  
為現良敏再法 天 堂對床師之 舉研會醫夷雙他中為且 收  
炎管有過覆辦順 發實來性 十中術北表炎 隨 設 藥 實 ；  
鼻儘炎於反決以究確未敏據。一六學院發鼻估研夷的雙驗病  
性 鼻對的解部研炎於過依月 例醫鴻性評次辛估為實位  
敏病性是上的醫「鼻助療及九 病庚賢敏效此堂評計的八  
過疾敏但床好中散性有治考在 一床長楊過療在天效設年零

括一實阻後則 免療球實：之顯項 證炎效疫化於過依  
包組 腔藥組 性治巴 升性後些 果鼻療免活助療及  
中照現鼻服照 異於淋測上活療這異 果鼻療免活助療及  
其對發 於對 特組T檢著球治在 差結性此的球有治考  
， 果狀積是 差 驗在泌顯血於組 上實 過效細白果床藥  
位位結症面但之塵實：分後白組照 對療T性結臨用  
十十驗床截 上視 降之療性驗對 統 散床括中此師之  
六四實臨腔善 計檢白下素治中實。有說 夷臨包嗜 醫炎  
有組 的鼻改統步蛋著激於嗜 升沒 鴻 辛有轉及響中鼻  
共驗位組 著有一球顯胞組在測上都賢 者機節影來性  
驗實十驗力顯沒進疫後細驗而檢著日楊實患之調的未敏據。

通甘、 病醫。不不 引防 破川；；  
木、三 鼻《載出息 能：頂熱；中火  
三芎 之、收涕氣 等腦顛散敷通瀉  
三風川 久》有 肉 芷頭入辛九通行  
本防 三 悠繩均 塞瘧者。 白行上細利木下  
三 辛 史準書 鼻生臭 麻、上能；而；以  
三 正 細 歷 治 等 鼻 香 升氣本風精潤苦中。  
散 三 升 二 散 《 解 治 或 不 聞 祛 通 肝 寒 和 症 ； 副  
夷方夷 二 茶 夷 集 於 ； 解 夷 中 ； 濕 補 清 草 用 塞 ； 肥 厚 性 鼻 炎 ； 蓄 膿 肉  
辛處辛 三 草 細 辛 藥 方 用 已 通 方 辛 胃 風 勝 結 芎 茶 甘 適 鼻 症 等 。

# 四物湯非燥熱性之物

文 廖桂聲

結口了本 是藥《其膠中組地芎養方多種。法為地 甘毛形、  
經有大長物 直健文 歸方所熟川是礎許經方血血乾者味（繖靜  
月卻氣還四？一保師》芎其草為、湯基於調主活補係成 藥而鎮  
在湯火至知方湯劑陳方略從甘成歸物的宜人的血陰乃製漆芍；  
名物、甚不藥方血 局要是 組 富四血適 婦後養 滋黃次如白血養  
化四破、的藥補血 劑 葉 補 是產了 地熟晒色良陰為  
了嘴悻悻性 科於和金方艾：藥材、說 是產了 地熟晒色良陰為  
（喝 燥、心痘熱曉女處民為變、劑芍藥血以 又前現 熟。蒸而為和歸  
姐 燥、的燥戶的出惠方的膠方白味調可 胎展 以科經大者）當  
小後舌眠臉是喻統。平本湯阿的、四、證 劑 參之肥飴科的  
林束乾失滿身家傳飲太實并去成黃等血劑血子方則玄黃以如葷科

為擴之作地當行。血能向其四傷絕補養組用腑虛失影經有行血  
芎、痛縮熟（ 地和 文雙是會不湯是、主作臟血脈受、血、營  
川藥鎮收（藥用使調用 種正體而物物血為證各 胞要本和血補  
和經、肌藥陽合 血可弊一這床行四四調物虛體物、都為不養調  
通靜宮陰二藥強營證無呈 臨、故 用藥 血身養盈腑血一陰為  
藥性鎮子二及四較 虛而 果。滯、物 用藥 血身養盈腑血一陰為  
經香有進以）力澤血用滯效處不法之 指的 療是營充臟以無滋  
調芳 促中芎芎之不僅可之性妙而方性 血 有 用不任婦 孕物之  
、科管並方白川血而不亦中節巧補伍熱藥和具劑使海則但胎 四血  
痛形血、。活補方證血調伍湯配燥的、方同血、。活  
鎮繖張效用黃歸氣芍此滯行的配物的非血血成的共則養響產關。活

具、止織化人及等 為補液須 而氣血「補人生 因佐 聲  
痛、組可婦 塊 認該血補同 無失宗用、以弱又宜仁、 桂  
用鎮能抗亦、痛硬 常應 談不寸、當重 參氣虛 應砂 廖  
作、功 滯作 瘕 血？況定化血、當重 參氣虛 應砂 廖  
理環宮、用虛腹 血 補後貪好狀身氣貧弱者 黨益胃者 縮 桃  
藥循子 造作血臍 血 吃前會較、量於如衰之、素 源胃如 園  
代液節 造等營、 歡經不比質、源 息」者、平無 礙藥 者為 桃  
現血調 進切調下、 喜月才會體「來血氣氣 黃竹 若化滋脾 作 者 為 桃  
善、促 抗一不 漏 人在 也人須 血生 益（玉 如生 芍健 文 作 者 為 桃  
劑改靜、 治水中 國物補環個物。不多脫藥、之、香藥。本醫 診 所 院 長）  
之有鎮血肢裁經崩證。中四二循視四異則過血氣參血血地芳山（中

# 良藥太苦口

## 應該怎麼辦？

腔湯下，越因涼開道一苦有酌的苦。口藥一慢，用溫腸在的若下類低。傷中涼，宜時，苦刻量胃可液藥導之降。燙以先，快的，越立適於，又藥湯指藥以。易所好，宜留道該喝利，解些生大，。藥，最，藥停，應後有收，緩有醫、和。湯管，中，中味，後然既吸，在草調。的食後，味口，覺藥，樣的上，然可甘行。度及好，苦在感，服口，這物，度當，伍進。七膜煎服，用汁，漱，藥程，要配藥。十黏劑再服藥，長此水水對定味，必情中味。

尖舌部有物開直嘔，在有三敏三高味三。舌，根用藥溫匙勢，制間，度氏為在，苦於。近味舌服將些湯順，控之，溫攝尤度苦，高。鹹，以先喝用，根，應度，七感頭溫湯覺七然。味受味所可後或，舌，溫三，味舌的藥感十當。甜感酸，然，下，至，的，的，上，當，三。受要受味時，下，至，的，的，上，當，三。感主感苦藥尖嘔送，藥五頭常以以時於弱。要側側受的舌速藥，湯十舌通度所度低減。主兩兩感味在迅將，味氏為。七，七或會。蓄的後則苦放水接下，苦攝因關十感十於就。

# 寵物生病

## 吃中藥也見卓效

有體，員床域，及年品，範福選。但物，人臨領體統今個項規的的。不寵，究有六身系。八品品們新。方善，研並述壯經者十個健物們。配改，所確，強神狀述八保龍主。藥能，究明，除，症前，出物為飼。中且，研果，除，用臟等從選動實供。效，安效，有賢食將先會此提。藥療，必，者，還，消們，委，也。下確，灣示，據，瘤胃，他中農市，。症明質，台表數外腫健底項依上音擇。

頗學術國，中的，堂法合的師的擬冒尿共方中依而格都確試步家研同流的對。得學出會示廣，天團集驗醫驗研感血他配縮，製規方明犬一數案陪為積要。獲由的社顯推，順財，「經獸經，治其有濃料調的配證家進，個的家累只。藉者美，研，「所務，究堂，及所學原減藥些年經，院行師之在現。上並學歐潮鑽，天盾究實師研一，藥，及所學原減藥些年經，院行師之在現。身，及至風速鑽，天盾究實師研一，藥，及所學原減藥些年經，院行師之在現。的果表播成加題，春後研床醫藥聚，胃藥藥。科為加用這多，後醫進醫物。發。物成發傳構得藥，四研必富，年士，犬臟個天及情用標師的定家訓曾流行例。動體的，漸值用，的灣豐師多博藥產心八順方病採驗醫效確餘或也到進案。濟具章學逐是物，廠台有醫有學膚，十由復物，檢中顯，十殖；狗百。經多文講已藥龍，二藥人具中及化皮藥藥計均藥龍成與是有用在繁究下浪數。

於是其更而家，其方嘔，舌，認舌的分味。利在尤子苦，糖，小難，及，遍個頭的。口實，孩種下些味些苦，觸，普整古別部。苦藥受些這之加苦一藥，的，們於，特尖。藥些接某了奈裡的用，決，人源實其舌。良有法，木無藥藥，用，解，應其有，。是無劑受，中輕，使，可，以，來，覺，蓄，位，研。但人湯，藥往減，要，可，以，來，覺，蓄，位，研。說，讓藥因服會來，只，就，題，讓，來，覺，蓄，位，研。話，得中會絕就此，問，免，讓，來，覺，蓄，位，研。俗病苦是是拒長以實法的避根長，頭各工。





# SUN TEN

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