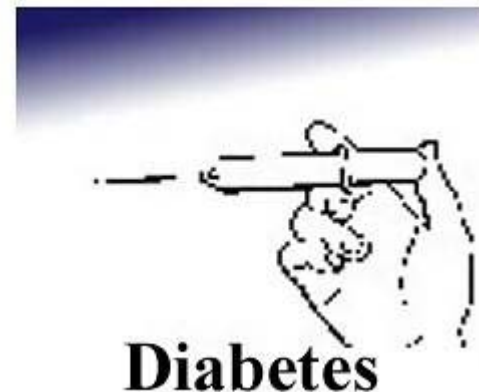


## Diabetes ( Xiao Ke)

TCM refers to diabetes as Wasting-Thirst syndrome. Symptoms includes polydipsia, polyphagia, polyuria, and emaciation or sweat urine.

The root of Wasting-Thirst is said to be a **deficiency of Yin** in the body and the **presence of a Heat pathogen** affecting the Lungs, Stomach, and Kidneys.

Upper-Jiao: Lung dryness  
Middle-Jiao: Stomach heat  
Lower-Jiao: Kidney Yin def.





## Etiology & Pathology

1. **Improper or irregular dietary (diet that includes too many spicy and drying foods)**  
→ Dysfunction of Sp. & St. → Dryness & heat accumulation → fluid-deficiency
2. **Emotional disorder**  
→ Liver Qi stag. → Turn to fire → Liver & St. Yin def.
3. **Over working or o sexual activity**  
→ Consumption of Yin essence → deficient fire due to Yin def. → lack of water in the body.

- Main Points for differentiation

	Organs	Sym.
Upper Jiao	Lung Dryness	Thirsty prefer drinking lots of water, frequent urine
Middle Jiao	Stomach Heat	Too good appetite & dry stools
Lower Jiao	Kidney Def.	Frequent & sweat urine

- Treatment protocol:  
Nourish Yin to promote the production of body fluid  
Moistening for dryness  
Clear away heat

## Treatment

### Diabetes involving upper-jiao

#### Signs & Symptoms:

- Main Sym. : Thirst, polydipsia, dry mouth & tongue.
- Concurrent sym.: frequent and profuse urine, gradual emaciation.
- Tongue:
  - red color ( on the lip and edge of body), with thin yellow coating
- Pulse:
  - full & rapid
- Treatment Protocol:
  - Clear away heat
  - Moistening the lung
  - Promote production of body fluid

## Formula:

### Xiao Ke Fang

Huang Lian

Tian Hua Feng

Shen Di

Lotus root

Honey

Fresh ginger juice

## Modifications:

### Thirsty

-- Ge Geng; Mai Dong; Yuan Shen;

### Clear Heat

-- Huang Qin;

irritability, thirsty, big & strong pulse

-- Bai Hu Tang





## Treatment

### Diabetes involving middle-Jiao

#### Signs & Symptoms:

- Main Sym. : Too good appetite, constipation
- Concurrent sym.: emaciation
- Tongue:  
    dry & yellow coating
- Pulse:  
    slippery & strong
- Treatment Protocol:
  - Clear away stomach fire
  - Tonifying yin-fluid

Formula:

Yu Nu Jian					
Shi Gao	Shu Di	Mai Dong	Zhi Mu	Niu Xi	

**Modifications:**

**Constipation**

-- Zhen Ye Chen Qi Tang ( Da Huang, Mang Xiao, Xuan Shen, Mai Dong, Shen Di);

**Middle Jiao Heat:**

-- Da Huang + Gan Cao

**Avoiding bitter & cold herbs, should use more sweet, cold & moisten herbs**

TCM

## Treatment

### Diabetes involving lower-Jiao

#### Signs & Symptoms:

- Main Sym. : frequent & profuse urine, feverish sensation in palms & soles
- Concurrent sym.: turbid & sweat urine, dry mouth & lips, or even feverish sensation in the chest, palms and soles
- Tongue:
  - red body
- Pulse:
  - deep rapid and thready
- Treatment Protocol:
  - Nourish Yin
  - Tonify Kidney



## Formula:

### Liu Wei Di Huang Wan

Shu Di

Shan Yu rou

Shan Yao

Mu Dan Pi

Zhi zi

Ze Xie

## Modifications:

fever sensation

-- Zhi Mu; Huang Bai; Wu Wei Zi; Long Gu  
Mu Li; Gui Ban

Profuse urine or greasy urine like fat

-- Yi Zhi Ren; Sang Piao Qiao;

Qi & Yin def.

-- Dang Shen; Huang Qi

Yin & Yang Def.

-- Shen Qi Wan

Case History 1 由昆医案（现代名医医案精华四）

1. Male 45 years

First visiting:

Main complain: diabetes for years

thirsty & drink a lot of water everyday, also with profuse urine, too good appetite, still feel weakness of whole body, keep losing weight for one year, and thin body type;

Tongue: red body with white greasy coating

Pulse: soft, slippery & rapid

TCM diagnose:

Kidney yin def.

Damp heat in the Middle Jiao

Treatment protocol:

-- Nourish Yin

-- Eliminate Dampness

Formula:

Cang Zhu 9, Dang Shen 9, Fu Ling 9, Huang Lian 1.5, Huang Qin 6, Zhi Mu 9, Ge Gen 6, Tian Hua Feng 12, tian Dong 12, Du Zhong 9, Tong Ji Li 9, Gou Ji 9, Ji Nei Jing 6, Pei Lan 9

X 10

**Case History 1 周贤良医案 (现代名医医案精华四)**

**1. Male 45 years**

**First visiting:**

**Main complain: diabetes for 15 years  
irritability and thirsty, drink a lot of water everyday, dry eyes &  
tongue, frequent & profuse urine;**

**Tongue: lightly red body with dry coating**

**Pulse: thready**

**TCM diagnose:**

**Dry heat due to yin def.**

**Lung & Kidney def.**

**Treatment protocol:**

**-- Clear away Lung heat & dryness**

**-- Tonify Kidney**

**Formula:**

**Sha Shen 30, Zhi Mu 15, Shan Yu Rou 10, Tian Hua  
Feng 30, Ze Xie 10, Sheng Di 20, Ge Gen 10, Tian Dong 15, Mai  
Dong 15, Shan Yao 30**

# Painful Obstruction Syndrome ( Bi )

Indicates pain, soreness or numbness of muscles, tendons & joints from invasion of external wind, cold or dampness.

Wind Bi

Damp Bi

Cold Bi

Heat Bi

Bone Bi

## Etiology & Pathology

1. Vital-Qi Def. → Wei Qi def. → Muscle & skin loosing → wind-evil attacking body and retaining in the joints & muscles
2. Wind, Damp, Cold invading → blocking meridians



- Main Points for differentiation

	Wind-Cold-damp	Wind-heat-Damp
	Joints painful swelling	Hot painful swelling joints

- Wind Bi: moving joints pain
- Cold Bi: severe fixed pain
- Damp Bi: heaviness of joints & sore pain
  
- Treatment protocol:  
Expel Wind  
Disperse Cold  
Eliminate Dampness  
Clear away Heat

## Treatment

### Wind-Cold-Dampness

#### (1) Wind Bi

#### Signs & Symptoms:

- Main Sym. : moving joints pain
  
- Concurrent sym.: aversion to wind, fever, a feeling of wind in the joints, incapability of flexing and extending
- Tongue:  
    light red body with thin & white coating
- Pulse:  
    floating
- Treatment Protocol:
  - Expel wind
  - Dispelling cold
  - Removing dampness
  - Promoting blood circulation

**Formula:**

Fang Feng Tang					
Fang Feng	Dang Gui	Fu Ling	Xin Ren	Huang Qin	Qin jiao
Ge Geng	Ma Huang	Rou Gui	Shen Jiang	Gan Cao	Da Zhao

**Modifications:**

**Sore pain on upper body & limbs**

-- Qiang Huo; Bai Zhi; Jiang Huang; Chuan Xiong;  
Wei Ling Xian; Sang Zhi;

**Pain on the lower body**

-- Du Huo; Niu Xi; Mu Gua; Xu Duan;

**Sore pain on the back & spinal**

-- Sang Ji Shen; Du Zhong; Gu Sui Bu; Yin Yang Huo

## Treatment

### Wind-Cold-Dampness

#### (2) Cold Bi

##### Signs & Symptoms:

- Main Sym. : severe fixed pain on the body or joints which is worse in cold and better in warm condition.
- Concurrent sym.: stiffness, incapability of flexing & extending
- Tongue:  
    normal
- Pulse:  
    floating & tense

##### • Treatment Protocol:

- Disperse cold
- Expel wind & dampness
- Removing dampness

**Formula:**

Wu Tou Tang					
Chuan Wu	Ma Huang	Bai Shao	Huang Qi	Gan Cao	

**Modifications:**

**severe cold sym.**

-- Gui Zhi; Rou Gui; Xi Xin

**Long time illness**

-- Gu Sui Bu; Bu Gu Zhi; Ba Ji Tian;

**Yang Def. type constitution**

-- Yang He Tang



## Treatment

### Wind-Cold-Dampness

#### (3) Damp Bi

##### Signs & Symptoms:

- Main Sym. : swelling, a heavy feeling, pain in the limbs and joint, numbness.
- Concurrent sym.: aching of the whole body, listless, heavy sensation in hands and feet, limited movement
- Tongue:
  - white & greasy coating
- Pulse:
  - soft & slow
- Treatment Protocol:
  - Removing dampness
  - Expelling wind
  - Dispersing cold

## Formula:

Yi Yi Ren Tang					
Yi Yi Ren	Chuan Xiong	Dang Gui	Ma Huang	Gui Zhi	Qiang Huo
Du Huo	Fang Feng	Chuan Wu	Cang Zhu	Gan Cao	Sheng jiang

## Modifications:

**severe dampness**

-- **Bei Xie; Mu Tong; Mu Gua; Fang Ji**

**skin numbness**

-- **Bai Zhu; Fang Feng; Bai Shao; Xi Xian Cao; Hai Tong Pi;**



## Treatment

### Wind-Heat-Dampness

#### (1) Heat Bi

##### Signs & Symptoms:

- Main Sym. : pain & a feeling of burning heat in joints with red color skin, symptoms become severe when pressed, gets better when cooled;
- Concurrent sym.: fever, aversion to wind, sweating, thirst, irritability.
- Tongue:  
red body with yellow and dry coating
- Pulse:  
slippery & rapid
- Treatment Protocol:
  - Clearing away heat
  - Expel wind & eliminating dampness

Formula:

Bai Hu Gui Zhi Tang					
Zhi Mu	Shi Gao	Gan Cao	Jing Mi	Gui Zhi	

Modifications:

sore & pain throat

-- Yuan Shen; Jie Geng

Aversion to wind & fever

-- Jing Yin Hua; Lian Qiao; Zhi Zi

High fever & thirsty

-- Fresh Lu Gen; Tian Hua Feng; Xuan Shen; Shen Di;

Joints pain

-- Sang Zhi; Xi Xian Cao; Wei Ling Xian; Qin Jiao; Lu Xiang; Mo Yao; Di Long; Wu gong; Wu Shao She;

Swelling & hot joints

-- Dan Pi; Shen Di; Chi Shao; Zi Cao

## Treatment

### Bone Bi

#### Signs & Symptoms:

- Main Sym. : swelling & stiff joints; incapability of flexing & stiffness of whole body;
- Concurrent sym.: aching pain in the limbs and joints getting severe obviously, pain is worse at night or in raining day; stiffness occur only in the morning on the initial stage, further in all day. Often accompanied by weakness of knees, fatigue, liking warm and aversion to cold, irregular menstruation for female, emission and impotence for male.
- Tongue:  
red, pale, or dark body with blood stasis spot; white or yellow coating
- Pulse:  
deep thready or wiry pulse
- Treatment Protocol:
  - Tonify Kidney
  - Disperse cold
  - Expelling wind & eliminating dampness
  - Nourishing liver and the tendons



## Formula:

Zhi Bi Tang					
Gui Zhi	Bai Shao	Bu Gu Zhi	Xu Duan	Fu Zi	Shu di
Yin Yang Huo	Du Huo	Wei Ling Xian	Gu Sui Bu	Zhi Mu	Niu Xi

## Modifications:

**fatigue & thin body type**

-- Huang Qi; Dang Shen; Bai Zhu;

**Swelling & pain lower body joints**

-- Bei Xie; Fang Ji; Yi Yi Ren; Wei Ling Xian

**Blood stasis after long time illness**

-- Dan Shen; Tao Ren; Hong Hua; Ru xiang;  
Mo Yao;

## Case History 1 王季儒医案 (四)

### 1. male 15 years

#### First visiting:

**Main complain:** tow legs painful for 7 m  
patient started feeling heaviness of two legs 7 m ago, then the pain started. Stiffness of knees but no swollen, high fever sometime, and diagnosed as rheumatic fever and treated by western medicine, however, patient's symptoms got worse and worse, fingers & wrists all started swollen & stiffness & pain. High fever occurred every half of a month. Inability to stand up, hands couldn't hold tightly too.

**Tongue:** normal

**Pulse:** deep fine & rapid

**TCM diagnose:**

Damp cold accumulating & block the meridians

**Treatment protocol:**

-- Expel damp cold

**Formula:**

Gui Zhi 6, Bai Shao 12, Fu Zi 6, Xi Xin 2, Ma Huang 3,  
Fang Feng 10, Bai Zhu 10, Ren dong Teng 30, Shen Jiang 3, Gan  
Cao 3