

## **Clinical Experiences (Herbs, Abstracts)**

### **I. Method of Invigorating the Spleen and Moving the Blood for the Treatment of Chronic Atrophic Gastritis**

50 cases of chronic atrophic gastritis has been treated in this report.

#### 1. Treatment Method

##### **Basic Formula:**

Huang Qi 30g	Bai Zhu 20g	Dang Shen 20g	Bai Shao 20g
Dan Shen 15g	Yan Hu Suo 10g	E Zhu 10g	Zhi Ke 10g
Gan Cao 10g	San Qi Powder 6g (add to decoction)		

##### **Modifications:**

Intestinal epithelialization or atypical hyperplasia: add Shui Zhi, Wu Shao She, Chi Shao, Tao Ren

Swelling and congestion of gastric mucosa: add Pu Gong Ying, Huang Qin, Zi Hua Di Ding, Bai Hua She She Cao

Peptic Ulcer: add Bai Ji, Wa Leng Zi (Baked), Zhi Mu

Gastric anacidity: add Wu Mei, Shan Zha, Mu Gua, Mai Men Dong, Tian Men Dong

Acid regurgitation: add Dai Zhe Shi, Xuan Fu Hua

Positive Pyloro-spiro-bacillus: add Pu Gong Ying, Huang Lian, Da Huang

##### **Administration:**

Decoct two times with water, get 200ml each time, mix the two and divide into two cups and drink in the morning and evenings.

3 months is one treatment course and take the medicine for 1-2 courses.

#### 2. Result:

Markedly improved 13 cases, effective 32 cases, no effect 5 cases. The total effective rate is 90%.

### **I. Ge Shao Jiu Gan Tang for Treatment of Alcoholic Liver Disease (ALD)**

ALD here includes alcoholic fatty liver, hepatitis, hepatic fibrosis, cirrhosis, and liver cancer. 83 such cases have been treated from 1998 to 2000 with Ge Shao Jiu Gan Tang.

#### 1. Treatment method:

Composition of Ge Shao Jiu Gan Tang:

Ge Gen 30g	Bai Shao 30g	Dan Shen 30g	Fu Ling 20g
Yu Jin 15g	Ji Nei Jin 15g	Chai Hu 10g	Hou Po 10g
Gan Cao 5g			

Take the decoction every day and continue 30 days as one therapeutic course.

Two courses will be needed.

Patients need to stop drinking for the treatment. Vitamin C 0.2g, vitamin B1 0.01g, vitamin B6 0.01g, vitamin E 0.1g will be given orally three times a day.

## 2. Treatment results

### (1) criteria

	Clinical Manifestations	GGT	ALT	Liver ultrasonic exam
Cured	disappears	normal	normal	normal
effective	Obviously improved	Obviously decreased	Not completely normal	Better than before
No effect	No obvious improvement	No obvious decrease	Same as before	No obvious improvement
aggravated	aggravated	increased	Same as before	aggravated

### (2) Result

Groups	Total cases	Cured (%)	Effective (%)	No effect (%)	Aggravated (%)	Total effective rate (%)
Treatment group	83	66 (79.52)	16(19.27)	1(1.2)	0(0)	82(98.79)
Control group	21	2(9.52)	13(61.10)	3(14.29)	3(14.29)	15(71.43)

## II. Treatment for Scapulo-Costal syndrome

### 1. General information

90 cases of scapulo-costal syndrome have been treated in this report.

This disease has been most commonly seen in people who work in the office, do a lot of computer work, or typing, writing, etc.

The main symptom will be scapular area pain and sometimes the pain will radiate to the head, occiput, chest, shoulder, wrist and hand of the affected side. Some may have symptoms like chest stiffness, involuntary twitching of the affected arm.

The key point for diagnose this syndrome is to find obvious tenderness spots at medial-superior angle of the scapula (near SI13) and medial border of the scapula (near BL43). Upon pressing these tender spots, there is pain not only at the local area, but the radiating pain also aggravated.

### 2. Treatment method

#### (1) herbs

Huo Xue Tong Luo Zhi Tong Tang (Activating blood, Clear the collaterals, stopping pain decoction)

Wei Ling Xian 20g	Jiang Huang 15g	Qiang Huo 10g	Fang Feng 10g
Gui Zhi 10g	Dang Gui 10g	Zhi Shi 10g	Ge Gen 10g
Jie Geng 10g	Chen Pi 10g	Ru Xiang 6g	Mo Yao 6g
Gan Cao 5g			

Modification:

Sharp pain more serious during the night: add Wu Ling Zhi, Hong Hua

Pain aggravated while weather changes and pain reduced with warmth: add Zhi Chuan Wu, Xi Xin.

**(2) Point Pressure**

Use thumb tip to press BL43 for 3-5 minutes. Make the soreness and distension sensation radiates. Once a day.

**(3) Exercise**

When pain reduces, patients should start to do exercise. Rotate the head, bend and extend the neck, rotate the shoulder, forward and backward extension of the shoulder, shrug shoulders.

Repeat each movement 10-15 times. 1-2 time a day.

**3. Result**

One week is one treatment course. The patients were treated for two courses.

Among the 90 cases treated, 63 cases were cured (70%), 17 cases were markedly improved (18.8%), 9 cases were better (10%) and 1 case had no effect (1.2%).

**III. Jiang Zhi Capsule for 60 cases of Hyperlipemia**

Composition of Jiang Zhi Capsule (Capsule for Lowering Blood Lipid)

Shan Zha	Dan Shen	Pu Huang	Huang Qi
Shui Zhi	Di Long	Ze Xie	

Administration: 4 g each time, 3 times a day for one to two months.

Result analysis (Omitted)