

Clinical Experiences Of Herbal Medicine (abstracts)

I. Prof. Deng Tie Tao's Experience in the Treatment of Varicose Veins of Legs

1. General Pathology

Spleen qi deficiency, qi sinking and blood stagnation: Stress, long time standing, emotional abnormality, greasy foods are the causes for qi and blood disharmony, qi deficiency, production of phlegm, and blood stagnation.

2. Clinical Patterns:

(1) **toxic damp heat:** spleen deficiency, food stagnation, qi stagnation transforming to heat, accumulated toxic heat flowing downward to the meridians.

Tight varicose veins, local redness, swelling, hotness and pain, red color skin around the veins, scorching pain, thirsty but not want to drink, foul breath, restlessness, red, tender and puffy tongue with yellow greasy coating, slippery and rapid pulse, Fuyang pulse (ST42) surging and rapid..

(2) **damp heat:** accumulated phlegm and dampness transforming to heat, damp-heat flowing downward.

Varicose veins like messy ropes, local aching, tightness, heaviness and distension, oily and bright surrounding skin, body heaviness and tiredness, heaviness of head as if being wrapped, symptoms aggravates in the afternoons, dark purple and enlarged tongue with turbid greasy coating, deep and rapid pulse, Fuyang pulse wiry and slippery.

(3) **deficient cold and dampness:** cold and dampness accumulated in the interior due to Qi deficiency.

Varicose veins shaped like earthworms, soft upon palpation, mild continuous pain, gray or sallow skin color, local cold and damp sensation, dizziness, symptoms aggravates after stress, sallow complexion, pale enlarged tongue with white greasy coating, moderate and weak pulse, Fuyang pulse soft and moderate.

3. Treatment method

External Wash Formula:

Huang Qi 60g	Tao Ren 12g	Hong Hua 10g	Sheng Ma 10g
Chuan Xiong 10g	Zhi Ke 10g	Chai Hu 10g	Chuan Niu Xi 15g
Chi Shao Yao 15g	Sang Ji Sheng 30g		
Green onion 6	Sheng Jiang 6pcs.		

Get the decoction, add rice wine 50g, rice vinegar 50g.

Wash externally 2-3 times a day, 20-30 minutes each time.

For toxic damp heat, add Zao Jiao Ci, Qing Tian Kui, Pu Gong Ying, Dan Shen.

For Damp heat, add Han Fang Ji, Bi Xie, Hai Tong Pi.

For cold dampness, add Ai Ye, Wu Zhu Yu, Gui Zhi, Wei Ling Xian.

II. Run Chang Pian (Moistening Intestine Tablets) for Chronic Functional Constipation

1. Composition of Moistening Intestine Tablets:

He Shou Wu 150g	Huang Qi 100g	Huo Ma Ren 100g	Jue Ming Zi 100g
Bai Zi Ren 100g	Zhi Shi 100g	Qing Pi 100g	Lai Fu Zi 100g
Fan Xie Ye 80g			

- Preparation: Ground Fan Xie Ye into powder. Get abstracts from the decoction of other herbs. Mix Fan Xie Ye powder with the abstracts and make into tablets of 0.25 each.
- Doses: Take 5-8 tablets each time before meals, 3 times a day, 14 days as one therapeutic course.
- Evaluation of treatment:
Among 105 cases treated, 82 cases were cured, 19 cases improved, no effect 4 cases. The total effective rate is 96.19%.
Two year follow-up, relapse rate 20%.

III. Qi Yu Yin for Chronic Fatigue Syndrome

- General Manifestations of Chronic Fatigue Syndrome (CFS)
General fatigue, forgetfulness, poor concentration, depression and anxiety, restlessness, sleepiness, insomnia, body aching, painful joints, poor appetite, sore throat, frequent flu, low grade fever, headache, irregular menstruation.
- General Pathology:
CFS is considered deficiency consumptive diseases in TCM. The main imbalance in the body is qi and body fluid deficiency, liver qi stagnation with spleen qi deficiency. The causes are related to long time stress: physical and mental.
- General treatment principle
Nourish qi and body fluid, regulate and clear the middle Jiao, invigorate the spleen and stomach, tonify heart and calm the mind.
- Composition of Qi Yu Yin

Huang Qi 30g	Mai Ya 30g	Yu Zhu 20g	Tai Zi Shen (Tong Shen) 20g
Huang Jing 15g,	Ye Jiao Teng 15g	He Huan Pi 15g	Bai He 15g
Yu Jin 15g	Fu Ling 15g	Chen Pi 10g	Ban Xia 10g
Suan Zao Ren 10g	Sha Ren 10g	Zi Su Ye 10g	Da Zao 5pc.
Zhi Gan Cao 5g			

Make decoction every day, 10 days as one treatment course. It usually will take 2-3 courses.
- Evaluation of treatment:
Of 31 cases treated, 17 cases were cured, 6 cases were markedly improved, 4 cases effective and 4 cases with no effect. Total effective rate is 87%.

IV. Qian Lie No 1 (Prostate No 1 Capsule) for Chronic Prostatitis (100 cases)

- General TCM pathology
Lower Jiao damp-heat
Liver qi stagnation transforms to fire, fire of the heart and liver, earth fails to control dampness, damp-heat accumulation, flowing down to the lower Jiao.
Sometimes combines with blood stagnation or some type of deficiency.

2. Treatment principle
Clear heat and reduce fire, drain the dampness and move the blood.
3. Composition of Prostate No 1 Capsule

Bai Hua She She Cao 25g	Tu Fu Ling 30g	Yi Yi Ren 30g
Mu Dan Pi 9g	Zhi Zi 9g	Mu Tong 9g
Gan Cao 9g	Dan Zhu Ye 10g	Che Qian Cao 15g
Bi Xie 15g	Wang Bu Liu Xing 15g	
4. Preparation:
Make into capsules of 0.3 g each. Take orally 8 capsules each time, 3 times per day. 14 days as one treatment course, and two courses will be needed.
5. Evaluation of the Results
Of the 100 cases treated, 53 cases were cured (53%), 38 cases markedly improved (38%), effective 5 cases (5%), 4 cases no effect (4%).

V. Xue Hu Tang for radio-chemical Leukocytopenia (37 cases)

Since 1996, 37 patients with radio-chemical leukocytopenia have been treated by my formula Xue Hu Tang, with satisfied results.

The patients treated were mostly cancer patients who have been accepting radial or chemical therapies. Some are hyperthyroidism patients who were given antithyroids.

1. TCM pathology and treatment principle
Leukocytopenia belongs to deficiency-consumptive diseases, weakness or blood deficiency. It is closely related to the heart, spleen and the kidney.
The disease involves qi, yin and blood. There is qi and blood deficiency complicated with blood stagnation.
2. Composition of Xue Hu Tang

Ji Xue Teng 30g	Hu Zhang 20g	Dang Shen 15g
Huang Qi 15g	Nu Zhen Zi 15g	Chen Pi 5g
Ci Wu Jia Pi 10g	Gui Zhi 10g	Zhi Gan Cao 10g

Modification:
For qi deficiency, alternate Dang Shen with Ren Shen.
Spleen deficiency with dampness, add Bai Zhu and Fu Ling.
Yin deficiency or both deficiency of Qi and Yin, remove Gui Zhi, add Huang Jing, Yu Zhu, Tai Zi Shen or Xi Yang Shen.
Blood stagnation, add Chi Shao, Dan Shen.
3. Application:
Take the decoction every day, drink twice a day. 4 weeks as one treatment course. Usually, the treatment should continue one course after radio-chemo therapy finished. Statistics of this report was based on the result after one course of treatment.
4. Results
Among the 37 cases, 23 cases markedly improved (62.16%), 12 cases effective (32.43%), 2 cases no effect (5.4%). The total effective rate is 94.59%.