

# Experiences on the Treatment of Diabetes Mellitus

## I. Shen Qi Yu Xiao Tang in the treatment of type II diabetes (60 cases)

### 1. Basic formula: Shen Qi Yu Xiao Tang

Ren Shen 10g	Shan Zhu Yu 10g	Tai Zi Shen 20g	Shan yao 20g
Huang qi 30g	Bei sha shen 15g	Xuan shen 15g	Huang jing 15g
Sheng di 15g	Wu wei zi 6g	Yu zhu 12g	

One dose a day, cook to get 200ml decoction and divided into two cups. Drink one cup, twice a day. One month is considered as one treatment course. Do the evaluation after 3 courses, at the end of the third month.

### 2. General material

90 cases were diagnosed as type II diabetes. TCM diagnosis is both qi and yin deficiency. General manifestations are shortness of breath, low desire for talking, lassitude and tiredness, thirst with desire for little drinks, five center heat, dizziness, palpitations, insomnia, spontaneous sweating and night sweating, yellow urine, constipation, red tongue with less fluid, enlarged tongue with peeled coating, wiry, thready, or wiry, thready and rapid, or thready and weak pulse. Among the 90 patients, 52 were hospitalized, 38 were out-patient department patients. 60 were in the treatment group with Chinese herbs and 30 were in the control group of routine treatment with western medicine.

In the treatment group, males 27, females 33, ages from 38 to 72 years old, average 58.27 years old. They have complications of high blood lipids, hypertension, CHD (coronary heart disease), fatty liver, peripheral nerve diseases, kidney diseases, etc.

### 3. Results:

Through scientific and statistical evaluation, in the treatment group, marked improvement in 24 cases (40%), effective in 33 cases (55%), no effect in 3 cases (5%), total effective rate is 95%. In the control group, marked improvement in 12 cases (40%), effective in 11 cases (36.67%), no effect in 7 cases (23.33%) ( $X^2=7.425$ ,  $P<0.05$ )

No side effects were observed.

### 4. typical cases, analysis (omitted)

(Zhejiang Journal of Traditional Chinese Medicine, Vol.36, No5, 5/2001, p190)

## II. Xiao Ke Yin in the treatment of 100 cases of diabetes (82 cases in the control group by western medicine)

### 1. Basic formula: Xiao Ke Yin

Tian Hua Fen, Sheng Di, Shan Yao, Chi Shao, Bai shao, Dan shen, Huang jing  
Each of the above 30g, Cang zhu, Zhi mu, Gou qi zi, Di gu pi, Dang gui, each of the above 15g, Huang qi 50g, Tai zi shen 20g, Wu wei zi 12g

Modification:

Increased thirsty, add Sheng shi gao 30g, increase the dose for Zhi mu

Constipation, add Sheng da huang 10g, Gua lou ren 30g

Chest stuffiness and palpitation, add Quan gua lou 30g, Xie bai 12g, increase dose of Dan shen

Dizziness and tinnitus, add Huai niu xi 30g, Cao jue ming 30g

Numbness of limbs, add Di long 12g, increase dose of Huang qi

Edema, add fu ling 30g, ze xie 30g, yi mu cao 15g

One dose a day, divide the decoction into two and drink twice a day (in the morning and evenings).

Control group, glyburide, 2.5mg, 3 times/day, for one course, if no obvious effect, add Jiang Tang Ling (phenformin), 25mg, 3 times / day, all take orally.

For both groups, 30 days constitute one therapeutic course. Give 3 courses before the evaluation of the results.

## 2. Criteria of effect

Markedly effective: no clinical symptoms, normal blood sugar, urine sugar negative.

Effective: clinical symptoms markedly improved, blood sugar decrease 50% after treatment, urine sugar less than 2 ++

No effect: no change with symptoms, blood sugar and urine sugar no difference after the treatment.

## 3. Result:

Herbal group:

Markedly effective: 59 cases

Effective: 31 cases

No effect: 10 cases

Total effective rate is 90%.

Control group:

Markedly effective: 38 cases

Effective: 23 cases

No effect: 21 cases

Total effective rate is 74.39%.

Compare the two groups,  $P < 0.01$ .

## 4. Discussion:

Western medicine has certain effect on diabetes, but there are some side effects with complications. In comparison, herbal formula Xiao Ke Yin has a high effective rate, less side effects and effectively prevent the occurrence of complications.

(Zhejiang Journal of Traditional Chinese Medicine, vol.36, No.7, 7/2001, p290)

## III. Prof. Ding Xueping's Experience for treatment of diabetes

In TCM, diabetes is related to the congenital deficiency and postnatal damage or toxin invasion.

Irregular food intake, overeating of fat, greasy food, long term emotional depression, stress, etc. can be the causes for diabetes.

### 1. Yin deficiency with heat:

Manifestations:

Thirst with desire for cold drinks, hunger and increased intake of food, restlessness, insomnia, hot sensation in palms and soles, yellow urine and constipation, red tongue, yellow coating, wiry rapid or slippery rapid pulse.

Treatment method: nourish yin and clear heat

Formulas: Zhi Bei Di Huang Wan, Ye Shi Yang Wei Fang, Yang Yin Run Fei Tang.

Common herbs used:

Sang ye, Huang lian, Tai zi shen, Yu zhu, Mei men dong, Wu wei zi, Zhi mu, Tian hua fen, Di gu pi, Sheng di huang, etc.

### 2. Internal damp-heat:

Manifestations:

Obesity, dry and bitter in the mouth, foul breath, fullness in the stomach and distension in the abdomen, stuffiness in the chest, nausea, yellow and turbid urine, loose and incomplete stool, or constipation, skin itching, enlarged tongue, yellow greasy or turbid greasy coating, slippery and rapid pulse.

Treatment method: clear dampheat through urination.

Formula: Qing Re Shen Shi Tang, Si Miao San

Common herbs used:

Ge gen, Huang lian, Cang zhu, Tu fu ling, Fu ling, Huai niu xi, Lu han cao, Zhi mu, Che qian zi, Yi yi ren, Ze xie, Dong kui zi, etc.

### 3. Deficiency of both qi and yin:

Manifestations:

Thirst with desire for drinks, not drink much, five center heat, lassitude and tiredness, spontaneous sweating and night sweating, shortness of breath, not want to talk, dizziness, palpitation, insomnia, red tongue with less fluid, enlarged tongue, peeled coating, wiry, thready and rapid pulse, or thready and weak pulse.

Treatment method: benefit qi and nourish yin.

Formula: Sheng Mai Yin, Di Huang Yin Zi, Shen Ling Bai Zhu San

Common herbs used:

Tai zi shen, Mai men dong, Wu wei zi, Sheng huang qi, Yu zu, Zhi huang jing, Fu ling, Shan yao, Bai bian dou, Sheng di huang, Shan shu yu, Sou qi zi, etc.

#### 4. Deficiency of both yin and yang

Manifestations:

Feeling of cold, aversion to cold, pale complexion with no luster, tinnitus, lumbar soreness and weakness, sometimes tidal fever and night sweating, loose stools, frequent nocturnal urination, impotence, premature ejaculation, pale, enlarged and delicate tongue with teeth marks on the sides, thin white or white and greasy tongue coating, deep thready, or thready, rapid and forceless pulse.

Treatment method: nourish yin, reinforce yang and strengthen the kidney.

Formula: Lu Rong Wan, Shen Qi Wan

Common herbs used:

Lu rong (can be replaced by lu jiao jiao), Huang qi, Tai zi shen, Mai men dong, Sheng di huang, Shan zhu yu, Wu wei zi, Huai niu xi, Rou cong rong, Fu ling, Ji nei jin, etc.

The above four types are the common syndromes according to TCM. The following are some modifications:

Liver qi stagnation, add Bai he, Bai shou, Qing pi, Xiang fu, or add Gan mai da zao tang  
Phlegm-dampness, add Cang zhu, Ban xia, Dan nan xing, Shi cang pu, Tian zhu huang.  
Blood stagnation, add Wei mao, Dan shen, Ling xiao hua, Shui zhi.

(New Journal of Traditional Chinese Medicine, vol.33, No. 2, 2/2001, p16)