

Shang Han Lun: Modern Clinical Applications

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1. Introduction of Shang Han Lun
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Adrenal Insufficiency and Low T
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EPI, Acute and Chronic Pancreatitis
4. Ban Xia Xie Xin Tang & Wu Mei Wan
IBS and IBD, GERD

Basic concepts in TCM

- Two basic foundational principles in TCM
- Holistic point of view (整体观念)
- Bian Zheng Lun Zhi (辨证论治)
 - Pattern ID based treatment approach
 - Consistency of Li, Fa, Fang, and Yao
- –Li: TCM theory (Zang Fu, Six Channel)
- –Fa: treatment principles and approaches
- –Fang: formulas
- –Yao: herbs, acupuncture, food, Qi Gong, and other therapy

What is Shang Han Lun about?

- “Classic of the classics” in TCM
- All great TCM practitioner must master Shang Han Lun
- First textbook with a complete pattern differentiation system ranging from TCM theory(Li), treatment principle(Fa), formula(Fang), herbs(Yao) to acupuncture, moxa, and other approaches
- First one focus on both exterior and interior disorders, but it is not just used for the exterior conditions
- First completed TCM clinical book

Shang Han Lun

- Established fundamental structure and clinical way of thinking order and format in TCM
- A separate origin from “Shen Nong Ben Cao Jing” and not from Nei Jing which is considered the foundation of TCM Zang Fu theory
- Systematic way of thinking in pattern and disease differentiation including Zang Fu, Jing Luo, and Eight principle differentiation
- The definition of concepts such as Zheng (symptom), Zheng Hou (syndrome), and Bing (disease)
- Holistic point of view from onset, development, treatment, and to predict prognosis of disease, and progressive and active analysis
- Pattern ID based treatment principles
- Formula syndrome based approach--- Ma Huang Tang Zheng

Shang Han Lun

- Zhang Ji style: Zhong Jin (AD 150-219), Zhang Zhongjing
- Shang Han Lun: AD 200-219
- “Nei Jing” to “Shang Han Lun” or from a different lineage
- Original name: “Shang Han Za Bing Lun”
- In Song Dynasty split to two books: “Shang Han Lun” and “Jin Gui Yao Lue”
- Shang Han Lun for exterior conditions and Jin Gui Yao Lue focuses on interior conditions as general assumption
- Warm disease school originated from Shang Han Lun

Bing病, Zheng证, and Zheng Zhuang 症状

- Definition and structure of Bing, Zheng, and Zheng
- Bing include Zheng(s), Zheng include Zheng zhuang
- In Shang Han Lun, the six channels are the primary channel
- There are several Zheng under each channel
- Under Tai Yang Bing
 - Zhong Feng Zheng---- aversion to wind, fever, sweat, superficial and moderate pulse
 - Shang Han Zheng--- chills, fever, no sweat, body ache, wheezing
- Under Yang Ming Bing
 - Channel Zheng--- high fever, big sweat, big thirst, restlessness, dry yellow coat
 - Fu Zheng--- tidal fever, constipation, abdominal distention and pain, loss of consciousness, delirious speech

Six channel, six channel bing, and six channel differentiation

1. Six channel(六经)

–Tai Yang, Yang Ming, Shao Yang, Tai Yin, Shao Yin, Jue Yin

–Physiological concept, refers to 12 channel and zang fu organ function

2. Six channel bing (六经病)

–Tai Yang Bing, Yang Ming Bing, Shao Yang Bing

–Pathological concept, refers to a syndrome or a group of symptoms and signs presented at different stages of exterior condition under TCM theory

Six channel, six channel bing, and six channel differentiation

3. Six channel differentiation(六经辨证)

- Using six channels as six syndromes
- Based on yin yang, qi xue, zang fu, jing luo, qi transformation, righteous qi and evil qi theory to determine the causes, pathological changes, and natural progress of disease
- Including treatment principle, formulas, herbs, and dietary aspect
- Comprehensive clinical pattern ID and treatment system

Six channel, six channel bing, and six channel differentiation

- Six channel differentiation system as the key to determine the location, nature, direction of passage, progress and/or prognosis of the disease
 - Location of the disease:
 - exterior and interior, zang and fu
 - Nature of the disease:
 - cold or heat, xu or shi
 - Progress of the disease:
 - yang zheng to yin zheng worse
 - yin zheng to yang zhen better

Six channel, six channel bing, and six channel differentiation

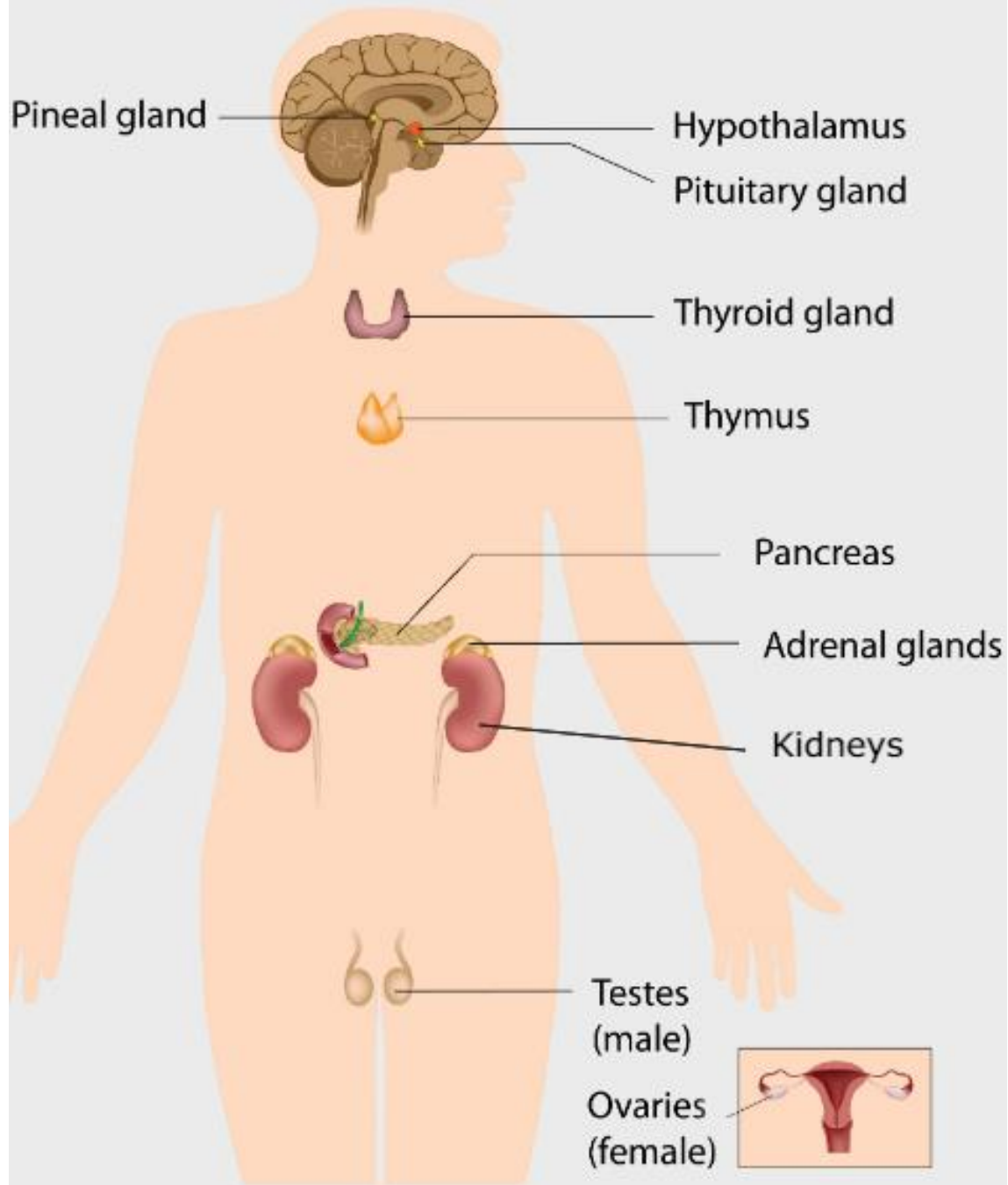
Incorporated with Jing Luo, Zang Fu, and Eight principle theory to make more precise pattern ID

- Change of the pattern
- From Exterior to interior (Location of disease)
- From Excess to deficiency (Nature of disease)
- From Superficial to deep (Progression of disease)
- From Yang to Yin (Course of disease)

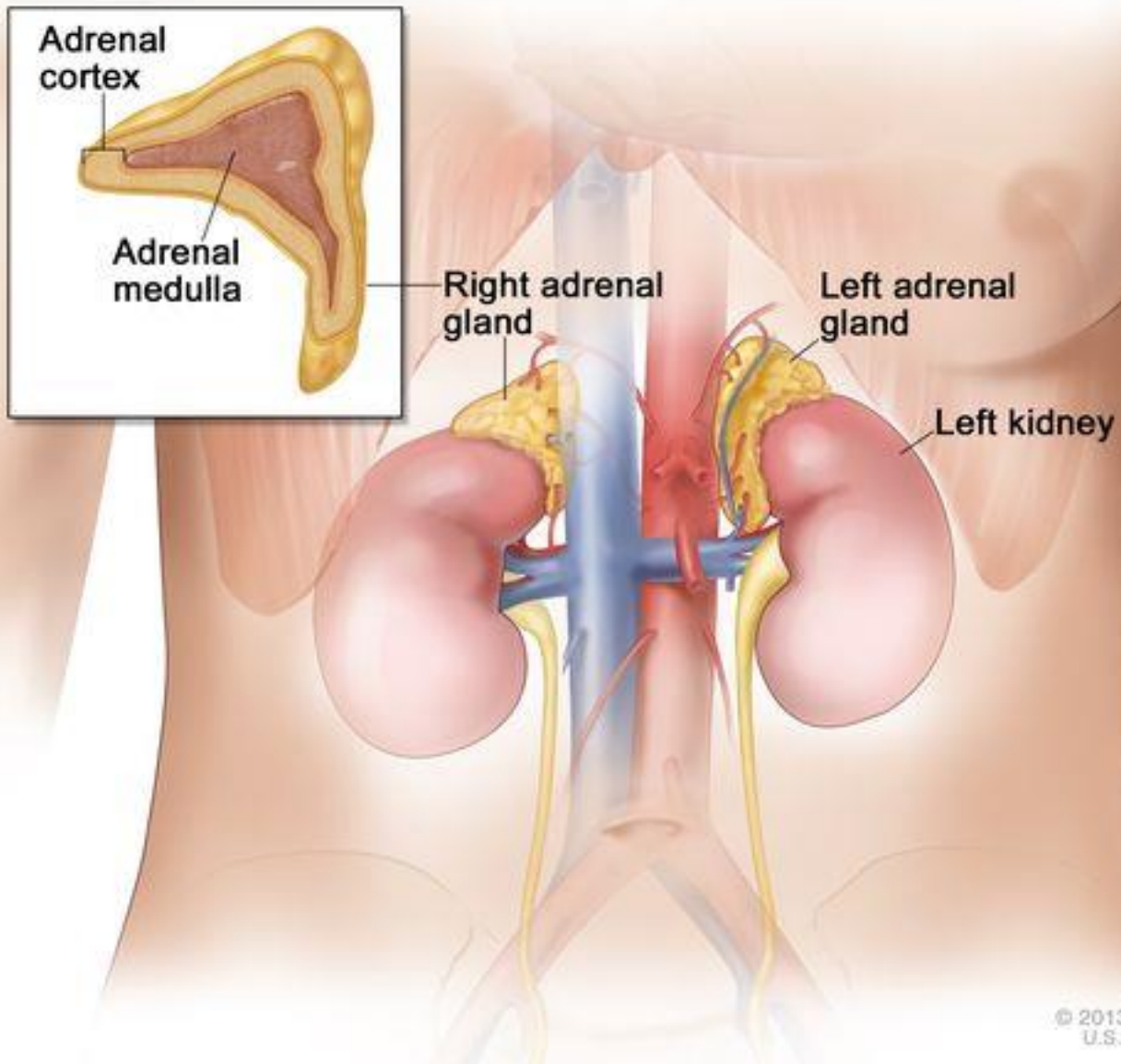
Integrative Medicine

- Integrative medicine way of thinking according to pattern ID
 - Based on changes of tissue and organ (shape, size, texture, density)
 - Nose, sinuses, eyes, ears, mouth of sensory organs
 - Lungs
 - Heart
 - Based on functional changes of tissue and organ
 - Hyperactivity vs. Hypo-activity (Yin & Yang, Cold & Heat)
 - Decreased movement of GI (Qi Xu vs. Qi Stagnation)
 - Excessive membrane discharge (Damp, Congested fluid, Phlegm)
- Incorporated with Lab tests and imaging tests
- Modern interpretation of Six channel pattern ID
- Six channel pattern ID + Lab tests and imaging tests

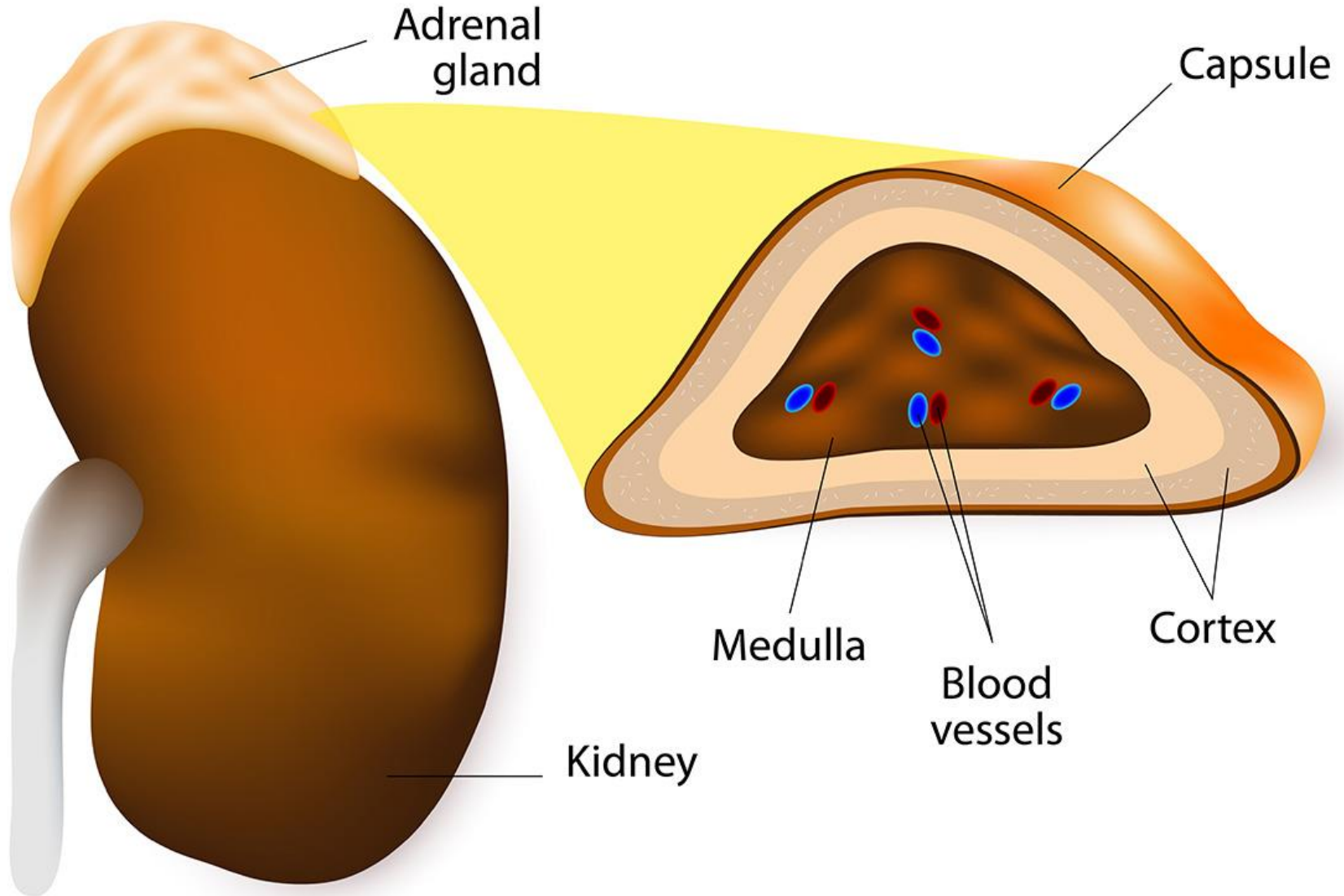
The endocrine system



Anatomy of the Adrenal Gland



ADRENAL GLAND



Zhen Wu Tang

- Adrenal insufficiency is a condition in which the adrenal glands do not produce adequate amounts of steroid hormones.
- Primarily cortisol, but may also include impaired production of aldosterone (a mineralocorticoid).
- Aldosterone which regulates sodium conservation, potassium secretion, and water retention.
- Craving for salt or salty foods due to the urinary losses of sodium is common.

Adrenal Insufficiency

- Signs and symptoms of adrenal insufficiency may include:
- Fatigue
- Body aches
- Unexplained weight loss
- Low blood pressure
- Lightheadedness
- Loss of body hair
- Skin discoloration (hyper or hypopigmentation)
- Adrenal insufficiency can be diagnosed by blood tests and special stimulation tests that show inadequate levels of adrenal hormones.

Zhen Wu Tang

Line 82:

- Tai Yang Bing, promoting sweat, perspiration is incomprehensible, the person still has fever, below the heart palpitations, head dizziness and vertigo, body trembling, vibrating in secluded place, Zhen Wu Tang is the main one. (82)

Line 316:

- Shao Yin Bing, lasts for two or three days, to four or five days, abdominal pain, difficulty in urination, heavy limb with pain, loose stool and diarrhea, this is Shui Qi.
- The person who may have coughing, or frequent urination, or diarrhea, or vomiting, Zhen Wu Tang is the main one

Zhen Wu Tang

- Fu Zi
- Bai Zhu
- Fu Ling
- Sheng Jiang
- Bai Shao

- Kidney Yang with water retention
- “herbal aldosterone”

- Include: Spleen and Kidney Yang and Qi Xu
- Liver and Lung Qi ascending and descending
- Kidney Yang
- Spleen T and T
- Lung Qi or Wei Qi
- Liver

Zhen Wu Tang

- Modification of Zhen Wu Tang:
- Cough, add Wu Wei Zi(schisandra), Xi Xin(Asarum), and Gan Jiang (dried ginger)
- Frequent urination, remove Fu Ling(Poria)
- Loose stool or diarrhea, remove Bai Shao(peony) and add Gan Jiang (dried ginger)
- Vomiting, remove Fu Zi(aconite) and add more Sheng Jiang(ginger)

Zhen Wu Tang

- Zhen Wu Tang + Da Chai Hu Tang
- Zhen Wu Tang + Ban Xia Bai Zhu Tian Ma Tang
- Zhen Wu Tang + Tian Ma Gou Teng Yin
- Zhen Wu Tang + Xiao Feng San
- Zhen Wu Tang + Fang Feng Tong Shen San
- Zhen Wu Tang + Wu Ji San
- Zhen Wu Tang + Chai Hu Shu Gan San

Zhen Wu Tang

- Chinese herbal medicine (CHM) has been used in TCM to treat symptoms related to hypertension for over 2500 years.
- 25–27 Previous studies have shown that kidney yang deficiency and fluid retention syndrome is a common syndrome of hypertension, which is usually characterized by aversion to cold, cold limbs, weakness, fatigue, dizziness aggravated by change in body position, tinnitus, thirst without a desire to drink or not being thirsty, chest distress, palpitation, gastric distension, abdominal distension, poor appetite, lumbar heaviness, heaviness in the lower extremities, oedema, daytime sleepiness, dysuria, swollen tongue with greasy fur, and deep-weak-slow pulse.
- Conclusion: no significant differences between two groups.

Zhen Wu Tang

- Zhen-Wu-Tang ameliorates adenine-induced chronic renal failure in rats: regulation of the canonical Wnt4/beta-catenin signaling in the kidneys
- Lei La 1, Lili Wang 2, Fei Qin 3, Jian Jiang 4, Songqi He 5, Chunxia Wang 6, Yuhao Li 7
- Conclusions: The present results demonstrate that ZWT extract ameliorates adenine-induced CRF in rats by regulation of the canonical Wnt4/beta-catenin signaling in the kidneys.
- Findings provide new insight into the underlying reno-protective mechanisms of the ancient formula.

Zhen Wu Tang

- The protective effects of Zhen-Wu-Tang against cisplatin-induced acute kidney injury in rats
- Qi Liu, Shouyu Hu, Yi He, Jiashu Zhang, Xiaona Zeng, Fengtao Gong, Li'na Liang
- Published: June 6, 2017
- <https://doi.org/10.1371/journal.pone.0179137>

Adrenal Cortex Dysfunction

Primary Adrenal Insufficiency

- Most commonly secondary to autoimmune destruction of the entire adrenal gland (Addison's disease)
- The entire adrenal cortex is undersecreting, resulting in a **glucocorticoid and mineralocorticoid** deficiency state
- **ACTH is reflexively elevated and hyperpigmentation, hyperkalemia and hypovolemia are present**
- Requires treatment with mineralocorticoids in addition to glucocorticoids
- Often seen with other autoimmune endocrine dysfunction so check TSH, glucose, etc.

Both

- Low cortisol
- Preserved adrenal medullary function (epinephrine & norepinephrine)
- Cosyntropin (artificial ACTH) stimulation test of cortisol production is a test of choice in either case; cortisol will not rise in the face of a challenge with cosyntropin
- Treat with glucocorticoids

Iatrogenically-mediated glucocorticoid deficiency

- a **glucocorticoid (cortisol), but not mineralocorticoid** deficiency state which becomes clinically apparent when exogenous glucocorticoids are suddenly withdrawn or when a patient on chronic glucocorticoid therapy is subject to physiologic stress
- **ACTH is low so no hyperpigmentation**
- **No mineralocorticoid deficiency so no hyperkalemia, hypovolemia or need for mineralocorticoid**

Hypogonadism

- Decreased sex drive
- Decreased energy
- Depression
- Erectile dysfunction
- Infertility
- Decrease in hair growth on the face and body
- Decrease in muscle mass
- Development of breast tissue (gynecomastia)
- Loss of bone mass (osteoporosis)

- Severe hypogonadism can also cause mental and emotional changes.

- Difficulty concentrating
- Hot flashes

Hypogonadism

Risk factors

- HIV/AIDS
- Previous chemotherapy or radiation therapy
- Aging
- Obesity
- Malnutrition

Complications:

- Abnormal genitalia
- Enlarged male breasts (gynecomastia)
- Infertility
- Erectile dysfunction
- Osteoporosis
- Poor self-image

Glucocorticoid

- The name "glucocorticoid" is a portmanteau (glucose + cortex + steroid) and is composed from its role in regulation of glucose metabolism, synthesis in the adrenal cortex.
- Effects
- 1. Immune
- Glucocorticoids affect cells by binding to the glucocorticoid receptor. The activated glucocorticoid receptor-glucocorticoid complex up-regulates the expression of anti-inflammatory proteins in the nucleus (a process known as transactivation) and represses the expression of proinflammatory proteins in the cytosol by preventing the translocation of other transcription factors from the cytosol into the nucleus (transrepression).
- Glucocorticoids are distinguished from mineralocorticoids and sex steroids by their specific receptors, target cells, and effects. In technical terms, "corticosteroid" refers to both glucocorticoids and mineralocorticoids (as both are mimics of hormones produced by the adrenal cortex), but is often used as a synonym for "glucocorticoid". Glucocorticoids are chiefly produced in the zona fasciculata of the adrenal cortex, whereas mineralocorticoids are synthesized in the zona glomerulosa.

Glucocorticoid

- “Cortisol is Kidney Essence”
- Cortisol (or hydrocortisone) is the most important human glucocorticoid. It is essential for life, and it regulates or supports a variety of important cardiovascular, metabolic, immunologic, and homeostatic functions.
- 2 Metabolic
- 3 Developmental
 - Glucocorticoids have multiple effects on fetal development
- 4 Arousal and cognition
- 5 Body fluid homeostasis
- “Kidney Qi and Kidney Yang function is equivalent to Glucocorticoid”

Glucocorticoid

- Glucocorticoids act on the hippocampus, amygdala, and frontal lobes. Along with adrenaline, these enhance the formation of flashbulb memories of events associated with strong emotions, both positive and negative.
- Glucocorticoids have also been shown to have a significant impact on vigilance (attention deficit disorder) and cognition (memory).

Glucocorticoid

- Metabolic effects:
- Stimulation of gluconeogenesis, in particular, in the liver: This pathway results in the synthesis of glucose from non-hexose substrates, such as amino acids and glycerol from triglyceride breakdown, and is particularly important in carnivores and certain herbivores. Enhancing the expression of enzymes involved in gluconeogenesis is probably the best-known metabolic function of glucocorticoids.
- Mobilization of amino acids from extrahepatic tissues: These serve as substrates for gluconeogenesis.
- Inhibition of glucose uptake in muscle and adipose tissue: A mechanism to conserve glucose
- Stimulation of fat breakdown in adipose tissue: The fatty acids released by lipolysis are used for production of energy in tissues like muscle, and the released glycerol provide another substrate for gluconeogenesis.
- Increase in sodium retention and potassium excretion leads to hypernatremia and hypokalemia
- Increase in hemoglobin concentration, likely due to hindrance of the ingestion of red blood cell by macrophage or other phagocyte.
- Increased urinary uric acid.
- Increased urinary calcium and hypocalcemia
- Alkalosis
- Leukocytosis
- Excessive glucocorticoid levels resulting from administration as a drug or hyperadrenocorticism have effects on many systems. Some examples include inhibition of bone formation, suppression of calcium absorption (both of which can lead to osteoporosis), delayed wound healing, muscle weakness, and increased risk of infection. These observations suggest a multitude of less-dramatic physiologic roles for glucocorticoids.

Jin Gui Shen Qi Wan

- Withdrawal symptoms from steroids include glucocorticoids, anabolic steroids in topical, injectable, and transdermal forms.
- Weakness
- Fatigue
- Decreased appetite
- Weight loss
- Nausea
- Vomiting
- Diarrhea
- Abdominal pain
- Low blood pressure (hypotension)
- Dizziness or fainting
- Low blood sugar (hypoglycemia)
- Menstrual changes
- Less often, joint pain, skin changes, muscle aches, fever, mental changes, or elevations of calcium may be noted. Dehydration and electrolyte imbalances may occur. Decrease in gastrointestinal contractions can occur, leading to dilation of the intestine (ileus). Steroid withdrawal symptoms mimic many other medical problems.

Jin Gui Shen Qi Wan

- Jin Gui Shen Qi Wan is considered as the” herbal form of Glucocorticoid “
- Rehmannia Root (Shu di huang)
- Dioscorea Rhizome (Shan yao)
- Cornus Fruit (Shan zhu yu)
- Hoelen (Fu ling)
- Moutan Bark (Mu dan pi)
- Alisma Rhizome (Ze xie)
- Cinnamon Bark (Gui zhi)
- Processed Lateral Root of Aconite (Fu zi)

- Liu Wei Di Huang Wan and Jin Gui Shen Qi Wan
- Tonify Kidney Yang
- Kidney Qi and Kidney Yang
- Kidney Yang and Kidney Yin

Jin Gui Shen Qi Wang

- “Male, wasting and thirsting, drink one liter, and urinates one liter, Jin Gui Shen Qi Wan is the main formula, which is also used to treat breached fetus.”
- Lower abdominal numbness and tension
- Water and Fire theory
- Kidney Yin and Yang disharmony
- Tongue
- Pulse

Jin Gui Shen Qi Wan

Common side effects of systemic steroids include:

- Increased appetite.
- Weight gain.
- Changes in mood.
- Muscle weakness.
- Blurred vision.
- Increased growth of body hair.
- Easy bruising.
- Lower resistance to infection.
- Swollen, "puffy" face.
- Acne.
- Osteoporosis (bone weakening disease).
- Onset of, or worsening of, diabetes.
- Onset of, or worsening of, high blood pressure.
- Stomach irritation.
- Nervousness, restlessness.
- Difficulty sleeping.
- Cataracts or glaucoma.
- Water retention, swelling.

Jin Gui Shen Qi Wan

- J Ethnopharmacol
- 2018 Dec 5;227:181-190. doi: 10.1016/j.jep.2018.08.028. Epub 2018 Aug 30.
- Jin Gui Shen Qi Wan, a traditional Chinese medicine, alleviated allergic airway hypersensitivity and inflammatory cell infiltration in a chronic asthma mouse model
- Shung-Te Kao 1, Shulhn-Der Wang 2, Chih-Che Lin 3, Li-Jen Lin 4

Jin Gui Shen Qi wan

- Conclusion: These results indicated that in the chronic asthma mouse model, JGSQW inhibits the infiltration of inflammatory cells into the airways and airway remodelling and exhibits specific immunoregulatory effects.
- JGSQW with certain doses of loganin and paeoniflorin inhibited ICAM-1 gene expression in epithelial cells.

- Da Chai Hu Tang
 - Shao Yang Bing + Yang Ming Fu Bing
- Chai Hu Gui Zhi Gan Jiang Tang
 - Shao Yang Bing + Tai Yin Bing

Da Chai Hu Tang

- Shang Han Lun
- Line 103
- “Taiyang disease of more than 10-days that has been purged 2 or 3 times. However, 4 or 5 days later, the Chai Hu Tang syndrome still exists. For such a case, Xia Chai Hu Tang should be used first; but, if the patient vomits repeatedly and has spasms and distress in the epigastrium, depression and mild vexation, the disease is not yet resolved and Da Chai Hu Tang can be prescribed for recovery.”

Da Chai Hu Tang

- Chai Hu 40g Huang Qin 15g
- Ban Xia 15g
- Sheng Jiang 25g Da Zao 4 pieces
- Bai Shao 15g
- Zhi Shi 6g
- Da Huang 10g
- •No Da Huang (another version)
- •Shao Yang Zheng + Yang Ming Fu Zheng

Da Chai Hu Tang

- “Da Chai Hu Tang body Shape”
- Short neck
- Wide shoulder
- Heavier upper and middle side of body shape, closer to apple shape
- Red face
- Excessive anger, depressed, irritated, agitated, insomnia
- “Herbal Pancreas cleanser”

Da Chai Hu Tang

- Clinical applications by Zhang Zhong Jing
- •1. Shao Yang + Yang Ming Fu Zheng
- (104,136): fever, chest & hypochondriac distention, nausea, and constipation
- •2. Shao Yang Bing: GB Fu excess heat(103): fever, epigastric distention, nausea, vomiting, diarrhea, restlessness, abdominal pain
- •3. Lingering Shao Yang Bing, deep & excess pulse, constipation(394)
- •4. Heat Jue syndrome: high fever, constipation

Da Chai Hu Tang

- According to Zang Fu pattern ID
- Liver and/or Gallbladder fire
- Qi stagnation in the stomach, liver and gallbladder.
- Harmonizes and disperses shao yang
- San Jiao blockage
- Xiao Chai Hu Tang
 - Minus: Ren Shen, Zhi Gan Cao
 - Add: Shao Yao, Zhi Shi, Da Huang

Acute pancreatitis

- signs and symptoms include:
- Upper abdominal pain
- Abdominal pain that radiates to back
- Abdominal pain that feels worse after eating
- Fever
- Rapid pulse
- Nausea
- Vomiting
- Tenderness when touching the abdomen

Chronic pancreatitis

- signs and symptoms include:
- Upper abdominal pain
- Losing weight without trying
- Oily, smelly stools (steatorrhea)

Conditions that can lead to pancreatitis

- Abdominal surgery
- Alcoholism
- Certain medications
- Cystic fibrosis
- Gallstones
- Hypercalcemia caused by Hyperparathyroidism
- High triglyceride levels in the blood (hypertriglyceridemia)
- Infection
- Injury to the abdomen
- Obesity
- Pancreatic cancer

Da Chai Hu Tang

- Da Chai Hu Tang + Gui Zhi Fu Ling Wan
 - GB stone
 - Peripheral neuropathy
 - “Burning shoulder”
 - Lung infection
 - Allergic sinusitis
 - Insomnia
- Da Chai Hu Tang + Ban Xia Hou Po Tang
 - Asthma

Da Chai Hu Tang

- Da Chai Hu Tang + Li Zhong Wan
 - Lyme disease
- Da Chai Hu Tang + Yin Chen Hao Tang
 - Acute pancreatitis with jaundice
 - “Thick bile”
- Da Chai Hu Tang + Zhi Zi Hou Po Tang
 - Hypertension, hemorrhagic stroke

Chai Hu Gui Zhi Gan Jiang Tang

- Line 147: “Shang Han for 5-6 days, sweat promotion and purging methods were already applied, if there is chest and ribs fullness, there is a slight yang constriction, inhibited urination, thirst without vomiting, however there is sweating from the head, alternating cold and heat with vexation, it is due to an unresolved syndrome, Chai Hu Gui Zhi Gan Jiang Tang governs”
- Golden Cabinet :
- To treat malaria with more cold and slight heat or cold only without any heat.

Chai Hu Gui Zhi Gan Jiang Tang

- Chai Hu 24g Huang Qin 9g Gui Zhi 9g Gan Jiang 6g Gua Lou Gen (Tian Hua Fen) 12g Mu Li 6g Gan Cao 6g
- Evil Qi enters Shao Yang; San Jiao becomes dysfunctional; injured body fluids and congested fluid coexistence; cold and heat combination
- Harmonize Shao Yang, Warm Heart. & Spleen., Generate fluid, Eliminate masses
- Chai Hu + Huang Qin
- Gui Zhi + Gan Jiang + Zhi Gan Cao
- Tian Hua Fen + Mu Li

Chai Hu Gui Zhi Gan Jiang Tang

- Clinical applications by Zhang Zhong Jin:
Alternating chills & fever, chest & hypochondriac tightness, difficulty urinating, thirst, sweating above the neck, restlessness, loose stools or diarrhea
- Shao Yang Bing + Tai Yin Bing
- GB heat with Spleen cold
- Liver and GB stagnant fire + Spleen and Stomach cold deficiency
- Qi stagnation leads to dysfunction of fluid distribution
- Cou Li and Jing Mo
- Local area: fluid depletion, water retention, damp and phlegm accumulation, blood stagnation
- Chronic inflammation in connective tissue, soft tissue, interstitial tissue
- Cold vs. Heat + Deficiency vs. Excess

Exocrine Pancreatic Insufficiency (EPI)

- is a condition in which a person's pancreas is unable to produce and/or secrete adequate amounts of enzymes into the gastrointestinal tract resulting in an inability to digest and thus absorb some fats, vitamins and minerals from food.
- Symptoms of exocrine pancreatic insufficiency may include:
 - Abdominal pain or tenderness
 - Increased gas production
 - Diarrhea
 - Bad smelling bowel movements

Exocrine Pancreatic Insufficiency (EPI)

- Feeling bloated
- Weight loss
- Bleeding disorders
- Bone pain
- Intestinal blockage

- Liver and GB overacting on Middle Jiao Sp. and St.
- Shao Yang Bing + Yang Ming Bing + Tai Yin Bing

Exocrine Pancreatic Insufficiency (EPI)

- Pancreatic causes of exocrine pancreatic insufficiency are:
- Chronic pancreatitis (recurrent inflammation of the pancreatic tissue)
- Cystic fibrosis (inherited genetic disorder that affects mucous, digestive enzymes and secretions)
- Obstruction of the pancreatic duct
- Swachman-Diamond syndrome (rare congenital disorder that includes exocrine pancreatic insufficiency and other problems)

Exocrine Pancreatic Insufficiency (EPI)

- Non-pancreatic causes of exocrine pancreatic insufficiency are:
- Celiac disease (autoimmune disorder resulting in problems with gluten digestion)
- Crohn's disease (inflammatory bowel disease)
- Autoimmune pancreatitis
- Zollinger-Ellison syndrome (overproduction of gastric acid with recurrent peptic ulcers)
- Surgical procedures that may directly or indirectly affect the pancreas

Chai Hu Gui Zhi Gan Jiang Tang

- Current clinical applications:
- EPI
- 1. Chronic liver diseases, Cholecystitis
 - Fever, thirst, diarrhea
 - Hypochondriac pain, dry mouth, loose stools
 - Liver & GB damp-heat with spleen yang xu
- 2. Diabetes
 - +Liu Wei Di Huang Wan
- 3. Chronic colitis & IBS
 - + Tong Xie Yao Fang
 - + Si Shen Wan

Chai Hu Gui Zhi Gan Jiang Tang

- 4. Breast lumps, Thyroid and prostate nodules
+ Xiao Lei Wan
- 5. Fibromyalgia
- 6. Cystic acne
- 7. Exterior syndrome with Spleen Yang Xu
- 8. Night sweats

Chai Hu Gui Zhi Gan Jiang Tang

- Chai Hu Gui Zhi Gan Jiang Tang + Dan Gui Shao Yao San
- Cystic Acne
- PCOS
- Ulcerative Colitis
- Diverticulitis
- Pancreatic cancer

- Ban Xia Xie Xin Tang vs.
Wu Mei Wan

Ban Xia Xie Xin Tang

- Shang Han Lun
- Line 149
- “ The patient with cold damage disease that has lasted for 5 or 6 days, who manifests with vomiting and fever, should be treated with Xiao Chai Hu Tang.
- If a purgative was mistakenly given, but the Xiao Chai Hu Tang syndrome still exists, then Xiao Chai Hu Tang should still be given, because this is not an adverse case.
- After taking Xiao Cha Hu Tang the patient will have steaming and quivering, then fever and sweating which is a sign of recovery.
- If the patient has fullness, hardness, pain and tenderness in the epigastrium, this is a chest bind syndrome, and Da Xian Xiong Tang governs this.
- But if there is a feeling of fullness in the epigastrium without pain, it is pi syndrome, and Xiao Chai Hu Tang is not suitable. Ban Xia Xie Xin Tang should be given.”

Ban Xia Xie Xin Tang

- Ban Xia
 - Huang Qin Huang Liang
 - Gan Jiang Ren Shen
 - Da Zao Zhi Gan Cao
-
- Cold & Heat, Deficiency & Excess mixture pattern
 - Fullness below the heart, nausea, and diarrhea
 - Tongue & coating discrepancy in contrast
-
- The pungent + the bitter approach
 - The pungent opens up
 - The bitter guides down

Ban Xia Xie Xin Tang

- Tonify Spleen & Stomach Qi: Ren Shen, Zhi Gan Cao and Da Zao.
- Heat clearing: Huang Qin, Huang Lian
Warming: Gan Jiang
- Damp resolving and redirecting Qi: Ban Xia

Ban Xia Xie Xin Tang

- Ban Xia Xie Xin Tang is a modification of Xiao Chai Hu Tang
- Remove chai hu and sheng jiang
- Add huang lian and gan jiang

- Ban Xia Xie Xin Tang treats stagnation in the middle jiao (spleen and stomach) that disturbs the ascending and descending function of the spleen and stomach.
- Conditions include glomus (fullness below the heart with no pain indicates glomus), epigastric and abdominal fullness and distension.
- There is abnormal upbearing and downbearing of the spleen and stomach.
- Fullness below the heart with no pain indicates glomus.

Ban Xia Xie Xin Tang

- Feeling of fullness in the epigastrium with no pain (Pi Syndrome).
- Upper abdominal fullness and discomfort. Nausea, vomiting, diarrhea, borborygmus. Irritability, excessive dreaming, insomnia.
- Chronic gastroenteritis, peptic ulcer, indigestion, gastrointestinal neurosis,
- Morning sickness
- Acne
- Acid reflux disease
- H. pylori positive
- CIBO

Wu Mei Wan

- Line 326
- So called Jue Yin Bing, wasting and thirsting, rising sensation of Qi upward hitting the heart, causing hot sensation and pain in the heart, excessively hungry but no desire to eat, will vomit roundworms after finishing eating, non-stop diarrhea will occur if purged.

Wu Mei Wan

- Shang Han Lun
- Line 338
- A patient suffering from cold damage syndrome marked by feeble pulse and cold extremities, who on the 7th or 8th day has cold skin, continuous restlessness and irritation.
- This is diagnosed as zang jue (visceral syncope);
- it is not hui jue (roundworm syncope). If it were, the patient would vomit roundworms.
- The patient may be quiet, but will be restless again. This is because when there is cold of the zang, the roundworms like to come up into the diaphragm, causing restlessness biliary colic which stops after a while.
- The patient vomits and feels restless when eating, because the roundworms smell food, they could crawl upward and cause vomiting, and the patient usually has a history of vomiting round worms.
- Wu Mei Wan governs hui jue syndrome (roundworm syncope);
- it can be also used for chronic diarrhea.”

Wu Mei Wan

- Wu Mei
- Gan Jiang Gui Zhi Zhi Fu Zi
- Shu Jiao Xi Xin
- Huang Lian Huang Bai
- Ren Shen Dang Gui

- Jue Yin Stage: Cold & Heat, Deficiency & Excess
- Upper Jiao Heat (Head, face, neck, Lungs, Heart)
- Lower Jiao Cold (Kidney, UB, Pelvic floor)
- Middle Jiao Qi Rebellion (ascending vs. descending of Liver, GB, Sp & St.)

Wu Mei Wan

- The pungent + the sweet = Yang & Qi
- The sour + the sweet = Yin & Xue
- The sour + the bitter = drain fire
- The bitter + the pungent = ascending & descending of Qi

- Wu Mei has a large quantity of citric acid. It promotes digestion.
- Wu Mei Wan treat roundworms.
- Principle to treat parasites in TCM
- The Sour + The bitter + the pungent

Wu Mei Wan

- Jueni: both limbs are cold. Cold hands and feet
- More cold feet
- Red tip or front 1/3 of tongue,
- tongue coating is white, the tongue root coating is white and thick.
- Pulse: weak or weak, deep and slow, Chi Mai deep
- Deficient fire on the upper part: dizziness, dry throat, sores in the mouth and tongue.
- in the middle Jiao: qi rebellion
- abdominal distension and pain, both ribs and Chest, vomiting, Loose stools,
- dysmenorrhea

Wu Mei Wan

- Mixture of Cold and Heat:
 - Cold in the lower body and heat in the upper body
 - Cold in the lower body can be diarrhea and dysentery
- Zang jue (visceral syncope) there is coldness over the whole body, restlessness all the time, feeble pulse.
- Hui Jue (round worm syncope) there is vomiting or defecation of round worms, restlessness, abdominal pain, nausea, vomiting and restless after eating, coldness only of the extremities.
- Biliary ascariasis, chronic dysentery, colitis, “steroid dependent asthma, relieve spasm and asthma”.
- Worms in the Gallbladder

Wu Mei Wan

- Damage to the vagus nerve may also cause a condition called gastroparesis. This condition affects the involuntary contractions of the digestive system, which prevents the stomach from properly emptying.
- Symptoms of gastroparesis include:
 - Nausea or vomiting, especially vomiting undigested food hours after eating
 - Loss of appetite
 - Feeling full shortly after starting a meal
 - Acid reflux
 - Abdominal pain or bloating
 - Fluctuations in blood sugar
 - Weight loss and malnutrition

Symptoms of damage of Vagus nerve

- difficulty speaking or loss of voice
- a voice that is hoarse or wheezy
- trouble drinking liquids
- loss of the gag reflex
- pain in the ear
- unusual heart rate
- abnormal blood pressure
- decreased production of stomach acid
- nausea or vomiting
- abdominal bloating or pain
- The symptoms someone might have depend on what part of the nerve is damaged.