

Newsletter of Herbal International P/L (No.11), August 2011

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- Case history – Blood clot
- TCM discussion and case study on infertility
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Word from the editor

Only TCM diagnoses and treats “Deficient Diseases”, such as “Spleen deficiency”, and “Kidney deficiency”, etc. They are the diseases of human being needs to be treated, which is a great contribution to modern medicine. TCM is not only a traditional medicine but also become one of the main medical systems practiced in modern society.

TCM news

- FDA in the USA first time approved herbal medicine as medicine – A herbal product Veregen from German company MediGene has been approved as a medicine for treatment of skin disorders.
- National Center for Complementary and Alternative Medicine (NCCAM) of USA allocated \$122.7 million for complementary medicine researches including Chinese herbs and acupuncture in 2006 compared with \$50 million in 1999.
- The TCM research centre in University of Western Sydney first time received \$4 million from Australian government for TCM researches.
- China has signed with 68 countries in the World for the cooperation on TCM development.

Herbal International presents UNIQUE Chinese Medicine service:

- Top quality herbal products
- Valuable and useful TCM clinical information

Herbal International provides TOP quality herbal products

- Concentrated herbal pills (300 pills/bottle)
- Concentrated herbal pills (200 pills/bottle range)
- Concentrated herbal capsules
- Concentrated single herbal granules (100gm/bottle)
- Concentrated formulated herbal granules (100gm/bottle)

Expert consultation

- Telephone discussion with you for your clinical cases
- Practitioners can refer or bring their patients to visit our clinic to get advice and treatment plans.

Sussex Chinese Medicine, 502/401 Sussex St, Sydney NSW 2000. Tel: 02 92122498

Case History – DVT with Shingles

By Naili Chen, Mt. Gambier Chinese Medicine Centre, VIC

A 75 year-old male suffered from shingles and came for TCM treatment. First visit: 5/10/2005.

Symptoms and signs:

- Skin lesion of shingles are around his right face and eyebrow area
- Red blisters, swollen and painful with burning sensation
- Irritability and restlessness
- Poor sleep
- Red tip tongue with yellow greasy coat
- Wiry and rapid pulse.

TCM diagnosis: Damp Heat retention

Treatment: LONG DAN XIE GAN WAN (Gentiane formula)

The patient was also diagnosed with DVT (Deep Vein Thrombosis) which caused calf pain in his right leg. He had been on Warfarin for 3 months.

2nd visit: 9/11/2005 He reported that his shingles improved significantly. His calf pain still there and CT scan showed that the DVT had no changed although he has had 4 months Warfarin treatment, which already caused side effect such as fatigue, subcutaneous hemorrhage patches over skin around his body. He asked if there is herbal treatment for this.

Formulas: XUE FU ZHU YU TANG (Persica & Cnidium formula) + LONG DAN XIE GAN TANG (Gentiane formula)

Formula XUE FU ZHU YU TANG (Persica & Cnidium formula) is for removing Blood stasis and promoting circulation, which I used for the patient trying to remove the DVT as he has been on Warfarin for more than 4 months with little result.

The patient stopped taking Warfarin without telling his GP, for he is reluctant to continue the treatment.

Then I received a letter from his GP on 7/12/2005 saying that "I would like to bring your attention a matter regarding Mr. XXXXXX, who is a patient of mine He is also currently suffering from a deep vein thrombosis in the right calf and has been on Warfarin therapy for this." He seemed criticizing me for using herbs for his patient with Warfarin.

On 14/12/05. The patient rang that he was put on a reassess scan examination.

On 15/12/2003 The patient reported that his GP rang him to tell him the scan showed no signs of DVT and Warfarin treatment should be stopped.

Comment: Herbal formula XUE FU ZHU YU TANG (Persica & Cnidium formula) has long been used for removing Blood stasis. Comparing with Warfarin, it is also effective for DVT but with no side effect.

Discussion on Infertility

Case History – Herbal Treatment for Infertility

By Dr Anna Guo, Balmain Chinese Herbal Centre, Sydney

A 42 year-old female had suffered from infertility for more than 15 years. She had unsuccessfully tried IVF three times, and her specialist gave up on the treatment. She was eventually told she was not eligible for IVF due to her age. She was referred to try TCM treatment as a last resort.

Main symptoms and signs: Stress, restlessness, tiredness, frequent nocturnal urination, lassitude of loins and knees, dizziness, lower libido, poor digestion, loose stools, pale tongue with thin white coat, wiry and thready pulse.

TCM diagnosis: Spleen and Kidney Yang deficiency, Liver Qi stagnation

Principle of treatment: Tonify the Spleen and Kidney, Spread Liver Qi

Formulas: SI JUN ZI TANG (Four Major formula) + WU ZI XIAN ZHONG WAN (Five Seed fertilized formula) modified

Prescription:

DANG SHEN (Codonopsis)

BAI ZHU (Atractylodes)

FU LING (Poria)

GAN CAO (Licorice)

BAI SHAO (Peony)

CHAI HU (Bupleurum)

GOU QI ZI (Lycium fruit)

WU WEI ZI (Schizandra)
FU PEN ZI (Rubus)
NU ZHEN ZI (Ligustrum)
TU SI ZI (Cuscuta)

Based on the above herbs with some variations, she took the treatment for about 3 months. She felt much better. Because of her age, she was in hurry to try IVF again but still failed this time. She was disappointed.

I encouraged her to try the Chinese herbs again and she agreed to do so. In six months she got pregnant! She had been on and off taking the herbs during her pregnancy. She had been well for nine months and she was about to give birth!

Something unexpected then happened – her baby was suffocated by the chord during delivery!
She was shocked.

Several months later when she talked to me, she still could not help bursting into tears. She was over 43 years old. She finally agreed to continue trying with the herbs after my reassurance. Again she smiled in a couple of months, then within a year she bursting into tears again, this time because she was holding her baby boy and thanking me in my clinic.

She sincerely trusts Chinese Medicine. She would like to take herbs when she and her family members have more problems, and she has referred many people to our clinic.

Something unexpected happen again – through intermittent taking of herbs she was pregnant again when she was 48! Now the happy mother, who is approaching menopause, a lovely boy and a girl.

- Dr. Anna Guo, Ph D of gastroenterology, member of Sydney Gut Club. Doctor of Western and Chinese medicine in China. She has been practicing Chinese medicine in Sydney for more than 20 years.

Treatment of Infertility – IVF and Chinese Medicine

By Shirley Li, Sussex Chinese Medicine, Sydney

A 32 year-old female had suffered from infertility for 4 years since her marriage. She received IVF treatment twice, which failed due to miscarriage. She was referred for Chinese herbal treatment. First visit: 23/11/1998.

Main symptoms and signs: Dim and dark complexion, tiredness, chronic migraine, irregular period with PMT, dysmenorrhea, dark scanty and prolonged bleeding, lower back pain, red tipped tongue with thin yellow coat, wiry and thready pulse.

History: frequent urinary tract infections
Gynecological examination: Endometriosis

TCM diagnosis: Qi and Blood stagnation, Kidney deficiency with Damp Heat.

Principle of treatment: Spread the Liver Qi, remove Blood stasis, eliminate Damp Heat and tonifying Kidney

Formula: XUE FU ZHU YU TANG (Persica & Cnidium formula) + ZHI BAI BA WEI WAN (A. P. Rehmannia formula) modified

Prescription:

DAN SHEN (Salvia)
YI MU CAO (Leonurus)
ZE LAN (Lycopus)
PU GONG YING (Dandelion)
SHENG DI (Rehmannia raw)
SHU DI (Rehmannia prepared)
SHAN ZHU YU (Cornus)
SHAN YAO (Dioscorea)
MU DAN PI (Moutan)
CHAI HU (Bupleurum)
BAI SHAO (Peony)
FU LING (Poria)

Modifying the above prescription accordingly, she took the herbs for 4 months. Her general body condition improved a lot and her period got much better. I encouraged her to do another IVF as she had a frozen embryo remained. This time she was successful.

Then she continued with herbal treatment for prevention of miscarriage for about 3 months. She then had a baby girl.

Comment: In my opinion the IVF technique can be referred to as obtaining a quality seed. And the body constitution and uterus can be referred to soil. If you have a good seed without having a fertilized soil one cannot grow a good plant, or the seedling sprout dies off. That is why IVF can only achieve about a 17% success rate.

Chinese medicine is good at improving body constitution and modifying the internal environment of uterus, thus the treatment “Re-cultivates the soil” and gets the body and uterus fertilized ready for conception. Using IVF to obtain the good “seed” and taking herbs to get ready the “soil”, so the plant grows very well.

Chinese and Western medicine, taking into account both the advantages and disadvantages of IVF, will definitely help to increase the success rate of infertility treatments – this bodes well for the future practice infertility treatment in Australia.

- Dr Shirley Li, Bachelor Degree of Chinese Medicine, doctor of the Affiliated hospital of Guangzhou University of TCM, specialized in Gynecology and pediatric, has practiced in Sydney for 11 years. (Suite 502, level 5, Sussex Medical Centre, 401 Sussex St, Sydney)

Clinical Tip – Treatment of Infertility

- Tip one: Regulating menstruation first by using Chinese herbal artificial cycle treatment.
- Tip two: Herbal treatment + acupuncture + IVF

How to use single herbal granules for herbal prescriptions

- The granules are concentrated with 5:1 and 10: 1 as most suitable and practical ratio.
- The ratio of the orange package is 5:1 as normal market products and the green one is double as 10:1.
- According to clinical use, the granules actually can be used as 10:1 and 20:1 as prescribing raw herbs.
- For example: if prescribing Four Major Herbs formula: The raw herbs would be DANG SHEN (Codonopsis) 20g, BAI ZHU (Atractylodes) 15g, FU LING (Poria) 15g and GAN CAO (Licorice) 10g for one day dose. The package of the above products are 5:1 of DANG SHEN, BAI ZHU and GAN CAO, the FU LING is 10:1. So the actual use of the granules will be DANG SHEN 2g, BAI ZHU 1.5g, FU LING 0.75g and GAN CAO 1g. (one day dose, can be taken twice a day)

Diet for diabetes (for a normal average weight person)

- 150 –240g cereals per day
- 60-90g Lean meat or eggs
- Vegetable oil 30g
- No sugar or sweet food
- Less fruit (especially high sugar fruit)
- Cut down cereals, meat and eggs if drink milk
- More vegetables (especially higher fiber vegetables)
- Less quantity and more meals (5-6 times per day)

Food are recommended

- Wheat bran or oatmeal
- Balsam pear
- Spinach
- Onion

- Pumpkin
- Wax gourd (white gourd)
- Sea cucumber
- Radish
- Pea
- Fish
- Pork pancreas
- Pear
- Peach
- Rabbit meat

Recipes:

- One set of pork pancreas, 100g of SHAN YAO (Dioscorea), steamed as soup, once a week.
- Lean pork meat 50g, SHAN YAO (Dioscorea) 30g, HUANG QI (Astragalus) 15g, boil as soup once a week.
- Spinach 200g, fish meat 50g, Coix 100g, boil as porridge once a week.
- Rabbit meat 50g, GOU QI ZI (Lycium fruit) 15g, steamed soup once a week.
- Balsam pear 250g, Coix 100g, one set of pork pancreas, boil porridge once a week.
- American ginseng 10g, SHAN YAO (Dioscorea) 30g, GOU QI ZI (Lycium fruit) 10g, steamed as soup once a week.
- Sea cucumber 100g, balsam pear 250g, boil soup once a week.
- One set of pork pancreas, balsam pear 250g, onion 100g cooked and eat once a week.
- Pumpkin 200g, rabbit meat 100g, cooked pumpkin soup once a week.
- Wax gourd (white gourd) 500g, duck 100g boil soup once a week.
- Fish 100g, Coix 100g, pea 100g boil soup once a week.

Studies on Menopausal Syndrome

Health News Update

JAMA-EXPRESS

Risks and Benefits of Estrogen Plus Progestin in Healthy Postmenopausal Women

Principle Results From the Women's Health Initiative Randomized Controlled Trial

Writing Group for the Women's Health Initiative Investigators

Abstract:

Design: Oestrogen plus progestin (CHECK SPELLING) component of the Women's Health Initiative, a randomized controlled primary prevention trial (planned duration, 8.5 years) in which 16608 postmenopausal women aged 50-79 years with an intact uterus at baseline were recruited by 40 US clinical centers in 1993-1998.

Conclusion: Overall health risks exceeded benefits from use of combined oestrogen plus progestin for an average 5.2-year follow-up among healthy postmenopausal US women. All-cause mortality was not affected during the trial. The risk-benefit profile found in this trial is not consistent with the requirements for a viable intervention for primary prevention of chronic diseases, and the results indicate that this regimen should not be initiated or continued for primary prevention of CHD (coronary heart diseases).

JAMA – Journal of American Medical Association, Vol. 288, No. 3, July 17, 2002.

Changes of Leucocytic Oestrogen Receptor Levels and the Therapeutic Effect on Patients with Menopausal Syndrome Using LIU WEI DI HUANG WAN (Rehmannia Six Formula)

Zhang Jia Qing, et al, Department of Endocrinology, Shanghai Hospital, Second Military Medical University, China, Journal of the Integrated Chinese and Western Medicine (9), 521, 1991

The number of oestrogen receptors (ER) in human peripheral leucocytes in 22 women with menopausal syndrome were measured using the radioligand method.

The results were compared with those of 12 women of normal child-bearing age. It was found that the contents of leucocytic ER in menopausal syndrome patients was significantly lower than that in women of normal child bearing age ($P < 0.01$).

The authors used Chinese medicine – LIU WEI DI HUANG WAN (Rehmannia Six formula) pills to treat the patients for 2 months. The number of leucocytic ER significantly increased after treatment. This data indicates that a decrease of ER level in cells may be involved in the pathogenesis of menopausal syndrome. LIU WEI DI HUANG WAN (Rehmannia Six formula) not only increase plasma estradiol level ($P < 0.01$) but also increases the leucocytic ER levels. This may be the basis of the therapeutic effect on the disease.

The Effect of Herbal Extract MI GU JIAN on Bone Loss in the Ovariectomised Rats

M. Xu, C.R Draper, I.M.Dick, M.H.Zheng, R.L.Prince

Department of Medicine and Orthopaedic Surgery, University of Western Australia and Dept. of Endocrinology and Diabetes, Sir Charles Gairdner Hospital, Nedlands, Western Australia

MI GU JIAN, an extract of ten herbs, has been developed from Traditional Chinese Medicine with the aim of preventing postmenopausal osteoporosis. We have examined its effects in the oophorectomised aged rat model of postmenopausal bone loss.

Twenty seven 10 month-old female rats, were ovariectomized and randomly divided into 3 groups a control group (OOX), a group treated with MI GU JIAN (MGJ) 4ml/day by gavage, and a group treated with oestrogen (EST) 10ug s.c twice per week. The rats were pair fed a normal rat diet of 17g/rat/day containing 0.4% calcium and 0.3% phosphorus. The bone mineral density (g/cm²) of the whole body (G), Spine (S) and left femur (F) at baseline, 4, 8 and 12 weeks post ovariectomy were measured for each rat using a Hologic QDR 2000 dual energy X-ray densitometer.

The percent reduction in bone density at the S site in the OOX, EST and MGJ rats at 12 weeks were -10.4 ± 4.6 , -3 ± 5.5 and -5.9 ± 2.7 (a: $P < 0.05$ cf. OOX, b: $P < 0.05$ cf. EST, c: $P < 0.05$ cf baseline) respectively. The percent reduction in bone density at the F site in the OOX, EST and MGJ rats at 12 weeks were -11.8 ± 4.6 , -1.7 ± 3.0 , and -7.8 ± 1.7 respectively. The percent reduction in bone density at the G site in the OOX, EST and MGJ rats at 12 weeks were -4.8 ± 2.2 , $+0.12 \pm 2.4$ and -2.9 ± 2.4 respectively.

The results show that OOX was associated with a reduction in bone density at all sites, EST almost completely inhibited this reduction in bone density. MGJ reduced the bone loss at the F and S sites, but this did not achieve statistical significance compared to OOX at G site. Our data suggests that MGJ reduces oestrogen dependent bone loss and may be useful in preventing postmenopausal osteoporosis in women.

Students Corner – TCM exercise 2

- If your answers are correct, you will be rewarded with two bottles of products (300 pills / bottle), please put down your choice.

1. Code: _____ Formula name: _____

2. Code: _____ Formula name: _____

And fax to: 02 9281 3106

Please answer the following questions with T (true) or F (false)

1. According to TCM, Liver houses Blood, so people with chronic hepatitis are liable to suffer from anaemia. ()
2. Flatulence, gassy, lower abdominal cold pain is usually caused by Wind evil. ()

3. Wiry pulse indicates Qi stagnation and also indicates pain. ()
4. Crimson tongue indicates Blood Stagnation. ()
5. People with Spleen and Kidney Yang deficiency and Internal Cold – presenting with aversion to cold, cold extremities, pale complexion, edema, poor digestion, frequent nocturnal urination, loose stools, pale tongue with teeth mark, weak pulse – their body temperatures are often lower than normal. ()
6. Viral myocarditis often caused by Coxsackie virus. ()
7. ALT in liver function test in the patients with liver cirrhosis is usually higher than those who in the stage of chronic active hepatitis. ()
8. Enlarged sublingual veins of the tongue usually indicate Internal Damp retention.()
9. Chronic depression could possibly develop to epilepsy. ()
10. According to TCM, same TCM syndrome (pattern) can be treated with different principles of treatment ().