Diabetes (Xiao Ke)

TCM refers to diabetes as Wasting-Thirst syndrome. Symptoms includes polydipsia, polyphagia, polyuria, and emaciation or sweat urine.

The root of Wasting-Thirst is said to be a deficiency of Yin in the body and the presence of a Heat pathogen affecting the Lungs, Stomach, and Kidneys.

Upper-Jiao: Lung dryness
Middle-Jiao: Stomach heat
Lower-Jiao: Kidney Yin def.
1. Improper or irregular dietary (diet that includes too many spicy and drying foods) → Dysfunction of Sp. & St. → Dryness & heat accumulation → fluid-deficiency

2. Emotional disorder → Liver Qi stag. → Turn to fire → Liver & St. Yin def.

3. Over working or sexual activity → Consumption of Yin essence → deficient fire due to Yin def. → lack of water in the body.
• **Main Points for differentiation**

| Organs     | Sym.                                           |
|------------|                                               |
| Upper Jiao | Lung Dryness                                   |
|            | Thirsty prefer drinking lots of water, frequent urine |
| Middle Jiao| Stomach Heat                                   |
|            | Too good appetite & dry stools                 |
| Lower Jiao | Kidney Def.                                    |
|            | Frequent & sweat urine                         |

• **Treatment protocol:**
  - Nourish Yin to promote the production of body fluid
  - Moistening for dryness
  - Clear away heat
Treatment

Diabetes involving upper-jiao

Signs & Symptoms:

- Main Sym.: Thirst, polydipsia, dry mouth & tongue.
- Concurrent sym.: frequent and profuse urine, gradual emaciation.
- Tongue: red color (on the lip and edge of body), with thin yellow coating
- Pulse: full & rapid

• Treatment Protocol:

- Clear away heat
- Moistening the lung
- Promote production of body fluid
Formula:

<table>
<thead>
<tr>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Xiao Ke Fang</strong></td>
</tr>
<tr>
<td>Huang Lian</td>
</tr>
<tr>
<td>Tian Hua Feng</td>
</tr>
<tr>
<td>Shen Di</td>
</tr>
<tr>
<td>Lotus root</td>
</tr>
<tr>
<td>Honey</td>
</tr>
<tr>
<td>Fresh ginger juice</td>
</tr>
</tbody>
</table>

Modifications:

Thirsty

-- Ge Geng; Mai Dong; Yuan Shen;

Clear Heat

-- Huang Qin;

irritability, thirsty, big & strong pulse

-- Bai Hu Tang
Treatment

Diabetes involving middle-Jiao

Signs & Symptoms:

– Main Sym. : Too good appetite, constipation

– Concurrent sym.: emaciation

– Tongue: dry & yellow coating

– Pulse: slippery & strong

• Treatment Protocol:

– Clear away stomach fire
– Tonifying yin-fluid
Formula:

<table>
<thead>
<tr>
<th>Yu Nu Jian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shi Gao</td>
</tr>
</tbody>
</table>

Modifications:

Constipation

-- Zhen Ye Chen Qi Tang (Da Huang Mang Xiao, Xuan Shen, Mai Dong, Shen Di);

Middle Jiao Heat:

-- Da Huang + Gan Cao

Avoiding bitter & cold herbs, should use more sweet, cold & moisten herbs
Treatment

Diabetes involving lower-Jiao

Signs & Symptoms:

- **Main Sym.**: frequent & profuse urine, feverish sensation in palms & soles

- **Concurrent sym.**: turbid & sweat urine, dry mouth & lips, or even feverish sensation in the chest, palms and soles

- **Tongue**: red body

- **Pulse**: deep rapid and thready

• Treatment Protocol:

  - Nourish Yin
  - Tonify Kidney
Formula:

<table>
<thead>
<tr>
<th>Liu Wei Di Huang Wan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shu Di</td>
</tr>
</tbody>
</table>

Modifications:

- fever sensation
  -- Zhi Mu; Huang Bai; Wu Wei Zi; Long Gu Mu Li; Gui Ban
- Profuse urine or greasy urine like fat
  -- Yi Zhi Ren; Sang Piao Qiao;
- Qi & Yin def.
  -- Dang Shen; Huang Qi
- Yin & Yang Def.
  -- Shen Qi Wan
Case History 1 由昆医案（现代名医医案精华四）

1. Male 45 years

**First visiting:**
Main complain: diabetes for years
    thirsty & drink a lot of water everyday, also with profuse urine, too good appetite, still feel weakness of whole body, keep losing weight for one year, and thin body type;
    Tongue: red body with white greasy coating
    Pulse: soft, slippery & rapid
TCM diagnose:
    Kidney yin def.
    Damp heat in the Middle Jiao

Treatment protocol:
    -- Nourish Yin
    -- Eliminate Dampness

Formula:
    Cang Zhu 9, Dang Shen 9, Fu Ling 9, Huang Lian 1.5, Huang Qin 6, Zhi Mu 9, Ge Gen 6, Tian Hua Feng 12, tian Dong 12, Du Zhong 9,
    Tong Ji Li 9, Gou Ji 9, Ji Nei Jing 6, Pei Lan 9
    X 10
Case History 1 周贤良医案（现代名医医案精华四）

1. Male 45 years

**First visiting:**
Main complain: diabetes for 15 years
irritability and thirsty, drink a lot of water everyday, dry eyes &
tongue, frequent & profuse urine;
Tongue: lightly red body with dry coating
Pulse: thready
TCM diagnose:
Dry heat due to yin def.
Lung & Kidney def.

Treatment protocol:
-- Clear away Lung heat & dryness
-- Tonify Kidney

Formula:
Sha Shen 30, Zhi Mu 15, Shan Yu Rou 10, Tian Hua Feng 30, Ze Xie 10, Sheng Di 20, Ge Gen 10, Tian Dong 15, Mai Dong 15, Shan Yao 30
Painful Obstruction Syndrome (Bi)

Indicates pain, soreness or numbness of muscles, tendons & joints from invasion of external wind, cold or dampness.

Wind Bi
Damp Bi
Cold Bi
Heat Bi
Bone Bi
Etiology & Pathology

1. Vital-Qi Def. → Wei Qi def. → Muscle & skin loosing → wind-evil attacking body and retaining in the joints & muscles

2. Wind, Damp, Cold invading → blocking meridians
• **Main Points for differentiation**

<table>
<thead>
<tr>
<th>Wind-Cold-damp</th>
<th>Wind-heat-Damp</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joints painful swelling</td>
<td>Hot painful swelling joints</td>
</tr>
</tbody>
</table>

• **Wind Bi: moving joints pain**
• **Cold Bi: severe fixed pain**
• **Damp Bi: heaviness of joints & sore pain**

• **Treatment protocol:**
  - Expel Wind
  - Disperse Cold
  - Eliminate Dampness
  - Clear away Heat
Treatment

Wind-Cold-Dampness

(1) Wind Bi

Signs & Symptoms:

– Main Sym.: moving joints pain

– Concurrent sym.: aversion to wind, fever, a feeling of wind in the joints, incapability of flexing and extending

– Tongue: light red body with thin & white coating

– Pulse: floating

• Treatment Protocol:

– Expel wind
– Dispelling cold
– Removing dampness
– Promoting blood circulation
Formula:

<table>
<thead>
<tr>
<th>Fang Feng Tang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fang Feng</td>
</tr>
<tr>
<td>Ge Geng</td>
</tr>
</tbody>
</table>

Modifications:

- Sore pain on upper body & limbs
  - Qiang Huo; Bai Zhi; Jiang Huang; Chuan Xiong; Wei Ling Xian; Sang Zhi;
- Pain on the lower body
  - Du Huo; Niu Xi; Mu Gua; Xu Duan;
- Sore pain on the back & spinal
  - Sang Ji Shen; Du Zhong; Gu Sui Bu; Yin Yang Huo
Treatment

Wind-Cold-Dampness

(2) Cold Bi

Signs & Symptoms:
- Main Sym.: severe fixed pain on the body or joints which is worse in cold and better in warm condition.
- Concurrent sym.: stiffness, incapability of flexing & extending
- Tongue: normal
- Pulse: floating & tense

• Treatment Protocol:
  - Disperse cold
  - Expel wind & dampness
  - Removing dampness
Formula:

<table>
<thead>
<tr>
<th>Wu Tou Tang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chuan Wu</td>
</tr>
<tr>
<td>Ma Huang</td>
</tr>
<tr>
<td>Bai Shao</td>
</tr>
<tr>
<td>Huang Qi</td>
</tr>
<tr>
<td>Gan Cao</td>
</tr>
</tbody>
</table>

Modifications:

severe cold sym.
   -- Gui Zhi; Rou Gui; Xi Xin

Long time illness
   -- Gu Sui Bu; Bu Gu Zhi; Ba Ji Tian;

Yang Def. type constitution
   -- Yang He Tang
**Treatment**

**Wind-Cold-Dampness**

(3) Damp Bi

**Signs & Symptoms:**
- Main Sym.: swelling, a heavy feeling, pain in the limbs and joint, numbness.
- Concurrent sym.: aching of the whole body, listless, heavy sensation in hands and feet, limited movement
- Tongue: white & greasy coating
- Pulse: soft & slow

**Treatment Protocol:**
- Removing dampness
- Expelling wind
- Dispersing cold
Formula:

<table>
<thead>
<tr>
<th>Yi Yi Ren Tang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yi Yi Ren</td>
</tr>
<tr>
<td>Du Huo</td>
</tr>
</tbody>
</table>

Modifications:

severe dampness
-- Bei Xie; Mu Tong; Mu Gua; Fang Ji

skin numbness
-- Bai Zhu; Fang Feng; Bai Shao; Xi Xian Cao; Hai Tong Pi;
**Treatment**

**Wind-Heat-Dampness**

(1) Heat Bi

**Signs & Symptoms:**

– Main Sym.: pain & a feeling of burning heat in joints with red color skin, symptoms become severe when pressed, gets better when cooled;

– Concurrent sym.: fever, aversion to wind, sweating, thirst, irritability.

– Tongue: red body with yellow and dry coating

– Pulse: slippery & rapid

• **Treatment Protocol:**

– Clearing away heat

– Expel wind & eliminating dampness
Formula:

<table>
<thead>
<tr>
<th>Zhi Mu</th>
<th>Shi Gao</th>
<th>Gan Cao</th>
<th>Jing Mi</th>
<th>Gui Zhi</th>
</tr>
</thead>
</table>

Modifications:

- **sore & pain throat**
  -- Yuan Shen; Jie Geng

- **Aversion to wind & fever**
  -- Jing Yin Hua; Lian Qiao; Zhi Zi

- **High fever & thirsty**
  -- Fresh Lu Gen; Tian Hua Feng; Xuan Shen; Shen Di;

- **Joints pain**
  -- Sang Zhi; Xi Xian Cao; Wei Ling Xian; Qin Jiao; Lu Xiang; Mo Yao; Di Long; Wu gong; Wu Shao She;

- **Swelling & hot joints**
  -- Dan Pi; Shen Di; Chi Shao; Zi Cao
Treatment

Bone Bi

Signs & Symptoms:
- Main Sym.: swelling & stiff joints; incapability of flexing & stiffness of whole body;
- Concurrent sym.: aching pain in the limbs and joints getting severe obviously, pain is worse at night or in raining day; stiffness occur only in the morning on the initial stage, further in all day. Often accompanied by weakness of knees, fatigue, liking warm and aversion to cold, irregular menstruation for female, emission and impotence for male.
- Tongue: red, pale, or dark body with blood stasis spot; white or yellow coating
- Pulse: deep thready or wiry pulse

Treatment Protocol:
- Tonify Kidney
- Disperse cold
- Expelling wind & eliminating dampness
- Nourishing liver and the tendons
Formula:

<table>
<thead>
<tr>
<th>Zhi Bi Tang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gui Zhi</td>
</tr>
<tr>
<td>Bai Shao</td>
</tr>
<tr>
<td>Bu Gu Zhi</td>
</tr>
<tr>
<td>Xu Duan</td>
</tr>
<tr>
<td>Fu Zi</td>
</tr>
<tr>
<td>Shu di</td>
</tr>
<tr>
<td>Yin Yang Huo</td>
</tr>
<tr>
<td>Du Huo</td>
</tr>
<tr>
<td>Wei Ling Xian</td>
</tr>
<tr>
<td>Gu Sui Bu</td>
</tr>
<tr>
<td>Zhi Mu</td>
</tr>
<tr>
<td>Niu Xi</td>
</tr>
</tbody>
</table>

Modifications:

- fatigue & thin body type
  -- Huang Qi; Dang Shen; Bai Zhu;
- Swelling & pain lower body joints
  -- Bei Xie; Fang Ji; Yi Yi Ren; Wei Ling Xian
- Blood stasis after long time illness
  -- Dan Shen; Tao Ren; Hong Hua; Ru xiang; Mo Yao;
Case History 1 王季儒医案（四）

1. male 15 years

First visiting:
Main complain: tow legs painful for 7 m
patient started feeling heaviness of two legs 7 m ago, then the
pain started. Stiffness of knees but no swollen, high fever
sometime, and diagnosed as rheumatic fever and treated by
western medicine, however, patient’s symptoms got worse and
worse, fingers & wrists all started swollen & stiffness & pain. High
fever occurred every half of a month. Inability to stand up, hands
couldn’t hold tightly too.

Tongue: normal
Pulse: deep fine & rapid
TCM diagnose:
Damp cold accumulating & block the meridians
Treatment protocol:
-- Expel damp cold

Formula:
Gui Zhi 6, Bai Shao 12, Fu Zi 6, Xi Xin 2, Ma Huang 3,
Fang Feng 10, Bai Zhu 10, Ren dong Teng 30, Shen Jiang 3, Gan
Cao 3