

# SHULAN CLINIC – ACUPUNCTURE • CHINESE HERBAL MEDICINE

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## Diabetes & TCM – by Prof. Shulan Tang

*Diabetes affects many people. Some people are born with the condition and others develop it later in life. How does Traditional Chinese Medicine tackle the problem?*

Diabetes mellitus is a common metabolic endocrinopathy resulting from absolute or relative deficiency of insulin and leading to metabolic disturbance of carbohydrate, fat and protein. The disease is frequently followed by water-electrolyte imbalance and acid-based disturbance. According to the age of patients, clinical manifestations and requirements for insulin, diabetes mellitus can be divided into many types.

In TCM, the disease is categorised as 'Xiao Ke', which means diabetes.

### Differentiation and Treatment of Common Syndromes

#### Dryness-Heat in the Lung and Stomach

##### Main symptoms and signs:

Restlessness, polydipsia, polythagia with tendency towards hunger, dryness of the mouth and tongue, polyurea, red tongue with yellowish coating, slippery and rapid pulse.

##### Treatment principle

Nourish the Yin and clear away pathogenic heat.

##### Prescription

Modified *Yu Niu Jian* and *Yi Wei Tang*:

Shi Gao	25g
Sha Shen	20g
Yu Zhu	15g
Di Gu Pi	12g
Gan Cao	6g
Zhi Mu	12g
Sheng Di	20g
Tian Hua Feng	30g
Xuan Shen	12g
Mai Dong	15g

All the above herbs are to be decocted in water for oral administration. At the stable stage, *Jin Ju Di Dan Wan* in herbal pill form can be taken long term.

#### Deficiency of the Kidney Yin

##### Main symptoms and signs:

Polyurea with turbid discharge, soreness and debility of the limbs, dryness of the mouth and tongue, dysphasia with feverish sensation in the chest. Sweating on palms and soles, red tongue, deep, thready and rapid pulse.

##### Treatment principle

Nourish Yin and supplement the kidney.

##### Prescription

Modified *Liu Wei Di Huang Wan*.

Sheng Di	15g
Shan Yao	20g
Shan Yu Rou	10g
Wu Wei Zi	10g
Shu Di	15g
Fu Ling	10g
Mu Dan Pi	10g
Tian Men Dong	12g

All the above herbs are to be decocted in water for oral administration. At the chronic stage, *Liu Wei Di Huang Wan* or *Zhi Bai Di Huang Wan* in herbal pill form can be taken for a relatively long period.

#### Dietetic Chinese Herbs

Proper diet plays a very important role in relieving the symptoms of the diabetic patients. Therefore, dietary Chinese herbs and medical diet can help in treating this disease.

The following herbs can be used in a diet for diabetic patients:

#### 1. Shan Yao (Chinese Yam)

Make a decoction with 1500ml water and 120g of Chinese Yam; sip it warm as a drink.

#### 2. Shan Yu Rou (Sarcocarp of Dogwood fruit)

Make a concentrated decoction with 30g of sarcocarp of dogwood fruit and take it as a drink.

The above-mentioned herbs are applicable to the type of deficiency of vital essence due to un-consolidation of the kidney. They can be used either alone or in combination.

#### 3. Tian Hua Feng

(Snakegourd Root)

Mai Men Dong (Licturn Root)

Make a decoction with 30g of each and take them as a drink.

These two herbs are applicable to the type of dryness of the lung and impairment of Yin fluid.

#### 4. Yu Mi Xu (Corn Stigma)

Shan Zha (Hawthorn Fruit)

Dan Shen (Red Sage Root)

Put 30g of each in 1500ml of water to decoct it until 700ml is left. Take half of it at a time, twice a day.

This recipe is especially applicable to patients suffering from diabetes and hypertension concurrently.