

# SHULAN CLINIC – ACUPUNCTURE • CHINESE HERBAL MEDICINE

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## Obesity 1 – by Prof. Shulan Tang

*From the earliest times to the present day, there have always been people who have suffered from obesity, or who are over-weight. However, obesity is a condition that can also be seen as a product of modern lifestyles.*

In ancient times, lack of food and nutrition was common and most of the population were thin and small. In addition, the lack of any other means of transport meant that people had to travel on foot: another reason for being underweight.

An ancient Chinese proverb interprets obesity as 'growing stout', a condition implying a care free and contented lifestyle in which one is fit and happy, rich and free of worries. However, nowadays people have good reason to worry about their weight problems.

Lack of exercise, travelling by car, even for the shortest distances, rich food and high standards of living are major factors contributing to ever increasing obesity in modern society.

For someone who suffers from obesity, the effect is not just limited to cosmetic appearance.. It also has a major effect on the quality of life of the individual.

In general obesity can be a contributing factor to many other diseases such as high blood pressure, coronary heart diseases, and severe cases of heart attack and brain haemorrhages. Obesity in women can cause amenorrhoea (absence of periods), irregular periods, infertility and other diseases. Another ancient Chinese saying states that 'A thousand gold coins cannot buy a slim figure in old age'.

In the ancient book, 'Su Wen', written a thousand years ago, Tong Ping Xu Shi Lun says, 'Obesity is the disease of rich food'. In another section it is mentioned that 'In people who often eat sweets, and rich fatty foods, the fat can cause internal heat and the sweets make the stomach bloated'. It goes on to describe the causes of obesity and gives guidelines for treatment.

### Treatment

Traditional Chinese Medicine differentiates the aetiology into four common types, namely:

#### 1. Spleen Deficiency and excessive Phlegm-Dampness

Symptoms:

Lethargy, shortness of breath, dizziness, palpitation, oedema on legs, loose stool. Pale and enlarged tongue, deep and thready pulse.

Treatment principle:

Tonify the Spleen and expel Damp and Phlegm.

Prescription:

Yi Yi Ren	30g
Fu Ling	15g
Cao Ju Ming	15g
Bai Zhu	15g
Sang Zha	15g
Ze Xie	12g
Fang Ji	10g
Zhe Ke	10g
Ban Xia	10g

#### 2. Dry Heat in the Spleen and Stomach

Symptoms:

Obesity, constant hungry feeling, overeating, thirst, dizziness, tightness in the chest, constipation, dry, red tongue with thin, yellow coating, taut and thready pulse.

Treatment principle:

Clear the Stomach, cool the Blood and moisten the Large Intestine.

Prescription:

Sheng Di Huang	20g
Cang Zha	15g
Cao Ju Ming	15g
Tian Hua Feng	12g
Xia Ku Cao	12g
Yu Li Ten	12g
Ze Xie	12g
Zhi Shi	12g
Fang Xie Ye	10g
Huana Lian	6g

#### 3. Qi and Blood stagnation

Symptoms:

Obesity, irritability, tightness in the chest, ache in the ribs, headache, bitter taste in the mouth, dry throat, constipation, irregular periods, absence of periods, dark tongue with purple patches and thin yellow coating, slippery pulse.

Treatment principle:

Regulate Qi and promote circulation.

Prescription:

Dan Shen	20g
Xiang Fu	9g
Cao Ju Ming	15g
Sheng Di Huang	15g
Shan Zao	15g
Mu Gua	12g
Fang Ji	12g
Ze Xie	12g
Yu Li Ren	12g
Hong Hua	10g
Chuan Xiong	10g



Chinese Herb – Hou Po Hua  
(FLOS MAGNOLISA OFFICINALIS)

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## Obesity 2 – by Prof. Shulan Tang

### 4. Deficiency of Spleen and Kidney Yang

#### Symptoms:

Obesity, generally feeling puffy, weak and lethargic, loose stools, backache, cold, dizziness and loss of hair, pale and enlarged tongue with white and greasy coating, deep, thready and forceless pulse.

#### Treatment principle:

Warm the Kidney Yang and tonify the Spleen Qi.

#### Prescription:

He Shou Wu 20g  
Huang Qi 20g  
Sang Zha 15g  
Bai Zhu 15g  
Cao Ju Ming 20g  
Fu Ling 15g  
Bu Gu Zhi 15g  
Xian Mao 12g  
Xian Ling Pi 10g  
Fang Ji 10g

#### Dietetic Chinese Herbs

Kuan Bu (Japanese sea fruit)

30g per day.

Contraindicated for those who suffer from insufficiency and coldness of the Spleen and Stomach.

Dong Gua (Waxgourd)

Cut 500g of the waxgourd into thick slices and then make soup. It is advisable to use a bit of sesame oil and salt to flavour it. Waxgourd contains no fat and little sodium and is therefore ideal for reducing weight. Not only is it suitable to be eaten frequently by obese people, but it does a lot of good to those who suffer from Kidney diseases and diabetes.

He Ye Shan Zha Yin (Lotus leaf and hawthorn fruit drink)

#### Ingredients:

Lotus leaf 9g  
Hawthorn fruit 9g

Decoct the lotus leaf and the hawthorn fruit in water and take as a drink. To treat simple obesity, it is advisable to drink this frequently.

Sweet corn and radishes

Both are good for lowering the cholesterol level, getting rid of fat and losing weight.

Radishes can be eaten raw or cooked.

#### Ninghong Health Protection Tea

With its long history, this tea has been known all over the world since 1930. "Ninghong Tea is the finest in China and the best in the world". In recent years Ninghong Tea has been awarded gold and silver prizes several times at national levels in China.

Ninghong Health Protection Tea was developed on the basis of Ninghong Tea with the help of experts and professors of the Shanghai Traditional Medicine Diet Therapy Association. The new product, which has Ninghong Tea's functions of reducing human fat, diuresis, being a refreshing drink and preventing cancer, becomes more effective than Ninghong Tea with additives of Chrysanthemum pollen and liquorice Root. Therefore it has been considered as the first in a series of health protection teas in China.

Ninghong (diet) Tea has the functions to reduce human fat, diuresis, halitosis and relieve itching, it is effective for patients who are fat, have halitosis, itch or are constipated, and is especially good for Cholecystitis. This tea will aid in long life. You are encouraged to drink it often.



Chinese Herb – Chuan Xin Lian  
(*Andrographis paniculata* (Burm. f.) Nees)

Acupuncture is another method to treat obesity, it can help suppress the appetite and regulate the digestive system.

#### Common points are:

Qu Chi (LI11)  
He Gu (LI4)  
Xue Hai (Sp10)  
San Yin Jiao (Sp6)  
Bai Hui (Du20)

#### If fat stomach add:

Tian Shu (St25)  
Shui Dao (St28)  
Ji Men (Sp11)

#### If fat in thigh add:

Feng Shi (GB31)  
Huan Tiao (GB30)

#### If fat in the back add:

Shen Shu (B23)

In order to lose weight, apart from the above treatments, we have to try hard to have a good diet. Do not eat too many fatty foods such as chocolate, cheese, milk, lamb, beef. In addition it is important to exercise to keep your body in good health.