

TRADITIONAL AND MODERN CHINESE VS. ROMANIAN PHYTOTHERAPIC PRESCRIPTIONS USE IN TREATMENT OF ADULT TYPE OF DIABETES

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Abstract

Traditional Chinese Internal Medicine considers that diabetes is differentiated into three types of consumption – thirst syndromes. This three syndromes belongs to the visceral organ involves: upper energizer (thoracic cavity in which heart and lung are situated), middle energizer (upper abdominal cavity where the spleen and stomach lie) and lower energizer (lower abdominal cavity containing the liver, kidney, intestines and urinary bladder).

Doctor Shi Xiao Mo make his clinical differentiation on Adult type of Diabetes and establish that there are four types of consumption – thirst syndrome. In concordance with traditional diagnostic he selects prescriptions and use herbal ingredients, to achieve the best results.

These four types of consumption – thirst syndrome are: Deficiency of Energy – Blood Type, Heat – Dryness Invades Blood Type,

Introduction

Traditional Chinese Internal Medicine use herbal prescriptions in order to treat or cure, not disease in which the cause of illness is material or organic and could be determinate in quantity and quality, but syndromes in which the cause is subtle, energetically and

Deficient Energy Produce Blood Stagnation Type and Deficiency of both: Yin and Yang Type.

Doctor Shi Xiao Mo use, as his father taught him, three couples of herbal ingredients: *Rhizoma Atractylodis Lancea* in association with *Radix Scrophulariae*, *Radix Astragali* associated with *Rhizoma Dioscoreae*, 15g of *Radix Pueraria* together with 30g of *Radix Salvia Miltiorrhiza*. These three couples constitute the Reducing Glucose Basic Recipe. This prescription acts on lung, spleen and kidney, but the strongest effect is towards treating spleen and kidney, nourishing both the congenital (inborn) fundament of vitality (kidney) and the acquired fundament of growth and development (spleen).

Key words: consumption – thirst syndrome; upper, middle and lower energizer; Reducing Glucose Basic Recipe.

belongs to a functional disturbance that could be detected using sense organs' perceptions, to understand and analyze external signs.

The compound syndrome of Traditional Chinese Medicine is the image in the mirror of the structure and composition of an herbal recipe; all types of disharmony of internal visceral organs and their basic substances are

pictures that are made of different doses and types of ingredients.

Complex as they are, all the signs and symptoms of a disease can be generalized according to the eight principal diagnostic parameters.

The type of a disease may be classified as Yin or Yang. For example, for the six exogenous pathogenic factors, the nature of the noxious climacteric environmental changes (too sudden, too excessive, too deficient or unseasonable) offers for traditional physician the type of the disease. The six atmospherically energy are classified as follow: Wind, Dryness, Summer Heat, Fire belong to Yang energy; Cold and Dampness belong to Yin energy. Again, considering the seven endogenous factors, the seven disharmonies in mental activities and emotions, the type of the disease will express the changes produced in the basic substances of the body which are Jing – vital essence, Energy, Blood, Fluids, Shen - spirit (manifestation of physical and psychical health).

The location and severity of a disease can be differentiated as Exterior or Interior syndrome. Pathological conditions can be divided into Cold and Heat syndrome. Morbid conditions of a disease can be termed either as Deficiency or Excess syndrome.

Diabetes, which in Western Scientific Medicine, is a disorder affecting the processing of carbohydrates involving absolute or relative insulin deficiency, in Traditional Chinese Medicine belongs to *consumption – thirst syndrome*.

The deficiency syndrome is the primary condition, subtle and functional, that promotes

the initiation of secondary, acute and severe condition which is organic.

From the energetically, subtle point of view diabetes is excess pathology inside a deficiency syndrome. In other words diabetes reflects Yang signs and symptoms (ketoacidosis, cardiovascular disease, retinopathy and peripheral neuropathy) in a Yin deficiency syndrome. In according to Traditional Chinese Medicine, the localization of adult type diabetes is an interior syndrome, affecting spleen physiological functions of transforming and transporting the essence of nutrients in order to generate vital basic substance. This concept is different in Western Medicine where diabetes is a pancreatic illness, which appears in a long – standing decreased endogenous insulin secretory capacity.

Etiology and Traditional Prescriptions

Chinese Internal Medicine considers that health preservation is better than to treat an already becoming illness. This means cultivation of mind, controlling emotions, moderation of work and rest, regulation of diet, avoid physical and sexual strain, avoid excessive comfort.

Diabetes occurs in association with the following etiologic factors:

1. The spleen and stomach are damaged by overeating greasy, raw, cold dishes; over consuming alcohol; unbalance between the five flavor and tastes of the food; addiction to a particular food or flavor; no temperance in the amount of food and irregularity in following the rule about having meals at fixed time. Breaking of this diet rules cause failure

in the functions of spleen of transporting and transforming the nutrients, which in turn cause interior heat to accumulate and consume jing vital essence, body fluids, energy and blood, resulting in development of consumption – thirst syndrome.

2. The mind is damaged due to lack in maintaining optimistic attitude toward life, due to inability of regulating the seven emotions: neither excessive nor suppressed, to avoid producing the dangerous emotions: anger, anxiety and repress anger or guilt (mental depression) that injure the liver, causing liver energy stagnation. Protractedly stagnated liver energy turns into pathogenic heat which again consumes body fluids and leads to consumption – thirst syndrome.

3. Intemperance in sexual life leads to deficiency of the acquired jing – vital essence of kidney, cause kidney energy and Yin fluid to wane, producing endogenous dryness and heat in lower energizer (lower abdominal cavity containing the liver, kidney, intestines and urinary bladder), which leads to deficiency of Yin, Yang and jing – vital essence of kidney and result in development of consumption – thirst syndrome.

Traditional Chinese Internal Medicine considers that diabetes is differentiated into three types of consumption – thirst syndromes. These three syndromes belong to the visceral organ involved: upper energizer (thoracic cavity in which heart and lung are situated), middle energizer (upper abdominal cavity where the spleen and stomach lie) and lower energizer. Recipes of Herbal Chinese Medicine follow the descriptions of every diabetes type syndrome.

1. Consumption – thirst syndrome involving the upper energizer

Pathogenesis. Endogenous heat consumes lung Yin, affecting the upper energizer's energy and fluids.

Main symptoms: severe thirst accompanied by dryness of the mouth and tongue, polyuria, red tip and side of the tongue with thin yellow coating, waves surging pulse.

Principle of treatment: Expel heat, purge fire, increase the production of body fluids and relieve thirst.

Recipe: **Decoction for Consumption – Thirst Syndrome** with modifications; in this prescription, Radix Coptidis clear away heat, purging fire and clear away toxin; Radix Trichosanthis clear and purge heat from lung and stomach, promote production of body fluids and relieve thirst; Radix Rehmannia (dried) nourish Yin of liver and kidney; Rhizoma Zingiber warm up middle energizer, clear away toxin, dispersing cold; Rhizoma Nelumbo nucifera clear heat and promote production of body fluid, removing blood stasis; Apis Melifera tonifying spleen and lung, nourish lung Yin to quench thirst. We can add to the former prescription **Asparagus and Ophiopogon Decoction**. In this prescription Radix Asparagi and Radix Ophiopogonis nourish Yin of lung and stomach and promote the production of body fluids; Radix Scutellariae and Rhizoma Anemarrhenae clear heat from lung and stomach; Radix Ginseng strengthens energy and produce body fluid.

2. Consumption – thirst syndrome involving the middle energizer

Pathogenesis. Excess of stomach fire consumes stomach Yin.

Main symptoms: polyphagia, emaciation, constipation, red and dry tongue yellow coating, slippery and excessive pulse.

Principle of treatment: Clear away stomach heat and nourish Yin

Recipe: **Decoction of Jade Girl**, in which Gypsum Fibrosum and Rhizoma Anemarrhenae clear away stomach heat; Rhizoma Rehmanniae and Radix Ophiopogonis nourish Yin of the lung and kidney; Radix Achyrantis Bidentatae brings fire down; Rhizoma Coptidis and Radix Scutellariae expel damp – heat from the stomach; and in cases of constipation add **Minor Decoction for Purging Digestive Accumulation** consisting of three ingredients Rhizoma Rhei, Cortex Magnoliae, Fructus Aurantii Immaturus.

3. Consumption – thirst syndrome involving the lower energizer

a) Pathogenesis. Deficiency of kidney Yin

Main symptoms: polyuria, turbid urine, dry mouth, dysphoria with feverish sensation in the chest, palms and soles, red tongue with little coating, threadlike and rapid pulse.

Principle of treatment: Nourish kidney Yin.

Recipe: **Bolus of Six Ingredients with Rehmannia**. Bolus of Six Ingredients with Radix Rehmanniae has the following formula: Radix Rehmanniae Praeparata, Fructus Corni Mas, Rhizoma Dioscoreae, Rhizoma Alismatis, Cortex Paeonia Suffruticosa and Poria Cocos.

b) Pathogenesis. Deficiency of kidney's Yin and Yang.

Main symptoms: severe polyuria, turbid urine, lassitude, spontaneous sweating, aversion to cold, cold limb, diarrhea, shortness of breath, impotence, dark complexion, pale tongue with little white coating, deep threadlike and weak pulse.

Principle of treatment: Warming kidney Yang and nourish kidney Yin.

Recipe: **Bolus of Tonifying Kidney Energy**, in this prescription, Radix Rehmannia (dried) nourish Yin of liver and kidney; Fructus Corni Mas tonifying equal kidney's Yin and Yang; Rhizoma Dioscoreae reinforcing the spleen and stomach, promoting production of body fluid; Poria Cocos and Rhizoma Alismatis inducing diuresis, excreting dampness and expelling pathogenic heat; Cortex Paeonia Suffruticosa remove heat from the blood, promoting blood circulation and removing blood stasis; Ramulus Cinnamomi reinforcing Yang to promote the flow of energy and warming the meridians to relieve pain; Radix Aconiti Lateralis Praeparata supplement fire of the vital gate to strengthen Yang.

Modern Prescriptions Use in Treatment of Adult Type of Diabetes

Previous Chinese Traditional physicians consider that the therapeutic principle of Diabetes is nourishing the principle Yin and clear away pathogenic heat. The visceral organs involve are lung, spleen (stomach) and kidney.

In 1998 I met in Beijing at his private Shi Jin Mo Traditional Medical Clinic, Doctor Shi Xiao Mo the son of Shi Jin Mo (1881 – 1969)

a very well – known personality of twenty century, one of the North China and Beijing Area Four Miraculous Physician. Doctor Shi Xiao Mo, base on his clinical experience in diagnosis and treating this disease, observe that 70% of the patients develop obvious symptoms of lassitude and fatigability and their tongues were pale and dark. The remaining 30% have bright red tongue (redder than normal) with little coating or purple tongue with small spots of bluish blood stagnation at both side of tongue.

Using this information, he considers that the primary pathological change in Diabetes syndrome is deficiency of body's energy and blood. The manifestation and symptoms of heat and dryness are only the result of Yin and fluids damage.

Doctor Shi Xiao Mo make his clinical differentiation on Adult type of Diabetes and establish that there are four types of consumption – thirst syndrome. In concordance with traditional diagnosis he selects prescriptions and use herbal ingredients, to achieve the best results.

These four types of consumption – thirst syndrome are: Deficiency of Energy – Blood Type, Heat – Dryness Invades Blood Type, Deficient Energy Produce Blood Stagnation Type and Deficiency of both: Yin and Yang Type.

1. Deficiency of Energy – Blood Type

Main symptoms are: polydipsia, polyphagia and polyuria, fatigability, lassitude, patient is easy affected by exogenous factors, pale and darkish tongue, weak and threadlike pulse.

Doctor Shi Xiao Mo use, as his father taught him, three couples of herbal ingredients: Rhizoma Atractylodis Lancea in association with Radix Scrophulariae, Radix Astragali associated with Rhizoma Dioscoreae, 15g of Radix Puerariae together with 30g of Radix Salvia Miltiorrhiza. These three couples are forming the **Reducing Glucose Basic Recipe**. This prescription acts on lung, spleen and kidney, but the strongest effect is toward treating spleen and kidney, nourishing both the congenital (inborn) fundament of vitality (kidney) and the acquired fundament of growth and development (spleen). Doctor Shi Xiao Mo says that every complex disease, like Diabetes, have many latent syndromes that compose it and came along from the silence offset during all her developing stages. For this reason is important at all the stages to insist on the differentiation between syndromes and primary disease in according to the state of energy and blood.

Besides the above couples, the following additional ingredients ought to be used for accessory treatment:

Urine glucose is not reduced enough; use heavy dosage of Radix Trichosanthis 30g or Fructus Prunus Mume 10g.

Blood glucose level is still high; add **White Dragon Decoet** with Radix Codonopsis (Radix Codonopsis 10g, Rhizoma Anemarrhenae 10g and Gypsum Fibrosum 30g).

Blood glucose level is high and patient has strong starving sensation, use Rhizoma Polygonatum odoratum 10-15g, Radix Rehmanniae (dried) 30g and Radix Rehmanniae Praeparata 30g.

Urine is positive for ketone bodies; use Radix Scutellariae 10g, Rhizoma Coptidis 3g, Poria Cocos 15g and Rhizoma Atractylodis Macrocephala 10g.

Patient feels skin numbness and itching sensation; use Fructus Tribulus Terrestris 15g, Fructus Kochia Scoparia 15g and Cortex Radix Dictamnus 15g.

Patient feels itching sensation in the lower part of the body: Rhizoma Anemarrhenae 10g, Radix Sophora Flavescens 15-20g.

Insomnia, irritability and palpitation; use Radix Polygonum multiflorum 10g, Fructus Ligustrum Lucidum 10g, Rhizoma Acorus Gramineus 10g, Radix Polygalae Tenuifolia 10g, Os Dragonis Fossilia 30g, Concha Ostreae 30g.

2. Heat – Dryness Invades Blood Type

Main symptoms are: polydipsia, polyphagia and polyuria, dry mouth, thirst but moderate desire for drinking water, body itching sensation, frequent body boils, inflammation and pain of the gums, ulceration of the tongue, reddened lips, red tongue and rapid pulse. Principle of treatment is primary nourish the blood and clear away heat, and secondary reinforce the energy and replenish Yin and fluids. The prescription is named **Clear Warm Decoction**. In this formula we have Radix Scutellariae 10g, Rhizoma Coptidis 3g, Fructus Gardeniae Jasminoides 6-10g, Cortex Phellodendron Amurense 10g, Radix Angelicae Sinensis 10g, Radix Rehmanniae (dried) 15g, Radix Rehmanniae Praeparata 15g, Rhizoma Ligusticum Chuanxiong 10g, Radix Paeoniae Sinjiangensis 10g and Radix Paeonia Lactiflora 10g. In clinical treatment we use

Clear Warm Decoction formula and add the first two couples of ingredients from Reducing Glucose Basic Recipe.

In case of acute dermal infection, Doctor Shi takes in consideration using additional Flos Lonicerae 15g, Fructus Forsythiae 10g, Herba Taraxacum Mongolicum 20-30g and Herba Viola Yedoensis 15g.

3. Deficient Energy Produce Blood Stagnation Type

Main symptoms, beside the three excessive symptoms: polydipsia, polyphagia and polyuria, are purple-dark tongue or pale darkish tongue with bluish spots of stagnation on the sides and tip of the tongue. The inspection of the under – surface of the tongue reveals varicose bluish veins. Patient present fixed stabbing pain at certain region aggravated by night, squamous and dry skin, cyanotic lips and nails. The method of treatment means activate the blood circulation and remove blood stagnations, together with first two couples of ingredients from Reducing Glucose Basic Recipe in order to replenish energy and fluid – Yin.

Doctor Shi explain that once a Diabetic type II patient develops symptoms of blood stagnations the only method of treatment is to introduce blood circulation and removing stagnations recipe. Most of the patients which belong to the Deficiency of Energy – Blood Type, as Diabetes develops, in time, reach to the stage of stagnation in the flow of energy and blood. Is important to understand, that using this method of promoting the flow of energy and blood for Diabetes patient we first needs to obtain a reliable traditional diagnostic base on real signs and symptoms.

The prescriptions used by Doctor Shi to treat the third type of consumption – thirst syndrome are as follow:

a) For pathology of *Deficient Energy and Blood Stagnation*, use **Decoction for Invigorating Yang and Rehabilitation of Body**. In this recipe we have Radix Angelicae Sinensis 10g, Rhizoma Ligustici Chuanxiong 10g, Radix Paeonia Sinjiangensis 15g, Semen Persica 10g, Flos Carthami Tinctorius 10g, Lubricus 10g and Radix Astragali 30g.

b) For pathology of *Energy and Blood Stagnation*, use **Decoction for Removing Blood Stasis from the Chest**. . In this recipe we have Radix Angelicae Sinensis 10g, Radix Rehmanniae (dried) 15g, Rhizoma Ligustici Chuanxiong 10g, Radix Paeonia Sinjiangensis 15g, Semen Persica 10g, Flos Carthami Tinctorius 10g, Radix Bupleuri 10g, Fructus Citrus Auranti 10g, Radix Platycodi 10g and Radix Achyranthis Bidentatae 10-15g.

c) For patients, who *used insulin for a long period of time* and therefore develop secondary pathology of blood stagnation, Doctor Shi use **Decoction for Reinforcing Energy and Activate Flow of Blood**. This recipe has Radix Aucklandia Lappa 10g, Radix Angelicae Sinensis 10g, Radix Paeonia Sinjiangensis 10g, Radix Paeonia Lactiflora 10g, Radix Leonurus Heterophyllus 20-30g and Rhizoma Ligustici Chuanxiong 10g.

4. Deficiency of both: Yin and Yang Type

Main symptoms are: polydipsia and polyuria, frequent micturation at night, loose stole with indigested food, lassitude in the loins and knees, intolerance to coldness, cold limbs, impotence in male, swollen tongue with

white coating, deep and threadlike pulse. The principle of treatment is to introduce, in the basically formula of nourishing kidney's Fluids and Yin (**Bolus of Six Ingredients with Rehmannia**), small amount of Warm – Yang ingredients in order to resuscitate Yang energy as well.

For this Yin and Yang deficiency type, Doctor Shi use **Decoction of Eight Ingredients with Radix Rehmanniae**, a formula almost similar to the composition of Bolus of Tonifying Kidney Energy. Decoction of Eight Ingredients with Radix Rehmanniae has the following formula: Radix Rehmanniae Praeparata 15g, Fructus Corni Mas 10g, Rhizoma Dioscoreae 10g, Rhizoma Alismatis 10g, Cortex Paeonia Suffruticosa 10, Poria Cocos 10g, Cortex Cinnamomi 3-5g and Radix Aconiti Lateralis Praeparata 5-10g. In clinical treatment we don't forget to add the first two couples from the Reducing Glucose Basic Recipe to our Decoction of Eight Ingredients with Radix Rehmanniae.

Conclusions

This survey presents a study about Chinese Herbal Prescriptions which are most effective in treating patients with Diabetes type II. According to Traditional Chinese Medicine Clinical Researchers, herbal prescription may also be used with insulin to supplement the treatment of Diabetes type I, since herbal medicine improve the patient's general condition.

Doctor Shi Xiao Mo is continuing his father work and makes significant contributions in diagnosis, differentiation of syndromes and treatment of Diabetes type II. He developed a clinical proved prescription

the Reducing Glucose Basic Recipe that can be use along with traditional prescriptions in every of the four types of consumption – thirst syndrome: Deficiency of Energy – Blood Type, Heat – Dryness Invades Blood Type, Deficient Energy Produce Blood Stagnation Type and Deficiency of both: Yin and Yang Type.

Doctor Shi Xiao Mo studied for more than 30 years the clinical symptoms and the prescriptions traditionally used to treat this disease and found out the importance of introducing the activating blood circulation and removing stagnation herbal's ingredients and prescriptions.

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