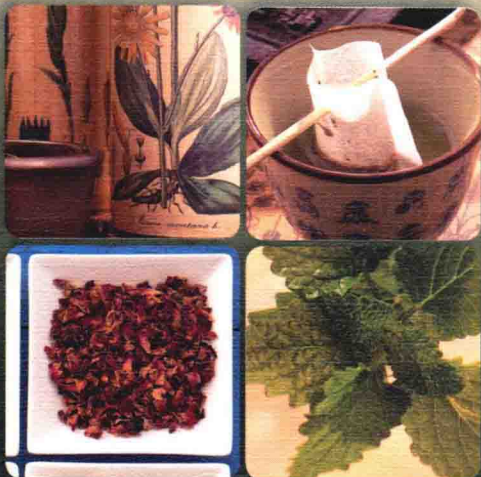




自身免疫性疾病

# TCM Case Studies: Autoimmune Disease

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# TCM Case Studies: Autoimmune Disease

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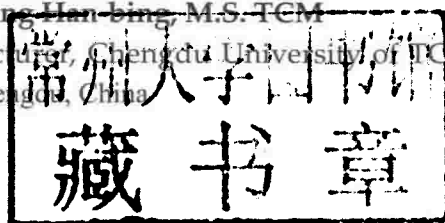
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**Professor Zeng Sheng-ping**, age 67, is with the Chengdu University of Traditional Chinese Medicine as doctoral supervisor and chief physician. One of the outstanding doctors of Sichuan Province, he is chairman of the Professional Committee of Rheumatology and Immunology of the Sichuan Association of Integrative Medicine, and member of the editorial board for the national planned textbook *Internal Medicine*.



曾升平教授

Dr. Zeng has been working in the clinic for forty-three years, and has been devoted to the clinical practice, research and education of autoimmune diseases for thirty-one years. He graduated from the Fourth Military Medical University, and was among the first postgraduates of immunopathology from Beijing University of Traditional Chinese Medicine following the Cultural Revolution. He learned pathology and immunology from the famous immunopathologist Wei Min (魏民), and Huang Qi-fu (黄启福), pathophysiologist. Through internship and residency, he studied TCM with several famous TCM doctors, including Wu Pei-heng (吴佩衡) from Yunnan province, Song Lu-bing (宋鹭冰) from Sichuan province and the acupuncturist Li Zhong-yu (李仲愚). Professor Zeng has devoted his work to the integration of theories of Chinese and Western medicines, as well as TCM strategies of pattern differentiation and treatment, in developing a theoretical foundation for autoimmune diseases.

To sum up his work, he believes that the main pathological process in autoimmune diseases—immunoreactions, vasculitis, exudation, edema, bleeding, inflammatory infiltration, and hyperplasia of connective tissue—are associated with heat-toxin, blood stasis, dampness and phlegm in TCM. Regardless of the autoimmune diseases, the TCM approach focuses on evaluating the patient's presenting condition and determining the relationship of these pathological factors. Within this context, Dr. Zeng has helped numerous patients with rheumatoid arthritis, systemic lupus erythematosus, Sjögren's syndrome, scleroderma and so on.

Dr. Zeng has been leading and participating in five different national and provincial research projects for the Ministry of Science and Technology, the National Natural Science Fund, the national 973 Project, and Science and Technology of Sichuan

Province. Three times he has been awarded second prize in science and technology competitions in Sichuan Province. He has published more than 10 academic papers, and has supervised 6 doctoral students and 18 master students.

**Jake Paul Fratkin, OMD, L.Ac.** has trained in Korean and Japanese acupuncture since 1975 and Chinese herbal medicine since 1982, including a year in Beijing hospitals specializing in internal disorders and pediatrics. Dr. Fratkin is the author of *Chinese Herbal Patent Medicines, The Clinical Desk Reference* (2001), a compendium of 1250 Chinese herbal products available in the United States, and the editor-organizer of Wu and Fischer's *Practical Therapeutics of Traditional Chinese Medicine*, Paradigm Publications, 1997. He has recently completed the 650 page *Essential Chinese Formulas—225 Classical and Modern Prescriptions Organized by Clinical Category* (2014). He is a regular columnist for *Acupuncture Today*, a monthly publication in USA. Dr. Fratkin is the recipient of *Acupuncturist of the Year*, 1999, by the American Association of Acupuncture and Oriental Medicine (AAAOM) and *Teacher of The Year*, 2006, American Association of Teachers of Acupuncture and Oriental Medicine (AATAOM). He resides in Boulder, Colorado, USA.



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## Preface

Autoimmune disease refers to the illnesses that occur when body tissues are attacked by its own immune system. Common autoimmune diseases include rheumatoid arthritis, systemic lupus erythematosus, Sjögren's syndrome, dermatomyositis, scleroderma, systemic vasculitis, idiopathic thrombocytopenic purpura, autoimmune hemolytic anemia, autoimmune hepatitis, type 1 diabetes, Graves' disease, myasthenia gravis, inflammatory bowel disease, psoriasis and vitiligo, and other hard-to-cure diseases that are seen in various TCM departments. More and more uncertain and controversial diseases are gradually clarified to be autoimmune by advanced diagnostic techniques and tests.

Medicines used frequently for autoimmune diseases are corticosteroids as well as immunosuppressants. They inhibit all lymphocytes and antibodies nonselectively, including autoreactive T-lymphocytes and corresponding antibodies involved in autoimmune response, as well as others, which work for routine immune functions. However, these medicines control symptoms quickly, but in long term use, they keep patients in a sub-healthy status with increased risks of uncontrollable infection and tumor. Some immunosuppressants inhibit bone marrow and damage the liver and kidney. Since more and more patients are aware of these side effects, they come to seek treatment of Chinese herbal medicinals.

Many TCM practitioners have little knowledge about treating autoimmune disorders, and a satisfying therapeutic effect is seldom achieved because practitioners apply their general clinic experiences to autoimmune diseases. This book introduces general principles and methods for treating autoimmune diseases, based on representative case-studies. With this guidance, TCM practitioners now have an opportunity to improve their therapeutic outcome.

This book is written by experts in Chengdu University of Traditional Chinese Medicine, sponsored by the People's Medical Publishing House. There are nine chapters, introducing representative autoimmune diseases including rheumatoid arthritis, systemic lupus erythematosus, Sjögren's syndrome, scleroderma, systemic vasculitis, idiopathic thrombocytopenic purpura, inflammatory bowel disease, autoimmune thyroid disorders, psoriasis and psoriatic arthritis. For each chapter, general understanding with biomedicine knowledge is introduced, followed by TCM understanding and methods. Then, cases of all common patterns are indicated to reveal complete treating process and experiences. At the end, questions and reference are quoted.

Regardless of which autoimmune disease manifests, the TCM approach focuses on treating heat-toxin, blood stasis, dampness and phlegm to eliminate pathogenic factors. Most of the cases cited in this book are from Professor Zeng's clinic in recent years, with records being kept by his students Li Yuan (李媛), Chen Pei-yu (陈佩珏), Fu Xiao-yan (符小艳) and Wen Bo (温博). Two cases of inflammatory bowel disease were written by Professor Huang Tai-ji (黄太基) in the gastrointestinal department of the Affiliated Hospital of Chengdu University of TCM.

Basically, when treating autoimmune diseases, deficiency and excess complexes need to be differentiated, as well as true-false manifestations, since symptoms of autoimmune diseases often overlap throughout the course of the disease. Readers should not directly apply formulas in this book to clinical cases. The Q&A section of each chapter is used to deepen one's understanding about the underlying patterns of heat-toxin, blood stasis, dampness and phlegm that make up the diversity of autoimmune diseases. It is our hope that other autoimmune diseases can be understood and managed, using flexibility and adaptability of the general principles.

Zeng Sheng-ping

March 5<sup>th</sup>, 2014



## Dr. Jake Fratkin's Introduction

It has been my great pleasure to assist Dr. Zeng Sheng-ping (曾升平) in the production of this book for People's Medical Publishing House. Our hope is to reach a Western audience of TCM practitioners with information that, until recently, has been scarce in the English language. Undertaking a work on autoimmune diseases signifies a new direction for TCM in the West, and clearly brings to light a trend being pursued in China, namely the integration of Chinese and Western medicine. This is not necessarily an integration of therapeutics, but recognition of several factors at play in modern society.

The first is that modern medical science is significantly developed in China, just as it is in the United States and Europe. Patients with serious disease in China often start with Western medicine, but many come to Chinese medicine when they find that the Western therapeutics is not curing their problem, or that they carry significant side effects. Almost all of the cases cited in this book involve patients who started with Western medicine, but having unsatisfactory results, came to Dr. Zeng's clinic at Chengdu University of TCM hospital.

The second is the acknowledgement by advanced TCM doctors in China of the need to understand medical pathophysiology of disease, and to use laboratory testing to diagnose and monitor progress with TCM therapeutics. This is an integration of Western medical science with traditional herbal therapeutics, based on "correct TCM theory as well as clinical judgment" according to Dr. Zeng. In North America, we have TCM practitioners and scholars who cannot move beyond the classical approach, cannot acknowledge the usefulness of modern lab testing, and who cannot relate the usefulness of medical pathophysiology to TCM organization. Our book confirms that this is indeed being done at the major TCM teaching hospitals in China.

The third reality check for TCM practitioners is that for patients experiencing acute flare-ups of autoimmune disease, including rheumatoid arthritis, lupus, and inflammatory bowel disease, the best initial treatment requires Western medicine, specifically steroids like prednisone and immunosuppressants like methotrexate. Once the acute condition has settled down, it is then correct to pursue and continue treatment with Chinese herbal medicine.

In this volume, we have taken a group of complicated and stubborn illnesses—autoimmune disease—that require understanding and integration of both medical systems. In some ways, this indicates the path of TCM in the 21<sup>st</sup> century. While