The Treatment of Pain with Chinese Herbs and Acupuncture by Sun Peilin (2nd. edition); Churchill Livingstone, 2011.

This new edition of The Treatment of Pain with Chinese Herbs and Acupuncture gives a thorough and analytical review of the diagnosis and treatment options for pain, using acupuncture with Chinese herbal medicine. Based on the clinical experience of the author and supported by that of acupuncturists in Chinese universities, it offers a comprehensive and detailed set of treatments for a wide variety of pain symptoms and conditions, and includes detailed modifications of the treatments, to aid clinical practice.

Although pain syndromes are often complicated, involving both psychological and physical difficulties, resulting in sometimes hesitation in deciding a correct treatment, there are still some short-cut ways to achieve a successful result. Therefore, the essential intentions of the authors are very clear:

- To demonstrate the practitioners how to differentiate the clinical situations and how to establish the corresponding treatments.

- To illustrate how to apply Chinese herbs logically and how to consist an acupuncture prescription reasonably and effectively.

Features - Thorough exploration of the etiologies and pathologies for pain in the context of Traditional Chinese Medicine - Clear discussion of the principles of treatment, acupuncture point selection and combination - Detailed explanation of herbal and acupuncture treatments for common and complex pain conditions - Deals comprehensively with the commonest clinical presenting symptoms - Provides treatment
plans and modifications to these plans, offering more options for the practitioner. Includes detailed and useful case histories

New to this edition:

- New chapter on treatment of pain in children
- Separate sections for the gynecologic conditions
- Includes Western-named conditions
- Red Flags for practitioners to indicate situations which are potentially life-threatening or dangerous
- Suggested treatments now include acupuncture as well as herbal treatments
- Following on from each treatment a prognosis is now provided


Proficiency in the prescription of Chinese herbs depends on an intimate knowledge of the raw materials. The ability to discriminate the fine points of difference between similar herbs within a group, combined with a deep understanding of the unique characteristics of each herb ensures selection of the most effective herbs in every clinical situation. Distilled from the major herb reference texts of China and the West, the desk reference is designed to be quick and easy to use, with clear and accurate tables comparing all the herbs used in the modern clinic. Designed to help students master the formidable task of learning the materia medica, and to enhance the dexterity of experienced practitioners, the desk reference is an essential guide to the intricate logic of Chinese herbal prescription.

Features
* Tables comparing indications, functions, areas of influence, flavors and nature across groups of herbs
* Practical information about the effects of different types of processing, dosage variations, delivery format and concise cautions and contraindications
* Appendices of herbs proscribed during pregnancy, herbs with potential toxicity, endangered species and possible substitutes, herbs requiring special treatment, and
Migraine is a condition that Western medicine finds notoriously difficult to treat, and acupuncture, moxibustion and Tuina massage can all be effective methods of bringing about relief. This clear and comprehensive guide will enable practitioners to carry out treatment and significantly ease symptoms and suffering. Opening with an explanation of migraine and the different forms and symptoms as understood in Chinese medicine, the book explains every part of the treatment process, from diagnosis, locating relevant acupoints and deciding which needle to use, and explains every step for all three forms of treatments. Matching symptoms to treatment in individual cases, the authors discuss Tuina manipulation, and show how to use these to relieve pain. Typical cases are then explained and effective treatments described, and these are summarised for ease of use. A final section outlines precautions that should be taken, and the book is accompanied by a DVD which complements the text, demonstrating exactly how to carry out these treatments. This book will be essential reading for any Chinese Medicine practitioner looking to treat migraine.

A foundation of Chinese life sciences and medicine, the Huang Di Nei Jing Su Wen is now available for the first time in a complete, fully annotated English translation. Also known as Su Wen, or The Yellow Emperor's Inner Classic, this influential work came into being over a long period reaching from the 2nd century BCE to the 8th century CE.
Combining the views of different schools, it relies exclusively on natural law as conceptualized in yin/yang and Five Agents doctrines to define health and disease, and repeatedly emphasizes personal responsibility for the length and quality of one's life. This two-volume edition includes excerpts from all the major commentaries on the Su Wen, and extensive annotation drawn from hundreds of monographs and articles by Chinese and Japanese authors produced over the past 1600 years and into the twentieth century.

*Illustrated Treatment for Cervical Spondylosis Using Massage* by Tang Xuezheng and Yu Tianyuan; Singing Dragon, 2011.

Cervical Spondylosis is a condition in which cervical vertebrae and invertebral discs in the neck degenerate. The condition is an almost inevitable part of aging and can cause extreme neck pain and lead to arm and hand problems. Unlike any form of Western medical treatment, Massage Therapy from Traditional Chinese Medicine is a non-invasive, and is a successful method of relieving this pain and increasing the movement and daily comfort of sufferers. The authors explain the nature of Cervical Spondylosis and symptoms associated with the condition. They clearly outline every stage of the treatment process, providing anatomical diagrams and illustrations, as well as details on meridians, collaterals and acupoints. Easy-to-follow techniques and a step-by-step guide on how to perform massage therapy treatments are accompanied by clear instructions and live demonstrations on the accompanying DVD. Written for practitioners, the book also includes clear advice for advising the patient on how they might continue treatments at home, and precautions that should be taken to prevent this painful condition recurring and worsening. The book will be an invaluable basic resource for practitioners of Chinese medicine and massage therapy, as well as all other massage and bodywork professionals.


The understanding and applicability of classical formulas is crucial for addressing patient
requirements in modern practice. Dr. Huang has assembled a quick reference guide to apply the knowledge of over 65 classical Chinese formulas from the Shang Han Lun (Treatise on Cold Damage) and the Jin Gui Yao Lue (Essentials from the Golden Cabinet), as well as 10 broadly applicable formulas from his personal clinical experience. The original Chinese references from the classics has been added as well as their translation. The original formula composition found in classical texts is also included, along with Dr. Huang's clinical adaptations. The concise guide book format is intended to optimize accessibility in clinical learning and reference settings.


Through over two millennia Chinese medical practices have evolved over numerous geographical locations leading to many diverse practices. In acupuncture there are various styles of diagnostic methods and treatments that are used, with pattern identification being an essential part of any system. While there are over 8 methods of syndrome differentiation that are commonly used, there is not a system that emphasizes the associations between the 12 regular meridians. In Meridian Circuit Systems a method for pattern identification based on the connections between the channels is introduced. The associations between the meridians are based on the horary cycle and the traditional Chinese names such as the tai yang, shao yang, yang ming, tai yin, shao yin, and jue yin. From these connections the author develops an integrated theory that shows how various meridian circuits may be used for syndrome differentiation. Central to the ideas discussed in the book are 4 meridian (4M) circuits. These are formed by joining meridian pairs such as can be formed between the tai yin and tai yang, and the jue yin and yang ming. When this system is integrated into traditional methods such as zang - fu pattern identification, greater diagnostic and treatment skills can be acquired. This ultimately allows the therapist to use fewer needles with greater results. The book is written for professionals in the field of acupuncture, and it is also suitable for second year students. While its teachings promise to expand the abilities of even the most seasoned acupuncturists, its simple and straightforward writing style is easy to understand, and its methods and techniques are effortlessly implemented into any clinical setting.

Although acupuncture is currently experiencing a great increase in acceptance and growth, many acupuncturists are failing to earn a living. Recent statistics suggest that nearly 9 out of 10 acupuncturists end-up in private practice but most of those are struggling to earn solid incomes. This book offers candid and comprehensive advice about what it really takes to manage a successful acupuncture practice in the West today. Readers will learn the unique combination of skills needed to make acupuncture services effective and affordable while still allowing practitioners to earn a comfortable living. Distilled from 25 years of full-time private practice this is real-world advice offered by one of the acupuncture profession's most experienced practitioners and authors.

Chinese Scalp Acupuncture by Jason Ji, Shen Hao & Linda Lingzhi Hao; Blue Poppy Press, 2011.

This new book could make a difference in the life of a patient when no other therapies will help. The authors, who have a combined 60 years of experience using Chinese scalp acupuncture, have given us a true gift: a thorough clinic manual for learning this amazing tool for patients who suffer from seriously debilitating conditions such as the sequelae of stroke, phantom limb pain, PTSD, Meniere's syndrome, multiple sclerosis, herpes zoster, seizures, essential tremor, and Parkinson's Disease.

Features of this book include:
* an introduction to the neuroanatomy and neurophysiology of the brain and scalp for non-Western medical practitioners
* Chinese medical theories supporting the use of scalp acupuncture
* thorough explanations of area locations and uses
* details of needle technique specific to scalp acupuncture
* excellent illustrations of each treatment area and for many of the case studies
* over 40 case studies with treatment details

THE PULSE ATLAS is a modern, comprehensive guide to Traditional Chinese pulse diagnosis. This book is filled with concise descriptions and three-dimensional images for all levels of practitioners, junior and senior.

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ARTICLE ABSTRACTS

“The Heavenly Star Points of Ma Danyang” by Andrew Nugent-Head; The Journal of Chinese Medicine, No. 98: 5-12, 2012.

According to the Heavenly Star Poem (first recorded in Wang Guorui's Yuan Dynasty Jade Dragon Classic's Echo of Bian Que Deity's Acupuncture), 'None of the functions of the 360 points are beyond the 11 [Heavenly Star] points'. The same poem states that the clinical effects of using these points can be 'like hot water poured upon snow'. This article explains the history and textual transmission of the Heavenly Star Points of Ma Danyang, and includes comprehensive descriptions of the application of the points and the needling techniques necessary to produce the desired clinical effects.

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Patients undergoing fertility treatment often believe that all that matters when trying to conceive is the number of eggs they have. However, it is actually the quality of these eggs that determines whether an embryo is able to reach the blastocyst stage, implant and continue to develop into a healthy baby. Egg quality is affected by ovarian function and the state of the reproductive environment - for instance the harmonious functioning of the hypothalamus-pituitary-ovarian axis - as well as lifestyle factors and the age of the patient. Tubal or immune factors may further impair a woman's chance to conceive. From the Chinese medical perspective the primary gynaecological functions are governed by the
Kidney jing, Liver and Spleen. This paper describes the underlying mechanisms of female fertility from a Western as well as a Chinese medicine perspective, and gives acupuncture treatment protocols that can be modified to the patient's individual Chinese medicine diagnosis, to enhance the reproductive environment and create optimal conditions for fertilization, maternal endometrial receptivity and a subsequent healthy pregnancy.


Community acupuncture – as practised by self-styled 'acupunks' – is a radically different vision and philosophy for the practice of acupuncture in the West. Patients are seen in a group setting, which allows for treatment to be conducted via a high-volume, low-cost sustainable business model. Spa settings and excessive Chinese medicine theory are unnecessary with such a model of treatment, as the needles do all the necessary work. This article describes the vision, aims and underlying philosophy of the community acupuncture movement.


This article presents an exploration of Yang Lishan's warm disease formula, Ascending and Descending Powder (sheng jiang san), including its historical background and examples of how physicians can use the formula clinically for a wide variety of conditions.


Breech presentation puts both mother and baby at a higher risk of morbidity and mortality. In Western countries, a large proportion of breech babies are delivered by elective caesarean section, which itself presents significant dangers. It is therefore preferable to turn the baby to a cephalic position prior to delivery. Chinese Medicine traditionally treats breech presentation by stimulating acupoint Zhiyin BL-67. This paper reviews the literature on the treatment of breech presentation with acupuncture and moxibustion at Zhiyin BL-67, focusing on the efficacy of these treatments and the viability of offering them in the private and public health sectors. It concludes that there is evidence to support treatment of breech presentation by stimulating Zhiyin BL-67 with both needling and moxibustion, and that moxibustion in particular is a safe and cost-effective method of
treating breech presentation. However, more robust research using greater sample sizes is still needed in this area.


A fundamental tenet of Chinese medicine is that as humans we are connected to the world around us, and that the microcosm and the macrocosm - the little picture and the big picture - offer similar views, with the difference being merely a matter of scale. In light of over two decades of voluminous Western research indicating that the stability of the climate has been seriously compromised, how can Chinese medicine contribute to the ongoing discussion about climate change? Even a basic discussion of yinyang theory can provide significant insights into what climatologists describe is happening globally. This article examines prevalent assumptions about climate change held in the industrialised West through the lens of Chinese medicine, and explores deep-reaching philosophical understandings from classic Chinese medical texts that have much to offer in discussions about - and action towards - climate stabilisation.


The concept of jing is fundamental in Chinese medicine (CM), yet English-language discourse using the concept reveals a variety of meanings that result in much potential confusion. In the currently-flourishing field of Chinese reproductive medicine in the West clinicians frequently diverge significantly from their biomedical peers, for example in claiming to be able to provide treatment for age-related pathologies of the human gametes - ascribed by modern CM to be manifestations of jing - that seem dubious from the perspective of modern biomedicine. In the context of the unclear ways in which the concept of jing is used, and the emotive sphere of reproductive medicine in which it operates, this paper presents an analysis of the English-language discourse relating to jing. It finds that the term tends to be used differently by various clinicians and scholars of CM, and that such uses depend on the specific requirements and agendas of the author in question.

Despite the recent technological advances in in vitro fertilization and embryo transfer (IVF-ET), a significant proportion of women still do not become pregnant after long-term infertility, whether it is originally due to older age or other undetermined factors. In the present study, macrophage activating Chinese herbs (MACH) were evaluated for their effects on embryo qualities in women who were undergoing repeated IVF-ET because of long-term infertility. Thirty women, who had significantly low rates of developing good quality cleaved embryos and did not become pregnant after three or more cycles of Assisted Reproductive Technology (ART) procedure, were included in the study. Oral administration of MACH significantly increased the percentage of good quality early stage blastocysts (the number of grade 1 or grade 2 cleaved embryos/the number of retrieved oocytes) from $18.7 \pm 16.2\%$ to $36.1 \pm 27.1\%$ (1.9-fold increase, $p < 0.01$). The rate of good quality early stage blastocysts increased in all patients. In 19 patients who desired embryo transfer using late stage blastocysts, MACH significantly increased the percentage of late stage blastocysts from the initial value of $14.8 \pm 11.2\%$ to $21.1 \pm 23.1\%$ (1.4-fold increase, $p < 0.05$). The rate of embryonic progress into late stage blastocyst increased in 52.6% (10/19) of the patients. Furthermore, treatment with MACH significantly decreased the plasma follicle stimulating hormone (FSH) concentration on the day of oocyte retrieval from $14.4 \pm 3.2$ to $10.5 \pm 2.4$ mIU/ml ($p < 0.05$). No adverse events were observed with MACH supplementation, and there was no patient dropout. Administration of MACH resulted in improved embryo quality in the difficult cases. The present study demonstrates a new benefit of this herbal blend in women with refractory infertility of unknown etiology.


Sleep-Disordered Breathing (SDB) is a prevalent affliction, which can range from simple snoring to severely obstructive sleep apnea. Compared to current treatment options of SDB, traditional Chinese medicine (TCM) provides a noninvasive way to relieve SDB-related symptoms and deaths. The purpose of this retrospective study was to observe the progression of adult SDB patients who had taken compound formula SZ + NUH (concentrated herbal granules) for four weeks. Depending on subjects’ individual needs, minor additions of formulas or single herbs were allowed. We found a significant amount of relief from snoring among the 118 enrolled subjects, according to before-after scores observed through the Snore Outcome Survey (SOS). Furthermore, as projected from the moderate linear correlation in before-after scores, we inferred that those cases with more severe snoring at baseline had greater improvement after treatment. Excessive daytime sleepiness was also significantly improved according to the results of the Epworth Sleepiness Scale (ESS). Assessment, using the SF-36 (Taiwanese version) revealed possible benefits of SZ + NUH in improving multiple facets of subjects’ quality of life.
During treatment, no significant side effects occurred. In conclusion, the TCM compound formula based on SZ + NUH could be a safe and effective option for SDB treatment.


A twelve-week pilot study was conducted on 11 male children, aged five to 19 years, who had ASD (autistic symptom disorder) of varying degrees of severity. These eleven subjects were each examined three times in the 12-week period: at the first week, 6th week, and 12th week. During each examination, two sets of full-body thermographs were taken of each child, before and fifteen minutes after drinking a solution of stable water clusters with a double helix configuration. This solution of stable water clusters is called double helix water (DHW). In the before thermographs, a consistent thermal pattern of six hot regions of body surface temperature were identified. They are: left and right upper forehead region of the face; left and right area in front of the center of the ear; left and right area of the inner extreme point of the eye; left and right collarbone region; left and right side neck region; and left and right armpit region. These areas may be interpreted as regions surrounding various acupoints along the GB, BL, ST, SI, SJ meridians. These meridians are yang meridians that on one end reach the head, and hence have branches reaching into the brain, and on the other end reach to the gastrointestinal tract and urinary bladder system. Thus, they can be considered to explain the major clinical symptoms of ASD. These thermal patterns, if confirmed in a larger clinical study, may lead to a new way to diagnose ASD, and to test the effectiveness of any treatment. When such a thermal pattern is discovered early, say around the age of 18 months, preventive action can be initiated before observation of any behavior disorder. We simultaneously studied the healing effect of stable water clusters with double helix configuration (DHW) on these subjects. The quantitative reduction of maximum temperature at these six regions was calculated. A consistent reduction was noted and suggests a positive healing effect taking place within a very short time period (fifteen minutes), and lasting over a long time period (12 weeks). Quantitative evaluation by the parents over the 12-week period showed that eight out of 11 children had physiological and behavioral improvement. Our findings with these small numbers suggest a reliable method of early diagnosis/detection and also an effective treatment of ASD. We therefore conclude that a study of larger numbers of children with ASD should be conducted.


The purpose of this study is to evaluate the effects of Chinese herbal medicines on the enzymatic activity of CYP3A4 and the possible metabolism-based herb-drug interactions in human liver microsomes and in rats. Fifty single-herbal preparations were screened for
the activity of CYP3A4 using human liver microsomes for an in vitro probe reaction study. The enzymatic activity of CYP3A4 was estimated by determining the 6β-hydroxytestosterone metabolized from testosterone performed on a liquid chromatography-tandem mass spectrometry (LC-MS/MS). Huang Qin (Scutellaria baicalensis Geprgi), Mu Dan Pi (Paeonia suffruticosa Andr.), Ji Shiee Terng (Spatholobus suberectus Dunn.) and Huang Qi (Astragalus membranaceus [Fisch] Bge) have been demonstrated to have remarkable inhibiting effects on the metabolism of CYP3A4, whereas Xi Yi Hua (Magnolia biondii Pamp.) exhibited a moderate inhibition. These five single herbs were further investigated in an animal study using midazolam. Mu Dan Pi, Ji Shiee Terng and Huang Qi were observed to have greatly increased in the Cmax and AUC of midazolam. This study provides evidence of possible herb-drug interactions involved with certain single herbs.


According to the principles of traditional Chinese medicine, channels and collaterals within the body provide pathways through which qi and blood travel, and each channel or collateral is linked with a specific organ. The Yinlingquan (spleen 9, SP9) and Ququan (liver 8, LR8) acupoints represent the sea points of the spleen and liver meridians, respectively, from which qi and blood flow into their specific visceral organs. The purpose of this study was to investigate the changes in blood flow/perfusion in the liver and spleen resulting from the application of 2 Hz electro-acupuncture (EA) to the Yinlingquan (SP9) or Ququan (LR8) acupoints. A total of 18 Sprague-Dawley rats were randomly divided into three groups of six rats each as follows: sham group receiving sham EA; Yinlingquan (SP9) group receiving 2 Hz EA, applied at bilateral Yinlingquan (SP9) acupoints; and Ququan (LR8) groups receiving 2 Hz EA, applied at bilateral Ququan (LR8) acupoints. The mean blood flow/perfusion of the spleen and liver was recorded using a laser Doppler blood flow monitor prior to EA (representing the baseline), during EA, and post-EA. Each measurement period lasted ten minutes. Nitric oxide levels were also measured from the right femoral arterial blood, following the conclusion of each series of blood flow/perfusion recordings. The results indicate that the sham EA did not increase the mean blood flow/perfusion in the liver or spleen; 2 Hz EA at bilateral Yinlingquan (SP9) acupoints increased the mean blood flow/perfusion in the spleen, but not in the liver. In contrast, 2 Hz EA at bilateral Ququan (LR8) acupoints increased the mean blood flow/perfusion in the liver, but not in the spleen. Nitric oxide levels showed no significant difference between any of the groups at any stage of the measurements. According to the results, we conclude that EA at the Yinlingquan (SP9) and Ququan (LR8) acupoints can increase the blood flow in the spleen and liver, respectively.

Objectives: Chemotherapy-induced peripheral neuropathy (CIPN) can produce severe neurological deficits and neuropathic pain and is a potential reason for terminating or suspending chemotherapy treatments. Specific and effective curative treatments are lacking.

Methods: A pilot study was conducted to evaluate the therapeutic effect of acupuncture on CIPN as measured by changes in nerve conduction studies (NCS) in six patients treated with acupuncture for 10 weeks in addition to best medical care and five control patients who received the best medical care but no specific treatment for CIPN.

Results: In five of the six patients treated with acupuncture, NCS improved after treatment. In the control group, three of five patients did not show any difference in NCS, one patient improved and one showed impaired NCS.

Conclusion: The data suggest that acupuncture has a positive effect on CIPN. The encouraging results of this pilot study justify a randomised controlled trial of acupuncture in CIPN on the basis of NCS.


Objectives: The majority of individuals who survive a stroke are disabled because of persisting neurological impairments. The objective of this study was to evaluate the efficacy of subcutaneous electrical stimulation of the scalp in spontaneous functional recovery of patients with chronic ischemic stroke, by evaluating clinical, neurological, and functional findings.

Subjects and methods: Sixty-two (62) subjects who were at least 18 months postdiagnosis of ischemic stroke were randomized to receive 10 sessions of placebo or active low-frequency electrical stimulation (2/100 Hz) using subcutaneous acupuncture needles over the scalp. Functional and neurological evaluations were indexed by the Barthel, Rankin, and National Institutes of Health Stroke Scale (NIHSS).
Results: Results show that there was a significant difference in functional improvement between the sham and active group as indexed by NIHSS scale. The active group had a larger functional improvement after 10 sessions of scalp electrical acupuncture. The other two functional scales (Rankin and Barthel) failed to show significant differences between the two treatment groups.

Conclusions: These results support further testing of scalp electrical acupuncture for the treatment of stroke as well further mechanistic studies to understand mechanisms associated with the observed improvement. Further studies need to consider longer follow-up assessments to investigate potential functional changes associated with electrical acupuncture.


Background: Dry eye is a common problem in both elderly and the menopausal women. The conventional therapy is topical use of artificial tears, which have limited effectiveness for treating moderate-to-severe dry eye disease.

Objective: The aim of this report is to demonstrate the incorporation of acupuncture and Chinese herbal medicine in the treatment of dry eye disease.

Design and Patient: Two case reports—one concerns a 65-year-old man, and the other concerns a 49-year-old menopausal woman. Both patients had severe dryness and a stinging sensation in their eyes.

Intervention: Acupuncture and Chinese herbal medicine were used in both cases. The main acupoints used were: ST 2, GB 14, KI 3, and KI 7. Chinese herbal medicine was prescribed individually based on each patient's Traditional Chinese Medicine diagnosis.

Main Outcome Measures: The main outcomes sought for these patients were decreases in dryness and in stinging sensation in the eyes, and less use of artificial tears.

Results: In the elderly male, the stinging sensation was reduced by 60% after 1 month and he stopped using artificial tears after 4 months. The woman had great improvement after undergoing a consistent weekly treatment within 2 months.

Conclusions: Effectiveness of acupuncture and Chinese herbal medicine in dry eye disease may relate to regulating the effects of the hormonal system.