NEWLY ACQUIRED BOOKS

*Reading of the Divine Farmer’s Classic of Materia Medica: Shen Nong Ben Cao Jing Du by Chen Xiuyuan, Translated by Corinna Theisinger; The Chinese Medicine Database, 2016.*

The original text of the *Shen Nong Ben Cao Jing* (Divine Farmer’s Classic of Materia Medica) was compiled in the first or second century A.D. and consists of three parts. The first part discusses high-grade medicines that can prevent illnesses and lead to longevity, the second part contains medicines to cure patients, and the third one deals with toxic medicines of the lowest grade, which cure diseases, but have side effects. There are 365 herbs described in the *Shen Nong Ben Cao Jing*, and in the following translation, there are 116 medicinals which have been excerpted from the original, and 46 from later appendices. The *Reading of the Divine Farmer’s Classic of Materia Medica* includes commentaries by Chen Xiuyuan 陳修園, Zhang Yin’an 張隱庵 and the scholar-physician Xu Lingtai 徐靈胎, whose commentary on the *Divine Farmer’s Classic of Materia Medica* was first published in 1736.

The ancient part of the Shen Nong Ben Cao Jing gives the yin and yang qualities, the qi and flavor of each medicine, and also lists the indications. That is all. In his commentary Chen Xiuyuan explains the attributes of each herb quality according to the five elements and gives plenty of information on the Chinese understanding of physiology and pathophysiology. He tries to make clear why this or that indication is listed for a certain medicine and sometimes even includes the doctrine of signatures.
In this book, I use a lot of standard acupuncture points along with Master Tung’s acupuncture and emphasize the use of channels and imaging for optimal clinical use. If a practitioner can use this work, they can have a turnkey approach in the clinic, simply by implementing these acupuncture and herbal protocols. The idea is for each disease, I have installed “cheat sheets” for the practitioner to immediately refer to and try to insert needles and prescribe herbs for. The fifth in the series of Master Tung’s Acupuncture books, the idea is for someone to start with the Master Tung’s Primer, The Best of Master Tung’s Acupuncture, Master Tung’s Acupuncture for Pain, and Master Tung’s Acupuncture for Internal Medicine Disorders. With this manual, we will discuss the use of Master Tung’s Acupuncture with herbals for even greater clinical success. The book is composed of monographs on each disease, best points to treat the problem, and high percentage success herbal prescriptions to give the patient as homework. Unique is that we only use a handful of both TCM and Master Tung points, and a small amount of herbal formulas for a turnkey approach to a clinic. This can be used as a roadmap for the new clinician, improve clinical success for the intermediate practitioner, or provide an alternative approach for the seasoned veteran.

Now in an expanded new edition, this user-friendly manual remains the foremost instructional reference for the application of Shonishin, or Japanese pediatric acupuncture. The book addresses the unique and often changing circumstances involved in the treatment of infants and children. It focuses on the crucial factors of patient comfort and dosage regulation throughout treatment by gently and painlessly pressing, tapping, scratching, rubbing, and stroking the skin without penetrating it. Stephen Birch, the
world’s leading authority in Japanese acupuncture and Shonishin, provides valuable
clinical guidance and hands-on advice that can be easily integrated into everyday practice.
The book begins by presenting the underlying principles and treatment tools used in
Shonishin, and then goes on to cover root and symptomatic approaches and techniques,
followed by details on how to manage a wide range of specific problems and diseases.
More than 75 case histories from around the world present various treatment ideas,
methods, and results for the featured condition.
Highlights:
More than 25 new clinical cases (over 75 cases total) offer useful insights and suggestions
for daily practice New information on using Shonishin to treat headaches and emotional
problems; combining Shonishin with other treatments, such as Bach flowers and Chinese
herbal medicine; and using the techniques of Shonishin and the Meridian Therapy root
treatment Coverage of Shonishin for the management of a broad spectrum of illnesses and
diseases, including respiratory and digestive ailments, ear infections, allergies, sleep
problems, and many more exercises throughout the book help readers improve their skill
and check their technique more than 150 precise illustrations complement and further
clarify the text video footage of a workshop where the author demonstrates how to do
Shonishin and shows real treatments bring concepts to life (accessed through Thieme s
Media Center)With Shonishin: Japanese Pediatric Acupuncture, Second Edition,
professionals and students in acupuncture, and pediatricians and physical therapists who
use acupuncture, will learn from the master the art of non-inserted needling to treat
children. This volume contains all of the information that practitioners need to understand
Shonishin as a treatment option and refine their technique, and to instruct parents on how
to regularly use Shonishin at home, thereby increasing the frequency of treatment.

Evidence-based Clinical Chinese Medicine: Volume 1: Chronic Obstructive Pulmonary Disease

Evidence-based Clinical Chinese Medicine: Vol. 1 Chronic Obstructive Pulmonary Disease provides a "whole evidence" analysis of the Chinese medicine management of chronic obstructive pulmonary disease (COPD). Evidence from the classical Chinese medicine literature, contemporary clinical literature, and the outcomes of clinical trials and experimental studies are reviewed, analysed and synthesised. The data from all these sources are condensed to provide evidence-based statements which will inform clinical practice and guide future research. This book has been designed to be an easy reference at the point of care. During a patient consultation, Chinese medicine practitioners can refer

Evidence-based Clinical Chinese Medicine: Volume 2: Psoriasis Vulgaris provides a "whole evidence" analysis of the Chinese medicine management of psoriasis vulgaris. Evidence from the classical Chinese medicine literature, contemporary clinical literature, and the outcomes of clinical trials and experimental studies are reviewed, analysed and synthesised. The data from all these sources are condensed to provide evidence-based statements which will inform clinical practice and guide future research. This book has been designed to be an easy reference at the point of care. During a patient consultation, Chinese medicine practitioners can refer to this book for guidance on which Chinese herbal medicine formulas, specific herbs, or acupuncture points, can best treat their patient, and be confident there is evidence which supports its use. Currently, Chinese medicine practitioners who develop a special interest in a particular health condition such as COPD have to consult a variety of sources to further their knowledge. Typically, they use the contemporary clinical literature to understand the theory, aetiology, pathogenesis and obtain expert opinions on the Chinese medicine management of COPD. They search the electronic literature to identify systematic reviews of clinical trials, if any exists, to obtain assessments of the current state of the clinical evidence for particular interventions. If they have the skills and resources, they may search the classical Chinese medicine literature for an historical perspective on treatments that have stood the test of time. This book provides all of this information for practitioners in one handy, easy to use reference. This allows practitioners to focus on their job of providing high quality healthcare, with the knowledge it is based on the best available evidence.
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This newly revised and updated edition of Paul U. Unschuld’s original 1986 groundbreaking translation reflects the latest philological, methodological, and sinological standards of the past thirty years. The *Nan Jing* was compiled in China during the first century C.E., marking both an apex and a conclusion to the initial development stages of Chinese medicine. Based on the doctrines of the Five Phases and yinyang, the *Nan Jing* covers all aspects of theoretical and practical health care in an unusually systematic fashion. Most important is its innovative discussion of pulse diagnosis and needle treatment.

This new edition also includes selected commentaries by twenty Chinese and Japanese authors from the past seventeen centuries. The commentaries provide insights into the processes of reception and transmission of ancient Chinese concepts from the Han era to the present time.

Together with the *Huang Di Nei Jing Su Wen* and the *Huang Di Nei Jing Ling Shu*, this new translation of the *Nan Jing* constitutes a trilogy of writings offering scholars and practitioners today unprecedented insights into the beginnings of a two-millennium tradition of what was a revolutionary understanding of human physiology and pathology.


You want it for yourself--and that extends to your furry family members, to ensure a longer, happier and healthier quality of life. From the author who brought you THE FIRST-AID COMPANION FOR DOGS AND CATS, award-winning pet journalist and
certified animal behavior consultant Amy Shojai presents this new large-format edition of her popular alternative and complementary medicine guide for pets, NEW CHOICES IN NATURAL HEALING FOR DOGS & CATS.

At your fingertips you'll find over 1,000 at-home remedies for your pet's problems.

*Herbs * Acupressure * Massage * Homeopathy * Flower essences * Natural diets * Healing energy

This new edition is a vet-approved, authoritative guide to homeopathy, supplements, and hundreds of other new choices for keeping dogs and cats healthy!

- Strengthen joints and repair cartilage with this all-natural enzyme (page 114).
- Push the "aspirin" point for instant pain relief (page 135).
- Stop behavior problems like barking with a flower essence (page 150).
- Herbs that fortify immunity and can help prevent cancer (page 178).
- Eliminate swelling with this powerful nutrient (page 233).
- A one-week plan to get rid of fleas-- without harmful chemicals (page 263).

Discover for yourself how America's top holistic veterinarians treat their pets without using drugs...and how you can do it, too!

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Staying Healthy with New Medicine: Integrating Natural, Eastern and Western Approaches for Optimal Health by Elson Haas – author and publisher, 2016.

Staying Healthy with NEW Medicine - Integrating Natural, Eastern and Western Approaches for Optimal Health - provides the basis for health with a deep understanding of what creates disease in the body-mind. The integration of Natural, Eastern, and Western medicines offers a clearer insight into many crucial factors that affect health and healing rather than just one particular system. Dr. Haas’s approach is to move people into the positive aspects of the ‘Disease-Health Continuum’ with better energy, vitality and creativity, helping to create positive actions for our planet and for human beings in general. Many years in the making, this book completes the Staying Healthy trilogy that began with Staying Healthy with the Seasons (1981, 2003) and continued with Staying Healthy with Nutrition (1992, 2006).

In my book, you will learn why diets don't work and how to eat based on your individual nutritional needs! In these pages are the nutritional secrets of an ancient practice for eating in harmony known as Chinese food cures. Readers will explore individual constitutional typing with some fun and informative tests! Find your dominant element (Wood, Fire, Earth, Metal, Water) and what that means nutritionally for you. Energetic properties (the directional flow) of various foods (meats, vegetables, fruits, herbs/spices) are discussed, as well as how to use those foods to obtain and/or maintain health and (internal) harmony. Don't miss out on the section Food Combining for Maximum Effect, to help you balance out your meals. As An Added Bonus, I've included Recipes for Health & Healing, as well as an abbreviated encyclopedic section, The Nature of Foods, where food properties are discussed in greater detail, At No Extra Cost.

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Highly regarded by both students and instructors, Principles of Pharmacology: The Pathophysiologic Basis of Drug Therapy, 4th Edition, offers an integrated mechanism-based and systems-based approach to contemporary pharmacology and drug development. An easy-to-follow format helps first- and second-year students grasp challenging concepts quickly and efficiently. Each chapter presents a clinical vignette illustrating a therapeutic problem within a physiologic or biochemical system; followed by a discussion of the biochemistry, physiology, and pathophysiology of the system; and concluding with a presentation of the pharmacology of the drugs and drug classes that activate or inhibit the
system by interacting with specific molecular and cellular targets. Chapters are integrated into sections that focus on organ systems and therapeutic areas of highest importance. Clear, concise illustrations highlight key points, and drug summary tables offer quick access to essential information.

The Fourth Edition features:

- Comprehensive updates to all chapters, including recently approved drugs
- Nearly 40 popular and practical Drug Summary Tables with state-of-the-art information on clinical applications, serious and common adverse effects, contraindications, and therapeutic considerations
- A new chapter on drug transporters, and extensively revised information on drug-receptor interactions, pharmacodynamics, drug toxicity, and pharmacogenomics
- Key changes to Section 1: Fundamental Principles of Pharmacology, which now provides a comprehensive framework for material in all subsequent chapters
- Hundreds of meticulously updated and colorized illustrations, including many that are new or substantially modified to highlight new understanding of physiologic, pathophysiologic, and pharmacologic mechanisms


In this extraordinary book, you will discover how Tibetan Medicine can conquer anxiety. Millions of people suffer from anxiety and depression every year. When anxiety and stress take over, Tibetan Medicine offers tools to treat these conditions with outstanding results. Here, for the first time, Dr. Mary Ryan clearly illustrates the benefits of this ancient healing practice.

Dr. Mary Ryan tells the case histories of individuals afflicted with anxiety while studying with Dr. Dadhon Jamling, the first female Personal Physician to His Holiness the Dalai Lama, in Dharamsala, India. These first-person accounts center around the life-force energy, called rLung. In this book, you will learn what rLung is, how to identify it, when it becomes imbalanced, and how to relieve it effectively. Discover the Tibetan Buddhist medical way to alleviate anxiety and gain insight with ancient tools that will help you
remain calm throughout your life.

- Learn how Tibetan Medicine helps you to know yourself and your constitution, giving you simple healing techniques that put your life back in balance.
- Discover your unique constitution and heal yourself with foods that cater to your exact dietary needs, including recipes, herbs, and aromatherapy.
- For the first time in English, Dr. Ryan reveals ancient Tibetan Healing Exercises for balancing the mind, body, and heart.
- Practice Tibetan meditations that are scientifically proven to reduce stress and anxiety.
- Learn what rLung Imbalance is and how to heal it with ancient Tibetan healing exercises, massage, and moxibustion. Bring effective, holistic practices into your life to help you to stay in balance and soothe your mind.

ARTICLE ABSTRACTS


OBJECTIVE: To systematically review treatments of exfoliative cheilitis based on symptom patterns in terms of Traditional Chinese Medicine.

METHODS: PubMed, Cochrane Central Register of Controlled Trials and Wanfang data were screened for case reports, case series or clinical trials that were published in English or Chinese from January, 1973 to September, 2015. The keyword of "exfoliative cheilitis or scaling cheilitis or factitious cheilitis" was used. Effectiveness or ineffectiveness was investigated as outcome for Meta analysis, which is based on effective index in each study. Response to treatment was described for case reports or case series.

RESULTS: From 38 screened studies, 17 were randomized controlled trials (RCTs), 5 were single-arm trials, and 16 were case reports or case series. Three RCTs were eligible for Meta analysis and all of them compared managements between Traditional Chinese Medicine and corticosteroids for exfoliative cheilitis, which involved 223 participants. Interestingly, data of Meta analysis showed similar effect of Traditional Chinese Medicine and corticosteroids for patients with exfoliative cheilitis [relative risk ratio: 1.10; 95% CI (1.00-1.21), P = 0.06].

CONCLUSION: Traditional Chinese Medicine might be a substitute for corticosteroids on exfoliative cheilitis. However, the evidence and recommendation of exfoliative cheilitis managements need to be taken with caution because of the low quality of evidence in the studies obtained.
“Effect of Electroacupuncture on Chemotherapy-induced Peripheral Neuropathy in Patients with Malignant Tumor: a Single-blinded, Randomized Controlled Trial”

OBJECTIVE: To evaluate the effect of electroacupuncture on chemotherapy-induced peripheral neuropathy (CIPN), quality of life and immune status of patients with malignant tumors.

METHODS: From Jan, 2013 to May, 2014, 37 patients with malignant tumors were included in this prospective single-blinded study, and randomized to receive either electroacupuncture or acupuncture treatment on basis of chemotherapy. The chemotherapy was continued for 2 courses as previous before the treatments, with 21 days as a course of treatment. Patients received acupuncture and electroacupuncture once per day starting at the day before chemotherapy for consecutive 7 days followed by 14 days off, with 21 days as a course of treatment, and continued for two courses of treatment. Then CIPN, traditional Chinese clinical symptoms, quality of life and immune status were all evaluated for each patient prior treatment and after two courses of treatment.

RESULTS: The gender, age, cancer species as well as incidence (83.3% vs 84.2%) and grades of CIPN before treatments were all similar in patients receiving acupuncture or electroacupuncture (all P > 0.05). After treatments, most patients with peripheral neuropathy were cured by two courses of electroacupuncture (84.2% vs 21.1%), whereas the other group of patients had similar incidences of peripheral neuropathy compared with prior-acupuncture (83.3% vs 72.2%). Besides, patients receiving electroacupuncture had lower incidence of peripheral neuropathy than those receiving acupuncture treatment (X² = 9.745, P = 0.002). The grades of peripheral neuropathy were significantly different in the two groups post-treatment (X² = 13.983, P = 0.007). The total effective rates for traditional Chinese clinical symptoms were 16.7% and 84.2% in acupuncture and electroacupuncture groups, respectively (Z = -4.239, P < 0.001). The electroacupuncture treatment provided a more satisfactory life for patients compared with acupuncture (Z = -4.76, P < 0.001). Both electroacupuncture and acupuncture had no effects on immune function.

CONCLUSION: Electroacupuncture could alleviate CIPN, and improve traditional Chinese clinical symptoms and quality of life, but did not affect immune function.

“Evaluation of a Granulated Formula for the Nerve Root Type and Vertebral Artery Type of Cervical Spondylosis: a Multicenter, Single-blind, Randomized,
**Controlled, Phase III Clinical Trial** Luo Xiaodong, et al; *The Journal of Traditional Chinese Medicine, 37(2): 193-200, 2017.*

**OBJECTIVE:** To evaluate the effectiveness and safety of cervical spondylosis formula granules in reducing the symptoms of patients with the nerve root type and the vertebral artery type of cervical spondylosis.

**METHODS:** This was a multicenter, single-blind, randomized, controlled trial. From April 2002 to November 2003, 499 patients were randomly assigned to either the treatment or the control group. The treatment group was orally administered granules prepared with a formula for cervical spondylosis, while the control group was given Jingfukang granules. The treatment course was 1 month for both groups.

**RESULTS:** In patients with the nerve root type of cervical spondylosis, the total effect rate in the treatment group (87.21%) was significantly higher than that in the control group (80.70%, P < 0.01). After the treatment period in both groups, the treatment group had a significantly greater rate of resolution of pain, numbness of the upper limbs, muscle strength of the upper limbs, and fatigue than the control group (all P < 0.05). In patients with the vertebral artery type of cervical spondylosis, the total effect rate in the treatment group (82.07%) was similar to that in the control group (71.21%, P > 0.05). After the treatment period in both groups, the treatment group had a significantly greater rate of resolution of weakness of the waist and knees than the control group (P < 0.05).

**CONCLUSION:** The cervical spondylosis formula granules significantly improve numbness, muscle strength, and fatigue, and reduce pain in patients with the nerve root type of cervical spondylosis, and improve the weakness of the waist and knees in patients with the vertebral artery type of cervical spondylosis.

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**OBJECTIVE:** To compare the causes, clinical symptoms, laboratory test results, and prognosis in patients with acute liver failure (ALF) induced by traditional Chinese medicines (TCM) and by Western Medicines (WM).

**METHODS:** The medical histories of patients who were diagnosed with drug-induced ALF (DALF) (n =96) after hospitalization in the 302 Military Hospital between January 2010 and December 2015 were retrospectively examined.

**RESULTS:** Fifty-eight of the 96 DALF patients (60.4%) had a hepatocellular pattern of DALF, 16 patients (16.7%) had a cholestatic pattern, and 22 patients (22.9%) had a mixed pattern. DALF resolved in 24 patients (25.0%). Twenty-five patients (26.0%)
developed chronic liver injury, 43 patients (44.8%) died, and 4 patients (4.2%) underwent liver transplantation.

There were 42 ALF patients (43.8%) who received WM, and 32 ALF patients (33.3%) who received TCM. TCM-induced ALF patients had a higher average age [42.4 ± 18.4] vs [33.5 ± 17.9] years, P = 0.04] and higher creatinine and urine nitrogen levels [(155.2 ± 108.8) vs (97.5 ± 130.4) mmol/L, P =0.047; (9.1 ± 7.7) vs (4.3 ± 5.0) mmol/L, P = 0.002, respectively]. Patients with TCM-induced ALF exhibited an increased risk of renal injury [odds ratio (OR), 3.75; 95% confidence interval (CI), 1.330-10.577]. The 14 patients with TCM-induced ALF who died exhibited higher creatinine levels than the 18 patients with TCM-induced ALF patients who survived [(218.7 ± 111.6) vs (105.8 ± 78.4) mmol/L, P =0.002]. They were also more likely to exhibit ascites (85.7% vs 44.4%, P = 0.017) and hepatorenal syndrome (78.6% vs 22.2%, P = 0.002).

CONCLUSION: TCM-induced ALF was more likely to be accompanied by renal injury than was WM-induced ALF, especially in TCM-induced ALF patients who died.


OBJECTIVE: To investigate the effects on the brain using three needling manipulations (twirling, lifting-thrusting, and twirling plus lifting-thrusting) when the right-side Zusanli (ST 36) acupoint was stimulated with needles.

METHODS: Seventeen healthy subjects accepted three needling manipulations stimulating the right Zusanli (ST 36) over separate days. Functional magnetic resonance imaging was used to detect changes in the brain during the manipulations, and then the needling sensations were recorded using the MGH acupuncture sensation scale (MASS) after each scan. fMRI data were processed using Statistical Parametric Mapping 8 to analyze the positive and negative activation in the brain induced by different acupuncture manipulations.

RESULTS: The individual needling sensations showed no statistically significant Differences among the three manipulations. However, the MASS index showed that lifting-thrusting > twirling plus lifting-thrusting > twirling. Lifting-thrusting activated left premotor cortex, left postcentral, right middle frontal gyrus, left inferior frontal gyrus, right lingual gyrus, left insula, right putamen, bilateral cingulate gyrus and right cerebellum; and deactivated bilateral hippocampus and left caudate. Twirling activated bilateral orbital middle frontal gyrus, left opercular and triangular inferior frontal gyrus, and right middle occipital gyrus; and deactivated bilateral precuneus, right amygdala, left anterior cingulate gyrus, right inferior temporal gyrus, right middle frontal gyrus, right
supplementary motor gyrus, and left postcentral. Twirling plus lifting-thrusting activated bilateral postcentral, left inferior occipital gyrus, left insula, left thalamus, left cingulate gyrus, and right putamen; and deactivated right superior frontal gyrus, right superior parietal gyrus, right temporal gyrus, right middle occipital gyrus, right insula, and left lingual gyrus. Pairwise comparisons of the three manipulations showed that signals induced by lifting-thrusting were the strongest, especially in the limbic system, followed by twirling plus lifting-thrusting; twirling alone was the weakest.

CONCLUSION: Three methods of needling manipulations similarly activated areas associated with the somatosensory system, vision, cognition, and emotional regulation. This may have significant implications for acupuncture in clinical practice.


OBJECTIVE: To demonstrate the potential to treat non-alcoholic fatty liver disease (NAFLD) with colon hydrotherapy (CHT) plus Traditional Chinese Medicine (TCM).

METHODS: A total of 20 patients were enrolled into the study and received CHT with TCM for 2 weeks. Body mass index (BMI) and levels of serum triglycerides (TG) and total cholesterol (TC) were compared between pre-treatment and post-treatment.

RESULTS: Two-week treatment with CHT plus TCM significantly lowered BMI and reduced blood lipids. BMI decreased from 29.5 ± 4.3 to 25.4 ± 1.0, while mean TG levels decreased by 0.70 mmol/L on average from baseline and mean TC levels decreased by 0.37 mmol/L. Forty-five percent of patients exhibited TC decreasing by more than 10% from baseline and 25% of patients exhibited TC decreasing by more than 20%. Sixty percent of patients exhibited TG decreasing by more than 20% and 20% of patients exhibited TG decreasing by more than 40%. However, high-density and low-density lipoprotein cholesterol levels did not change significantly after intervention. No serious adverse events were reported.

CONCLUSION: Our findings suggest that CHT plus TCM to treat NAFLD is promising and it might be a new treatment strategy for management of NAFLD.

OBJECTIVE: To identify the constituents in Shuanghuanglian injection (SHLI) that correlate with anaphylactoid reaction.

METHODS: Chemical fingerprints of 10 batches SHLI samples were determined by High Performance Liquid Chromatography (HPLC), and further investigated by similarity analysis. Combined with optical microscopy, both anaphylactoid experiments and confirmatory assay were displayed in Rat basophil leukemia cells (RBL-2H3) to obtain the histamine release inducing by SHLI. The content of histamine was tested by Enzyme-Linked Immuno Sorbent Assay method. Partial least squares regression (PLSR) method and HPLC-DAD-ESI-MSn technology were conducted to analyze constituents in SHLI involving anaphylactoid reaction.

RESULTS: The results of spectrum and effect relationships showed that the eight constituents were positively correlated with anaphylactoid reaction. Among which, nearly 90% of them were identified as baicalin and rutin with PLSR and HPLC-DAD-ESI-MSn. This result was in accordance with confirmatory assay on RBL-2H3 cells.

CONCLUSION: Baicalin and rutin from SHLI were the main constituents involving anaphylactoid reaction.


Angiogenesis is a regulated process integral to many physiological and pathological situations, including carcinogenesis and tumor growth. The majority of the angiogenic processes are related to inflammation. The interplay is not only important in the case of pathogen entry but also influential in chronic inflammatory diseases, tumor growth and tissue regeneration. Modulating the interaction between inflammation and angiogenesis could be an important target for cancer treatment and wound healing alike. Ginseng has a wide range of pharmacological effects, including anti-inflammatory and angiogenesis-modulating activities. This paper presents the recent research progresses on the inhibition of angiogenesis by ginseng and its active constituents, with a particular focus on processes mediated by inflammation. The modulatory role of ginseng compounds in inflammation-mediated angiogenesis involving hypoxia and microRNAs are also discussed. With the potential to modulate the angiogenesis at the transcriptional, translational and protein signaling level via various different mechanisms, ginseng could prove to be effective in cancer therapeutics.

Knee osteoarthritis (OA) often leads to altered balance control, joint motion and loading patterns during gait. Acupuncture has been proven to be effective in pain relief but its effects on inter-joint load-sharing for body balance have not been reported. The current study bridged the gap by quantifying the immediate effects of acupuncture on the inter-joint and inter-limb load-sharing in patients with knee OA during level walking in terms of the total support moment (Ms) and the contribution of individual joints to the total support moment. Gait analysis was performed on fifteen healthy controls and on fifteen patients with mild to moderate bilateral medial knee OA. After acupuncture treatment the patients with bilateral knee OA walked with significantly increased speed ($p=0.031$), and were able to resist greater and closer-to-normal knee flexion moments ($p=0.038$). They also changed the inter-joint sharing of the support moments with increased knee ($p=0.031$) contributions, but reduced hip contributions ($p=0.022$) to the sagittal Ms during single-limb support. They showed an asymmetric inter-limb load-sharing similar to the normal controls, with increased sharing of the time integral of both the sagittal and frontal whole body support moment by the leading limb during double-limb support ($p=0.024$). The altered intra- and inter-limb contributions to the demand of supporting the body during gait suggests that acupuncture treatment led to immediate changes in the control strategy toward a normal pattern. However, the effects of these changes on the progression of the disease in the long term would require further investigation.


In Oriental countries, combinations of Chinese herbal products (CHPs) are often utilized as therapeutic agents for chronic obstructive pulmonary disease (COPD). The effects of CHPs on COPD have been previously reported. This study aimed to analyze the frequency of prescription and usage of CHPs in patients with COPD in Taiwan. In this nationwide population-based cross-sectional study, 19,142 patients from a random sample of one million individuals in the Longitudinal Health Insurance Database 2000 (LHID 2000) of the National Health Insurance Research Database (NHIRD) were enrolled from 2000 to 2011. The multiple logistic regression method was used to evaluate the adjusted odds ratios for the utilization of CHPs. For patients with COPD, there was an average of 6.31 CHPs in a single prescription. The most frequently prescribed CHP for COPD was Xiao-Qing-Long-Tang (XQLT) (2.6%), and the most commonly used combination of two formula CHPs was XQLT with Ma-Xing-Gan-Shi-Tang (MXGST) (1.28%). The most commonly used single CHP for COPD was Bulbus Fritillariae (3.65%), and the most commonly used combination of two single CHPs was Bulbus
**Fritillariae** with *Puerariae Lobatae* (1.09%). These results provide information regarding personalized therapies and may promote further clinical experiments and pharmacologic research on the use of CHPs for the management of COPD. Furthermore, we found that TCM usage was more prevalent among men, younger, manual workers, residents of Northern Taiwan, and patients with chronic bronchitis and asthma. This information on the distribution of TCM usage around the country is valuable to public health policymakers and clinicians.

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“Acupuncture and Lifestyle Modification Treatment for Obesity: A Meta-Analysis”


Obesity is an epidemic health hazard associated with many medical conditions. Lifestyle interventions are foundational to the successful management of obesity. However, the body’s adaptive biological responses counteract patients’ desire to restrict food and energy intake, leading to weight regain. As a complementary and alternative medical approach, acupuncture therapy is widely used for weight control. The objective of this study was to assess the efficacy of acupuncture treatment alone and in combination with lifestyle modification. We searched the MEDLINE, EMBASE, CENTRAL and Chinese Biomedical Literature Databases for relevant publications available as of 24 October 2015 without language restriction. Eligible studies consisted of randomized controlled trials for acupuncture with comparative controls. A total of 23 studies were included with 1808 individuals. We performed meta-analyses of weighted mean differences based on a random effect model. Acupuncture exhibited a mean difference of body mass index reduction of 1.742 kg/m² (95% confidence interval = 1.468−2.016) and 1.904 kg/m² (95% confidence interval = 1.506−2.301) when compared with untreated or placebo control groups and when lifestyle interventions including basic therapy of both treatment and control groups. Adverse events reported were mild, and no patients withdrew because of adverse effects. Overall, our results indicate that acupuncture is an effective treatment for obesity both alone and together with lifestyle modification.

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“Acupuncture and Traditional Herbal Medicine Therapy Prevent Delirium in Patients with Cardiovascular Disease in Intensive Care Units”


The aim of this study was to determine the effect of combination therapy consisting of acupuncture and traditional herbal medicine (Kampo medicine) for reducing the incidence rate of delirium in patients with cardiovascular (CV) disease in ICUs. Twenty-nine patients who had been urgently admitted to the ICU in the control period were treated with conventional intensive care. Thirty patients in the treatment period received conventional therapy plus a combination therapy consisting of acupuncture and herbal
medicine. Acupuncture treatment was performed once a day, and the herbal formula was administered orally three times a day during the first week of the ICU stay. The standard acupuncture points were GV20, Ex-HN3, HT7, LI4, Liv3, and KI3, and the main herbal preparation was Kamikihito. The incident rates of delirium, assessed using the confusion assessment method for ICU, in the treatment and control period were compared. The incidence rate of delirium was significantly lower in the treatment group than in the control group (6.6% vs. 37.9%, \( P<0.01 \)). Moreover, sedative drugs and non-pharmacological approaches against aggressive behavior of patients who were delirious were used less in the treatment group than in the control group. No serious adverse events were observed in the treatment group. Combination therapy consisting of acupuncture and herbal medicine was found to be effective in lowering the incidence of delirium in patients with CV disease in ICUs. Further studies with a large sample size and parallel randomized controlled design would be required to establish the effects of this therapy.