

*The Healthcare Medicine Institute presents*

# Colitis, Crohn's Disease, Chronic Appendicitis

by  
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# Colitis

Colitis refers to inflammation of the large intestine, however, surrounding areas may be affected. Discomfort and pain of the abdomen and diarrhea are primary symptoms. There are several types of colitis including ulcerative colitis, pseudomembranous colitis, ischemic colitis, infectious colitis (parasites, bacteria, virus or food poisoning), and colitis due to radiation treatments or chemical exposure.

A rare form colitis is microscopic colitis, which is either collagenous colitis or lymphocytic colitis. The inflammation of the colon is caused by either collagen or lymphocytes engorging the large intestine. Watery diarrhea is common with microscopic colitis.

## Common Types

- **Ulcerative colitis (UC)** is a chronic illness involving bleeding ulcers of the inner lining of the large intestine. UC has a tendency to be genetically related and is considered an autoimmune disorder.
- **Pseudomembranous colitis (PC)** is due to the overgrowth of normally occurring bacteria (*Clostridium difficile*). Antibiotic use may precipitate PC by destroying healthy bacteria thereby allowing overgrowth of *Clostridium difficile*.
- **Ischemia colitis (IC)** is due to diminished blood flow to the large intestine. Atherosclerosis in blood vessels to the large intestine precipitates IC as does dehydration, colon cancer, diabetes, hernias, shock and vasculitis. Common causes of infectious colitis include the bacteria *Shigella*, *E Coli*, *Salmonella*, and *Campylobacter* and the parasite *giardia*.

## Symptoms, Diagnostics, Medications

Primary symptoms include abdominal cramping, pain and bloating. There may be diarrhea, blood in the stool, mucus in the stool, urgent bowel movements,

tenesmus (continual or recurrent inclination to evacuate the bowel) vomiting, fatigue, loss of appetite, weight loss, chills, or fever.

Diagnostics include several tests: colonoscopy, barium enema, sigmoidoscopy, magnetic resonance imaging (MRI) imaging and computed tomography (CT) scans. Doctors often prescribe anti-inflammatory, immunosuppressant and antibiotic medications to control this condition. Surgical removal of some or all of the large intestine or rectum is performed in some cases.

## Chinese Medicine Theory

External pathogens, genetics, irregular food intake and the seven emotions are important exacerbating or causative factors. Colitis is typically due the spleen's ability to transform and transport fluids and nutrients, often due to an external pathogen. Dampness accumulates and consequently transforms into damp-heat in the large intestine. This causes qi and blood stasis and leads to the formation of mucus or blood in the stools, abdominal pain or diarrhea.

Much of this course focuses on common presentations of chronic colitis seen in the acupuncture clinic. Chronic colitis cases involve a mixture of excess and deficient conditions including:

- Spleen and Stomach Deficiency
- Kidney Yang Deficiency
- Liver Excess and Spleen Deficiency (Liver and Spleen Disharmony)
- Damp-Heat
- Qi and Blood Stasis

### ***Acute or Initial Onset***

An initial acute onset or flare-up may present with a predominantly damp-heat condition. Symptoms include:

- fever

- abdominal pain
- diarrhea
- tenesmus
- blood and mucus in the stool
- Tongue: greasy-yellow coating
- Pulse: slippery, rapid

Formulas such as Bai Tou Weng Tang and Xiang Lian Wan are often appropriate in this type of excess clinical presentation. However, chronic presentations are more common the acupuncture clinic and many of these chronic colitis patients will poorly react to these formulas due to underlying deficiencies.

### **Bai Tou Weng Tang**

Function: clear heat toxins, clear lower jiao damp-heat, cool the blood

Dosage: decoct 3:1 (all formulas in this course follow this preparation unless otherwise noted)

- |                |                       |    |
|----------------|-----------------------|----|
| • Bai Tou Weng | (Pulsatillae radix)   | 6g |
| • Huang Bai    | (Phellodendri Cortex) | 9g |
| • Huang Lian   | (Coptidis rhizoma)    | 9g |
| • Qin Pi       | (Fraxini cortex)      | 9g |

### **Xiang Lian Wan (Xiang Lian Pian)**

Function: clear damp-heat, promote qi flow to alleviate pain

Dosage: take 1 pill of mass 3g, three times per day

- |              |                    |     |
|--------------|--------------------|-----|
| • Mu Xiang   | (Saussureae Radix) | 3g  |
| • Huang Lian | (Coptidis rhizoma) | 12g |

## **Common Chronic Colitis Presentations**

### **Symptoms**

Diarrhea one or many times per day, early morning diarrhea, abdominal bloating or pain, diarrhea induced by stress or certain foods, fatigue

### **Tongue**

Dark red with white moist coating

### **Pulse**

Slippery and weak

### **Diagnosis**

Qi, blood and phlegm stagnation  
Spleen and Kidney Qi and Yang deficiency

### **Treatment Strategy**

Strengthen Spleen and Kidney Qi and Yang  
Promote blood and Qi circulation

### **Acupuncture**

#### *Primary Points*

- CV4 (Guanyuan)
- SP4 (Gongsun)
- ST25 (Tianshu)

#### *Secondary Points*

- UB20 (Pishu)
- GV4 (Mingmen)
- UB23 (Shenshu)
- ST36 (Zusanli)

Use the primary points combined with 2 -3 secondary points. Manual acupuncture and acupuncture combined with moxibustion are appropriate. Treatment frequency is recommended no less than three times per week for the first three weeks of treatment.

## Base Formulas

Xue Fu Zhu Yu Tang modified with Shen Ling Bai Zhu San and Li Zhong Wan

The flow of the course will start with an in-depth look at the base formulas then looking at special modifications for treating specific patterns of colitis and finally looking at case histories.

## Xue Fu Zhu Yu Tang

Xue Fu Zhu Yu Tang is appropriate for conditions with underlying Qi and blood stasis. Xue Fu Zhu Yu Tang is a Qing dynasty formula introduced by Dr. Wang Qing Ren in his book *Yi Lin Gai Cuo (Correcting of Errors in the Medical Field)*. Xue Fu Zhu Yu Tang is based on Tao Hong Si Wu Tang and is modified with Qi regulating herbs. Translated as Drive Out Stasis in the Mansion of Blood Decoction, this formula invigorates the blood circulation and dispels blood stasis.

The formula vitalizes blood to remove stasis and regulates Qi to stop pain. Xu Fu Zhu Yu Tang moves the blood and Liver Qi. It opens the channels to relieve pain. We now take a detailed look at this formula because Qi and blood stasis results from damp-heat and deficiencies involved in colitis.

### ***Traditional Usage***

Classical use of Xue Fu Zhu Yu Tang includes the treatment of head and chest pain due to blood stasis in the chest region or impeded blood circulation. The pain is associated with blood stasis and is therefore fixed, stabbing and piercing. Chronic hiccups, insomnia, irritability, pain of the hypochondrium, a heat sensation in the chest, palpitations, a choking sensation upon drinking, emotional turbulence and tidal fevers in the late afternoon or evening may result from the chest blood stasis or diminished blood circulation. Poor circulation or blood stasis related pain may affect the heart and lead to insomnia and mental restlessness.



## ***Blood Mansion***

The Xue Fu area is the Blood Mansion. Qi and blood stagnation in this area may cause headaches or chest & costal pain. The headaches are characterized by sharp pain. The headaches may last for many years. The chest and costal region pain comes and goes, which is consistent with the insidiousness of Qi stagnation related pain. The character of pain is sharp, fixed and may be accompanied by nausea or vomiting. The pulses are often small, wiry and choppy for these conditions. The tongue and lips are deep red or purple.

Blood stasis in the Blood Mansion may cause heat. This leads to insomnia, palpitations and the patient may be easily angered. The insomnia may last for years and may be accompanied by darkening of the skin, numbness of the lower limbs and dizziness. When the tongue and pulse match the conditions for Xue Fu Zhu Yu Tang, it may resolve this syndrome. This condition may also be accompanied by menstrual cramping and irregular menstruation. Herbs such as Xiang Fu, Ze Lan and Yi Mu Cao are often added to the formula Xue Fu Zhu Yu Tang for these gynecological concerns.

## ***Stomach Blood Stasis***

Blood stasis affecting the Stomach may cause Qi to rebel upwards thereby resulting in nausea, constant hiccups, choking when drinking, and dry heaves. One circumstance when blood stasis affects the Stomach is when chronic blood stasis impedes the normal flow of Liver Qi. In a five element relationship of wood overacting on earth, the consequent Liver Qi stagnation overacts upon the Spleen and Stomach Qi thereby causing rebellious Qi.

## ***Common Biomedical Indications For Xue Fu Zhu Yu Tang***

- post-concussion syndrome
- trauma related headaches without bleeding
- injuries to the chest
- coronary heart disease
- rheumatic heart disease
- angina pectoris

- hyperlipidemia (high cholesterol and triglycerides)
- varicose veins
- mood swings
- neurosis (including stress, depression, anxiety, obsessive behavior, hypochondria)
- leukemia
- postpartum dark skin patches
- diminished sexual function
- infertility
- amenorrhea
- dysmenorrhea
- endometriosis
- pelvic inflammatory disease (PID)

### **Contraindications and INR**

INR (international normalized ratio) measures the pathway of blood coagulation. Standard INR results in healthy individuals are typically 0.8 to 1.2 . Anticoagulant therapy, often involving some form of the drug warfarin, typically targets an INR of 2 to 3. Higher INR values are sought in more aggressive anticoagulant therapies. Higher INR numbers indicate that the blood is thinner.

Care must be used with Xue Fu Zhu Yu Tang and blood invigorating herbs because they may thin the blood over and above the existing INR. If a patient is taking blood thinning drugs and/or their INR blood test is 2.2 or above, use caution with blood regulating and invigorating herbs. Xue Fu Zhu Yu Tang is also contraindicated for use during pregnancy.

Care must be given to the treatment of bleeding disorders. Xue Fu Zhu Yu Tang and blood invigorating herbs are only appropriate for the treatment of bleeding related concerns when the cause of bleeding is due to blood stasis.

## ***Xue Fu Zhu Yu Tang Ingredients***

<b>Chi Shao</b>	Radix Paeoniae Rubrae	2 – 12 g
<b>Dang Gui</b>	Radix Angelicae Sinensis	3 – 12 g
<b>Chuan Xiong</b>	Radix Ligustici Chuanxiong	3 – 9 g

All of the herbs above promote blood circulation. Chi Shao cools heat in the blood. Dang Gui nourishes the blood. Chuan Xiong moves the Qi in the blood and tends to flow to the body's surface and upper body.

<b>Hong Hua</b>	Flos Carthami Tinctorii	3 – 9 g
<b>Tao Ren</b>	Semen Persicae	3 – 12 g

Hong Hua and Tao Ren both break congealed blood. Hong Hua's initial effect is faster and stronger than that of Tao Ren. Tao Ren's effect is sustained for a longer period of time and it is also able to moisten dryness. In general, herbs with a fast effective action tend to diminish in strength more quickly in the bloodstream than herbs with a slower initial effective action. Conversely, herbs with a more lasting effect in the bloodstream tend to have a slower initial effective action. This is the case with Tao Ren and Hong Hua. Another quality of paired herbs with these tendencies is that the more physically dense herb tends to have a more lasting effect and the physically lighter, less dense herb tends to have a faster effective action.

<b>(Chuan) Niu Xi</b>	Radix Achyranthis Bidentatae	3 – 12 g
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Niu Xi promotes blood circulation to the legs, strengthens the Liver and Kidney, and expels wind-damp bi pain.

<b>Sheng Di Huang</b>	Radix Rehmanniae Glutinosae	3 – 15 g
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Sheng Di Huang cools blood heat, nourishes the blood, and moderates the function of the stronger blood-regulating herbs in this formula.

<b>Chai Hu</b>	Radix Bupleuri	3 – 6 g
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<b>Zhi Ke</b>	Fructus Citri Aurantii	3 – 12 g
<b>Jie Geng</b>	Radix Platycodi Grandiflori	3 – 15 g

All of the above herbs regulate Qi. Chai Hu regulates Liver Qi and promotes Qi flow upwards and horizontally in the body. Zhi Ke opens the chest and moves the Qi. Jie Geng regulates Lung Qi, opens the Lungs and guides the herbs to the upper body.

<b>Zhi Gan Cao</b>	Radix Glycyrrhizae Uralensis	3 g
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Zhi Gan Cao is honey-fried Gan Cao. It harmonizes the herbs in Xue Fu Zhu Yu Tang. For a more cooling effect, use Sheng Gan Cao.



Sheng Di Huang



Chi Shao

## Shen Ling Bai Zhu San Ingredients

This formula nourishes Qi, benefits the Spleen and Stomach, and resolves dampness due to Spleen deficiency. This formula is indicated for the treatment of dampness due to Spleen and Stomach deficiency with abdominal distention, indigestion, vomiting, poor appetite, diarrhea, weakness of the muscles or pallor. Shen Ling Bai Zhu San is used in the treatment of conditions including gastroenteritis, colitis, anemia and edema.

<b>Dang Shen</b>	Radix Codonopsis Pilosulae	12 g
<b>Bai Zhu</b>	Atractylodis Macrocephalae Rhizoma	12 g
<b>Fu Ling</b>	Sclerotium Poriae Coccinea	15 g
<b>Gan Cao</b>	Radix Glycyrrhizae Uralensis	6 g

The above herbs are also Su Jun Zi Tang's ingredients. Dang Shen strengthens the Spleen Qi. Bai Zhu warms and dries dampness in the Middle Jiao. Fu Ling drains dampness and Gan Cao harmonizes the overall action of the formula's ingredients.

<b>Yi Yi Ren</b>	Semen Coicis Lachryma-Jobi	15 g
<b>Bai Bian Dou</b>	Semen Dolichoris Lablab	30 g

Yi Yi Ren and Bai Bian Dou both leach dampness by promoting the water. Yi Yi Ren is stronger at leaching the dampness and Bai Bian Dou is stronger at strengthening the Spleen.

<b>Shan Yao</b>	Radix Dioscoreae Oppositae	15 g
<b>Lian Zi</b>	Semen Nelumbinis Nuciferae	12 g

Shan Yao and Lian Zi are astringent to the Spleen. Shan Yao works at a deeper level of the Spleen for long term tonification. Lian Zi flows to the surface to treat acute and mild cases of Spleen Qi deficiency diarrhea. The flowing to the surface action implies a faster effective action and shorter duration in the bloodstream. Combined, these paired herbs synergistically act quickly and provide lasting results.

**Sha Ren**              Fructus Amomie                              9 g

Sha Ren is an aromatic herb. It warms and dries the Spleen.

**Jie Geng**              Radix Platycodi Grandiflori                      12 g

Jie Geng opens the Lung Qi to assist the Spleen. It also carries the other herbs to the upper body.



*Shan Yao*

### ***Dosage and Preparations***

Unless otherwise stated in this course presentation, all bags of herbs are decocted in water in a 3:1 ratio.

## Li Zhong Wan

This formula treats cold and deficiency by dispelling coldness and warming and tonifying the Spleen and Stomach. Indications include diarrhea, loose stools, watery stools, abdominal pain, nausea, vomiting, low appetite, epigastric and abdominal fullness that is relieved by pressure, fatigue, cold limbs, and lack of thirst. In addition to treating colitis, this formula may be used for the treatment of chronic colitis, gastroenteritis, duodenal ulcers, vomiting, anemia, gastritis, prolapsed stomach.

<b>Ren Shen</b>	Ginseng Radix	15 g
<b>Bai Zhu</b>	Atractylodis Macrocephalae Rhizoma	12 g
<b>Gan Jiang</b>	Rhizoma Zingiberis Officinalis	12 g
<b>Zhi Gan Cao</b>	Radix Glycyrrhizae Uralensis	3 g

Dang Shen strengthens Spleen Qi. Both Bai Zhu and Gan Jiang warm and dry dampness in the Spleen. Bai Zhu's function is primarily to dry the dampness. Gan Jiang warms the Spleen and Kidney Yang.

## Colitis Formula Modifications

### 1) Qi and blood stasis with Spleen Qi deficiency and dampness

<b>Dang Shen</b>	Radix Codonopsis Pilosulae	15 g
<b>Bai Zhu</b>	Atractylodis Macrocephalae Rhizoma	12 g
<b>Fu Ling</b>	Sclerotium Poriae cocoa	30 g
<b>Chao Gan Cao</b>	Fried Radix Glycyrrhizae Uralensis	3 g

The above herbs are Si Jun Zi Tang's ingredients using Dang Shen instead of Ren Shen and Chao Gan Cao instead of Zhi Gan Cao. Dang Shen strengthen the Spleen Qi. Bai Zhu warms and dries the dampness. Fu Ling drains dampness from the Middle Jiao. Chao Gan Cao is fried Gan Cao. It warms and penetrates the Spleen and harmonizes the other ingredients in the formula.

<b>Bai Bian Dou</b>	Semen Dolichoris Lablab	15 g
<b>Yi Yi Ren</b>	Semen Coicis Lachryma-Jobi	15 g

Bai Bian Dou (Bian Dou) and Yi Yi Ren drain dampness from the Middle Jiao (burner). Bai Bian Dou is astringent to the Spleen. Yi Yi Ren is stronger at draining (leaching out) dampness than Bai Bian Dou.

<b>Shan Yao</b>	Radix Dioscoreae Oppositae	15 g
<b>Lian Zi</b>	Semen Nelumbinis Nuciferae	12 g

Shan Yao and Lian Zi are astringent to the Spleen Qi. Shan Yao penetrates into deeper layers. Lian Zi calms the Heart.

<b>Sha Ren</b>	Fructus Amomie	9 g
<b>Huo Xiang</b>	Herba Agastaches Seu Pogostemi	12 g
<b>Pei Lan</b>	Herba Eupatorii Fortunei	15 g

All of the above herbs are aromatic. They transform dampness and dry the Spleen and Stomach. Sha Ren flows into deeper layers. Huo Xiang flows to the surface to release the surface. Pei Lan is lighter weight and harmonizes to transform the dampness. Physically lighter weight herbs have a tendency to have a fast effective action but are not maintained in the bloodstream as long as dense herbs.

<b>Chuan Xiong</b>	Radix Ligustici Chuanxiong	3 – 9 g
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Chuan Xiong moves the Qi in the blood. It also dries dampness.

<b>Chai Hu</b>	Radix Bupleuri	3 – 6 g
<b>Jie Geng</b>	Radix Platycodi Grandiflori	3 – 15 g

Chai Hu and Jie Geng regulate Qi. Chai Hu regulates Liver Qi and promotes its flow upward through the body. Jie Geng regulates Lung Qi and opens the Lungs to guide the other herbs to the upper body.



**Ge Gen**                      Radix Puerariae                      30 g

Ge Gen is astringent. It lifts up the Spleen Qi to stop diarrhea.

**Huang Lian**                      Gelatinum Corii Asini                      9 g

Huang Lian clears heat and drains dampness. In this formula, Huang Lian stops damp-heat diarrhea.

**Gan Cao**                      Radix Glycyrrhizae Uralensis                      3 g

Gan Cao has a sweet taste and character. It harmonizes the other ingredients in this formula.

## 2) Qi and blood stasis with Spleen and Kidney Yang and Qi deficiency

**Dang Shen**                      Radix Codonopsis Pilosulae                      15 g

**Bai Zhu**                      Atractylodis Macrocephalae Rhizoma                      12 g

**Gan Jiang**                      Rhizoma Zingiberis Officinalis                      12 g

**Gan Cao**                      Radix Glycyrrhizae Uralensis                      3 g

Dang Shen strengthens Spleen Qi. Bai Zhu and Gan Jiang warm and dry dampness in the Spleen. Bai Zhu's function is primarily to dry the dampness. Gan Jiang warms the Spleen and Kidney Yang.

**Huang Qi**                      Radix Astragali Membranaceus                      15 – 30 g

Huang Qi strengthens the Spleen Qi. It also lifts the Qi.

**Chuan Xiong**                      Radix Ligustici Chuanxiong                      3 – 9 g

**Hong Hua**                      Flos Carthami Tinctorii                      3 – 9 g

Chuan Xiong and Hong Hua promote blood circulation. Chuan Xiong dries the dampness and flows to the surface. Hong Hua breaks up congealed blood.

<b>Chai Hu</b>	Radix Bupleuri	3 – 6 g
<b>Jie Geng</b>	Radix Platycodi Grandiflori	3 – 15 g

Chai Hu and Jie Geng regulate Qi. Chai Hu regulates Liver Qi and promotes its flow upward through the body. Jie Geng regulates Lung Qi and opens the Lungs to guide the other herbs to the upper body.

**Fu Zi**                      Aconiti Radix Lateralisa preparata                      6 g  
Fu Zi warms the Spleen and Kidney and dries the dampness in the Middle Jiao. It is a strong herb to stop diarrhea. Fu Zi is contraindicated during pregnancy. Boiling Fu Zi for at least one hour reduces toxicity.

**Zhi Gan Cao**              Radix Glycyrrhizae Uralensis                      3 g

Zhi Gan Cao is the honey-fried preparation of this herb. Zhi Gan Cao harmonizes the other herbs in this formula.



Hong Hua

### 3) Qi and blood stasis with Liver and Spleen disharmony

<b>Dang Shen</b>	Radix Codonopsis Pilosulae	15 g
<b>Bai Zhu</b>	Atractylodis Macrocephalae Rhizoma	12 g
<b>Fu Ling</b>	Sclerotium Poriae cocoa	30 g
<b>Chao Gan Cao</b>	Fried Radix Glycyrrhizae Uralensis	3 g

The above herbs are based on the herbal formula Si Jun Zi Tang. Dang Shen strengthen the Spleen Qi. Bai Zhu warms and dries the dampness. Fu Ling drains dampness from the Middle Jiao. Chao Gan Cao is fried Gan Cao. It warms and penetrates the Spleen and harmonizes the other ingredients in the formula.

<b>Bai Bian Dou</b>	Semen Dolichoris Lablab	15 g
<b>Yi Yi Ren</b>	Semen Coicis Lachryma-Jobi	15 g

Bai Bian Dou (Bian Dou) and Yi Yi Ren drain (leach out) dampness from the Middle Jiao (burner). Bai Bian Dou astringes the Spleen. Yi Yi Ren is stronger at draining the dampness.

<b>Shan Yao</b>	Radix Dioscoreae Oppositae	15 g
<b>Lian Zi</b>	Semen Nelumbinis Nuciferae	12 g

Shan Yao and Lian Zi are astringent to the Spleen Qi. Shan Yao goes into deeper layers. Lian Zi calms the Heart.

<b>Sha Ren</b>	Fructus Amomie	9 g
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Sha Ren is aromatic. It transforms dampness and dries the Spleen.

<b>Jie Geng</b>	Radix Platycodi Grandiflori	12 g
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Jie Geng enters the Lung channel. It opens the Lung metal Qi to regulate the Spleen Qi.

**Ge Gen**                      Radix Puerariae                      30 g

Ge Gen is astringent. It lifts the Spleen Qi to stop diarrhea.

**Huang Lian**                      Gelatinum Corii Asini                      9 g

Huang Lian clears heat and drains dampness. In this formula, it stops damp-heat diarrhea.

**Chi Shao**                      Radix Paeoniae Rubrae                      2 – 12 g

**Dang Gui**                      Radix Angelicae Sinensis                      3 – 12 g

**Chuan Xiong**                      Radix Ligustici Chuanxiong                      3 – 9 g

All of the above the herbs promote blood circulation. The herbs can be differentiated as follows: Chi Shao cools heat in the blood. Dang Gui nourishes the blood. Chuan Xiong moves the Qi in the blood and tends to flow to the body's surface and upper body.

**Hong Hua**                      Flos Carthami Tinctorii                      3 – 9 g

Hong Hua promotes Qi in the blood circulation. It also flows to the body's surface.

**Niu Xi**                      Radix Achyranthis Bidentatae                      3 – 12 g

Niu Xi promotes blood flow down to the legs. It strengthens the Liver and Kidney and expels wind-damp bi (joint) pain.

**Chai Hu**                      Radix Bupleuri                      3 – 6 g

**Zhi Ke**                      Fructus Citri Aurantii                      3 – 12 g

**Jie Geng**                      Radix Platycodi Grandiflori                      3 – 15 g

All the above herbs regulate Qi. Chai Hu regulates Liver Qi and promotes its flow upward through the body. Jie Geng regulates Lung Qi and opens the Lungs. It also guides the other herbs to the upper body.

**Zhi Gan Cao** Radix Glycyrrhizae Uralensis 3 g

Zhi Gan Cao is the honey-fried preparation of Gan Cao. It harmonizes the other herbs in this formula.

## Case Studies

### Case Study 1

A thin female, age, 46, had diarrhea in the morning for a few months. She also had pain and bloating in the lower abdomen, muddy stools, a slightly burning sensation in the anus, and a poor appetite. Her tongue was dark and purple with white coating, and her pulse was wiry and weak. Her MD doctor made a diagnosis of colitis.

#### Diagnosis

Qi and blood stagnation

Liver and Spleen disharmony

#### Treatment Strategy

Promote and regulate Qi and blood circulation

Clear damp-heat in the Middle Jiao (burner)

#### Base Formulas

Xue Fu Zhu Yu Tang modified with Ge Gen Huang Qin Huang Lian Tang

#### Ingredients

<b>Chi Shao</b>	Radix Paeoniae Rubrae	10 g
<b>Dang Gui</b>	Radix Angelicae Sinensis	3 g
<b>Chuan Xiong</b>	Radix Ligustici Chuanxiong	3 g

All of the above herbs above promote blood circulation. The herbs can be differentiated as follows: Chi Shao cools heat in the blood. Dang Gui nourishes the blood and moistens the intestines. Chuan Xiong moves the Qi in the blood and tends to flow to the body's surface and upper body.

<b>Tao Ren</b>	Semen Persicae	9 g
<b>Hong Hua</b>	Flos Carthami Tinctorii	10 g

Tao Ren and Hong Hua break up congealed blood. Tao Ren remains in the bloodstream longer and moistens dryness. Hong Hua acts faster and flows to surface. Here we see the more physically dense herb lasting longer in the bloodstream and the lighter weight herb having a faster effective action.

<b>Chai Hu</b>	Radix Bupleuri	3 g
<b>Zhi Ke</b>	Fructus Citri Aurantii	3 g
<b>Jie Geng</b>	Radix Platycodi Grandiflori	12 g

All of the above herbs regulate Qi. Chai Hu regulates Liver Qi and promotes its flow upward through the body. Jie Geng regulates Lung Qi and opens the Lungs guides the herbs to the upper body.

<b>Chao Bai Zhu</b>	Atractylodis Macrocephalae Rhizoma	15 g
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Chao Bai Zhu is the fried preparation of Bai Zhu. It warms and dries dampness in the Middle Jiao. Frying it helps to enhance its warming nature.

<b>Chao Bai Shao</b>	Paeoniae Radix Alba	15 g
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Chao Bai Shao is the fried preparation of Bai Shao. It smooths the Liver Qi and harmonizes the Ying and Wei. Fried Bai Shao has an even stronger moving function than the unprepared herb.

<b>Yan Hu Suo</b>	Rhizome Corydalis Yanhusuo	12 g
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Yan Hu Suo promotes blood circulation. It also stops pain.

**Huang Qi**      Radix Astragali Membranaceus      15 g

Huang Qi strengthens and lifts the Qi.

**Huang Lian**      Coptidis Rhizoma      12 g

Huang Lian clears damp-heat. It also stops diarrhea.

**Gan Cao**      Radix Glycyrrhizae Uralensis      6 g

Gan Cao has a sweet taste and character. It harmonizes the actions of the other ingredients.

## Results of Treatment

She took six bags for six days and her diarrhea reduced by 90%. The formula was further modified by adding Ge Gen (Radix Puerariae) and Huo Xiang (Herba Agastaches Seu Pogostemi) for 10 days. As a result, the diarrhea resolved completely and the patient had no remaining symptoms.

## Case Study 2

A female, age 36, had chronic morning diarrhea for a few years. Whenever she felt abdominal pain, she had to quickly go to the toilet with urgent stools. She took herbs to warm her Spleen and Kidney Yang without remarkable improvement. Her face and lips were dark purple. Her tongue was a purple color with a dry coating. Her pulse was wiry and choppy. Her MD doctor made a diagnosis of colitis.

## Diagnosis

Qi and blood stagnation

Liver and Spleen disharmony

## Treatment Strategy

Promote and regulate Qi and blood circulation

## Base Formula

Xue Fu Zhu Yu Tang modified with Xiao Yao San

### Ingredients

<b>Chi Shao</b>	Radix Paeoniae Rubrae	10 g
<b>Dang Gui</b>	Radix Angelicae Sinensis	3 g
<b>Chuan Xiong</b>	Radix Ligustici Chuanxiong	3 g

All of the above herbs promote blood circulation. The herbs can be differentiated as follows: Chi Shao cools heat in the blood. Dang Gui nourishes the blood and moistens the intestines. Chuan Xiong moves the Qi in the blood and tends to flow to the body's surface and upper body.

<b>Tao Ren</b>	Semen Persicae	9 g
<b>Hong Hua</b>	Flos Carthami Tinctorii	10 g

Tao Ren and Hong Hua break up congealed blood. Tao Ren remains in the bloodstream longer and moistens dryness. Hong Hua acts faster and flows to surface.

<b>Chai Hu</b>	Radix Bupleuri	3 g
<b>Zhi Ke</b>	Fructus Citri Aurantii	3 g
<b>Jie Geng</b>	Radix Platycodi Grandiflori	12 g

All of the above herbs regulate Qi. Chai Hu regulates Liver Qi and promotes its flow upward through the body. Jie Geng regulates Lung Qi and opens the Lungs. It also guides the other herbs to the upper body.

<b>Chao Bai Zhu</b>	Atractylodis Macrocephalae Rhizoma	15 g
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Chao Bai Zhu is the fried preparation of Bai Zhu. It warms and dries dampness in the Middle Jiao. Frying it helps to enhance its warming nature.



**Chao Bai Shao** Fried Paeoniae Radix Alba 15 g

Chao Bai Shao is the fried preparation of Bai Shao. It smooths the Liver Qi and harmonizes the Ying and Wei. Fried Bai Shao has an even stronger moving function than the unprepared herb.

**Yan Hu Suo** Rhizome Corydalis Yanhusuo 12 g

Yan Hu Suo promotes blood circulation. It also stops pain.

**Huang Qi** Radix Astragali Membranaceus 15 g

Huang Qi strengthens and lifts the Qi.

**Huang Lian** Coptidis Rhizoma 12 g

Huang Lian clears damp heat. It also stops diarrhea.

**Gan Cao** Radix Glycyrrhizae Uralensis 6 g

Gan Cao has a sweet taste and character. It harmonizes the actions of the other ingredients.

### Results of Treatment

She took six bags for six days and her morning diarrhea reduced by 80%. She continued taking the above formula modified with Shen Ling Bai Zhu Tang. She also followed dietary recommendations for 6 months. As result, her chronic diarrhea stopped completely and the colitis resolved.

## Qing Dai Colitis Research

The following is an excerpt from HealthCMI's news department. Visit the news section at [www.healthcmi.com](http://www.healthcmi.com) to see a variety of acupuncturist research and news.

The *World Journal of Gastroenterology* published this research of patients suffering from intractable ulcerative colitis that were unresponsive to conventional drug therapy.<sup>1</sup> After use of the herbal medicine, 6 of the 7 patients in the study were able to completely discontinue the use of anti-inflammatory medications. This included the use of aminosalicylates, corticosteroids and azathioprine. Endoscopy and symptomatic responses showed everything from significant clinical improvements to a complete resolution of the condition.

### Herbal Powder

The patients orally self-administered 1 gram of Qing Dai (Indigo Naturalis) powder, 2 times per day for 4 months. The results of the herbal program demonstrated significant clinical and objective improvements such that 6 of the 7 patients completely discontinued the use of prednisolone, a corticosteroid used to control ulcerative colitis. The researchers examined Qing Dai to learn more about its effective mechanisms of action. Using electron spin resonance, they discovered that Qing Dai has potent hydroxyl radical scavenging activity. This discovery prompted the researchers to recommend further investigation into the mechanisms of Qing Dai's anti-inflammatory effects.

This research coincides with other recent research demonstrating that acupuncture and herbal medicine are effective in the clearing of chronic ulcerative colitis. *Published in the Clinical Journal of Chinese Medicine*, the study showed that a combination of herbal enemas consisting of Ku Shen and Bai Tou Weng combined with an acupuncture treatment regime was significantly more effective than taking antibiotics for resolving ulcerative colitis.<sup>2</sup>

The Qing Dai study examined the oral administration of Qing Dai in its powdered form. Qing Dai has received a great deal of attention in modern

1. Suzuki, Hideo, Tsuyoshi Kaneko, Yuji Mizokami, Toshiaki Narasaka, Shinji Endo, Hirofumi Matsui, Akinori Yanaka, Aki Hirayama, and Ichinosuke Hyodo. "Therapeutic efficacy of the Qing Dai in patients with intractable ulcerative colitis." *World journal of gastroenterology: WJG* 19, no. 17 (2013): 2718.

2. Clinical observation on treating chronic ulcerative colitis with retention enema by Baitouweng Kushen decoction and acupuncture, *Clinical Journal of Chinese Medicine*, 1674-7860, 2013.

research. One recent research study found that I3M, synthesized from the indirubin found in Qing Dai, downregulates cancerous tissues when applied topically to oral cancer.<sup>3</sup> This shows great potential for the treatment of oral cancer. Historically, TCM documents Qing Dai as an important herb in the treatment of ulcers in the mouth and tongue. TCM also documents the use of Qing Dai as a topical paste for the treatment of acne and topical ointment for the treatment psoriasis.

The I3M study cited the TCM formula Dang Gui Long Hui Wan as an historically important herbal compound for the treatment of chronic myelocytic leukemia. Many sources include Qing Dai as one of the ingredients in this formula that contains Dang Gui, Long Dan Cao, Zhi Zi, Huang Lian, Huang Bai, Huang Qin, Lu Hui, Da Huang, Qing Dai, Mu Xiang, She Xiang and Sheng Jiang. The researchers suggest that the indigo dye found in Qing Dai is partially responsible for the herbal formula's efficaciousness given the modern research demonstrating that indirubin powerfully inhibits several types of human cancer cells. The Qing Dai researchers noted that modern studies demonstrate that indirubin has anti-inflammatory effects by suppressing interferon-alpha, interleukin-6 and nuclear factor. They added that Qing Dai has been shown to exert anti-inflammatory "effects on human neutrophils based on its ability to suppress superoxide generation."<sup>4</sup>

### Clinical Highlight

The Qing Dai study highlighted specific clinical results of its participants. One patient vignette was of a man suffering from ulcerative colitis with hematochezia, the passage of fresh blood through the anus. This patient had taken antibiotics and prednisolone to control the hematochezia. However, he was unable to reduce the dosage of prednisolone without the return of hematochezia. Over time, the patient needed to increase the drug dosages to maintain clinical results and he showed no clinical improvements in his baseline condition. After 3 years, he began the Qing Dai treatments and after one month the hematochezia resolved completely. Objective testing also showed a marked decrease in serum C-reactive protein levels. The patient was able to

3. Lo W-Y, Chang N-W (2013) An Indirubin Derivative, Indirubin-3'-Monoxime Suppresses Oral Cancer Tumorigenesis through the Downregulation of Survivin. PLoS ONE 8(8): e70198. doi:10.1371/journal.pone.0070198. Editor: A. R. M. Ruhul Amin, Winship Cancer Institute of Emory University, United States of America.

4. Lin YK, Leu YL, Huang TH, Wu YH, Chung PJ, Su Pang JH, Hwang TL. Anti-inflammatory effects of the extract of indigo naturalis in human neutrophils. J Ethnopharmacol. 2009;125:51–58.

discontinue the use of all drugs. Endoscopy revealed that his ulcers completely disappeared. A follow-up confirmed that the therapeutic effect of Qing Dai therapy lasted for more than 2 years.

The researchers note that other related research finds important clinical results from the use of Qing Dai. Yuan, et al, discovered that Qing Dai enemas are clinically effective for the treatment of chronic hemorrhagic radiation proctitis.<sup>5</sup> Given the recent research combining acupuncture with herbal medicine demonstrating that enemas of Ku Shen combined with Bai Tou Weng are effective for the treatment of ulcerative colitis, it may be consistent that adding Qing Dai to the enema will enhance its therapeutic effects.

Distinct from Qing Dai used as a one herb formula for the treatment of chronic ulcerative colitis is its use within herbal formulas within the scope of Traditional Chinese Medicine (TCM). Differential diagnostics within the TCM system recognise Qing Dai's appropriate application for this biomedically defined disorder in cases of Heat in the Blood, Damp Heat and Heat and Toxins. However, some clinical presentations of chronic ulcerative colitis may be due to cases of cold and deficiency. In these instances, herbal medicines with very different biological functions may exert more effective clinical actions for the treatment of chronic ulcerative colitis.

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5. Yuan G, Ke Q, Su X, Yang J, Xu X. Qing Dai, A traditional Chinese medicine for the treatment of chronic hemorrhagic radiation proctitis. *Zhong De Linchuang Zhongliuxue Zazhi*. 2009;8:114–116.

# Crohn's Disease

Crohn's disease, also known as regional enteritis, is an inflammatory bowel disease of the intestines. The disorder is named after Dr. Burrill Crohn who documented the disease with Dr. Leon Ginzburg and Dr. Gordon Oppenheimer. Crohn's disease affects anywhere in the gastrointestinal tract from the mouth to the anus. Typically, Crohn's disease involves the ileum (the most distal aspect of the small intestine that connects to the cecum) and the first part of the large intestine.

## Signs and Symptoms

- abdominal bloating and pain
- chronic bloody or watery diarrhea
- rectal bleeding
- urgent need for bowel movements
- abdominal cramping
- constipation
- floating stools (caused by poor fat digestion)
- nausea
- vomiting
- mouth ulcers
- weight loss
- eye disorders
- arthritis
- fever
- loss of appetite
- dermatological disorders
- iron deficiency anemia
- fatigue

Crohn's disease is considered an autoimmune system disorder. Genetics may play a role in its etiology; those with Scandinavian or Ashkenazim Jewish heritage have an increased risk of developing Crohn's disease. Environmental factors may also contribute to this pathology. Smokers are twice as likely to develop Crohn's disease than non-smokers. Other risk factors include low exposure to sunlight, obesity, diets high in sugar and saturated fat but low in fruits and vegetables, and urban living.

No biomedical cure exists for Crohn's disease. Medical doctors use colonoscopies, sigmoidoscopies, capsule endoscopies, barium enemas and CT scans to confirm the diagnosis. Doctors focus on controlling symptoms by suggesting dietary and lifestyle changes plus pharmaceutical medications to suppress symptoms and control infections. Surgery may be used to remove affected parts of the digestive tract including life threatening obstructions. In some cases, long-term remission occurs.

Crohn's disease differs from ulcerative colitis. Crohn's disease commonly affects the colon, anus and the terminal ileum. Ulcerative colitis rarely affects the terminal ileum and anus but always affects the colon. **Crohn's disease causes patchy or serpiginous (snake-like) intestinal ulcerations whereas ulcerative colitis causes a continuous area of ulceration.** Shallow ulcerations are typical with ulcerative colitis. Deep and penetrating ulcerations often occur with Crohn's disease and may cause stenosis, a narrowing of the intestinal passage.

Crohn's disease may cause intestinal obstructions, ulcers, fistulas and anal fissures. Malnutrition may occur due to the inability of the intestines to absorb nutrients. Crohn's disease may cause growth failure in children and increases the risk of cancer in the affected regions of the intestines.

## Acupuncture & Moxibustion

Research demonstrates that acupuncture and moxibustion are efficacious in the treatment of Crohn's disease.<sup>6,7,8</sup> Research published in the *World Journal of Gastroenterology* was randomized, blinded and used control groups to rule out the placebo effect.<sup>9</sup> Moxibustion was applied to acupuncture points Tianshu

6. Bao, Chun-Hui, Ji-Meng Zhao, Hui-Rong Liu, Yuan Lu, Yi-Fang Zhu, Yin Shi, Zhi-Jun Weng et al. "Randomized controlled trial: Moxibustion and acupuncture for the treatment of Crohn's disease." *World journal of gastroenterology: WJG* 20, no. 31 (2014): 11000.

7. Shi, Zheng, Xiao-peng Ma, Huan-gan Wu, Xiu-di Qin, Qing-lan Qian, and Wei Zhang. "Effect of acupuncture-moxibustion on TNF- $\alpha$ , sTNFR-I and sTNFR-II of rats with Crohn's disease." *Journal of Acupuncture and Tuina Science* 7 (2009): 29-32.

8. Shi, Zheng, Xiao-peng Ma, Huan-gan Wu, Xiu-di Qin, Qing-lan Qian, and Wei Zhang. "Effect of acupuncture-moxibustion on TNF- $\alpha$ , sTNFR-I and sTNFR-II of rats with Crohn's disease." *Journal of Acupuncture and Tuina Science* 7 (2009): 29-32.

9. Bao, Chun-Hui, Ji-Meng Zhao, Hui-Rong Liu, Yuan Lu, Yi-Fang Zhu, Yin Shi, Zhi-Jun Weng et al. "Randomized controlled trial: Moxibustion and acupuncture for the treatment of Crohn's disease." *World journal of gastroenterology: WJG* 20, no. 31 (2014): 11000.

(ST25), Qihai (CV6) and Zhongwan (CV12) using the herb partitioned moxibustion technique. This is accomplished by placing an herbal cake on the acupuncture points and then igniting the mugwort (Ai Ye) moxa cones on top of the herbal cake.

The herbal cakes consisted primarily of the following herbs: *Coptis chinensis* (Huang Lian), *Radix Aconiti Lateralis* (Fu Zi), *Cortex Cinnamomi* (Rou Gui), *Radix Aucklandiae* (Mu Xiang), *Flos Carthami* (Hong Hua), *Salvia miltiorrhiza* (Dan Shen), *Angelica sinensis* (Dang Gui). The ingredients were then ground into a fine powder, sifted through a sieve and mixed with maltose and water to form a thick paste. A mold was used to form a 28 mm diameter cake of 5 mm thickness. Refined moxa was used and applied twice at each point on top of the herbal cakes.

Acupuncture needling was applied to Zusanli (ST36), Shangjuxu (ST37), Gongsun (SP4), Sanyinjiao (SP6), Taixi (KI3), and Taichong (LR3) to a depth of 20 - 30 mm. The needles ranged in length from 25 - 40 mm and the diameter was a consistent 0.30 mm. Manual acupuncture was applied to achieve a de qi sensation. Needle retention time was a total of 30 minutes. Acupuncture and moxibustion were applied three times per week for twelve weeks for a total of 36 treatment sessions.

The total treatment efficacy rate for acupuncture combined with moxibustion was 83.72%. Histopathological scores significantly improved and symptoms significantly reduced. Acupuncture combined with moxibustion reduced anemia instances as reflected in increased HGB levels. Bowel inflammation reduction was reflected in significant lowering of both CRP (C-reactive protein) and ESR (erythrocyte sedimentation rate) levels. The researchers note that the lab results indicate that “acupuncture effectively controls the inflammatory response and eases intestinal inflammation.”

The researchers concluded that “acupuncture provided significant therapeutic benefits in patients with active CD (Crohn's disease) beyond the placebo effect and is therefore an effective and safe treatment for active CD.” Notably, lab scores along with quality of life scores improved. These findings are not isolated. Similar results were found in other bodies of research.

Researchers at the Shanghai University of Traditional Chinese Medicine and

the Shanghai Research Institute of Acupuncture and Moxibustion measured the effects of acupuncture on basic fibroblast growth factor (bFGF) and type I collagen (Col I) in the intestines of laboratory rats with Crohn's disease.<sup>10</sup> After acupuncture, the expressions of Col I and bFGF reduced markedly in rats with Crohn's disease. By reducing the abnormally high levels of Col I and bFGF, acupuncture prevents Chron's disease related fibrosis of the intestines. Additional research finds acupuncture and moxibustion effective in reducing TNFa (tumor necrosis factor alpha), a substance linked to inflammatory bowel disease.<sup>11</sup>

## Herbs

Ulcerative colitis and Crohn's disease often present with similar symptoms. Using differential diagnostics, many of the herbal formulas used for the treatment of colitis may be used in the treatment of Crohn's disease. When damp heat and blood stasis is present, Da Huang Mu Dan Pi Tang is often helpful to Crohn's disease patients. We take a close look at this formula in the chronic appendicitis section. For anal fissures and fistulas with damp heat, Bi Xie Shen Shi Tang Jia Wei is often helpful for Crohn's disease patients. The ingredients are:

Hua Shi (Talcum)	15g
Yi Yi Ren (Semen Coicis)	12g
Bi Xie (Rhoizoma Dioscoreae Hypoglaucae)	9g
Chi Fu Ling (Sclerotium Rubrum Poriae Cocos)	9g
Ze Xie (Rhizoma Alismatis)	9g
Huang Bai (Cortex Phellodendri)	9g
Huang Lian (Rhizoma Coptidis)	6g
Cang Zhu (Rhizoma Atractylodis)	9g
Mu Dan Pi (Cortex Moutan)	6g

*For severe anal bleeding add:*

Di Yu (Radix Sanguisorbae)	9g
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10. Chen Zhao, Juying Ding, Jindan Ma, Linying Tan, Huangang Wu, Yingying Zhang and Linshan Zhang, Acupuncture on the basic fibroblast growth factor and type I collagen in colons of rats with Crohn's disease, JOURNAL OF ACUPUNCTURE AND TUINA SCIENCE, Volume 9, Number 1, 1-6.

11. Shi, Zheng, Xiao-peng Ma, Huan-gan Wu, Xiu-di Qin, Qing-lan Qian, and Wei Zhang. "Effect of acupuncture-moxibustion on TNF- $\alpha$ , sTNFR-I and sTNFR-II of rats with Crohn's disease." Journal of Acupuncture and Tuina Science 7 (2009): 29-32.



Huai Hua Mi (Flos Immaturus Sophorae) 9g

### Ingredients

**Hua Shi, Yi Yi Ren, Bi Xie, Chi Fu Ling and Ze Xie** promote the water to drain dampness. Hua Shi is contraindicated during pregnancy, clears damp and heat and also clears summer heat. Internal long-term use of Hua Shi is not advised due to risk of abdominal, rectal and vaginal granulomas. Yi Yi Ren clears heat and eliminates pus, clears wind-dampness and stops pain, and strengthens the spleen. Bi Xie expels wind-dampness, reduces chronic pelvic inflammation, and clears turbidity from the urine. Chi Fu Ling is the outer red layer of Fu Ling and is special for treating damp-heat. Ze Xie clears lower jiao damp-heat and clears kidney deficiency heat (empty fire).

**Huang Bai and Huang Lian** clear damp heat. Huang Bai especially clears lower jiao (burner) damp-heat and Huang Lian especially clears middle jiao damp-heat.

**Cang Zhu** dries dampness and invigorates the spleen. **Mu Dan Pi** clears heat and cools the blood. Mu Dan Pi is especially effective for the treatment of abdominal masses.

**Di Yu** and **Huai Hua Mi** stop bleeding. **Di Yu** cools the heat in the blood. **Huai Hua Mi** clears damp heat in the lower jiao and moistens the dryness.



Huang Lian

## Chronic Appendicitis

Chronic appendicitis is characterized by scarring, fibrous adhesions, deformities and thickening of the vermiform appendix that was caused by prior inflammation. Chronic appendicitis is milder and develops more gradually than acute appendicitis. Subacute and acute flare-ups of appendicitis may occur along with persistent mild symptoms. Surgery may not be recommended by doctors for chronic appendicitis and symptoms may be difficult to detect.

Symptoms may be limited to fatigue and a sense of not feeling well. There may also be episodes of abdominal pain on the right lower quadrant of the abdomen for extended periods of time. Abdominal CT scan (computed tomography) and ultrasonography are used to confirm a diagnosis of chronic appendicitis. A CT scan is an imaging method employing X-rays to create pictures of cross-sections of the body. Undetected chronic appendicitis is a risk factor for local infections and an acute appendicitis emergency requiring appendectomy.<sup>12</sup>

### ***Acute Appendicitis, PID and Ectopic Pregnancy***

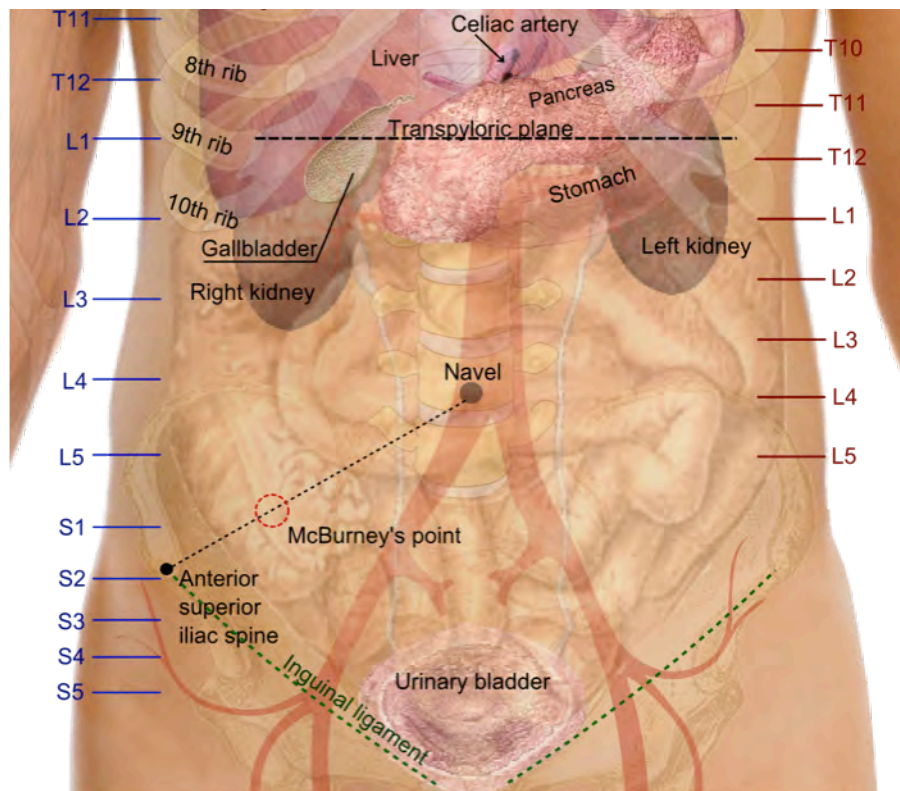
Chronic appendicitis is treatable in an acupuncture clinic, however, acute appendicitis is a medical emergency and requires hospitalization. Differentiation of acute appendicitis and other emergency conditions from chronic appendicitis is paramount. Acute PID (pelvic inflammatory disease) often mimics acute appendicitis and ectopic pregnancies. These are emergency conditions requiring hospitalization.

An ectopic pregnancy is differentiated by a positive pregnancy test, irregular vaginal bleeding, and violent pain of the lower abdomen that usually starts on one side but may spread to the other as well. Acute appendicitis is often differentiated by initial pain around the umbilicus or upper abdomen then moving to the lower right abdomen with accompanying vomiting, nausea, or other digestive symptoms.

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12. Savrin, Ronald A., Kathryn Clausen, Edward W. Martin Jr, and Marc Cooperman. "Chronic and recurrent appendicitis." *The American Journal of Surgery* 137, no. 3 (1979): 355-357.

Rebound pain at McBurney's point is often present in cases of acute appendicitis. McBurney's point is located over the right side of the abdomen and is one-third of the distance from the anterior superior iliac spine to the navel. This point roughly corresponds to the most common location of the base of the appendix where it is attached to the cecum. Note, however, rebound pain at McBurney's point may also occur in cases of acute PID. Hospitalization is required for these surgical emergencies.



McBurney's Point

### ***Chronic Appendicitis Risk Factors***

Dietary irregularities and overexertion are risk factors according to Traditional Chinese Medicine principles. Running and jumping after meals causes or exacerbates this condition. This type of physical activity after eating may cause injury to the appendix and consequent qi and blood stasis thereby leading to

appendicitis. Patients with chronic appendicitis must be warned to avoid excess physical activity after eating.

## Acupuncture

The following is the treatment protocol for diagnosed conditions of chronic appendicitis. In addition, this may also be used for patients with local abdominal pain caused by an appendectomy.

### ***Distal Points***

ST36 (Zusanli, Leg Three Miles)

M-LE-13 (Lanweixue, Appendix Point)

ST37 (Shangjuxu, Upper Great Void)

### ***Local Points***

ST27 (Daju, The Great)

Mangchang (Appendix)

### ***Protocol***

Select one or more distal points and needle. If any one of these points is especially tender upon palpation, it is the optimal point. Use bilateral needle insertion when selecting ST36 and ST37. Next, select ST27 or Mangchang and needle on the right side only. For all needles, insert and apply vigorous stimulation to achieve deqi. Retain needles for 10 - 15 minutes and then apply vigorous stimulation again prior to removing the needles.

### ***Point Analysis***

ST36 is 3 cun below ST35, one finger-breadth from the anterior crest of the tibia. There is a notch in the tibia that may be felt upon palpation that exactly locates the vertical location of ST36. Locate the notch, which is approximately 3 cun below ST35, and the point is one finger-breadth lateral to the anterior crest of the tibia. ST36 is the sea and earth point. It is the lower sea of the stomach and a sea of nourishment point. ST36 orders the spleen and stomach, regulates qi and blood, and strengthens weak and deficient conditions. ST36 is useful in the treatment of many conditions including: gastric Pain, vomiting, abdominal distention, diarrhea, constipation, mastitis, abscessed breast,

enteritis, gastritis, edema, asthma, general weakness, emaciation, anemia, indigestion, apoplexy, shock, hemiplegia, neurasthenia, mania.

M-LE-14 (Lanweixue, Appendix Point) is located approximately 2 cun distal to ST36 on the right leg. To locate, determine the point of maximum tenderness in the region by palpation. This point activates both qi and blood circulation and also clears heat toxins (fire poison) from the large intestine. This point is notable for its unilateral location on the right leg. Along with rebound pain at McBurney's point, sensitivity at Lanweixue is an important diagnostic tool for the presence of both chronic and acute appendicitis. This point is useful for the treatment of a variety of conditions including chronic appendicitis, gastralgia, stomachache and diarrhea.

ST37 is the lower he-sea point of the large intestine and is a point of the sea of blood. ST37 regulates the intestines and stomach, clears and cools damp heat, and eliminates accumulations and stagnation. This point is useful for the treatment of a variety of conditions including chronic appendicitis, abdominal pain and distention, diarrhea, dysentery, enteritis, paralysis due to stroke and hemiplegia, and beriberi. ST37 is located 3 cun below ST36, one finger-breadth lateral to the anterior crest of the tibia.

ST27 is located 2 cun below the umbilicus and 2 cun lateral to CV5 (Ren 5). This point regulates qi, promotes urination, and benefits the kidneys. This point is useful in the treatment of chronic appendicitis, abdominal pain, dysuria, cystitis, and spermatorrhea.

Mangchang is located 1.5 cun below ST25 (Tianshu). It is used for the treatment of appendicitis, stomach pain, abdominal swelling, and diarrhea. Mangchang is an older way of saying appendix whereas Lanwei is a newer expression for the word appendix. The distal point on the leg is Lanwei and the local point over the appendix area is Mangchang.

## Herbal Medicine and Pattern Differentiation Overview

Chronic appendicitis tends to present with qi and blood stasis combined with hot phlegm stagnation.

### Tongue

Dark or purple with a white coating

### Pulse

Wiry and slippery

### Diagnosis

Qi, hot phlegm, and blood stagnation

### Treatment Strategy

Regulate and move the Qi

Move blood and dissolve hot phlegm

### Base Formulas

Xue Fu Zhu Yu Tang modified with Si Ni San and Da Huang Mu Dan Pi Tang



Da Huang

## Si Ni San

Si Ni San regulates the Liver and Spleen. It eliminates internal heat and benefits patients with liver Qi depression due to internal pathogenic heat. This formula is also appropriate for the treatment of Liver and Spleen disharmony with abdominal or costal pain.

### Ingredients

<b>Chai Hu</b>	Radix Bupleuri	3 – 6 g
<b>Zhi Shi</b>	Fructus Immaturus Citrii Aurantii	3 – 12 g
<b>Bai Shao</b>	Paeoniae Radix Alba	3 – 15 g
<b>Gan Cao</b>	Radix Glycyrrhizae Uralensis	6 g

All of the above herbs regulate Qi. Chai Hu regulates Liver Qi, which circulates the Qi upward and horizontally in the body. Zhi Shi breaks up the Qi and circulates it. Bai Shao calms the Liver and nourishes the Yin and blood. Bai Shao also harmonizes the Ying and Wei.

<b>Gan Cao</b>	Radix Glycyrrhizae Uralensis	3 g
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Gan Cao has a sweet taste and character. It harmonizes the actions of the other ingredients.



Chai Hu

## Da Huang Mu Dan Pi Tang

This formula eliminates stagnant heat in the intestines, disperses lumps and reduces inflammation and swelling. Da Huang Mu Dan Pi Tang is used for the treatment of intestinal abscesses with right lower abdominal pain that is worsened upon pressure. Patients are more comfortable with the leg in a flexed posture instead of an extended posture when the intestinal abscess is severe. This formula is used for the treatment of acute and chronic appendicitis, adnexitis and pelvic inflammatory disease. Da Huang Mu Dan Pi Tang is contraindicated during pregnancy. Refer all cases of acute appendicitis to the hospital because it is a medical emergency and not appropriate for treatment at an acupuncture clinic.

### *Ingredients*

<b>Da Huang</b>	Radix et Rhizoma Rhei	3 – 12 g
<b>Mang Xiao</b>	Natril Sulfas	6 – 12 g

Da Huang and Mang Xiao purge the intestines. Da Huang clears heat toxins and promotes blood circulation. Mang Xiao dissolves the dry stool and nodules.

<b>Tao Ren</b>	Semen Juglandis Regiae	9 – 12 g
<b>Mu Dan Pi</b>	Cortex Moutan Radicis	12 – 15 g

Tao Ren and Mu Dan Pi promote blood circulation. Tao Ren breaks up congealed blood and moistens the intestines. Mu Dan Pi cools the heat in the blood.

<b>Dong Gua Ren</b>	Semen Benincasae Hispidae	12 – 30 g
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Dong Gua Ren clears heat. It also promotes urination.



## Chronic Appendicitis Formula Modifications

### 1) Qi and blood stasis with damp heat

<b>Chi Shao</b>	Radix Paeoniae Rubrae	9 – 12 g
<b>Chuan Xiong</b>	Radix Ligustici Chuanxiong	3 – 9 g

Chi Shao and Chuan Xiong promote blood circulation. The herbs can be differentiated as follows: Chi Shao cools heat in the blood. Chuan Xiong moves the Qi in the blood and tends to flow to the body's surface and upper body.

<b>Hong Hua</b>	Flos Carthami Tinctorii	3 – 9 g
<b>Tao Ren</b>	Semen Persicae	3 – 12 g

Hong Hua and Tao Ren both break up congealed blood. Hong Hua's effective action is faster and stronger than Tao Ren. Tao Ren's action is sustained for a longer period of time and it is able to moisten dryness.

<b>Yan Hu Suo</b>	Rhizome Corydalis Yanhusuo	12 g
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Yan Hu Suo promotes blood circulation. It stops pain.

<b>Niu Xi</b>	Radix Achyranthis Bidentatae	3 – 12 g
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Niu Xi promotes blood flow to the legs. It strengthens the Liver and Kidneys. It also expels wind-dampness to alleviate Bi pain.

<b>Mu Dan Pi</b>	Cortex Moutan Radicis	12 – 15 g
<b>Sheng Di Huang</b>	Radix Rehmanniae Glutinosae	3 – 15 g

Mu Dan Pi and Sheng Di Huang cools blood heat. Mu Dan Pi promotes blood circulation. Shen Di Huang nourishes the blood. It also moderates the function of the stronger blood-regulating herbs.

<b>Chai Hu</b>	Radix Bupleuri	3 – 6 g
<b>Zhi Ke</b>	Fructus Citri Aurantii	3 – 12 g
<b>Jie Geng</b>	Radix Platycodi Grandiflori	3 – 15 g

All the above herbs regulate Qi. Chai Hu regulates Liver Qi and promotes its flow upward through the body. Zhi Ke opens the chest and moves the Qi. Jie Geng regulates Lung Qi and opens the Lungs guides the herbs to the upper body.

<b>Dong Gua Ren</b>	Semen Benincasae Hispidae	12 – 30 g
<b>Huang Lian</b>	Coptidis Rhizoma	3 – 12 g
<b>Bai Jiang Cao</b>	Herba cum Radice Patriniae	15 – 30 g

All the herbs above clear heat toxins. Dong Gua Ren drains the dampness. Huang Lian clears the damp heat toxins in the Middle Jiao and Heart fire. Bai Jiang Cao clears damp heat.

<b>Gan Cao</b>	Radix Glycyrrhizae Uralensis	3 g
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Gan Cao has a sweet taste and character. It harmonizes the other herbs in the formula.

## 2) Qi and blood stagnation with Spleen Qi deficiency

<b>Chi Shao</b>	Radix Paeoniae Rubrae	2 – 12 g
<b>Dang Gui</b>	Radix Angelicae Sinensis	3 – 12 g
<b>Chuan Xiong</b>	Radix Ligustici Chuanxiong	3 – 9 g

All of the above herbs promote blood circulation. The herbs can be differentiated as follows: Chi Shao cools heat in the blood. Dang Gui nourishes the blood. Chuan Xiong moves the Qi in the blood and tends to flow to the body's surface and upper body.

**Hong Hua**      Flos Carthami Tinctorii      3 – 9 g

Hong Hua promotes circulation. It breaks up congealed blood.

**Niu Xi**      Radix Achyranthis Bidentatae      3 – 12 g

Niu Xi promotes blood circulation to the legs. It strengthens the Liver and Kidneys. It also expels wind-damp to relieve Bi pain.

**Yan Hu Suo**      Rhizome Corydalis Yanhusuo      12 g

Yan Hu Suo promotes blood circulation. It also stops pain.

**Chai Hu**      Radix Bupleuri      3 – 6 g

**Zhi Ke**      Fructus Citri Aurantii      3 – 12 g

**Jie Geng**      Radix Platycodi Grandiflori      3 – 15 g

All of the above herbs regulate Qi. Chai Hu regulates Liver Qi and promotes its flow upward through the body. Zhi Ke opens the chest and moves the Qi. Jie Geng regulates Lung Qi and opens the Lungs. It also guides the other herbs to the upper body.

**Dang Shen**      Radix Codonopsis Pilosulae      15 g

**Bai Zhu**      Atractylodis Macrocephalae Rhizoma      12 g

**Fu Ling**      Sclerotium Poriae Cocos      30 g

**Chao Gan Cao**      Radix Glycyrrhizae Uralensis      3 g

The above herbs are based on Si Jun Zi Tang. Dang Shen strengthens the Spleen Qi. Bai Zhu warms and dries dampness in the Middle Jiao. Fu Ling drains dampness. Chao Gan Cao is fried Gan Cao. It warms and penetrates the Spleen. It also harmonizes the other ingredients in this formula.

**Bai Bian Dou**      Semen Dolichoris Lablab      15 g

**Yi Yi Ren**      Semen Coicis Lachryma-Jobi      15 g

Bai Bian Dou and Yi Yi Ren drain dampness from the Middle Jiao. Bai Bian Dou is astringes the Spleen. Yi Yi Ren more strongly drains the dampness.

<b>Shan Yao</b>	Radix Dioscoreae Oppositae	15 g
<b>Lian Zi</b>	Semen Nelumbinis Nuciferae	12 g

Shan Yao and Lian Zi astringe the Spleen Qi. Shan Yao penetrates into deeper layers. Lian Zi calms the Heart.

<b>Sha Ren</b>	Fructus Amomie	9 g
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Sha Ren is aromatic. It transforms dampness and dries dampness in the Spleen.

<b>Huang Qi</b>	Radix Astragali Membranaceus	12 g
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Huang Qi elevates the Qi. It also strengthens the Qi.

### 3) Liver Qi and blood stasis attacking the Spleen

<b>Dang Gui</b>	Radix Angelicae Sinensis	3 – 12 g
<b>Chuan Xiong</b>	Radix Ligustici Chuanxiong	3 – 9 g

All of the above herbs promote blood circulation. The herbs can be differentiated as follows: Chi Shao cools heat in the blood. Dang Gui nourishes the blood. Chuan Xiong moves the Qi in the blood and tends to flow to the body's surface and upper body.

<b>Hong Hua</b>	Flos Carthami Tinctorii	3 – 9 g
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Hong Hua promotes circulation. It breaks up congealed blood.

<b>Niu Xi</b>	Radix Achyranthis Bidentatae	3 – 12 g
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Niu Xi promotes promotes blood circulation to the legs. It strengthens the Liver and Kidneys. It also expels wind-dampness to alleviate Bi (joint) pain.

**Yan Hu Suo** Rhizome Corydalis Yanhusuo 12 g

Yan Hu Suo promotes blood circulation. It also stops pain.

**Chai Hu** Radix Bupleuri 3 – 6 g

**Zhi Ke** Fructus Citri Aurantii 3 – 12 g

**Bai Shao** Paeoniae Radix Alba 12 – 15 g

**Jie Geng** Radix Platycodi Grandiflori 3 – 15 g

All the above herbs regulate Qi. Chai Hu regulates Liver Qi and promotes its flow upward through the body. Zhi Ke opens the chest and moves the Qi. Bai Shao harmonizes the Ying and Wei and stabilizes the Liver Qi. Jie Geng regulates Lung Qi and opens the Lungs. It also guides the other herbs to the upper body.

**Fo Shou** Citri Sarcodactylis Fructus 12 g

**Chen Pi** Pericarpium Citri Reticulatae 9 g

Fo Shou and Chen Pi regulate Qi and dry dampness. Fo Shou, in particular, regulates and warms the Spleen. Chen Pi regulates and warms the Stomach.



Yan Hu Suo

## Case Studies

### Case Study 1

A male, age 53, had pain in his right lower abdomen for over one year. It was diagnosed as chronic appendicitis by an MD. His pain became more frequent. He also began to have constipation, a bitter taste in the mouth, thirst, and he was easy to anger. His tongue was dark and dry. His pulse was wiry and full.

#### Diagnosis

Qi and blood stagnation

Damp heat in the lower Jiao (burner)

#### Treatment Strategy

Promote and regulate Qi and blood circulation

Clear damp heat in the lower Jiao

#### Base Formulas

Xue Fu Zhu Yu Tang modified with Da Huang Mu Dan Pi Tang

#### Ingredients

<b>Chi Shao</b>	Radix Paeoniae Rubrae	12 g
<b>Chuan Xiong</b>	Radix Ligustici Chuanxiong	9 g

Chi Shao and Chuan Xiong both promote blood circulation. The herbs can be differentiated as follows: Chi Shao cools heat in the blood. Chuan Xiong moves the Qi in the blood and especially flows to the body's surface and upper body.

<b>Hong Hua</b>	Flos Carthami Tinctorii	9 g
<b>Tao Ren</b>	Semen Persicae	12 g

Hong Hua and Tao Ren both break up congealed blood. Hong Hua's action is faster and stronger. Tao Ren's action is sustained for a longer period of time and it moistens dryness.

**Yan Hu Suo** Rhizome Corydalis Yanhusuo 12 g

Yan Hu Suo promotes blood circulation. It also stops pain.

**Niu Xi** Radix Achyranthis Bidentatae 12 g

Niu Xi promotes blood circulation to the legs. It strengthens the Liver and Kidneys. It also expels wind-dampness to alleviate Bi (joint) pain.

**Mu Dan Pi** Cortex Moutan Radicis 15 g  
**Sheng Di Huang** Radix Rehmanniae Glutinosae 30 g

Mu Dan Pi and Sheng Di Huang cool blood heat. Mu Dan Pi promotes blood circulation. Sheng Di Huang nourishes the blood and moderates the function of the stronger blood regulating herbs.

**Chai Hu** Radix Bupleuri 6 g  
**Zhi Ke** Fructus Citri Aurantii 12 g  
**Jie Geng** Radix Platycodi Grandiflori 15 g

All of the above herbs regulate Qi. Chai Hu regulates Liver Qi and promotes its flow upward through the body. Zhi Ke opens the chest and moves the Qi. Jie Geng regulates Lung Qi and opens the Lungs. It also guides the other herbs to the upper body.

**Dong Gua Ren** Semen Benincasae Hispidae 30 g  
**Bai Jiang Cao** Herba cum Radice Patriniae 30 g

Dong Gua Ren and Bai Jiang Cao clear heat. Dong Gua Ren drains dampness. Bai Jiang Cao clears damp heat.

**Da Huang** Radix et Rhizoma Rhei 9 g

Da Huang and Mang Xiao purge the intestines. Da Huang clears heat toxins and promotes blood circulation. Mang Xiao dissolves dry stools and nodules.

**Gan Cao** Radix Glycyrrhizae Uralensis 3 g

Gan Cao has a sweet taste and character. It also harmonizes the other herbs in the formula.

### **Results of Treatment**

He took two bags for two days after which he no longer had constipation or lower abdominal pain. Da Huang was removed from the formula and the patient continued taking the modified formula for three more days. The abdominal pain was gone.

### ***Case Study 2***

A female, age 24, had an acute appendicitis attack and took antibiotics for 10 days. The infection was gone for two months. When her menstrual period started, she experienced pain on her right lower abdomen. She had to bend her right leg and lie in the bed to reduce the pain. Her tongue was slightly purple with a moist coating. Her pulse was wiry and slippery.

### **Diagnosis**

Qi and blood stagnation  
Damp heat in the lower Jiao

### **Treatment Strategy**

Promote and regulate Qi and blood circulation  
Clear damp heat in the lower Jiao

### **Base Formulas**

Xue Fu Zhu Yu Tang modified with Si Ni San



*Ingredients*

<b>Chi Shao</b>	Radix Paeoniae Rubrae	12 g
<b>Chuan Xiong</b>	Radix Ligustici Chuanxiong	9 g

Chi Shao and Chuan Xiong promote blood circulation. The herbs can be differentiated as follows: Chi Shao cools heat in the blood. Chuan Xiong moves the Qi in the blood and tends to flow to the body's surface and upper body.

<b>Hong Hua</b>	Flos Carthami Tinctorii	9 g
<b>Tao Ren</b>	Semen Persicae	12 g

Hong Hua and Tao Ren both break up congealed blood. Hong Hua's action is faster and stronger. Tao Ren's action is sustained for a longer period of time and is able to moisten dryness.

<b>Yan Hu Suo</b>	Rhizome Corydalis Yanhusuo	12 g
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Yan Hu Suo promotes blood circulation. It also stops pain.

<b>Mu Dan Pi</b>	Cortex Moutan Radicis	15 g
<b>Sheng Di Huang</b>	Radix Rehmanniae Glutinosae	30 g

Mu Dan Pi and Sheng Di Huang cools blood heat. Mu Dan Pi promotes blood circulation. Sheng Di Huang nourishes the blood and moderates the function of the stronger blood-regulating herbs.

<b>Chai Hu</b>	Radix Bupleuri	3 – 6 g
<b>Zhi Ke</b>	Fructus Citri Aurantii	3 – 12 g
<b>Bai Shao</b>	Paeoniae Radix Alba	12 – 15 g
<b>Jie Geng</b>	Radix Platycodi Grandiflori	3 – 15 g

All of the above herbs regulate Qi. Chai Hu regulates Liver Qi and promotes its flow upward through the body. Zhi Ke opens the chest and moves the Qi. Bai

Shao harmonizes the Ying and Wei and stabilizes the Liver Qi. Jie Geng regulates Lung Qi and opens the Lungs. It also guides the other herbs to the upper body.

<b>Dong Gua Ren</b>	Semen Benincasae Hispidae	30 g
<b>Bai Jiang Cao</b>	Herba cum Radice Patriniae	30 g

Dong Gua Ren and Bai Jiang Cao clear heat. Dong Gua Ren drains dampness. Bai Jiang Cao clears damp heat.

<b>Gan Cao</b>	Radix Glycyrrhizae Uralensis	3 g
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Gan Cao has a sweet taste and character. It also harmonizes the other herbs in the formula.

### Results of Treatment

She took two bags for two days. Her right lower abdominal pain resolved after taking the herbs. She took the same herbal formula for six more days to prevent her chronic appendicitis from recurring again.

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