

TCM Differentiation & Treatment for Rheumatic Arthritis & Rheumatoid Arthritis

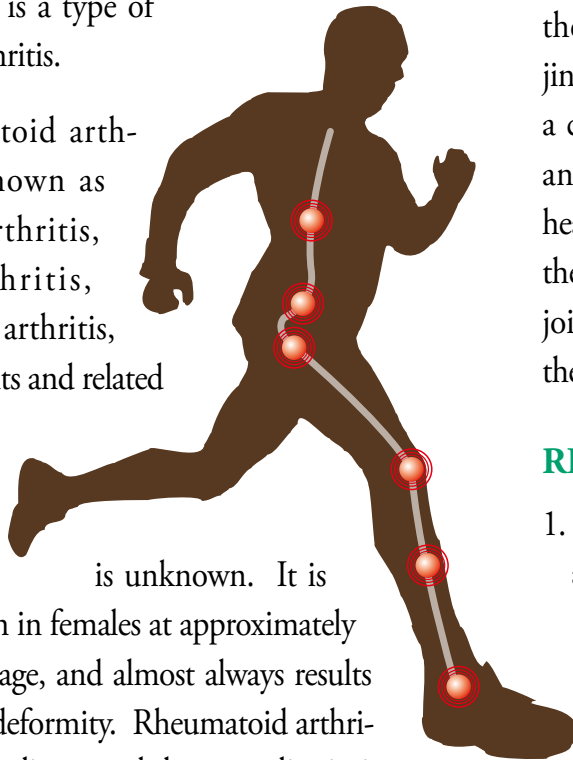
Sam Shien-Chien Liang, C.A. PH.D.

Rheumatic arthritis involves the joint and its related structures such as the bones, ligaments, and tendons. Among the 14 million Americans who have rheumatic arthritis, more than 10% are partially paralyzed and approximately 2% are totally paralyzed. In TCM, rheumatic arthritis is a type of “bi” syndrome; wind “bi”, heat “bi”, cold “bi”, damp “bi”.

Tennis elbow is a type of rheumatic arthritis.

Rheumatoid arthritis, also known as infectious arthritis, chronic arthritis, and atrophic arthritis, affects the joints and related structures of the whole body, and its cause

is unknown. It is more common in females at approximately forty years of age, and almost always results in paralyzing deformity. Rheumatoid arthritis may be hereditary, and does not discrimi-



nate any particular race. It is extremely migrant, constantly increasing the sites of affection. Any joint in the body, including the TMJ, intervertebral discs, and the cervical vertebrae and joints, may be affected. The inflammation involved may last from several weeks to several years.

In TCM, rheumatoid arthritis belongs to wind damp “bi”, “Li Jie”, or kidney “bi”. A joint is where the ends of the bones meet together, and where jing qi enters to nourish the bones and joints share a close relationship with the kidneys, heart, liver, and spleen. The kidneys govern the bones, the heart produces the blood that nourishes the joints, the liver governs the ligaments and tendons in the joints, and the spleen governs the muscles around the joints.

RHEUMATIC ARTHRITIS

1. Heat “Bi”

- a. Symptoms include pain, redness, inflammation, and localized heat sensation in the joints, fever, aversion to wind, thirst, and irritability.
- b. Treatment: strengthen spleen, drain dampness, clear heat, detoxify, open channels.

c. Formulas:

i. For redness, swelling, and pain

Cinnamon & Anemarrhena Combination (Gui Zhi Shao Yao Zhi Mu Tang)
 + Stephania & Astragalus Combination (Fang Ji Huang Qi Tang)
 + Cinnamon & Angelica Formula (Shang Zhong Xia Tong Yong Tong Feng Tang)

ii. For redness, swelling, pain, and dampness

Cinnamon & Anemarrhena Combination (Gui Zhi Shao Yao Zhi Mu Tang)

+ Ma Huang & Coix Combination (Ma Xing Yi Gan Tang)

iii. For redness, swelling, pain, aversion to wind, thirst, and irritability

Cinnamon & Anemarrhena Combination (Gui Zhi Shao Yao Zhi Mu Tang)
 + Ma Huang & Gypsum Combination (Yue Bi Tang)
 + Stephania & Astragalus Combination (Fang Ji Huang Qi Tang)

iv. For heat, pain, and subdermal red spots

Cinnamon & Anemarrhena Combination (Gui Zhi Shao Yao Zhi Mu Tang)



Astragalus (Huang Qi)

+ Stephania & Astragalus Combination (Fang Ji Huang Qi Tang)

+ Tang Kuei & Anemarrhena Combination (Dang Gui Nian Tong Tang)

d. Acupuncture:

i. Tonify LI4, LI10, K9, K3, K7, SP9, 1.5 cun below SP9

ii. Sedate LI11, SP10, SP6, GB39

e. Moxibustion: Prohibited.

2. Wind "Bi"

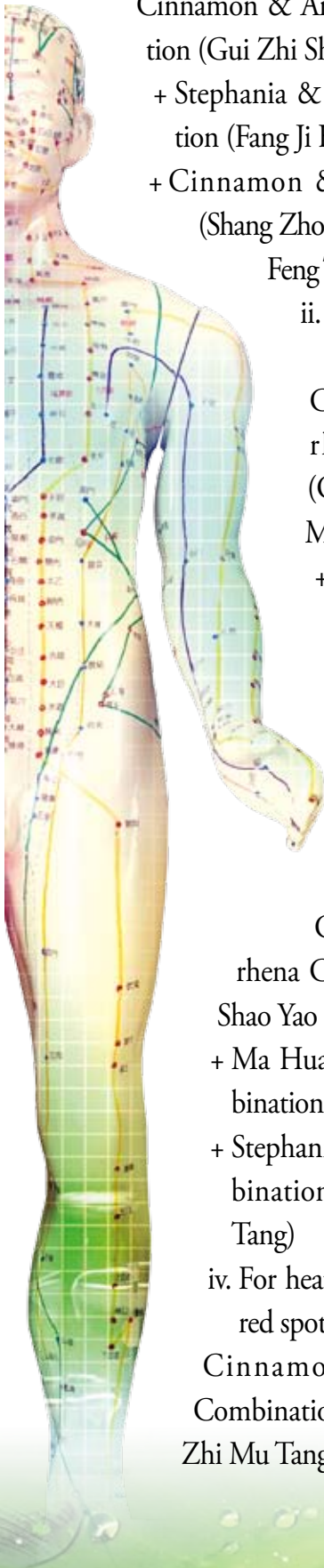
a. Symptoms include soreness and pain in the joints throughout the body, often bigger joints such as the elbow, knee, and ankle joints, thin white coat, floating rapid or floating slow pulse.
 b. Treatment: expel wind, disperse evil, dry dampness, activate blood.

c. Formulas: Cinnamon & Angelica Formula (Shang Zhong Xia Tong Yong Tong Feng Tang)
 + Stephania & Carthamus Combination (Shu Feng Huo Xue Tang)
 + Stephania & Astragalus Combination (Fang Ji Huang Qi Tang)

d. Acupuncture:

i. Tonify LI11, LI4, ST36, SP9, 1.5 cun below SP9, SP10, SP6, K3, K7, GB39

ii. Sedate GB34, ST44



3. Cold (painful) “Bi”

- Symptoms include excruciating pain in the joints, immobility, foot swelling, localized pain, no redness and local heat sensation, pain is aggravated by cold and alleviated by warmth, white tongue coat, wiry and tight pulse.
- Treatment: warm yang, disperse cold, activate blood, dispel wind, dry damp, stop pain, and open channels.
- Formulas: Wu Tou & Cinnamon Combination (Wu Tou Gui Zhi Tang)
 - + Dang Gui & Astragalus Combination (Dang Gui Bu Xue Tang)
 - + Clematis & Stephania Combination (Shu Jing Huo Xue Tang)
- Acupuncture: Tonify LI11, LI4, SP10, GB39, SP6, K3, K7, LI10, ST36
- Moxibustion: Ashi points (moxa with ginger or garlic)

4. Damp (stagnant) “Bi”

- Symptoms include numbness, heavy sensation, and pain in the joints, localized pain and swelling, slow exacerbation, flabby tongue with teethmarks, white greasy tongue coat, soggy or slow pulse.
- Treatment: tonify spleen, dry dampness, warm yang, dispel wind, disperse cold, open channel.
- Formulas: Ma Huang & Asarum Combination (Ma Huang Fu Zi Xi Xin Tang)



Astragalus (Huang Qi) plant

- + Cinnamon, Hoelen & Atractylodes Combination (Gui Zhi Jia Ling Fu Zhu Tang)
 - + Coix Combination (Yi Yi Ren Tang) or Chiang-huo & Tu-huo Combination (Qiang Huo Sheng Shi Tang)
- Acupuncture: Tonify LI11, LI4, SP9, 1.5 cun below SP9, ST36, SP6, SP10, K3, K7, SP4

5. Qi & Blood Stagnation “Bi”

- Symptoms include swollen, painful joints, dull skin, color, dry lips, chest congestion, palpitation, dark tongue, and choppy pulse.
- Treatment: activate blood, relieve stagnation, stop pain, open channels.
- Formulas: Clematis & Stephania Combination (Shu Jing Huo Xue Tang) or Drive Out Blood Stasis from a Painful Body Decoction (Sheng Tong Zhu Yu Tang)
 - + Stephania & Astragalus Combination (Fang Ji Huang Qi Tang)
 - + Dang Gui & Anemarrhena Combination (Dang Gui Nian Tong Tang)
- Acupuncture: Tonify SP10, LI11, LI4, ST36, SP9, 1.5 cun below SP9, SP6, K3, GB39, K7

6. Liver & Kidney Deficiency type Wind Cold Damp “Bi”

- Symptoms include painful joints in the extremities, coldness and sore pain in the low back, numbness and immobility of the lower extremities, pain is aggravated by rainy weathers, thin white and slightly greasy tongue coat, soggy and slow, or deep and thin pulse.



Angelica (Dang Gui)

b. Treatment: tonify and nourish liver and kidneys, benefit the blood and qi, dispel wind, disperse cold, dry dampness.

c. Formulas:

i. For lower extremities:

Du-huo & Loranthus Combination (Du Huo Ji Sheng Tang) or Three Painful Obstruction Decoction (San Bi Tang)

+ Cinnamon & Anemarrhena Combination (Gui Zhi Shao Yao Zhi Mu Tang)

+ Major Siler Combination (Da Fang Feng Tang)

d. Acupuncture: Tonify LI11, LI4, LI10, ST36, SP10, SP9, 1.5 cun below SP9, SP6, K3, GB39, K7, REN4, REN6

7. Qi & Blood Deficiency type Wind Cold Damp “Bi”

a. Symptoms include sore pain in the low back and legs, numbness and trembling of the lower extremities, fatigue, shortness of breath, pale face and lips, dull pain in the joints, pale tongue, thin white tongue coat, deep and weak, or deep and thin pulse.

b. Treatment: benefit qi, nourish blood, warm and open channels.

c. Formulas: Astragalus & Cinnamon Twig Five Substance Decoction (Huang Qi Gui Zhi Wu Wu Tang) or Major Siler Combination (Da Fang Feng Tang)

+ Dang Gui & Anemarrhena Combination (Dang Gui Nian Tong Tang)

+ Coix Combination (Yi Yi Ren Tang)

d. Acupuncture: Tonify LI11, LI4, SP10, LI10, ST36, SP6, K3, K7, GB39, REN6, REN4, SP9, 1.5 cun below SP9

8. Yin Cold Stagnation “Bi”

a. Symptoms include aversion to cold, swelling and dull pain throughout the body, swelling in the joints, no redness and local heat, numbness, clear and long stream urination, white tongue coat, slow and thin, or deep and thin pulse.

b. Treatment: warm and tonify yang, disperse cold, clear stagnation.

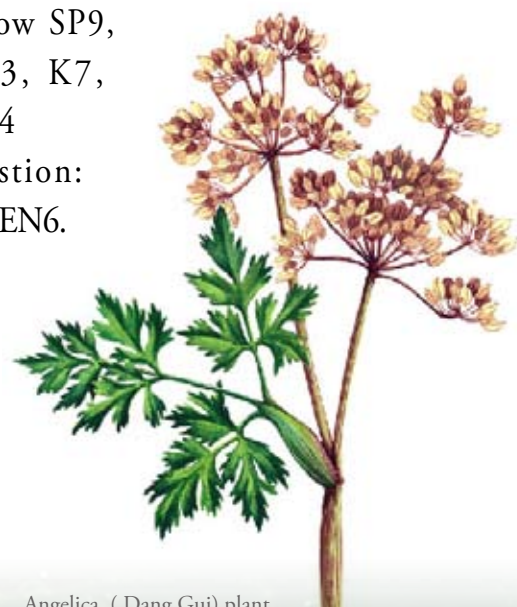
c. Formulas: Ma Huang & Asarum Combination (Ma Huang Fu Zi Xi Xin Tang)

+ Cinnamon, Hoelen & Atractylodes Combination (Gui Zhi Jia Ling Fu Zhu Tang)

+ Stephania & Astragalus Combination (Fang Ji Huang Qi Tang) or Coix Combination (Yi Yi Ren Tang)

d. Acupuncture: Tonify LI11, LI4, LI10, ST36, SP9, 1.5 cun below SP9, SP6, K3, K7, SP10, SP4

e. Moxibustion: REN8, REN6.



Angelica (Dang Gui) plant

RHEUMATOID ARTHRITIS

Acute Rheumatoid Arthritis

1. Excess Heat type:

- a. Symptoms include redness, swelling, and pain in the joints especially in the small joints on the hands and feet, local heat sensation, redness of the skin around the joints, slight immobility, low grade fever, irritability, thirst, sweating, red tongue, thin white tongue coat, wiry, and slippery pulse.
- b. Treatment: clear heat, detoxify, dissolve stagnation, open channels.
- c. Formulas: Cinnamon & Anemarrhena Combination (Gui Zhi Shao Yao Zhi Mu Tang)
+ Coix Combination (Yi Yi Ren Tang)
+ Cinnamon & Angelica Combination (Shang Zhong Xia Tong Yong Tong Feng Tang)
- d. Acupuncture:
 - i. Tonify LI10, LI4, SP9, 1.5 cun below SP9, K3, K7, K9, ST44
 - ii. Sedate LI11, SP10, SP6, GB39

2. Excess Cold type

- a. Symptoms include numbness, deformity, stiffness, and immobility in the joints especially, in the small joints on the hands and feet, swelling and pain in large joints, aversion to wind and cold, coldness in the low back and knees, no redness, pale tongue, thin white coat, deep and thin pulse.
- b. Treatment: warm yang, disperse cold, open channels, dissolve stagnation.
- c. Formulas: Cinammon, Hoelen & Atractylodes

- Combination (Gui Zhi Jia Ling Fu Zhu Tang)
+ Wu Tou & Cinammon Combination (Wu Tou Gui Zhi Ling Fu Zhu Tang)
+ Stephania & Astragalus Combination (Fang Ji Huang Qi Tang)
- d. Acupuncture: Tonify LI11, LI10, LI4, SP10, GB39, ST36, SP9, 1.5 cun below SP9, SP6, K7, REN4, REN6



Cinnamon Twigs (Gui Zhi)

3. Heat & Cold combined “Bi”

- a. Symptoms include intermittent hot and cold symptoms, heat sensation in the joints of the upper extremities, cold and sore pain in the lower extremities, joint deformity, low grade fever, heat sensation in the joint but not to the touch, thirst, red or deep red tongue, white tongue coat, wiry and rapid, or wiry and slow pulse.
- b. Treatment: clear heat, disperse cold, activate blood, open channels.
- c. Formulas: Dang Gui & Anemarrhena Combination (Dang Gui Nian Tong Tang)

- + Ma Huang & Asarum Combination (Ma Huang Fu Zi Xi Xin Tang)
- + Cinnamon & Angelica Combination (Shang Zhong Xia Tong Yong Tong Feng Tang) or Major Siler Combination (Da Fang Feng Tang)

d. Acupuncture: LI11, LI4, SP10, LI10, ST36, SP9, 1.5 cun below SP9, SP6, K3, GB39, SP4



Dahurian Angelic Root (Bai Zhi)

Chronic Rheumatoid Arthritis

At this point, patient's joints are immobile and deformed. Usual symptoms are not expressed. The joints are no longer painful, swollen, or inflamed. The tongue and pulse are normal.

1. Treatment: tonify and sedate at the same time, strengthen the kidneys and bones, nourish the blood, soothe the tendons, dissolve stagnation, open channels, reduce swelling, stop pain, dispel evil.
2. Formulas: Major Siler Combination (Da Fang Feng Tang)
 - + Coix Combination (Da Fang Feng Tang)
 - + Cinnamon & Anemarrhena Combination (Gui Zhi Shao Yao Zhi Mu Tang)
3. Acupuncture: Tonify LI11, LI10, LI4, ST36, SP10, SP9, 1.5 cun below SP9, SP6, GB 39, K3, REN4, REN6



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1116	Ma Huang Fu Zi Xi Xin Tang (Ma Huang & Asarum Combination)
0811	Qiang Huo Sheng Shi Tang (Qiang Huo & Du Huo Combination)
0317	San Bi Tang (Qin Jiao & Du Huo Combination)
0304	Shang Zhong Xia Tong Yong Tong Feng Wan (Cinnamon & Angelica Gout Formula)
0814	Shen Tong Zhu Yu Tang (Cnidium & Qiang Huo Combination)
1308	Shu Jing Huo Xue Tang (Clematis & Stephania Combination)
1701	Yi Yi Ren Tang (Coix Combination)

CURRICULUM VITAE

Sam Shien-Chien Liang, C.A. PH.D.

EDUCATION:

- 1985 Doctor of Acupuncture medicine, Ph.D. in Oriental Medicine
Asian American University, San Diego, CA
- 1981 Received certification as a Certified Acupuncturist,
State of California
- 1972-1976 Apprenticeship training in acupuncture and Chinese
medicine Dr. Sun's Chinese Medical Clinic, Tainan,
Taiwan
- 1969 Passed Taiwan medical board certification
- 1964-1968 Graduated from Taipei Medical College Taipei, Taiwan

EXPERIENCE:

- 2002-2005 Southern California University of Health Sciences
Executive Committee Board Member
- 2000-2004 Advisor, Susan Samuelli Center for Complementary and
Alternative Medicine, University of California at Irvine
- 1985-present President and chief doctor, Golden Needle Acupuncture,
Inc.
- 1994-present Permanent speaker, California Acupuncture Medicine
Association (CAMA), San Diego chapter, San Diego,
CA
- 1995-present Honorary president, CAMA, Los Angeles, CA
- 1994-1997 Professor at Yuin University, Compton, CA
- 1991-1993 Supervising doctor, South Baylo University, Garden
Grove, CA
- 1990-1994 Honorary president, Acupuncture Association of
Southern California, Los Angeles, CA
- 1990-1994 Vice President, Institute of Chinese Medicine for
Immune-Deficiency Disorders, Lake Forest, CA
- 1992-1993 Chief Director, Chinese Medicine Clinic, Lake Forest,
CA
- 1989-1976 Chief Director of Medicine, Chung-Jen Orthopedic
Hospital, Kaohsiung, Taiwan
- 1977-1984 Chief Director of Acupuncture and Chinese Medicine
Chung-Jen Orthopedic Hospital, Kaohsiung, Taiwan

PRESENTATIONS (1999-2000, dates covering 1995-1998 available upon request):

- 1) "Face Diagnosis", Southern California University of Health
Sciences, Whittier, CA. 12-3-2000.
- 2) "Traditional Chinese Medicine (TCM), differentiation and
treatment for shoulder pain", CAMA, San Diego, CA 11-19-2000.
- 3) "Tongue Diagnosis Part I & II", American Association of Oriental
Medicine
(AAOM), 2000 Conference, Alexandria, VA, 11-12-2000.
- 4) "TCM treatment for neck pain", AAOM, 2000 Conference,
Alexandria, VA, 11-12-2000.
- 5) "TCM differentiation and treatment for low back pain", Oriental
Healing Arts Institute (OHAI), Irvine, CA, 10-22-2000.
- 6) "Tongue Diagnosis", Southern California University of Healing
Sciences, Whittier, CA, 10-08-2000.
- 7) "TCM Differentiation and treatment for neck pain", CAMA, San
Diego, CA, 9-17-2000.
- 8) "TCM treatment of infertility and TCM treatment for "Bi"
syndrome", Dr. Tan's Expo, San Diego, CA 7-23-2000.
- 9) "Face and finger nail diagnosis in TCM", American College of
Acupuncture and Medicine, Houston, TX, 7-16-2000.

- 10) "TCM differentiation and treatment for neck pain", OHAI, Irvine,
CA, 6-11-2000.
- 11) "Master Tong's special acupuncture points for TCM", CAMA, San
Diego, CA, 5-21-2000.
- 12) "Finger nail diagnosis", CAMA, San Diego, CA, 3-19-2000.
- 13) "Finger nail diagnosis", AAOM, first annual conference,
Albuquerque, New Mexico, 11-13-1999.
- 14) "Master Tong's special acupuncture points, Part II", OHAI, Irvine,
CA, 10-10-1999.
- 15) "Master Tong's special acupuncture points, Part I", OHAI, Irvine,
CA, 8-15-1999.
- 16) "TCM differentiation and treatment for cancer", OHAI, Irvine,
CA, 6-13-1999.
- 17) "Face diagnosis" AAOM convention, Clearwater Beach, FL,
5-2-1999.
- 18) "Palm diagnosis", AAOM convention, Clearwater Beach, FL,
5-1-1999.
- 19) "TCM treatment for arthritis", OHAI, Irvine, CA, 4-18-1999.
- 20) "Etiology differentiation and treatment of infertility according to
TCM", American Eastern-Western Medical Institute, Los Angeles,
CA, 3-21-1999.

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- 1) Chinese Herbal Formulas for Cough, S.C. Liang, International
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1998.
- 2) Traditional Chinese Medicine's Etiology, Conformation,
Differentiation, and Treatment of Chronic Fatigue Immune
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September, 1997.

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Available upon request.

SPECIALTIES:

1. Palm Diagnosis
2. Tongue Diagnosis
3. Acupuncture Techniques
4. Pathology in Traditional Chinese Medicine
5. Internal Medicine in Traditional Chinese Medicine
6. Immunology in Traditional Chinese Medicine
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