



## DIABETES MELLITUS IN TRADITIONAL CHINESE MEDICINE

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Traditional Chinese Medicine has been unjustly neglected. It can bring many clarifications to the diagnosis and, through its specific treatment techniques, it can have a significant contribution in the treatment of many diseases. This article is a brief presentation of the NINE syndromes that can manifest, according to Allopathic Medicine, as diabetes mellitus. Any of these syndromes may also manifest as other pathologies, regarded by Allopathic Medicine as associated pathologies, or complications of diabetes. According to Traditional Chinese Medicine these nine syndromes are totally different diseases, with different etiology, clinical manifestations and treatments. It should be emphasized that success in TCM is not ensured by generalization, but by individualization. Therefore the nine patterns are only orientative, since they change according to patient's constitutional type, habits, family and social environment, according to the climatic conditions in which we establish a diagnosis and select a treatment, namely a prescription of acupuncture points, a phytotherapeutic prescription, a dietetic regime etc. In TCM, the treatment changes with the evolution of the patient's condition, even while addressing the same syndrome.

*Key words:* syndromes, individualization, adaptation, complex treatments.

### INTRODUCTION

Traditional Chinese Medicine (TCM) can be an important aid to Allopathic Medicine both in the diagnosis of diabetes mellitus (DM) and through its various therapeutic methods and approaches that can complement, and sometimes even successfully replace allopathic medication.

Unfortunately, in our country Traditional Chinese Medicine is totally ignored, despite the fact that it is currently an integral part of many modern medical systems.

The present article is a succinct study, a bringing-to-knowledge, highlighting the differences in etiological, pathophysiological, diagnostic and therapeutic approach specific to TCM, extraordinarily valuable if they were to be integrated in the clinical study and practice. Although not without difficulty, I avoided, as far as possible, using specific terminology, considering that it is harder to understand.

Starting from the description of DM in very old TCM books and reaching up to modern research,

we'll find that diabetes is not a single disease, but the possible manifestation of nine different syndromes. In conclusion, we are talking about nine different diseases that can manifest, in their evolution, as DM. Their etiology is different, their pathophysiological pathways of development are different, the prognosis is different, and the different changes considered as complications or associated pathologies by Allopathic Medicine are actually nothing else than other manifestations of the same syndrome. It should be pointed out that the organs involved in pathologies that can cause diabetes are also different.

### **Brief history of DM descriptions in the medical bibliography of TCM:**

*Shiji* 史記 – **Historical Records**, monumental work completed in the year 109 B.C., during the Han Dynasty; Dr. Chun Yu noted: "Chao Shan-Fu, from the Zhang Wu-li family in Qi county was sick. After I palpated his pulse, I told him he had Xiao Dan (ancient name for diabetes mellitus) of the Lung, for which I applied moxibustion on Mai Kou, on the Shao Yin meridian of the hand, then on the foot Shao Yin"<sup>12</sup>.

**Su wen 素問 – Basic Questions**, the first part of the Yellow Emperor's Classic of Internal Medicine 黄帝内经, the fundamental book of TCM, completed around the year 320 B.C.: "losses of consciousness, hemiplegia, atrophies of the limbs or obesity, occur in a patient with Xiao Dan who eats randomly and whose consumed food is very fat."<sup>2,5,6,7</sup>

**Ling shu 靈樞 – The Spiritual Pivot**, the second part of the Yellow Emperor's Classic of Internal Medicine – Huang Di Nei Jing-黄帝内: "the weakness of the five parenchymal organs can generate Xiao Dan (diabetes)".

**Zhen Jiu Jia Yi Jing 針灸甲乙經** – the classical systematization of acupuncture, work belonging to Huang Fu Mi (215–282 A.D.) during the Jin Dynasty, also contains references to DM: "We puncture the point Yishe (V49) to treat Xiao Ke (ancient name for DM) in patients with fever, pale facies and conjunctival hyperemia; the Chengjiang point (RM24) for Xiao Ke with polydipsia; Wangu point (IS4) for Xiao Ke; Taichong point (F3) for yellow Xiao Dan with burning sensation in the upper abdomen and massive ingestion of liquids; Taixi point (R3) for Xiao Dan with polyphagia, speaking difficulties due to qi stagnation in the throat, constipation, burning mouth sensation and thick, sticky saliva; Zusanli point (St36) for Xiao Ke with warm upper abdomen accompanied by intense hunger and massive ingestion of food."<sup>4,12</sup>

**Bei Ji Qian Jin Yao Fang 备急千金要方 – Essential Formulas for Emergencies (Worth) a Thousand Pieces of Gold**, published by Sun Simiao (surnamed the King of Chinese medicine) in 652 A.D., during the Tang Dynasty: "Xiao Ke (DM) with dry throat is treated with 50 moxa cones on the chest and another 50 moxa cones on the Taiyang meridian – Foot Bladder"<sup>12</sup>.

Modern research in TCM concerning DM began in 1950, being recorded in works such as Xin Zhen Jiu Xue – New Acupuncture and Moxibustion, and Zhong Hua Zhen Jiu Xue – Acupuncture and moxibustion in China<sup>12</sup>.

Recent research about the applicability of TCM treatment methods (acupuncture and moxibustion, Chinese phytotherapy, diet therapy, massage, Tai Ji and Qi gong gymnastics) in DM and its complications led to the following conclusions:

- ✓ may augment insulin secretion and inhibit glucagon secretion
- ✓ protect pancreatic islets cells

- ✓ reduce insulin resistance
- ✓ regulate serum levels of triglycerides, cholesterol, cAMP and cGMP levels
- ✓ adjust nervous function.

#### TCM SYNDROMES:

1. Stagnation of Qi and Blood Stasis
2. Lung heat and Yin deficiency
3. Stomach Heat
4. Kidney Yin deficiency
5. Yin and Yang deficiency
6. Qi and Yin Deficiency
7. Bladder Deficiency
8. Unconsolidated Kidney Qi
9. Kidney and Liver Yin deficiency.

#### STAGNATION OF Qi AND BLOOD STASIS

*Etiology*<sup>1,3,5,6,7,9,11,12</sup>: when a person feels frustrated, or is affected by external pathogenic factors, his or her Liver will be unable to regulate the activities of Qi and therefore the Blood flow will be slowed down; emotional shocks, depression, irregular meals, traumas (contusions, sprains etc.)

*Clinical manifestations*<sup>1,3,5,6,7,9,11,12</sup>: distending migratory pain in the chest and hypochondrium, restlessness, irritability, mass formation, impalpable stabbing pain, amenorrhea, dysmenorrhea, dark menstruation with clots, breast distending pain

Tongue: dark lavender or with petechiae

Pulse: astringent

*Allopathic pathology in which this syndrome may occur*: cholelithiasis, extrahepatic bile duct carcinoma; accumulation of cholesterol in the gallbladder; chronic cholecystitis; primary carcinoma of the gallbladder; renal tuberculosis; bladder tumors; prostate tumors; progressive muscular atrophy syndrome; brachial plexus syndrome; brachial neuritis; common peroneal palsy; radial, median, ulnar, tibial paralysis; polyneuritis; Poems syndrome; myasthenia gravis; progressive muscular dystrophy; polymyositis; hysterical paralysis; spinal arachnoiditis; spinal tuberculosis; cancer of the spinal canal; affection of the spinal cord in leukemia; spinal traumas; radiation myelopathy; intraspinal primary tumor; amyotrophic lateral sclerosis; syringomyelia; spinal ischaemic disease; spinal hemorrhagic disease; acute poliomyelitis; constitutional obesity; obesity with polyphagia; diencephalic obesity; pituitary

obesity; pancreatic obesity; hypogonadal obesity; lipomatosis; drug-induced obesity.

*Principle of treatment:* soothing the Liver and regulating Qi, facilitating blood circulation and relieving the stasis.

*Acupuncture – indicative prescription*<sup>1,8,10,12</sup>: Taichong F3, Ququan F8, Zhangmen F13, Qimen F14, Gesu V17, Ganshu V18, Qihai RM6

*TCM Phytotherapy*<sup>3,12</sup>

*Prescriptions:* Xue fu Zhuyu Tang (Decoction for Removing Blood Stasis in the Chest)

*Ingredients:* Danggui (*Radix angelicae sinensis*), Shengdihuang (*Rhizoma rehmanniae*), Chuanxiong (*Rhizoma Ligustici Chuangxiong*), Chishao (*Radix Peoniae Rubra*), Taoren (*Semen Persicae*), Honghua (*Flos Carthami*), Chaihu (*Radix Bupleuri*), Zhike (*Fructus Aurantii*), Jiegeng (*Radix Platycodi*), Niuxi (*Radix Achyrantis Bidentatae*), Gancao (*Radix Glycyrrhizae*),

*Prescriptions:* Jinlingzi San (*Sichuan Chinaberry Powder*)

*Ingredients:* Jinlingzi (*Fructus Meliae Toosendan*), Yunhushuo (*Rhizoma Corydalis*)

*Prescriptions:* Shixiao San (*Wonderful Powder for Relieving Blood Stagnation*)

*Ingredients:* Wulingzi (*Faeces Trogopterorum*), Puhuang (*Pollen Typhae*).

## LUNG HEAT AND YIN DEFICIENCY

*Etiology*<sup>1,3,5,6,7,9,11,12</sup>: Wrong eating habits (eating late, eating fast), exhaustion, lung dryness, constitutional weakness (if one parent had TB), individuals who spend long hours in the office, antibiotics administration for colds or flu, prolonged Wind-Heat or Wind-Cold, different infectious vectors of microbial or viral origin, numerous artificial environmental factors are responsible for the invasion of Wind Heat, such as central heating and other artificial sources of heat related to professional activities (as in the case of cooks and iron metallurgists).

*Clinical manifestations*<sup>1,3,5,6,7,9,11,12</sup>: fever, thirst, cough with dense sputum, dyspnea, constipation, hyperchromic urines

Tongue: red with yellowish coating and thick saliva

Pulse: rapid

*Allopathic pathology in which this syndrome may occur:* acute tracheobronchitis; nonspecific chronic bronchitis; bronchiectasis; endobronchial TB; bronchial carcinoma; pneumonia; carcinoma of

the lung, all lung cancers; pulmonary TB; pulmonary fungal infection; lung cyst; right middle lobe syndrome; eosinophilic granulocyte syndrome; silicosis and other pneumoconiosis; chronic pharyngitis; chronic laryngitis; throat TB; laryngeal cancer; asthmatic bronchitis; emphysema; pulmonary fibrosis; obstructive atelectasis; liver-lung syndrome; chronic mediastinal fibrosis; chronic pulmonary heart disease; acidotic dyspnoea; lung abscess; pulmonary gangrene.

*Principle of treatment:* cooling down Heat, production of fluids, refreshing Qi, nourishing Yin

*Acupuncture – indicative prescription*<sup>1,8,10,12</sup>: Taiyuan P9, Shanzhong VC17, Gao Huangshu V43, Feishu V13, Shenzhu VG12, Guanyuan VC4, Zhaohai R6, Zhongwan VC12, Yuji P10, Lieque P7

*TCM Phytotherapy*<sup>3,12</sup>

*Prescriptions:* Zhuye Shigao Tang (*Lophatherum and Gypsum fibrosum Decoction*)

*Ingredients:* Zhuye (*Folium bambusae*), Shigao (*Gypsum fibrosum*), Banxia (*Rhizoma Pinelliae*), Maimendong (*Radix Ophiopogonis*), Renshen (*Radix Ginseng*), Gancao (*Radix Glycyrrhizae*), Jingmi (*Semen Oryzae sativae*).

## STOMACH HEAT

*Etiology*<sup>1,3,5,6,7,9,11,12</sup>: excessive intake of spicy food of warm and dry nature, constant intake of alcohol which is converted to heat and fire, smoking, eating too fast or in a hurry, eating in a state of mental overexcitement, eating late at night, ingesting gastric fluids in a reactional depression or in a state of distress.

*Clinical manifestations*<sup>1,3,5,6,7,9,11,12</sup>: poliphagia and insatiable hunger, thirst with preference for cold fluids, pain or burning sensation in the stomach, in the epigastrium, which diminishes with the ingestion of food, halitosis, constipation, inflammation and soreness of the gums, obesity, abdominal distension, restlessness, dizziness, haematemesis.

Tongue: red with yellow coating, or yellow and greasy

Pulse: rapid or tense and slippery

*Allopathic pathology in which this syndrome may occur:* gastric neurosis; esophageal spasm; gastritis; expansion of the Stomach; spasm of the diaphragm; hereditary hemorrhagic telangiectasia; haemophilia; acute leukemia; aplastic anemia; hypoprothrombinemia; thrombocytopathia; rheumatic fever; hypertension; vitamin K deficiency;

leptospirosis; hepatic cirrhosis; epistaxis; hematemesis; ruptured esophageal varices; ruptured fundic varices of the stomach; non-sclerotic idiopathic portal hypertension; esophagitis; esophageal diverticulitis; gastric ulcer; esophageal carcinoma; duodenal ulcer; gastric carcinoma; prolapse of the gastric mucosa; nonspecific duodenitis; uremia; stress ulcers; constitutional obesity; polyphagic obesity; pancreatic obesity.

*Principle of treatment:* calming and clearing away Stomach Fire

*Acupuncture – indicative prescription*<sup>1,8,10,12</sup>: Neiguan Pc6, Zhongwan VC12, Sanyinjiao SP6, Taibai SP3, Pishu V20, Zhangmen F13

*TCM Phytotherapy*<sup>3,12</sup>

*Prescriptions:* Qingwei san (Powder for Clearing Away Stomach Heat)

*Ingredients:* Shengdihuang (*Rhizoma Rehmanniae*), Danggui (*Radix Angelicae Sinensis*), Mudanpi (*Cortex Moutan Radicis*), Huanglian (*Rhizoma Coptidis*), Shengma (*Rhizoma Cimicifugae*).

### KIDNEY YIN DEFICIENCY

*Etiology*<sup>1,3,5,6,7,9,11,12</sup>: constitutional weakness, chronic Liver, Heart or Lung diseases, long-term overwork, sexual excesses, prolonged febrile illnesses which cause depletion of organic liquids, chronic blood loss, excessive consumption of drugs, episodes of fear, dread.

*Clinical manifestations*<sup>1,3,5,6,7,9,11,12</sup>: sensation of heat in the five hearts, sore heels, knee and lower back pain, red tongue, insomnia, night sweats, dry mouth and throat, spermatorrhoea in men, metrorrhagia in women.

Tongue: red

Pulse: thin and rapid

*Allopathic pathology in which this syndrome may occur:* pyelonephritis; cysto-urethritis; obstructive nephropathy; polycystic kidney; renal tb; bladder tumors; prostate tumors; prostatitis; kidney medullary necrosis; kidney tumors; superinfected ureteral tumors; urinary parasitosis; urethritis; reflux nephropathy

*Principle of treatment:* nourishing the Kidney Yin

*Acupuncture – indicative prescription*<sup>1,8,10,12</sup>: Taixi R3, Zhaohai R6, Fului R7, Yingu R10, Jingmen VB25, Mingmen DM4

*TCM Phytotherapy*<sup>3,12</sup>

*Prescriptions:* Zuogui wan (Kidney-Yin Tonifying Bolus)

*Ingredients:* Shudihuang (*Rhizoma Rehmanniae Praeparata*), Shanzhuyu (*Fructus Corni*), Chuanniuxi (*Radix Achyranthis Bidentatae*), Lujiaojiao (*Colla Cornus Cervi*), Guibanjiao (*Colla Carapacis et Plastris Testudinis*).

### YIN AND YANG DEFICIENCY

*Etiology*<sup>1,3,5,6,7,9,11,12</sup>: prolonged states of anger or frustration, anxiety, permanent worries, agitated life, “permanently on the boil”, old and aggravated hepatic, pulmonary or cardiac pathology, prolonged overwork, sexual excess, excessive consumption of drugs, weak constitution, old age.

*Clinical manifestations*<sup>1,3,5,6,7,9,11,12</sup>: consumption, weakness, prostration, shortness of breath, unwillingness to speak, fatigue, cold limbs sensation, subfebrility, spontaneous sweating at the least effort, palpitations, dizziness, vertigo, tinnitus, syncope. Symptoms change and complicate easily. Symptoms due to Yin deficiency worsen if the patient consumes warm or hot natured medicine or food and symptoms due to Yang deficiency worsen after consuming cold-natured and bitter flavored medicine or food.

Tongue: pale with thick saliva, sometimes with teeth imprints on the edges, coating without root which exfoliates

Pulse: thin and rapid

*Allopathic pathology in which this syndrome may occur:* primary lung carcinoma; tracheal tumor; lung fibrosarcoma; lung leiomyosarcoma; primary lung rhabdomyosarcoma; primary lung lymphoma; malignant mixed cells tumors; lung metastases

*Principle of treatment:* nourishing Yin and Yang

*Acupuncture – indicative prescription*<sup>1,8,10,12</sup>: Mingmen DM4, Sanyinjiao Sp6, Rangu R2, Taixi R3, Fului R7, Zhubin R9, Yingu R10, Zusanli St36, Qugu RM2, Guanyuan RM4, Qihai RM6, Shenshu V23, Yinxi C6

*TCM Phytotherapy*<sup>3,12</sup>

*Prescriptions:* Dihuang Yinzi (Decoction with Rehmannia)

*Ingredients:* Shudihuang (*Rhizoma Rehmanniae Praeparata*), Bajitian (*Radix Morindae officinalis*), Shanzhuyu (*Fructus cornii*), Shihu (*Herba Dendrobii*), Roucongrong (*Herba Cistanchis*), Wuweizi (*Fructus Schisandrae*), Fuzi (*Radix Aconiti Praeparata*), Guangui (*Cortex CINNAMOMI*), Baifuling (*Poria*), Maimendong

(*Radix Ophiopogonis*), Shichangpu (*Rhizoma Acori graminei*), Yuanzhi (*Radix Polygalae*).

*Praeparata*), Chenpi (*Pericarpium citri reticulatae*), Zhigancao (*Radix glycyrrhizae praeparatae*), Shengma (*Rhizoma Cimicifugae*), Chaihu (*Radix bupleuri*).

## QI AND YIN DEFICIENCY

**Etiology**<sup>1,3,5,6,7,9,11,12</sup>: constitutional weakness, excess of cold and raw food, irregular meals, food excess or insufficiency, excessive intellectual work, overwork, anxiety, depression, prolonged exposure to moisture, prolonged illnesses which can lead to Qi and Blood deficiency; or deficiency of the Spleen and Stomach which will affect the production of Qi and Blood; or Blood loss followed by depletion of Qi; or Qi deficiency followed by Blood deficiency.

**Clinical manifestations**<sup>1,3,5,6,7,9,11,12</sup>: prostration, fatigue, sweating, shortness of breath, heat in the five hearts, dry mouth, sore throat, dry cough, dizziness, loss of appetite, vesperal fever, palpitations, soreness and weakness of the knees and lower back, tinnitus, dry stools and dark urine

Tongue: dark red with little coating

Pulse: thin and rapid

**Allopathic pathology in which this syndrome may occur**: Right congestive heart failure; pericarditis; obstruction of the small hepatic veins; hepatic cirrhosis; viral hepatitis; exudative tuberculosis peritonitis; peritoneal metastatic tumor; chronic nephritis; nephrotic syndrome; peritoneal malignant lymphoma; biliary ascites; primary carcinoma of the liver; secondary carcinoma of the liver; bile duct carcinoma; Alzheimer's disease; Pick's disease; frontotemporal dementia; Parkinson's disease; palido-ponto-nigral degeneration; hepatolenticular degeneration; Huntington's disease; multiple sclerosis; vascular dementia; viral meningitis.

**Principle of treatment**: refreshing Qi and nourishing Yin, production of body fluids

**Acupuncture – indicative prescription**<sup>1,8,10,12</sup>: Pishu V20, Weishu V21, Zhongwan RM12, Zusanli St36, Taixi R3, Taibai Sp3, Yanglingquan Sp9, Sanyinjiao Sp6, Diji Sp8, Guanyuan RM4, Qihai RM6

**TCM Phytotherapy**<sup>3,12</sup>

**Prescriptions**: Shengmai san (Pulse-activating Powder)

**Ingredients**: Renshen (*Radix ginseng*), Maimendong (*Radix Ophiopogonis*), Wuweizi (*Fructus Schisandrae*), Buyin Yiqi Jian (*Decoction for nourishing Yin and invigorating Qi*).

**Ingredients**: Renshen (*Radix ginseng*), Danggui (*Radix Angelicae Sinensis*), Shanyao (*Rhizoma dioscoreae*), Shudihuang (*Rhizoma rehmaniae*).

## BLADDER DEFICIENCY

**Etiology**<sup>1,3,5,6,7,9,11,12</sup>: prolonged exposure to cold, overwork, chronic diseases affecting the Kidney, weak constitution, old age.

**Clinical manifestations**<sup>1,3,5,6,7,9,11,12</sup>: frequent urination with profuse, clear and light colored urine, urinary incontinence or interrupted urine flow, fatigue and weakness.

Tongue: pale with thin whitish coating

Pulse: hidden and thin

**Allopathic pathology in which this syndrome may occur**: pyelonephritis; cysto-urethritis; obstructive nephropathy; polycystic kidney; renal tb; bladder tumors; prostate tumors; prostatitis.

**Principle of treatment**: invigorating Qi and consolidating the Bladder

**Acupuncture – indicative prescription**<sup>1,8,10,12</sup>: Shuidao St28, Zusanli St36, Qihai V24, Guanyuanshu V26, Panguanshu V28, Weizhong V40, Kunlun V60, Zhiyin V67, Zhongji RM3, Qihai RM6, Mingmen DM4

**TCM Phytotherapy**<sup>3,12</sup>

**Prescriptions**: Jisheng Tusizi Wan (Cuscuta Seed Pills for Saving Life)

**Ingredients**: Tusizi (*Semen Cuscutae*), Wuweizi (*Fructus Schisandrae*), Muli (*Concha Ostreae*), Roucongong (*Herba Cistanchis*), Fuzi (*Radix aconiti praeparatae*), Lurong (*Cornus cervi pantotrichum*), Sangpiaoxiao (*Ootecha Manitidis*), Jineijin (*Endothelium corneum gigeriae galli*).

## UNCONSOLIDATED KIDNEY Qi

**Etiology**: fatigue, chronic persistent cough that destroys the energy of the Kidneys.

**Clinical manifestations**: polyuria with clear urine, especially at night, interrupted urination or urinary incontinence, spermatorrhoea, premature ejaculation, clear and watery leukorrhoea, soreness and weakness of the knees and lower back, or excessive movements of the foetus with impending abortion.

Tongue: pale with whitish coating

Pulse: hidden and thin

**Allopathic pathology in which this syndrome may occur**: pyelonephritis; cysto-urethritis; obstructive nephropathy; reflux nephropathy; polycystic kidney; renal tb; renal medullary

necrosis; post infection kidney tumors; post infection urethral tumors; urinary parasitosis; bladder tumors; prostate tumors; prostatitis; neurosis; seminal vesiculitis; orchitis; prostatitis; glomerulonephritis; hemorrhagic cystitis after bone marrow transplant; nephroptosis; congenital solitary kidney; intravesical endometriosis; hematopathy; connective tissue disease; hypertensive nephropathy; gouty nephropathy; diabetic nephropathy; lumbago-hematuria syndrome; altitude hematuria; essential hematuria.

*Principle of treatment:* warming of the Kidney in order to consolidate it

*Acupuncture – indicative prescription*<sup>1,8,10,12</sup>: Dazhong R4, Fuliu R7, Siman R14, Feishu V13, Shenshu V23, Guanyuan RM4

*TCM Phytotherapy*<sup>3,12</sup>

*Prescriptions:* Jinsuo Gugging wan (Golden Pills to protect the Kidney Jing Essence)

*Ingredients:* Sanyuanjili (*Semen Astragali Complanti*), Qianshi (*Semen Euryales*), Lianxu (*Semen nelumbinis*), Longgu (*Os Draconis*), Muli (*Concha Ostreae*) or Sangpiaoxiao San (*Pudra Manthis Egg-case*).

*Ingredients:* Sangpiaoxiao (*Ootheca Manitidis*), Guijia (*Plastrum testudinis Praeparatae*), Longgu (*Os draconis*), Renshen (*Radix Ginseng*), Fushen (*Sclerotium Poriae Circum Radicem Pini*), Changpu (*Rhizoma Acori Graminei*), Yuanzhi (*Radix Polygalae*), Danggui (*Radix Angelicae Sinensis*).

## KIDNEY AND LIVER YIN DEFICIENCY

*Etiology*<sup>1,3,5,6,7,9,11,12</sup>: chronic diseases, anxiety, depression, anger, low protein diet, frustrations, major or prolonged bleeding

*Clinical manifestations*<sup>1,3,5,6,7,9,11,12</sup>: dizziness, tinnitus, pain in lower back and knees, blurred vision, loss of hair and teeth, heat in the five hearts, vesperal fever, restlessness, insomnia, hyperchromic urines, constipation, dry nails, nocturnal hemeralopia, paresthesias and spasms of the limbs, spermatorrhoea, emaciation, red cheeks, night sweats, dry mouth and throat, pain in the hypochondrium.

Tongue: red with dry coating, or without coating

Pulse: hidden, tense, thin and rapid

*Allopathic pathology in which this syndrome may occur:* hepatic cirrhosis; hepatocellular carcinoma; peritoneal metastatic tumors; chronic nephritis; nephrotic syndrome; peritoneal malignant lymphoma; right heart failure; constrictive chronic pericarditis; primary cardiomyopathy; acute glomerulonephritis; chronic glomerulonephritis;

edema secondary to nutritional deficiencies; cachexia; alcoholism; vitamin B1 deficiency syndrome; edema caused by toxicosis in pregnancy; systemic erythematosus lupus; scleroderma; hypofunction of the anterior pituitary lobe; mucosal edema; hypercortisolism; premenstrual syndrome; protein-losing gastroenteropathy; drug-induced edema; idiopathic edema; chronic renal failure; epilepsy; Parkinson's disease; sequelae of febrile seizures; eclampsia; cerebral hemorrhage; hypertensive encephalopathy; transient ischemic stroke; intracranial venous sinus thrombosis; cerebral palsy; multiple sclerosis; progressive muscular atrophy of spinal origin; Pancoast syndrome; polyneuritis; POEMS syndrome; peroneal muscular atrophy; myasthenia gravis; progressive muscular dystrophy; polymyositis; hysterical paralysis; spinal arachnoiditis; spinal tb; cancer of the spinal canal; leukemia bone marrow disease; intraspinal primary tumor; amyotrophic lateral sclerosis; subacute mixed degeneration; syringomyelia; spinal ischemic disease; spinal hemorrhagic disease; senile tremor; essential tremor; hyperthyroidism tremor; post-encephalitic parkinsonism; arteriosclerotic parkinsonism; Wilson's disease; cortico-striato-spinal degeneration; olivopontocerebellar atrophy; Fahr's syndrome; mogigraphia.

*Principle of treatment:* nourishing the Liver and the Kidney

*Acupuncture – indicative prescription*<sup>1,8,10,12</sup>: Taixi R3, Zhaohai R6, Yingu R10, Taichong F3, Ququan F8, Qimen F14, Jingmen VB25, Guanyuan RM4, Sanyinjiao Sp6, Zusanli St36, Zhishi V52

*TCM Phytotherapy*<sup>3,12</sup>

*Prescriptions:* Erzhi Jiawei Wan

*Ingredients:* Nuzhenzhi (*Fructus Ligustri Lucidi*), Huanliancao (*Herba Ecliptae*), Heshouwu (*Radix Polygoni Multifloris*), Shudihuang (*Rhizoma Rehmanniae Praeparatae*), Gouqizi (*Fructus Lycii*), Huainiuxi (*Radix Achyranthis Bidentatae*), Sangshenzi (*Fructus Mori*), Shanzhuyu (*Fructus Corni*), Caojueming (*Semen Cassiae*), Sangjisheng (*Ramulus Loranthi*), Haima (*Hippocampus*).

## CONCLUSIONS

- According to TCM theory, Diabetes is not a single disease, but one of the possible manifestations of nine diseases that are different in terms of etiology, pathophysiology and therapeutic approach.

- These nine basic patterns themselves change depending on the constitutional type, the living and working conditions of the patient, the season during which he or she is examined and treated.

- The treatment itself modifies the diagnosis, therefore the patient must be evaluated daily and treatments must be tailored to his (her) needs.

- Success in TCM is not ensured by generalization, but by individualization.

- We have the answer to the questions: “Why do patients with diabetes mellitus evolve so differently in terms of complications and associated pathologies? Why do some well-established allopathic treatments in disciplined patients seem not to have the desired effect?”

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