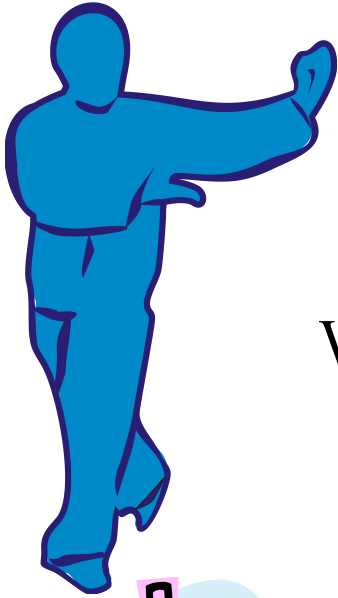


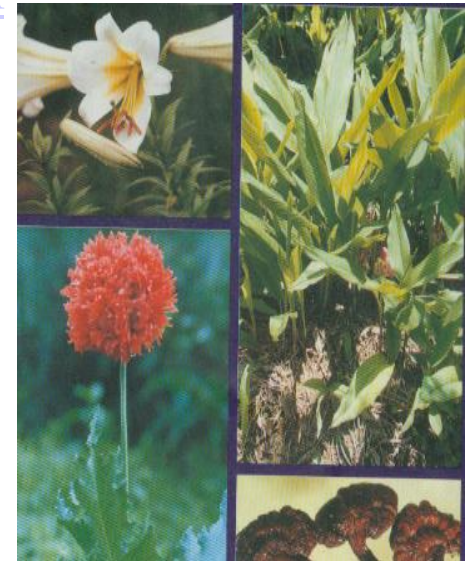
Treating Myositis with Chinese Medicine



Dr. Jeffrey Wang, DOM, L.Ac. & CH.
Wang's Acupuncture & Herbal Clinic

www.Ballantyneacupuncture.com

704-968-0351



Myositis

- Myositis may refer to a number of muscle diseases.
- Including: polymyositis,
- dermatomyositis
- and inclusion body myositis (IBM)

Myositis

- These are characterized by pain, inflammation, weakness and degeneration of the muscles, particularly those close to the torso. Most researchers suggest that myositis may be similar to autoimmune disorders, in which white blood cells and antibodies attack healthy tissues.

Inclusion Body Myositis

- **General Discussion**
- Inclusion body myositis (IBM) is a rare inflammatory muscular disorder that usually becomes apparent during adulthood..
- **Disorder Subdivisions**
- Inflammatory Myopathy

Myositis

- The disorder presents as slow progressive weakness and withering away (atrophy) of the muscles (myositis), especially of the arms and legs.

IBM: Clinical Features

- Slowly progressive myopathy that affects proximal and distal muscles
 - Proximal: quadriceps
 - Distal: forearm flexors; dorsiflexors of feet

Figures from Needham & Mastaglia, *Lancet Neurol* 2007;6:620.



Myositis(IBM)

- Inclusion body myositis frequently is diagnosed when a patient is unresponsive to therapy prescribed for polymyositis.

Myositis

- IBM is characterized by the gradual onset (over months or years) of muscle fatigue and weakness;

Myositis

- affecting both the muscles closest to the body's trunk (proximal) and those farthest from the trunk (distal). Onset is usually after age 50, although it may occur earlier.
-

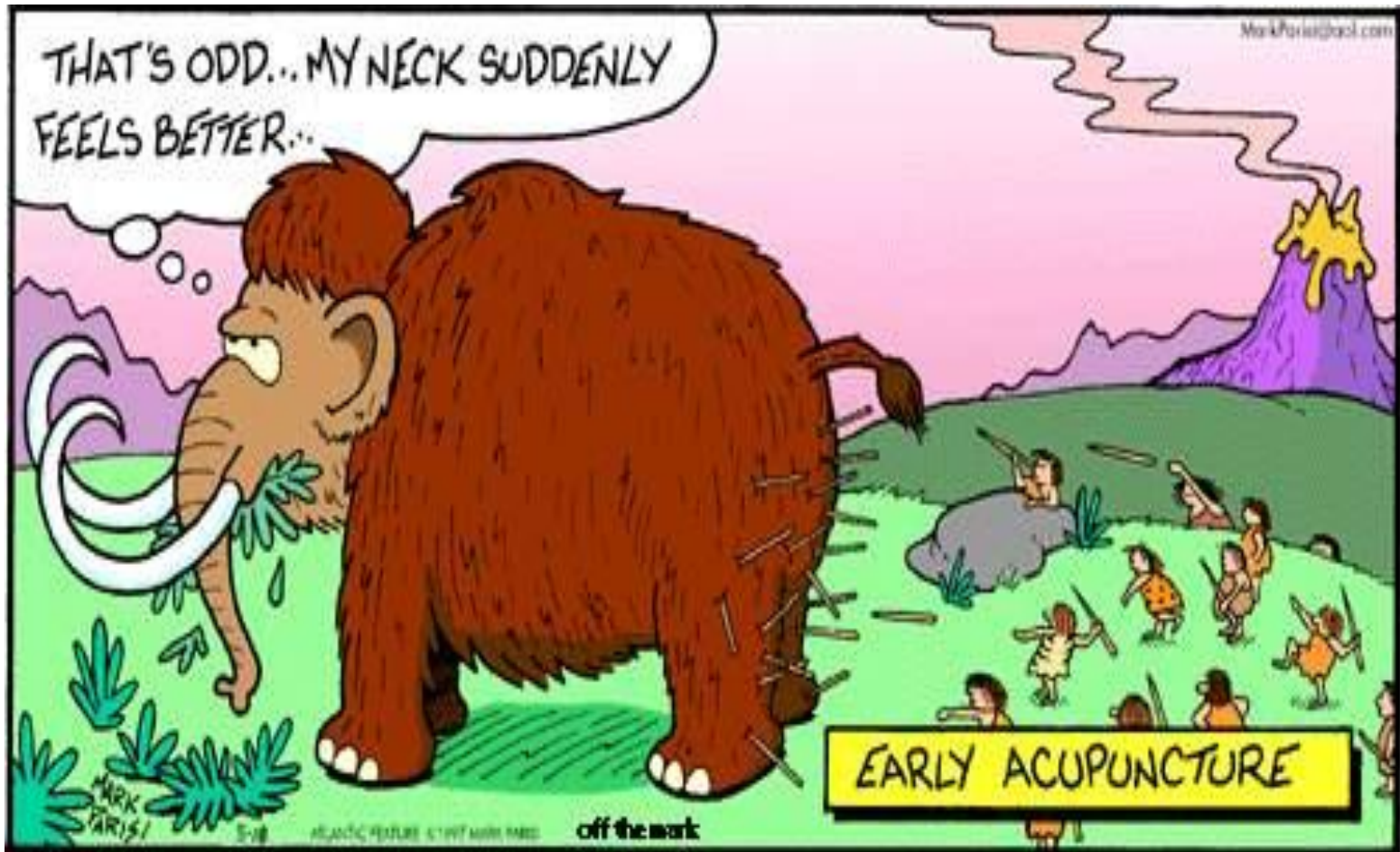
Myositis v.s “Wei Syndromes” and “Bi syndromes” ----- Chinese Medicine View

“Wei Syndromes” ----Flaccid paralysis and atrophy of limbs.

“Bi Syndromes”----Pain, numbness and tingling in muscles, channels and joints.



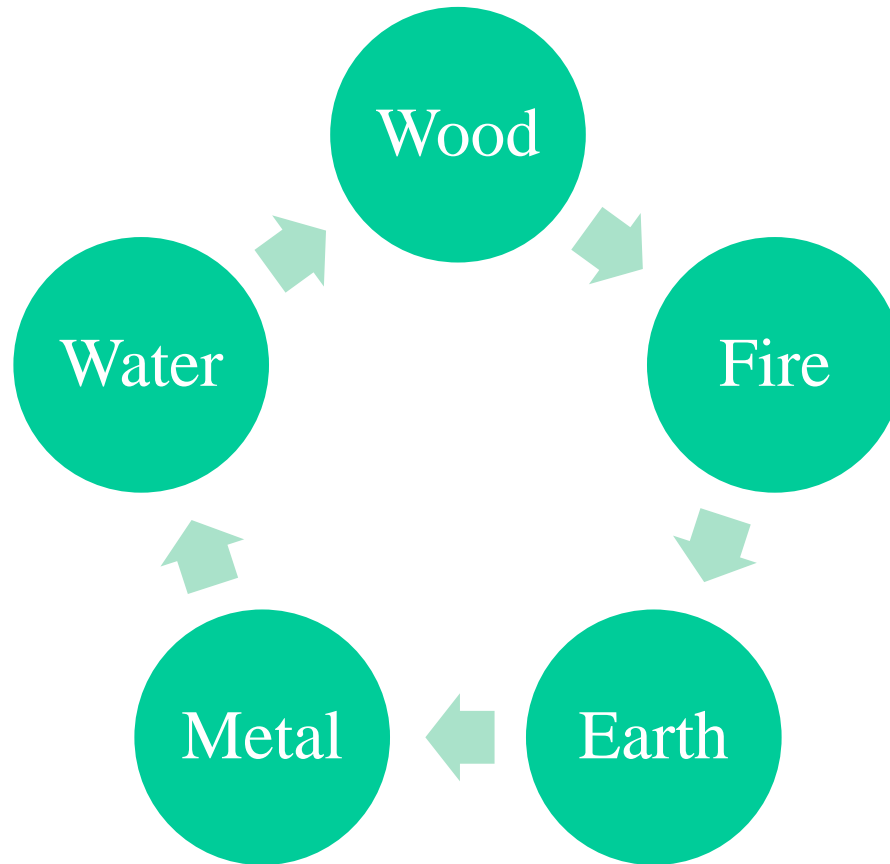
Oriental Medicine began about 3000 years ago...
Perhaps longer according to the cartoon.



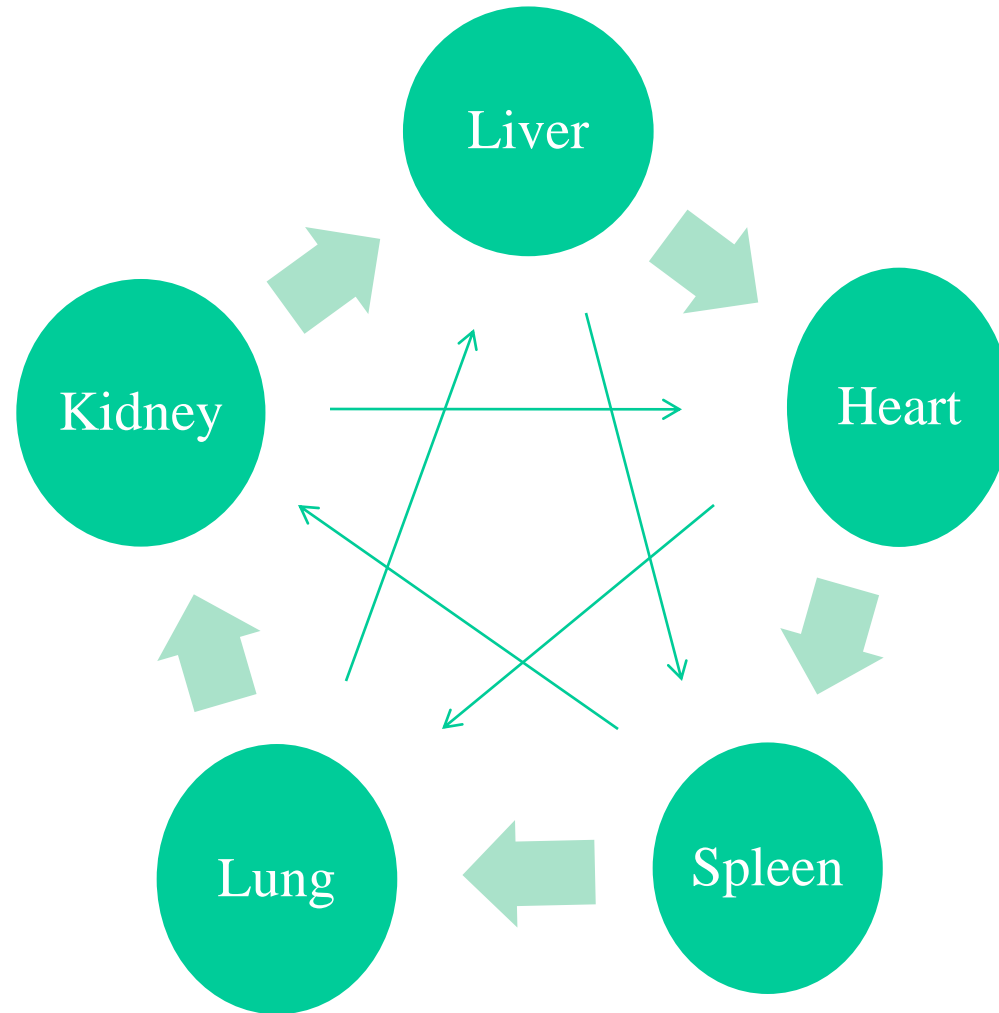
Chinese Medicine



Five Elements



Five systems



The classification of Things according to the theory of the five elements

Five elements	Zang organs	Fu organs	Senses	Tissues	Emotions	Body Fluids
Wood	Liver	Gall bladder	Eye	Tendon	Anger	Tears
Fire	Heart	Small Intestine	Tongue	Blood Vessel	Joy	Sweating
Earth	Spleen	Stomach	Mouth	Muscle	Over-thinking	Saliva
Metal	Lung	Large Intestine	Nose	Skin & Hair	Grief	Nasal discharge
Water	Kidney	Urinary Bladder	Ear	Bone	Fear	Spittle

Myositis v.s “Wei Syndromes” ----- Chinese Medicine View

“Wei Syndromes” ----Flaccid paralysis and atrophy of limbs.



“Wei Syndromes” ----Flaccid paralysis and atrophy of limbs.

- Classification: 5 types
- 1. Muscle flaccidity- syndrome
- 2. Bone flaccidity-syndrome
- 3. Tendon flaccidity-syndrome
- 4. Vascular flaccidity-syndrome
- 5. Skin flaccidity-syndrome

Bi syndromes--- Pain, numbness, tingling in muscles, channels and joints.

- Classification: 6 types
- Wind bi--
- Cold bi
- Damp bi
- Heat bi
- Bi with blood stasis & phlegm retention
- Bi with Qi and Blood, Kid. and Liv. Deficiency.

Wei syndrome—Causes and mechanism

- 1. Excess heat or fire scorching the lungs.
- 2. Damp- heat in Spleen and ST with Qi and Blood deficiency
- 3. Sleep and St. Qi deficiency
- 4. Kidney and liver yin and blood deficiency

Diagnosis and differentiation

- Four diagnosis methods
 1. Inquiring
 2. Inspection
 3. Auscultation and olfaction
 4. Pulse-taking and palpation

Treatment

1. Acupuncture treatment:

- Body acupuncture
- Ear acupuncture
- Scalp acupuncture
- Facial acupuncture
- Hand and Foot acupuncture
- Electro-acupuncture

2. Chinese herbal medicine

3. Cupping

4. Moxibustion

5. Chinese Tui Na (massage) and acupressure

6. Foot therapy

7. Exercise

Patterns and treatment

- 1. Heat in the Lungs
- Treatment principles
- Clear heat from lungs, moist lungs, nourish the tendons
- Acupuncture points:
- LU 5, LU 7, Ren 4, Ren 6, ST 36, SP 6, KID 3, KID 6,
- Formulas:
- Qing Zao Jiu Fei Tang/ Sha shen mai dong tang, shen mai san, etc.
- Ren shen, mai dong, gan cao, Shi gao, sangye, Xing ren, Huo ma ren, Pi ba ye, E jiao, Hu ma ren

Patterns and treatment

- 2. Damp- heat in Sp. & St.
- Treatment principles
- Clear heat, dry dampness, open the channels
- Acupuncture points:
- Formulas:
- Jia wei Er miao san/ Si miao san/ Wu wei xiao du yin,etc.

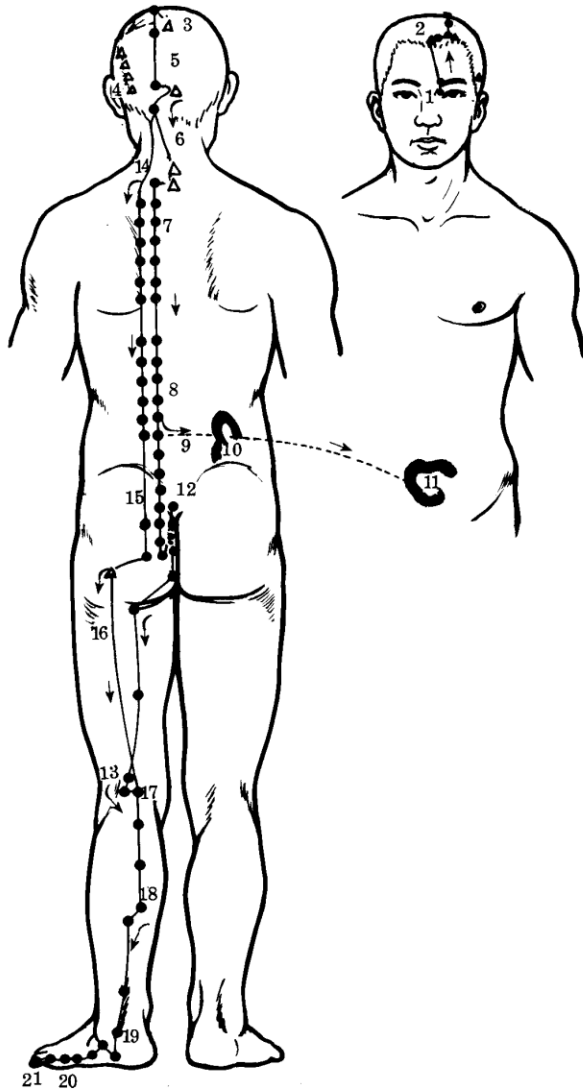
Patterns and treatment

- 3. Sp and ST. deficiency
- Treatment principle:
- Tonify and strengthen the spleen and stomach
- Acup. Points
- Formulas:
- Shen ling Bai zhu san
- Ren shen, Bai zhu, Shan yao, Bian dou, lian zi rou, Fu ling, Yi yi ren, Chen pi, Sha ren, etc.
- Bu zhong yi qi tang or Yu yuan jian, etc

Patterns and treatment

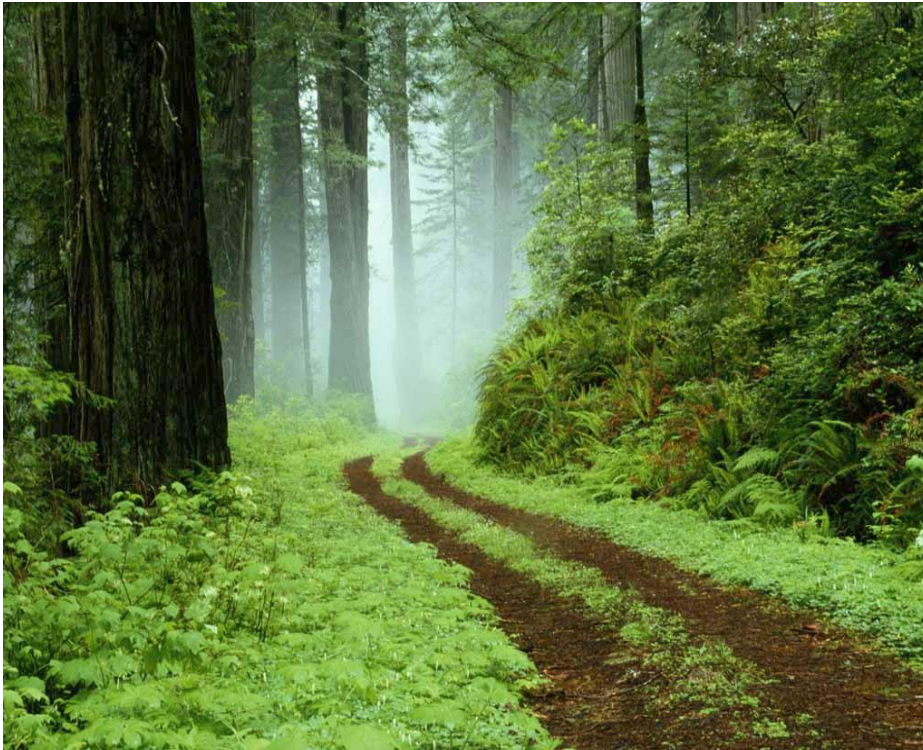
- 4. Kidney and liver deficiency
- Treatment principles
- Tonify Liv. & Kid, nourish yin and clear heat
- Acup. Points
- Formulas:
- Zhi shui qing gan yin
- He zhe da cao wan
- Shi quan da bu wan

Acupuncture



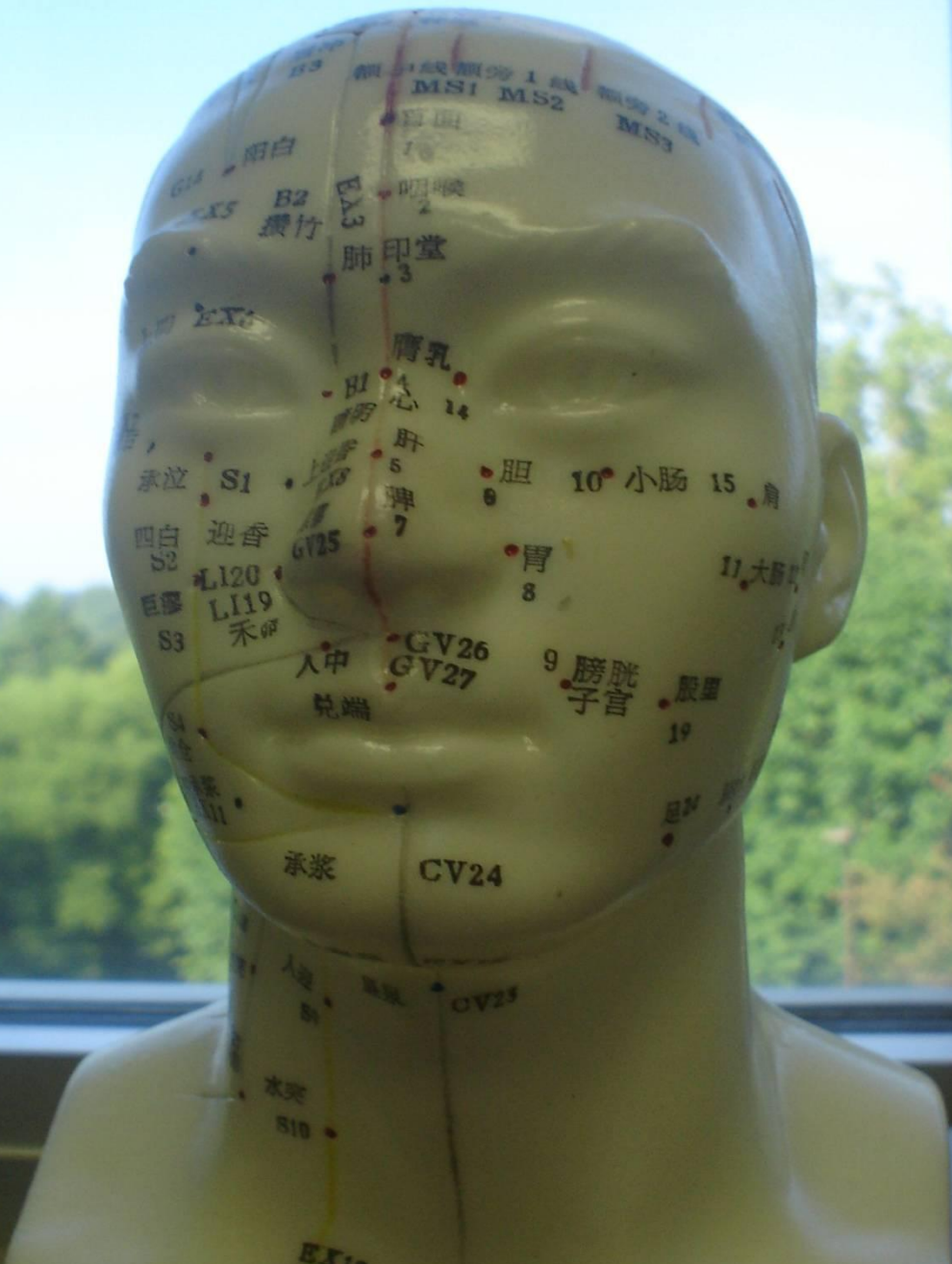
- **Energy Medicine**
- **Qi (Chee)** maintains balance in the body.
- 16 meridians
- 360 regular acupoints
- 40 commonly used extra points
- Acupoints influence the physiology

Qi-- Chee

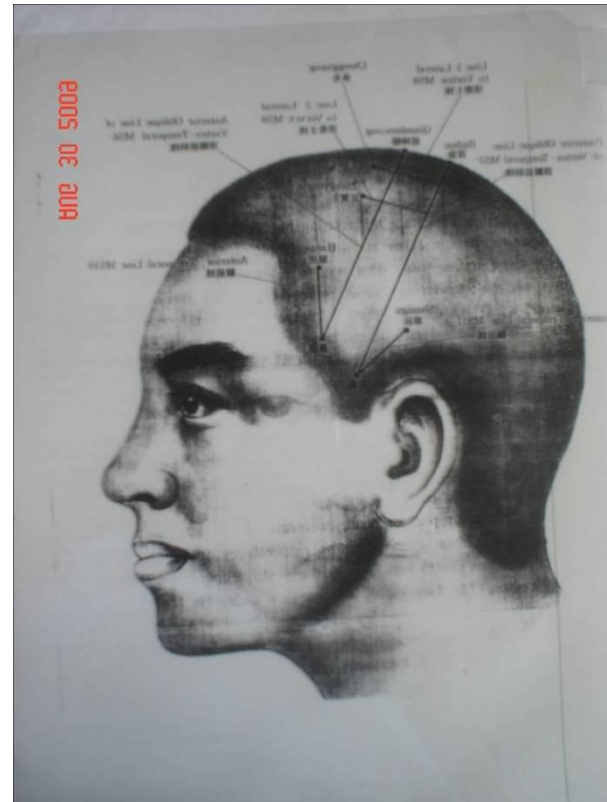
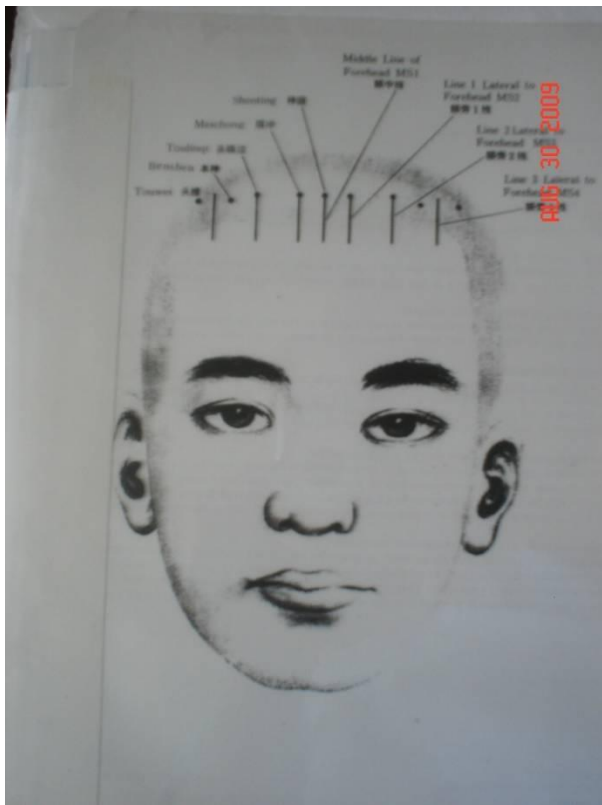


- **Energy Medicine**
- **Qi(Chee)**
maintains balance
in the body

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Scalp acupuncture



How Does Acupuncture Work?

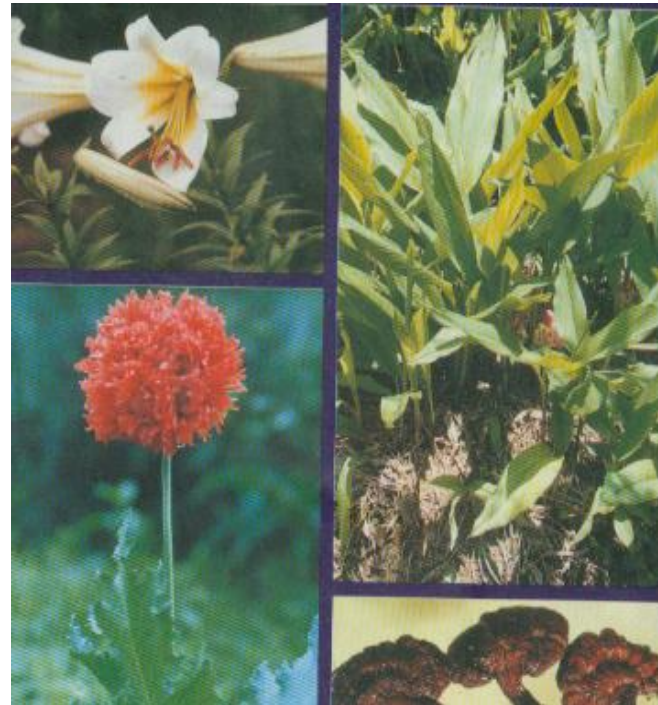
Acupuncture works by stimulating the various meridians and points in the body which are pathways for “Qi” to flow. Modern science demonstrates:

- *Acupuncture alters body chemicals, including stimulation of endorphins.*
- *Acupuncture sensation effect nerves and cause beneficial reflex response.*
- *Acupuncture affects the bodies natural electro-magnetic fields.*
 - *Acupuncture harmonizes the balance of whole body,*
 - *Yin/Yang; Qi/Blood; Zang/Fu*

Chinese herbal medicine



1. 人参
Ginseng



Sample-- herbs



(由金昌东提供)

55. 赤芍——新疆芍药

Xinjiang Peony Root

Sample herbs



(由刘国钧提供)

466. 雪莲花

Slow Lotus Herb

Samples herbs



169. 紫萁贯众

Japanese Flowering Fern Rizome

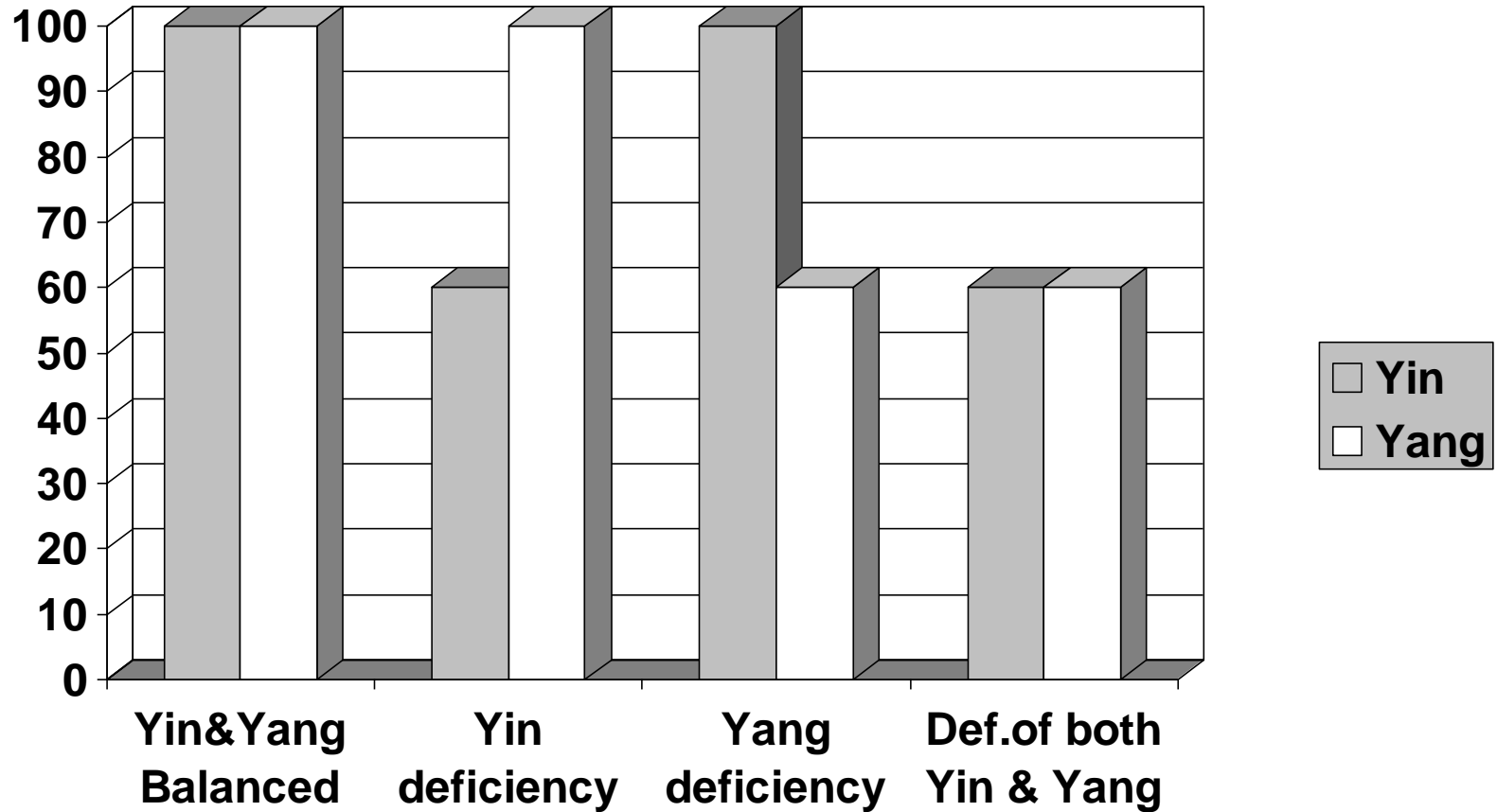
Patent medicine



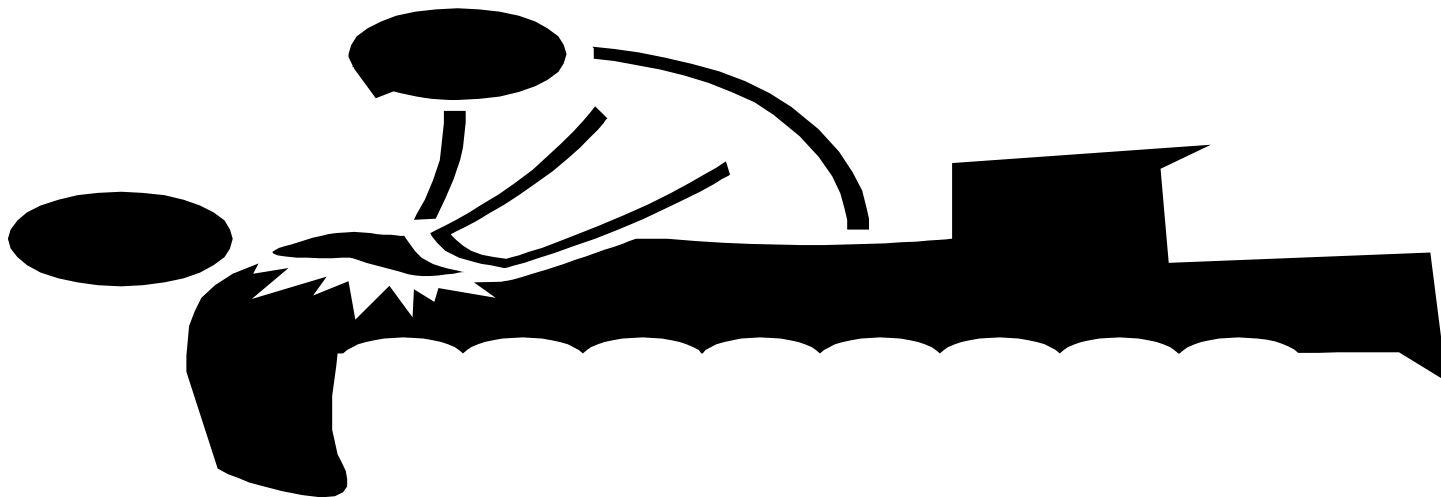
Chinese Herbal medicine

- They are natural materials. Most of them are products of plants, food.
- Over 5000 herbs recorded
- 400 commonly used herbs
- Each herb has specific properties and functions
- **Forms of herbs are taken:**
 - Decoction /Tea
 - Capsule
 - Powder
 - Tablets
 - Syrup
 - Tinctures
 - Pills
 - Ointments
 - Plaster
 - Extracts and more

Patterns of Yin and Yang



Chinese massage(Tui Na)

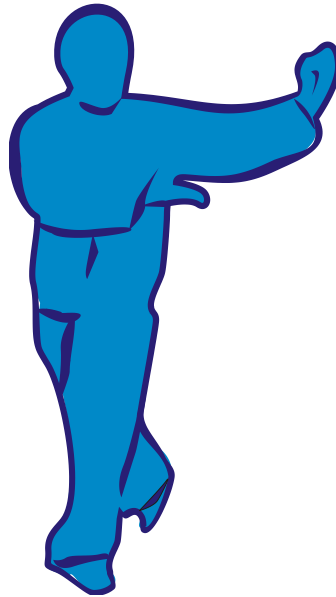
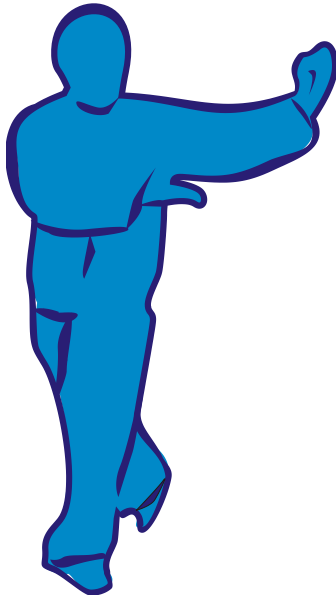


Moxibustion

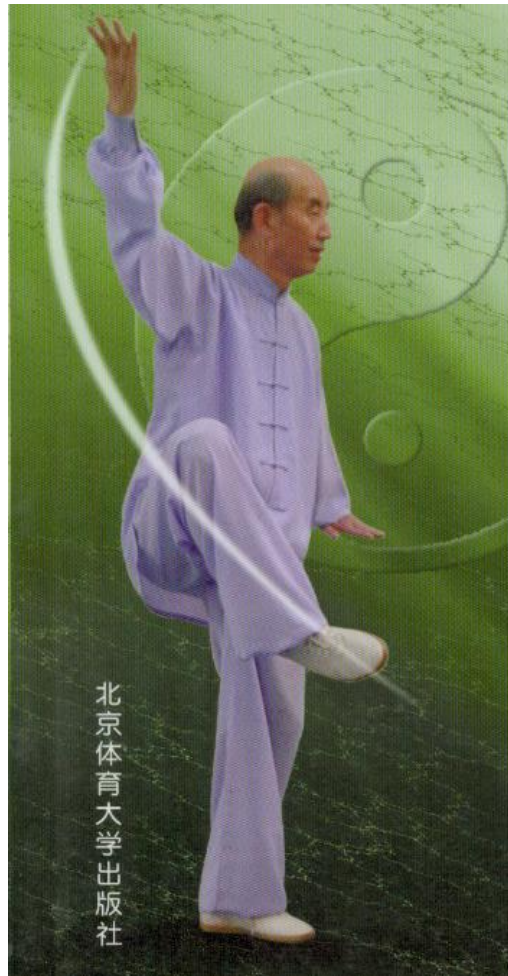
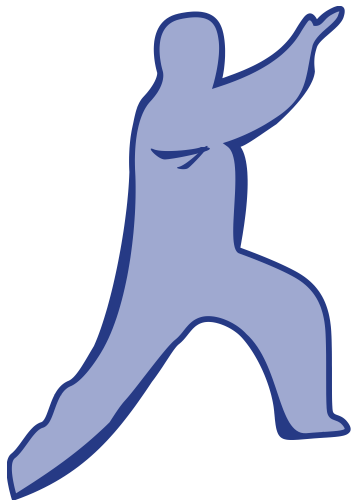


艾
灸

Exercise



Tai Chi exercise



Exploring



Exploring



cc. Tongue diagnosis

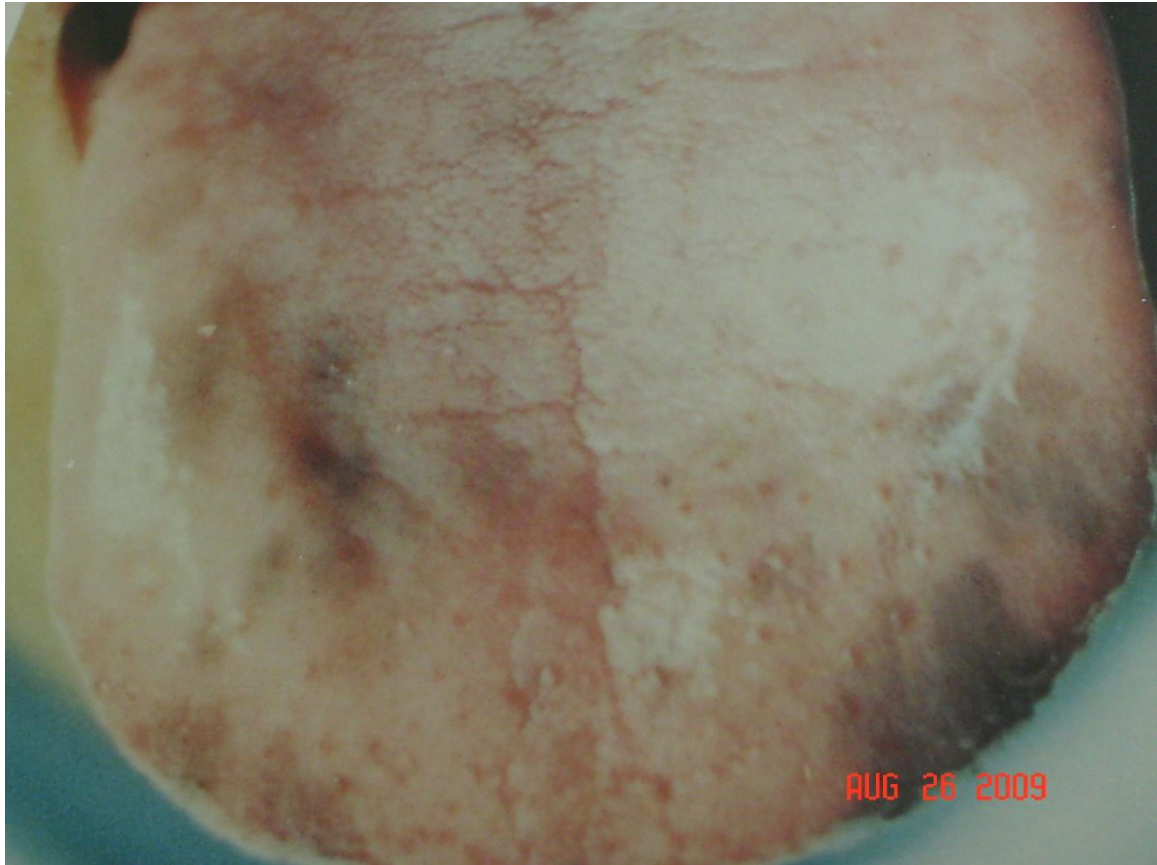


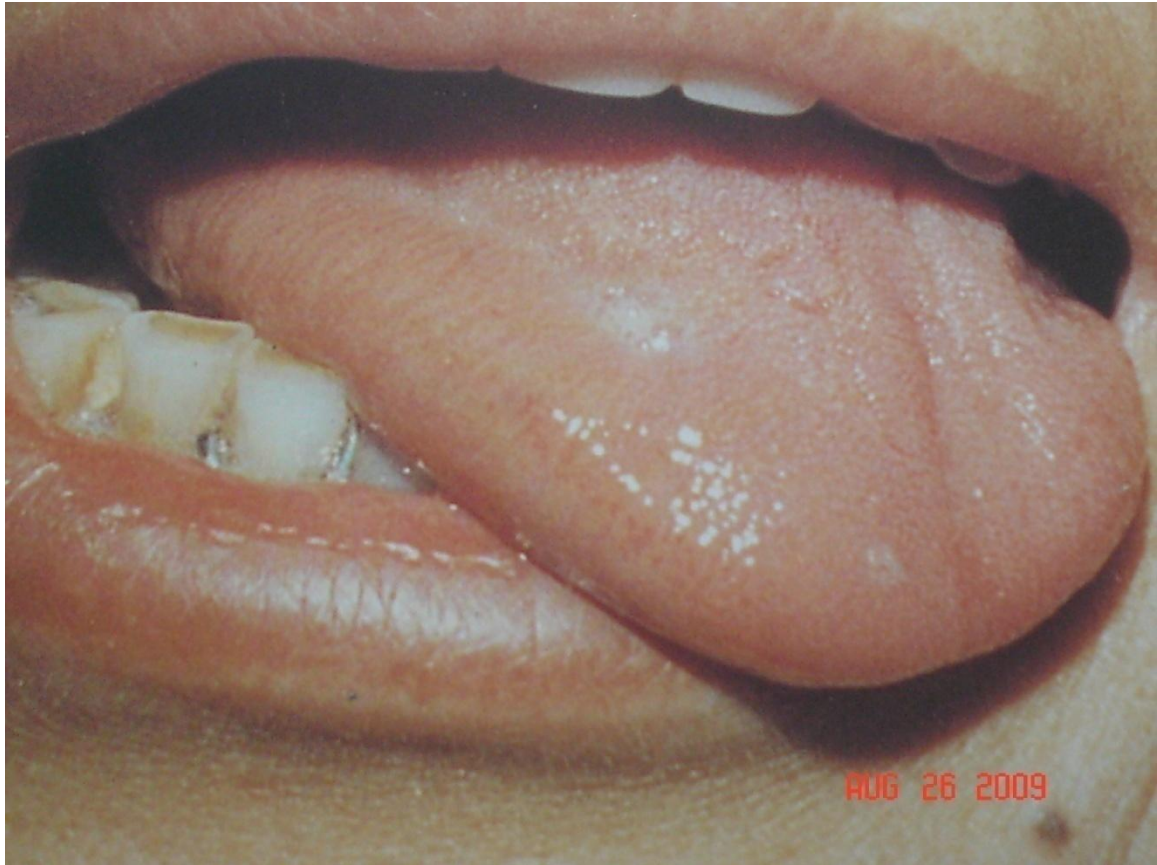






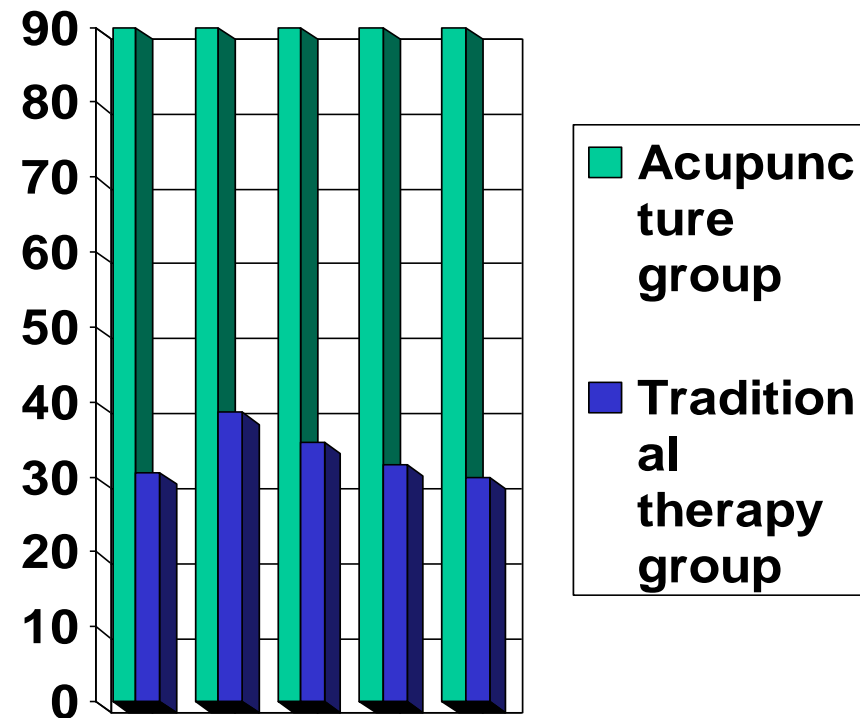






Acupuncture Study at Kansas Hospital Shows Dramatic Improvement in Stroke Patients

- In the study, which began two years ago, 33 patients who had suffered their first stroke were randomly assigned to receive either acupuncture or traditional speech, occupational and physical therapy. Ninety percent of the patients in the acupuncture group improved so much that they were able to go home rather than another facility after leaving the hospital, compared to just 33 percent of patients in the traditional therapy group. Stroke patients who received acupuncture also showed more improvement in the ability to carry out tasks such as as dressing, bathing, grooming, walking and changing position.



NIH new, July,2009 released

- **The Use of Complementary and Alternative Medicine in the United States: Cost Data**
- **On this page:**
- In the 2007 National Health Interview Survey (NHIS), approximately 38 percent of adults reported using complementary and alternative medicine (CAM) in the previous 12 months. The CAM component of the NHIS, developed by the National Center for Complementary and Alternative Medicine (NCCAM) and the National Center for Health Statistics (NCHS), also collected data about CAM costs, including cost of CAM use, frequency of visits made to CAM practitioners, and frequency of purchases of self-care CAM therapies.

- **83 million adults spent \$33.9 billion out-of-pocket on CAM**
- **CAM costs are 11.2% of total out-of-pocket expenditures on health care**