Treating Myositis with Chinese Medicine

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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

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.
Five Elements

- Wood
- Water
- Fire
- Metal
- Earth
Five systems

Liver

Kidney

Heart

Lung

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

<table>
<thead>
<tr>
<th>Five elements</th>
<th>Zang organs</th>
<th>Fu organs</th>
<th>Senses</th>
<th>Tissues</th>
<th>Emotions</th>
<th>Body Fluids</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wood</td>
<td>Liver</td>
<td>Gall bladder</td>
<td>Eye</td>
<td>Tendon</td>
<td>Anger</td>
<td>Tears</td>
</tr>
<tr>
<td>Fire</td>
<td>Heart</td>
<td>Small Intestine</td>
<td>Tongue</td>
<td>Blood Vessel</td>
<td>Joy</td>
<td>Sweating</td>
</tr>
<tr>
<td>Earth</td>
<td>Spleen</td>
<td>Stomach</td>
<td>Mouth</td>
<td>Muscle</td>
<td>Over-thinking</td>
<td>Saliva</td>
</tr>
<tr>
<td>Metal</td>
<td>Lung</td>
<td>Large Intestine</td>
<td>Nose</td>
<td>Skin &amp; Hair</td>
<td>Grief</td>
<td>Nasal discharge</td>
</tr>
<tr>
<td>Water</td>
<td>Kidney</td>
<td>Urinary Bladder</td>
<td>Ear</td>
<td>Bone</td>
<td>Fear</td>
<td>Spittle</td>
</tr>
</tbody>
</table>
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.
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
Scalp acupuncture
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
Sample-- herbs

Xinjiang Peony Root
Sample herbs

Slow Lotus Herb
Samples herbs

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

<table>
<thead>
<tr>
<th>Condition</th>
<th>Yin</th>
<th>Yang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balanced</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>Yin deficiency</td>
<td>60</td>
<td>40</td>
</tr>
<tr>
<td>Yang deficiency</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>Deficiency of both</td>
<td>30</td>
<td>70</td>
</tr>
</tbody>
</table>
Chinese massage (Tui Na)
Moxibustion
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 dressing, bathing, grooming, walking and changing position.
• 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