

Contents

Contributors ix

Acknowledgments xi

Foreword xiii

Introduction xv

Chapter 1 Immune function: a Chinese medicine perspective 1

- Vital Qi (*zheng qi* 正^气) and its relation to immunity 2
- Spleen and Stomach theory and its relation to immunity 3
- Fever due to internal damage and its relation to immunity 3
- Kidney-Gate of Vitality theory and its relation to immunity 4
- Bi syndrome theory and its relation to immunity 5
- Clinical studies on the relationship of Chinese medicine theories to immunity 8

Chapter 2 Immune function: a Western medicine perspective 11

- Main components of the immune system 12
- The immune response 19
- Immunodeficiency 23
- Autoimmunity 24

Chapter 3 Etiology and pathology of autoimmune diseases in Chinese medicine 31

- Constitutional insufficiency with depletion of Kidney Yin 31
- External contraction of pathogenic factors 33
- Disharmony of the Ying (Nutritive) and Wei (Defense) systems 34
- Internal damage to the Zang-Fu organs 35
- Blood stasis obstructing the network vessels 36
- Accumulation of Phlegm-Fluids (*tan yin* 痰饮) 37
- Internal generation of Phlegm-stasis 38
- Obstruction of the Triple Burner 38

Chapter 4 Main treatment methods for autoimmune diseases 41

- Determination of overall treatment principles 41
- Internal treatment 46
- Acupuncture and moxibustion 58
- Other treatment methods 65
- Exercise 68
- Diet therapy 70

Chapter 5 Integration of Chinese medicine and Western medicine in the treatment of autoimmune diseases 77

- Comparative advantages of Chinese and Western medicine 77
- Treating autoimmune diseases with Western and Chinese medicine 80
- Management of the side-effects of Western drugs with Chinese medicine 84

Chapter 6 Systemic lupus erythematosus 103

- Clinical manifestations 104
- Differential diagnosis 109
- Chinese medicine classification 112
- Etiology and pathology 114
- Pattern identification and treatment 118
- Other treatment methods 132
- Diet therapy 132
- Clinical notes 140
- Advice for the patient 150
- Prognosis 150
- Case histories 151
- Modern clinical experience 161

Addendum: Discoid lupus erythematosus 177

- Clinical manifestations 177
- Differential diagnosis 177
- Etiology and pathology 177
- Pattern identification and treatment 178
- External treatment 181
- Case histories 181

Chapter 7 Rheumatoid arthritis 185

- Clinical manifestations 186
- Differential diagnosis 191
- Etiology and pathology 192
- Pattern identification and treatment 196
- Other treatment methods 213
- Diet therapy 216
- Clinical notes 220
- Advice for the patient 228
- Prognosis 228
- Case histories 228
- Modern clinical experience 244

Addendum: Rheumatoid arthritis in the elderly 254

- Pattern identification and treatment 254
- Modern clinical experience 259

Chapter 8 Sjögren's syndrome 263

Clinical manifestations 264
Differential diagnosis 265
Etiology and pathology 266
Pattern identification and treatment 267
Other treatment methods 276
Diet therapy 278
Clinical notes 279
Advice for the patient 281
Prognosis 281
Case histories 281
Modern clinical experience 286

Chapter 9 Scleroderma (systemic sclerosis) 293

Clinical manifestations 293
Differential diagnosis 296
Etiology and pathology 296
Pattern identification and treatment 297
Other treatment methods 307
Diet therapy 308
Clinical notes 311
Advice for the patient 313
Prognosis 313
Case history 313
Modern clinical experience 315

Chapter 10 Polymyositis and dermatomyositis 321

Clinical manifestations 321
Differential diagnosis 324
Etiology and pathology 324
Pattern identification and treatment 325
Other treatment methods 330
Diet therapy 331
Clinical notes 332
Advice for the patient 333
Prognosis 333
Case histories 333
Modern clinical experience 338

Chapter 11 Mixed connective tissue disease 343

Clinical manifestations 343
Differential diagnosis 345
Etiology and pathology 345
Pattern identification and treatment 347
Other treatment methods 357
Diet therapy 359
Clinical notes 360
Advice for the patient 360
Prognosis 360
Modern clinical experience 360

Chapter 12 Raynaud's phenomenon 363

Clinical manifestations 363
Differential diagnosis 364

Etiology and pathology 364
Pattern identification and treatment 365
Other treatment methods 373
Diet therapy 374
Clinical notes 375
Advice for the patient 375
Prognosis 375
Case history 376
Modern clinical experience 376

Chapter 13 Ulcerative colitis 383

Clinical manifestations 383
Differential diagnosis 385
Etiology and pathology 386
Pattern identification and treatment 387
Other treatment methods 396
Diet therapy 396
Clinical notes 397
Advice for the patient 402
Prognosis 402
Case histories 402
Modern clinical experience 405

Chapter 14 Crohn's disease 411

Clinical manifestations 411
Differential diagnosis 414
Etiology and pathology 414
Pattern identification and treatment 415
Other treatment methods 421
Diet therapy 422
Clinical notes 422
Advice for the patient 424
Prognosis 424
Case history 424
Modern clinical experience 425

Chapter 15 Idiopathic thrombocytopenic purpura 429

Clinical manifestations 430
Differential diagnosis 430
Etiology and pathology 430
Pattern identification and treatment 432
Other treatment methods 440
Diet therapy 441
Clinical notes 443
Advice for the patient 445
Prognosis 445
Case histories 445
Modern clinical experience 447

Chapter 16 Autoimmune hemolytic anemia 453

Clinical manifestations 454
Etiology and pathology 455
Pattern identification and treatment 456

Other treatment methods 463
 Diet therapy 464
 Clinical notes 465
 Advice for the patient 467
 Prognosis 468
 Case histories 468
 Modern clinical experience 471

Chapter 17 Autoimmune hepatitis 475

Clinical manifestations 475
 Differential diagnosis 476
 Etiology and pathology 477
 Pattern identification and treatment 477
 Other treatment methods 482
 Diet therapy 483
 Clinical notes 483
 Advice for the patient 485
 Prognosis 485
 Case histories 485
 Modern clinical experience 487

Chapter 18 Graves' disease 493

Clinical manifestations 494
 Etiology and pathology 496
 Pattern identification and treatment 497
 Other treatment methods 507
 Diet therapy 510
 Clinical notes 512
 Advice for the patient 514
 Prognosis 514
 Case histories 514
 Modern clinical experience 517

Chapter 19 Hashimoto's thyroiditis 531

Clinical manifestations 531
 Differential diagnosis 532
 Etiology and pathology 533
 Pattern identification and treatment 535
 Diet therapy 541
 Clinical notes 542
 Advice for the patient 544
 Prognosis 544
 Case histories 544
 Modern clinical experience 547

Chapter 20 Myasthenia gravis 555

Clinical manifestations 555
 Differential diagnosis 557
 Etiology and pathology 558
 Pattern identification and treatment 559

Other treatment methods 564
 Diet therapy 566
 Clinical notes 567
 Advice for the patient 569
 Prognosis 569
 Case histories 569
 Modern clinical experience 572

Chapter 21 Multiple sclerosis 579

Clinical manifestations 580
 Differential diagnosis 582
 Etiology and pathology 582
 Pattern identification and treatment 584
 Other treatment methods 591
 Diet therapy 592
 Clinical notes 593
 Advice for the patient 595
 Prognosis 595
 Case histories 596
 Modern clinical experience 597

Chapter 22 Treatment of major symptoms of autoimmune diseases 605

Joint and muscle involvement 605
 Fever 614
 Skin involvement and hair loss 622
 Dry mouth and eyes 626
 Mouth ulcers 630
 Vasculitis 633
 Cardiac and pulmonary involvement, edema and effusions 637
 Kidney involvement and proteinuria 645
 Liver involvement and raised enzyme levels 652
 Anemia, leukopenia and thrombocytopenia 656
 Headache and cerebral involvement 661
 Bone damage 664
 Adrenocortical insufficiency 665
 Immunoglobulin and auto-antibody overactivity 666

Appendix 1: Less common materia medica used in treating autoimmune diseases 669

Appendix 2: Chinese herbal formulas and patent medicines used in treating autoimmune diseases 675

Glossary 701

Bibliography 713

Index 717