

Chapter 8

Sjögren's syndrome

Sjögren's syndrome is a chronic connective tissue disorder of autoimmune origin, although its exact precipitating cause is unknown. It is named after the Swedish ophthalmologist Henrik Sjögren who first reported the occurrence of this syndrome on a systematic basis in 1933.

Sjögren's syndrome affects women more than men, in a ratio of 9:1. Onset is mostly after the age of 40 and is characterized by hyposalivation of the lacrimal and salivary glands, resulting in excessive dryness of the cornea, conjunctiva and mouth. Other organs such as the trachea, lungs, heart, skin, vagina, and lymph nodes may also be involved.

Patients with Sjögren's syndrome have a higher incidence of non-Hodgkin's lymphoma compared with patients suffering from other autoimmune conditions. Around 5 percent of patients with Sjögren's syndrome develop a lymphoid malignancy, commonly B-cell lymphoma of the salivary gland and diffuse large B-cell lymphoma. This tendency is related to the severity of the autoimmune process and has been attributed to aggressive polyclonal activation of B cells.

The syndrome is classified into two types – primary and secondary. Primary Sjögren's syndrome presents with dry eyes (keratoconjunctivitis sicca) and dry mouth (xerostomia) in the absence of other autoimmune diseases, whereas the secondary type is associated with other connective tissue diseases, principally with systemic lupus erythematosus (SLE) and rheumatoid arthritis (RA), but also with scleroderma (systemic sclerosis), polymyositis, mixed connective tissue disease (MCTD), Hashimoto's

thyroiditis, polyarteritis nodosa, and primary biliary cirrhosis, thus forming overlap syndromes. There are international classification criteria for making a diagnosis of primary and secondary Sjögren's syndrome, based on certain ocular symptoms and signs, oral symptoms, histopathology, salivary gland involvement, and auto-antibodies.

Systemic symptoms of Sjögren's syndrome include non-erosive arthritis or arthralgia, dysphagia, respiratory disorders, myositis, sensorimotor neuropathy, fatigue, and depression. These may also be associated with an enlarged liver and spleen, kidney disorders and, in 20 percent of cases, with Raynaud's phenomenon.

Pathological changes include heavy lymphocyte infiltration of the lacrimal, parotid and submandibular glands, with subsequent atrophy, stenosis or dilatation of their ducts and replacement by connective tissue at later stages. Extra-glandular lymphocyte infiltration may involve the lungs, liver, kidneys, skin and mucous membranes, and skeletal muscles.

It is generally thought that glandular dysfunction is triggered by a viral infection, with cells in the infected glands presenting viral antigens. This attracts T cells, which infiltrate glandular tissue and cause a local inflammatory reaction, damaging the glandular tissues and activating B cells. This results in excessive proliferation of B cells, manifesting as high levels of immunoglobulins in peripheral blood with circulating immune complexes. Excessive numbers of lymphocytes release cytokines that destroy glandular tissue and inhibit the nerve signals inducing glandular secretion.

Clinical manifestations

Figure 8.1 summarizes the main clinical features of Sjögren's syndrome. In most cases, onset is insidious with slow progression. Symptoms of dry eyes and mouth are often overlooked initially.

Eyes

- Patients usually complain of a sensation of a foreign body or scorching heat in the eyes, often worse toward the end of the day. The condition is generally aggravated by spending long periods reading or at a computer screen (where concentration results in a reduced blink rate) in a low-humidity or windy environment.
- A reduction in lacrimal secretion results in dry, itchy and painful eyes, sometimes with blurred vision and photophobia.

- Dryness can cause damage to the conjunctiva and cornea such as erosion or ulceration, which may be complicated by reactive iridocyclitis (inflammation of the iris and the ciliary body); hyperplasia of small blood vessels or perforation of the eyeball may occur in severe cases.

Oral cavity

- Mild lesions may be imperceptible to the patient.
- In more severe cases, saliva production is inhibited, even during mastication. Patients may complain of difficulty in swallowing food, impaired sense of taste, inability to eat dry food, a sensation of burning in the mouth, bad breath (halitosis), or an inability to carry on speaking for more than a few minutes.
- The tongue is red, dry and fissured and tongue ulcers may be present; tongue movement is uncomfortable.

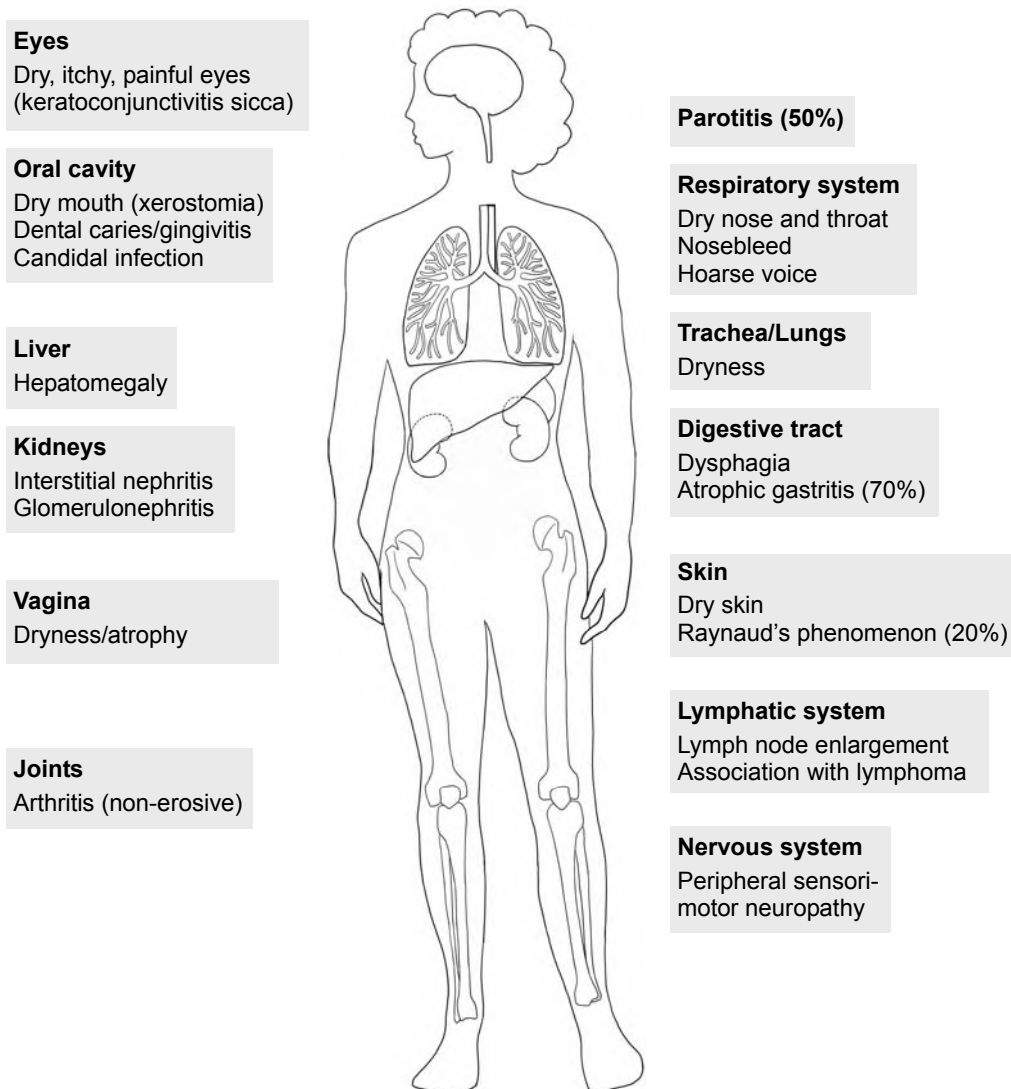


Figure 8.1 Main clinical features of Sjögren's syndrome

- Dental caries and gingivitis are common, small pieces of teeth may break off, and small cracks may appear in the lips (cheilitis) and at the angle of the mouth (angular stomatitis).
- Patients commonly develop a low-grade oral candidal infection, especially during or after use of antibiotics or corticosteroids.
- Recurrent swelling of the parotid glands (parotitis) occurs in about half of patients; the submandibular glands may also enlarge.

Respiratory system

- Decreased secretion from the glands lining the nasopharynx may cause dry nose, crusting of mucous secretions, diminished sense of smell, frequent nosebleeds, and inflammation of the nasal septum.
- Involvement of the mucous membranes of the throat may lead to a hoarse voice with thick and sticky phlegm.
- Dryness of the trachea and lungs can result in complications of tracheitis, bronchitis, pleural effusion, interstitial pneumonitis, and pulmonary hypertension.

Digestive tract

- Dryness in the pharynx and esophagus makes swallowing difficult.
- Lymphocytic infiltration of the gastric mucosa around glands causes it to thicken, with reduced secretion of gastric acid resulting from impaired gland function; atrophic gastritis affects up to 70 percent of patients.
- An enlarged liver and spleen may be present and some patients suffer from liver diseases such as primary biliary cirrhosis.

Skin and mucous membranes

- Dry, sometimes itchy, skin is frequent in patients, probably due to impaired sweat gland function; other associated skin symptoms include erythema nodosum, purpura, Raynaud's phenomenon, and vasculitis.
- Involvement of the mucous membrane of the vagina leads to vaginal dryness and atrophy; there is an increased susceptibility to vaginal candidiasis.

Renal system

Renal lesions affect one-third of patients, manifesting as interstitial nephritis, renal tubular insufficiency, amyloidosis, glomerulonephritis, reduced reabsorption of uric acid, and renal artery vasculitis.

Lymphatic system

There is local or generalized superficial enlargement of lymph nodes; some patients may develop non-Hodgkin's B-cell lymphoma, MALT (mucosa-associated lymphoid tissue) lymphoma, or diffuse large B-cell lymphoma.

Others

- One or more cranial nerves may be involved; peripheral sensorimotor neuropathy may involve the hands and/or feet.
- Impairment of hematopoiesis is indicated by anemia, neutropenia or thrombocytopenia.
- Other symptoms include focal myositis, non-destructive arthritis similar to but milder than that seen in rheumatoid arthritis, thyroiditis, fatigue, and depression.

Investigations

- Blood tests show raised immunoglobulin levels and circulating immune complexes and are positive for anti-nuclear antibodies (ANAs). In Sjögren's syndrome, the ANA pattern is typically anti-SS-A (Ro) and anti-SS-B (La), of which SS-B (La) is far more specific; SS-A (Ro) is associated with other autoimmune conditions in addition to Sjögren's syndrome. Rheumatoid factor is usually positive. The erythrocyte sedimentation rate is elevated in around two-thirds of patients.
- A positive Schirmer filter paper test indicates an obvious decrease in the secretion of tears. A strip of filter paper is held inside the lower eyelid for 5 minutes and the resultant moist area of paper is measured. For a normal person, 10-30 mm of the filter paper should be moistened in 5 minutes. If only 5-10 mm of the paper is moistened, defective tear production is suspected; if less than 5 mm is moistened, this usually indicates Sjögren's syndrome.
- Corneal staining with fluorescein, lissamine green or Rose Bengal is positive. This is punctate in the initial stages, but can become confluent in more severe cases.
- Biopsy of the small salivary glands in the lower lip reveals destructive lymphocytic infiltration.

Differential diagnosis

Systemic lupus erythematosus

Sjögren's syndrome mostly affects patients (predominantly women) of middle age or older, whereas most SLE patients are younger. The butterfly rash affecting the cheeks and nose characteristic of SLE is not seen in Sjögren's syndrome, the main symptoms of which, dry mouth and eyes, are only encountered as a secondary condition in a small proportion of SLE patients. Many of the major systemic symptoms of SLE such as arthralgia, muscle pain, Raynaud's phenomenon, pleural effusions, glomerulonephritis, and nervous system involvement also occur in Sjögren's syndrome, but in the latter they are milder and more limited in extent.

Rheumatoid arthritis

Approximately one third of Sjögren's syndrome patients have symptoms of joint pain or inflammation, affecting the

same joints as those involved in rheumatoid arthritis, but these symptoms are milder than in rheumatoid arthritis and less destructive of the joints. X-ray investigations do not reveal the bone destruction characteristic of rheumatoid arthritis. Sjögren's syndrome is sometimes encountered as a secondary complication of rheumatoid arthritis.

Scleroderma (systemic sclerosis)

Raynaud's phenomenon and dysphagia are common to both diseases. However, the upper part of the respiratory tract is more likely to be involved in Sjögren's syndrome, the lower part in scleroderma. Tightening of the skin over the fingers and face is characteristic of scleroderma but the eyes and mouth are not affected.

Others

Dryness of the eyes and mouth can result from many causes such as medication with anticholinergic side-effects, infections from hepatitis C or retroviruses, autonomic neuropathy, diabetes, depression, or fibromyalgia. These causes need to be borne in mind when establishing a diagnosis (whether based on Chinese or Western medicine).

Etiology and pathology

Sjögren's syndrome is characterized by local or generalized dryness of the body due to depletion of and damage to Body Fluids. There is an adage in Chinese medicine that "when Dryness prevails, there is aridity." In other words, pathogenic Dryness (燥 *zao*), by damaging Body Fluids, causes signs of dryness or aridity (干 *gan*) such as dry eyes, nose and mouth, dry skin and dry cough.

According to its symptoms and signs, this syndrome can be classified in Chinese medicine as Dryness syndrome (燥证 *zao zheng*), generalized Bi syndrome (周痹 *zhou bi*) or organ Bi syndrome (脏腑痹 *zang fu bi*); the arthralgia symptoms sometimes associated with the syndrome can be considered as Bi syndrome (痹证 *bi zheng*). The many signs of Dryness in Sjögren's syndrome means that in recent years it has been classified as Dryness Bi syndrome (燥痹 *zao bi*).

Six excesses (external pathogenic factors)

Wind, Summerheat, Dryness, and Fire are Yang pathogenic factors. Exuberance of Yang-Heat disperses and consumes Yin Fluids. In attacking the body, Wind-Cold may be retained and transform into Heat, whereas Wind-Heat may transform into Dryness. Heat consumes Body Fluids, whereas Dryness damages them. At the initial stage, this syndrome is located in the channels and the exterior. Dryness and Heat attacking the exterior causes dry mouth and eyes, whereas obstruction of the channels and network vessels results in pain in the

muscles and joints. Over time, pathogenic factors enter the interior to dry up the Body Fluids and Blood and damage the five Zang and six Fu organs.

The influence of pathogenic factors can also be taken into account by focusing more on Dryness. In *Wen Re Lun* [On Warm-Febrile Diseases], Ye Tianshi wrote: "Warmth is contracted starting from the upper body, Dryness causes damage starting from the upper body; they must be treated according to the same principle. When pathogenic Warmth is contracted, it first attacks the Lungs, impairing their Qi-diffusing function and impeding the distribution of Water and Body Fluids." When pathogenic Dryness is contracted in the upper body, it lodges in the face and scorches the five orifices, resulting in a reduction of tears, spittle, saliva, and nasal discharge. The Lungs form nasal discharge, they are associated with the skin, their bloom is in the body hair, and they open into the nose. Lung-Dryness therefore manifests as dry mouth, throat, nose, eyes, and skin.

Yin Deficiency leading to Dryness

In *Zheng Zhi Zhun Sheng* [Standards of Diagnosis and Treatment], Wang Kentang wrote: "Fire is latent in Yin and day by day simmers more strongly, thereby consuming Blood and creating Dryness-Heat which causes many diseases. Externally, it leads to cracks and fissures in the skin, in the upper body to dry throat and nose, in the middle part of the trunk to irritability and thirst due to shortage of Water and Fluids, in the lower part of the trunk to drying up of the Stomach and Intestines, and in the hands and feet to flaccidity and lack of strength."

Internal Heat due to Yin Deficiency results in Blood stasis obstructing the network vessels and in depletion and stagnation of Body Fluids, thereby causing Dryness Toxins to become exuberant. These factors interact to cause further damage to Body Fluids or impair their transportation and dissemination, subsequently giving rise to various Dryness symptoms.

Relationship between the Zang-Fu organs and Dryness

Su Wen: Xuan Ming Wu Qi Lun [Simple Questions: Exposition of Qi of the Five Zang Organs] says: "The five Zang organs form Fluids. The Heart forms sweat, the Lungs form nasal discharge, the Liver forms tears, the Spleen forms saliva, and the Kidneys form spittle: these are known as the Five Fluids." This indicates that when Dryness damages Zang organ Qi, the organs cannot form Fluids, thereby leading to a reduction in the Five Fluids and further Dryness.

Su Wen: Ni Tiao Lun [Simple Questions: On Counterflow Regulation] says: "Water usually flows with Fluids. The Kidneys are organs of Water and govern Fluids. Disorder of the Kidneys leads to inability to sleep due to panting." The Kidneys are the Root of Earlier

Heaven. Insufficiency of Earlier Heaven means that external pathogenic factors can easily transform into Dryness. The Kidneys govern Yin and Body Fluids throughout the body. When Kidney Yin is Deficient, Body Fluids then become debilitated everywhere, indicating the role played by the Kidneys in this disease.

Qian Yin and Jin Shi consider that Dryness symptoms are related to impairment of the metabolism of Body Fluids and their transportation and dissemination. In addition, they assert that impairment of the function of the Lungs in diffusing and bearing downward creates further obstruction to the transportation and dissemination of Body Fluids, thereby causing many of the symptoms found in Sjögren's syndrome.¹

Bai Bing Ti Gang Lun [An Outline of the Hundred Diseases] says: "The Lungs, Stomach and Kidneys are generally responsible for Dryness." In *Tong Su Shang Han Lun* [A Popular Guide to "On Cold Damage"], Yu Genchu says: "[Pathogenic Dryness] first damages the Lung channel, then Stomach Fluids and finally Liver-Blood and Kidney Yin." It can therefore be said that Dryness symptoms are related to damage to the Zang-Fu organs, in particular the Kidneys, Lungs and Stomach.

Insufficiency of Earlier Heaven (congenital constitution) and Dryness

Congenital insufficiency, disharmony of Yin and Yang, depletion of Body Fluids due to constitutional Yin Deficiency, or inability to transform into Water and raise Body Fluids upward due to constitutional Yang Deficiency are the main etiological factors causing depletion and Deficiency of Yin Fluids and impairing nourishment of the clear orifices.

This disease more frequently affects middle-aged or older women. The female body is Yin in nature and uses Yang. After the age of 40, a woman's *tian gui* 天癸 (reproductive function) will gradually be exhausted, her Kidney Qi declines, her Essence and Blood will be further depleted, and Yin will become even more insufficient. Internal Heat due to Yin Deficiency leads to consumption of Body Fluids, with Kidney-Water gradually drying up, resulting in the mouth and eyes being deprived of nourishment.

Later Heaven (acquired constitution) factors and Dryness

Emotional damage such as anxiety or excessive thought and preoccupation, overexertion, overindulgence in spicy, aromatic or dry foods, lack of nourishment in a chronic disease due to depletion of the Essence and Blood, inappropriate treatment with medication of an acrid,

warm, ascending and dissipating nature, excessive sweating, persistent diarrhea, or loss of blood – any of these may lead to insufficiency of Body Fluids and consumption of Vital Qi (*zheng qi* 正氣), and therefore to Dryness symptoms.

In addition, dietary irregularities damage the Spleen and Stomach allowing Dampness to form, which then brews to produce Heat that accumulates and subsequently transforms into Dryness that damages Yin and consumes Yin Fluids.

The origin of this disease lies in constitutional Deficiency and depletion and deficiency of Yin Fluids. The disease is located in the clear orifices, notably the mouth, eyes and nose, and the throat. It may extend to affect the whole body and its pathology is closely associated with the Lungs, Spleen, Liver, and Kidneys (possibly also the Heart and Stomach) and with the skin, mucous membranes, muscles, and joints. It is a disease of Root Deficiency and Manifestation Excess – Deficiency primarily relates to Yin Deficiency of the Lung, Spleen, Liver, and Kidneys, with the Manifestations being mainly attributed to pathogenic Fire, Heat and Dryness. The main pathology is related to insufficiency of Liver and Kidney Yin, internal Heat due to Yin Deficiency, Heat stirring to damage Body Fluids, Blood stasis and depletion of Body Fluids, and Dryness-Heat becoming exuberant, with the eventual generation of Dryness Toxins.

The symptoms first appear at the clear orifices of the mouth and eyes, subsequently involving the muscles, joints and sinews of the limbs, and possibly the internal organs. Where this disease is a complication of other connective tissue diseases, the muscles, joints and internal organs may be affected before the manifestations of dry mouth and eyes.

Pattern identification and treatment

Table 8.1 summarizes the differentiation of Sjögren's syndrome symptoms according to the main patterns.

PATHOGENIC DRYNESS ATTACKING THE LUNGS

Symptoms and signs

Dry mouth, nose and throat, dry eyes, difficulty in swallowing, dry cough without phlegm or with scant, sticky and thick phlegm; accompanying symptoms include dry skin and hair, swollen and painful joints, chest pain, fever, and headache. The tongue is red with a thin dry yellow coating; the pulse is floating and rapid.

¹ Qian Yin, Jin Shi, *Cong Fei Lun Zhi Gan Zao Zong He Zheng* [Treatment of Sjögren's Syndrome According to Lung Theory], *Nan Jing Zhong Yi Yao Da Xue Xue Bao* [Nanjing TCM University Journal] 18, 5 (2002): 268.

Table 8.1 Sjögren's syndrome, differentiation of symptoms according to pattern

Pattern	Dryness symptoms	Accompanying symptoms	Tongue	Pulse
Pathogenic Dryness attacking the Lungs	Mouth, nose, throat, eyes, skin, and hair, dry cough	Difficulty in swallowing, swollen and painful joints, chest pain, fever, and headache	Red with thin dry yellow coating	Floating and rapid
Deficiency of Lung and Kidney Yin	Mouth, throat and eyes, hoarse voice, cough with scant phlegm	Irritability in the Heart, restless sleep, limp aching lower back and knees	Red with scant coating	Thready and rapid
Deficiency of Lung and Stomach Yin	Nose, throat, eyes, mouth, difficulty in swallowing dry food	Dull pain in the stomach, lack of appetite, weight loss, weakness, fatigue	Red, dry	Thready and weak
Deficiency of Spleen and Stomach Yin	Tongue, mouth, throat, and eyes, rough skin with scaling	Weak muscles, poor appetite, dull pain in the stomach, constipation	Red, dry	Thready and rapid
Deficiency of Liver and Kidney Yin	Eyes, mouth and throat, blurred vision, dry and brittle nails, dryness in genital region, dry stools	Dizziness, dull pain in hypochondrium, limp aching lower back and knees, numb limbs, heat in the palms and soles, lethargy, insomnia, night sweating	Red with scant coating	Thready and weak or deficient and wiry
Damp-Heat obstruction	Eyes and mouth	Parotitis, bitter taste in the mouth, foul breath, swollen and painful joints	Red with thick and greasy or yellow coating	Soggy and rapid or slippery and rapid
Qi stagnation and Blood stasis	Mouth, throat and eyes, rough skin sometimes with dark marks	Parotitis, painful limb joints, inhibited flexion and extension, limp aching lower back, dizziness	Dull purple, dry	Thready and rough
Stasis Toxins obstructing the network vessels	Dry mouth and throat difficult to bear, dry eyes with a sensation of burning pain	Aching joints	Crimson-red with scant and peeling coating	Wiry and thready
Qi and Yang Deficiency	Mouth, throat, eyes, and skin	Aching and heavy limbs and joints, cold hands and feet, palpitations, shortness of breath, poor appetite, loose stools, aversion to cold	Pale, enlarged, with teeth marks at the margins and thin slippery coating	Slow, moderate and forceless

HERBAL MEDICINE**Treatment principle**

Clear Heat from the Lungs and moisten Dryness.

Prescription**QING ZAO JIU FEI TANG JIA JIAN**

Decoction for Clearing Dryness and Rescuing the Lungs, with modifications

Sang Ye (Folium Mori Albae) 15g

Shi Gao (Gypsum Fibrosum) 15g

Huo Ma Ren (Semen Cannabis Sativae) 15g

Mai Men Dong (Radix Ophiopogonis Japonici) 20g

Xing Ren (Semen Pruni Armeniacae) 10g

Pi Pa Ye (Folium Eriobotryae Japonicae) 10g

Jin Yin Hua (Flos Lonicerae) 10g

E Jiao (Gelatinum Corii Asini) 10g

Lian Qiao (Fructus Forsythiae Suspensae) 15g

Qiang Huo (Rhizoma et Radix Notopterygii) 10g

Gan Cao (Radix Glycyrrhizae) 6g

Nan Sha Shen (Radix Adenophorae) 15g

Bei Sha Shen (Radix Glehniae Littoralis) 15g

Explanation

- *Shi Gao* (Gypsum Fibrosum) and *Sang Ye* (Folium Mori Albae) clear Dryness and drain Heat from the Lungs.
- *Mai Men Dong* (Radix Ophiopogonis Japonici), *Nan Sha Shen* (Radix Adenophorae), *Bei Sha Shen* (Radix Glehniae Littoralis), *Huo Ma Ren* (Semen Cannabis Sativae), and *E Jiao* (Gelatinum Corii Asini) nourish Yin and moisten the Lungs.

- *Pi Pa Ye* (Folium Eriobotryae Japonicae) and *Xing Ren* (Semen Pruni Armeniacae) drain Lung Qi downward.
- *Jin Yin Hua* (Flos Lonicerae) and *Lian Qiao* (Fructus Forsythiae Suspensae) dissipate external pathogenic factors, clear Heat and relieve Toxicity.
- *Qiang Huo* (Rhizoma et Radix Notopterygii) releases the exterior and moderates joint pain.
- *Gan Cao* (Radix Glycyrrhizae) cultivates Spleen-Earth and generates Body Fluids to nourish Lung Qi.

Modifications

1. For accompanying symptoms of Wind-Heat, add *Chan Tui* (Periostracum Cicadae) 6g, *Lian Qiao* (Fructus Forsythiae Suspensae) 9g and *Fang Feng* (Radix Ledebouriellae Divaricatae) 12g to dissipate Wind-Heat and release the exterior.
2. For accompanying symptoms of Wind-Cold, add *Zi Su Ye* (Folium Perillae Frutescentis) 12g, *Qian Hu* (Radix Peucedani) 9g and *Jing Jie* (Herba Schizonepetae Tenuifoliae) 12g to dissipate Wind-Cold and release the exterior.

ACUPUNCTURE

Treatment principle

Clear Heat from the Lungs and moisten Dryness.

Points

BL-12 Fengmen, BL-13 Feishu, LU-6 Kongzui, LU-7 Lieque, KI-3 Taixi, and KI-6 Zhaohai.

Technique

- Oblique insertion at BL-12 Fengmen and BL-13 Feishu with application of the reducing method.
- Apply the lifting and thrusting reducing method at LU-6 Kongzui.
- Oblique proximal insertion toward the elbow at LU-7 Lieque with no manipulation.
- Apply the lifting and rotating reinforcing method at KI-3 Taixi and KI-6 Zhaohai.
- Retain the needles for 20 minutes.

Explanation

- BL-12 Fengmen and BL-13 Feishu dredge Wind and dissipate Heat to moisten Dryness.
- LU-6 Kongzui, the *xi*-cleft point of the Lung channel, clears Dryness and moistens the Lungs.
- Combining LU-7 Lieque, the *jiao hui*-confluence point of the Conception Vessel (*ren mai* 任脉) which passes through the Lung system, with KI-6 Zhaohai, the *jiao hui*-intersection point of the Kidney channel and the Yin Motility Vessel (*yin qiao mai* 阴跷脉) and connecting with the Lungs and throat, moistens Dryness and alleviates coughing.
- KI-3 Taixi, the *yuan*-source point of the Kidney channel, has the action of promoting mutual

generation of Metal and Water to clear Lung-Heat and moisten Dryness.

Notes

This is a “dry” pattern characterized by dry cough, dry nose, dry mouth, dry throat, dry eyes, and dry skin and hair due to external contraction of pathogenic Dryness or pathogenic Wind-Heat consuming Body Fluids and leading to Lung Dryness. It is not the same as Dryness due to Deficiency of Lung Yin, which is caused by excessive sweating in an enduring illness that weakens the body or by internal pathogenic Dryness-Heat damaging Lung Yin, resulting in failure to distribute Lung Fluids with the body subsequently being deprived of moisture (in other words, a pattern of internal Heat due to Yin Deficiency).

DEFICIENCY OF LUNG AND KIDNEY YIN

Symptoms and signs

Dry mouth, throat and eyes, hoarse voice, cough with scant phlegm, irritability in the Heart, restless sleep, tidal fever in the afternoon, limpness and aching in the lower back and knees, a red tongue with a scant coating, and a thready and rapid pulse.

HERBAL MEDICINE

Treatment principle

Clear Heat from the Lungs and supplement the Kidneys, enrich Yin and generate Body Fluids.

Prescription

BAI HE GU JIN TANG JIA JIAN

Lily Bulb Decoction for Consolidating Metal, with modifications

Bai He (Bulbus Lilii) 12g
Sheng Di Huang (Radix Rehmanniae Glutinosae) 15g
Shu Di Huang (Radix Rehmanniae Glutinosae Conquita) 15g
Dang Gui Shen (Corpus Radicis Angelicae Sinensis) 9g
Bai Shao (Radix Paeoniae Lactiflorae) 15g
Gan Cao (Radix Glycyrrhizae) 6g
Jie Geng (Radix Platycodi Grandiflori) 6g
Xuan Shen (Radix Scrophulariae Ningpoensis) 10g
Chuan Bei Mu (Bulbus Fritillariae Cirrhosae) 10g
Mai Men Dong (Radix Ophiopogonis Japonici) 12g
Bei Sha Shen (Radix Glehniae Littoralis) 15g
Shi Hu (Herba Dendrobii) 15g
Shan Yao (Rhizoma Dioscoreae Oppositae) 15g

Explanation

- *Bai He* (Bulbus Lilii), *Mai Men Dong* (Radix Ophiopogonis Japonici), *Chuan Bei Mu* (Bulbus Fritillariae Cirrhosae), *Bei Sha Shen* (Radix Glehniae Littoralis), *Jie Geng* (Radix Platycodi Grandiflori), and *Shi Hu* (Herba Dendrobii) enrich Yin, clear Heat and moisten the Lungs.

- *Sheng Di Huang* (Radix Rehmanniae Glutinosae) and *Shu Di Huang* (Radix Rehmanniae Glutinosae Conquita) not only enrich Yin, supplement the Kidneys and nourish the Blood but also clear Heat and cool the Blood.
- *Xuan Shen* (Radix Scrophulariae Ningpoensis) assists *Sheng Di Huang* (Radix Rehmanniae Glutinosae) and *Shu Di Huang* (Radix Rehmanniae Glutinosae Conquita) in enriching Yin, supplementing the Kidneys and clearing Heat.
- *Dang Gui Shen* (Corpus Radicis Angelicae Sinensis) and *Bai Shao* (Radix Paeoniae Lactiflorae) nourish and harmonize the Blood.
- *Shan Yao* (Rhizoma Dioscoreae Oppositae) nourishes Yin and supplements the Spleen, the Lungs and the Kidneys.
- *Gan Cao* (Radix Glycyrrhizae) clears Heat and drains Fire, while regulating and harmonizing the actions of the other ingredients.

Modifications

1. For severe cough, add *Xing Ren* (Semen Pruni Armeniacae) 12g, *Wu Wei Zi* (Fructus Schisandrae) 15g and *Kuan Dong Hua* (Flos Tussilaginis Farfarae) 12g to moisten the Lungs and stop coughing.
2. For severely dry mouth and throat, add *Lu Gen* (Rhizoma Phragmitis Communis) 30g, *Shi Shuang* (Saccharum Kaki) 9g and *Wu Mei* (Fructus Pruni Mume) 15g to clear Heat and generate Body Fluids.
3. For internal Heat due to Yin Deficiency, add *Di Gu Pi* (Cortex Lycii Radicis) 15g and *Bai Wei* (Radix Cynanchi Atrati) 12g to clear Heat and cool the Blood.
4. For dryness in the genital region, add *Zhi Mu* (Rhizoma Anemarrhenae Asphodeloidis) 20g, *Huang Bai* (Cortex Phellodendri) 10g, *Han Lian Cao* (Herba Ecliptae Prostratae) 30g, and *Tian Men Dong* (Radix Asparagi Cochinchinensis) 20g to enrich and nourish Kidney Yin and clear Deficiency-Fire.

ACUPUNCTURE

Treatment principle

Clear Heat from the Lungs and supplement the Kidneys, enrich Yin and generate Body Fluids.

Points

LU-10 Yuji, LU-7 Lieque, KI-2 Rangu, KI-6 Zhaohai, EX-HN-12 Jinjin, and EX-HN-13 Yuye.

Technique

Apply the reducing method at LU-10 Yuji and KI-2 Rangu and the reinforcing method at LU-7 Lieque and KI-6 Zhaohai. Retain the needles for 20 minutes. Prick with a filiform needle at EX-HN-12 Jinjin and EX-HN-13 Yuye.

Explanation

- LU-10 Yuji and KI-2 Rangu, the *ying*-spring points of the Lung and Kidney channels respectively, clear Deficiency-Fire.
- Combining LU-7 Lieque with KI-6 Zhaohai, the *jiao hui*-intersection point of the Kidney channel and the Yin Motility Vessel (*yin qiao mai*), enriches Lung and Kidney Yin.
- EX-HN-12 Jinjin and EX-HN-13 Yuye generate Body Fluids to moisten the mouth and throat.

Notes

Since the Lungs are the mother of the Kidneys and a disease of the mother can affect the child, when the water and fluid metabolism is involved, pattern identification must take into account whether Lung disease has spread to the Kidneys and both Lung and Kidney Yin must be treated to preserve the mutual generation of Metal and Water.

DEFICIENCY OF LUNG AND STOMACH YIN

Symptoms and signs

Dry nose, throat and eyes, dry mouth with a desire for drinks, difficulty in swallowing dry food, dull pain in the stomach, lack of appetite, weight loss, weakness, fatigue, a red and dry tongue, and a thready and weak pulse.

HERBAL MEDICINE

Treatment principle

Boost the Stomach and nourish Yin, generate Body Fluids and moisten Dryness.

Prescription

YI WEI TANG HE YU NÜ JIAN JIA JIAN

Decoction for Boosting the Stomach Combined With Jade Lady Brew, with modifications

Bei Sha Shen (Radix Glehniae Littoralis) 30g
Mai Men Dong (Radix Ophiopogonis Japonici) 12g
Yu Zhu (Rhizoma Polygonati Odorati) 12g
Shi Hu (Herba Dendrobii) 15g
Shan Yao (Rhizoma Dioscoreae Oppositae) 15g
Fu Ling (Sclerotium Poriae Cocos) 12g
Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g
Yi Yi Ren (Semen Coicis Lachryma-jobi) 30g
Lian Zi (Semen Nelumbinis Nuciferae) 15g
Mu Dan Pi (Cortex Moutan Radicis) 15g

Explanation

- *Bei Sha Shen* (Radix Glehniae Littoralis), *Mai Men Dong* (Radix Ophiopogonis Japonici), *Yu Zhu* (Rhizoma Polygonati Odorati), *Shi Hu* (Herba Dendrobii), and *Shan Yao* (Rhizoma Dioscoreae Oppositae) nourish Yin and moisten the Lungs, boost the Stomach and generate Body Fluids.

- *Fu Ling* (Sclerotium Poriae Cocos), *Bai Zhu* (Rhizoma Atractylodis Macrocephalae), *Yi Yi Ren* (Semen Coicis Lachryma-jobi), and *Lian Zi* (Semen Nelumbinis Nuciferae) fortify the Spleen, boost Qi and transform Dampness.
- *Mu Dan Pi* (Cortex Moutan Radicis) nourishes Yin and clears Heat.

Modifications

1. For poor appetite, add *Jiao Shan Zha* (Fructus Crataegi, scorch-fried) 15g, *Jiao Shen Qu* (Massa Fermentata Usta) 15g and *Ji Nei Jin* (Endothelium Corneum Gigeriae Galli) 6g to harmonize the Stomach and fortify the Spleen.
2. For obvious dry mouth, add *Wu Wei Zi* (Fructus Schisandrae) 15g, *Nan Sha Shen* (Radix Adenophorae) 30g and *Lu Gen* (Rhizoma Phragmitis Communis) 30g and increase the dosage of *Shi Hu* (Herba Dendrobii) to 30g to enhance the effect in nourishing Lung Yin and generating Body Fluids.

ACUPUNCTURE

Treatment principle

Boost the Stomach and nourish Yin, generate Body Fluids and moisten Dryness.

Points

LI-20 Yingxiang, CV-22 Tiantu, CV-17 Danzhong, CV-12 Zhongwan, PC-6 Neiguan, LU-7 Lieque, and KI-6 Zhaohai.

Technique

Apply the even method at LI-20 Yingxiang, CV-22 Tiantu, CV-17 Danzhong, CV-12 Zhongwan, and PC-6 Neiguan and the reinforcing method at LU-7 Lieque and KI-6 Zhaohai. Retain the needles for 30 minutes.

Explanation

- CV-12 Zhongwan, the front-*mu* point of the Stomach, regulates the Stomach and generates Body Fluids to nourish Yin.
- CV-17 Danzhong and CV-22 Tiantu regulate channel Qi locally; combining these points with PC-6 Neiguan loosens the Stomach and regulates Qi to assist the swallowing of food.
- LI-20 Yingxiang moistens the nose.
- Combining LU-7 Lieque, the *jiao hui*-confluence point of the Conception Vessel (*ren mai*) which traverses the Lung system, with KI-6 Zhaohai, the *jiao hui*-intersection point of the Kidney channel and the Yin Motility Vessel (*yin qiao mai*) and connecting with the Lungs and throat, enriches Yin and moistens the Lungs.

Notes

Lung Yin Deficiency manifests with a series of symptoms caused by Dryness impairing moistening and also by Deficiency-Heat. Stomach Yin Deficiency damages the

absorption and digestion function of the Stomach, thus affecting the generation and distribution of Body Fluids. Regulating the functions of the Stomach is therefore the key so that materia medica and acupuncture points for nourishing Lung Yin can play their role.

DEFICIENCY OF SPLEEN AND STOMACH YIN Symptoms and signs

Dry tongue, mouth, throat, and eyes, rough skin with scaling, weak muscles, poor appetite, dull pain in the stomach, constipation with dry stools, a red and dry tongue, and a thready and rapid pulse.

HERBAL MEDICINE

Treatment principle

Fortify the Spleen and supplement the Stomach, nourish Yin and generate Body Fluids.

Prescription

YU NÜ JIAN JIA JIAN

Jade Lady Brew, with modifications

Sheng Di Huang (Radix Rehmanniae Glutinosae) 15g

Bei Sha Shen (Radix Glehniae Littoralis) 15g

Mai Men Dong (Radix Ophiopogonis Japonici) 12g

Yu Zhu (Rhizoma Polygonati Odorati) 15g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g

Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis) 15g

Gan Cao (Radix Glycyrrhizae) 6g

Shu Di Huang (Radix Rehmanniae Glutinosae Conquita) 15g

Explanation

- *Sheng Di Huang* (Radix Rehmanniae Glutinosae) and *Mai Men Dong* (Radix Ophiopogonis Japonici) nourish Yin and clear Heat, generate Body Fluids and moisten Dryness. These sweet and cool herbs are excellent for supplementing the Stomach.
- *Bei Sha Shen* (Radix Glehniae Littoralis) and *Yu Zhu* (Rhizoma Polygonati Odorati) nourish Yin and generate Body Fluids. They strengthen the effect of *Sheng Di Huang* (Radix Rehmanniae Glutinosae) and *Mai Men Dong* (Radix Ophiopogonis Japonici) in supplementing the Stomach and nourishing Yin.
- *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) fortifies the Spleen and supplements Qi.
- *Zhi Mu* (Rhizoma Anemarrhenae Asphodeloidis) and *Shu Di Huang* (Radix Rehmanniae Glutinosae Conquita) nourish Stomach Yin and clear Stomach-Heat.
- *Gan Cao* (Radix Glycyrrhizae) regulates and harmonizes the actions of the other ingredients.

Modifications

1. For effulgent Yin Deficiency-Fire symptoms, add *Zhi Zi* (Fructus Gardeniae Jasminoidis) 12g and *Di Gu Pi* (Cortex Lycii Radicis) 15g to clear Heat and cool the Blood.

- For distention in the stomach after meals, add *Chen Pi* (Pericarpium Citri Reticulatae) 6g and *Shen Qu* (Massa Fermentata) 12g to regulate Qi and fortify the Spleen.

ACUPUNCTURE

Treatment principle

Fortify the Spleen and supplement the Stomach, nourish Yin and generate Body Fluids.

Points

CV-12 Zhongwan, ST-25 Tianshu, PC-6 Neiguan, SP-6 Sanyinjiao, SP-4 Gongsun, KI-3 Taixi, and ST-44 Neiting.

Technique

Perpendicular insertion at CV-12 Zhongwan, ST-25 Tianshu, PC-6 Neiguan, and SP-4 Gongsun with application of the even method. Apply the reducing method at ST-44 Neiting and the reinforcing method at SP-6 Sanyinjiao and KI-3 Taixi. Retain the needles for 30 minutes.

Explanation

- CV-12 Zhongwan and ST-25 Tianshu, the front-*mu* points of the Stomach and Large Intestine respectively, fortify the Spleen, supplement the Stomach, and free and regulate Qi in the abdomen.
- PC-6 Neiguan and SP-4 Gongsun, the *jiao hui*-confluence points of the Yin Linking Vessel (*yin wei mai* 阴维脉) and Penetrating Vessel (*chong mai* 冲脉) respectively, fortify the Spleen and supplement the Stomach.
- ST-44 Neiting, the *ying*-spring point of the Stomach channel, clears Heat to safeguard Body Fluids.
- SP-6 Sanyinjiao and KI-3 Taixi nourish Yin and generate Body Fluids.

Notes

The Spleen is the Root of Later Heaven. Once the functions of the Spleen and Stomach in bearing upward and downward are harmonized, the Body Fluids can move freely. Both the herbal and acupuncture prescriptions emphasize fortifying the Spleen and supplementing the Stomach to nourish Yin. If the Spleen and Stomach are not harmonized, pathological changes can occur.

DEFICIENCY OF LIVER AND KIDNEY YIN

Symptoms and signs

Dry eyes, mouth and throat, blurred vision, dry and brittle nails, dizziness, tinnitus, dull pain in the chest and hypochondrium, limpness and aching in the lower back and knees, numb limbs, hypertonicity of the sinews, heat in the palms and soles and the center of the chest, lethargy, insomnia, night sweating, dryness in the genital region, dry stools, a red tongue with a scant coating, and a thready and weak or deficient and wiry pulse.

HERBAL MEDICINE

Treatment principle

Enrich and supplement the Liver and Kidneys, nourish Yin and generate Body Fluids.

Prescription

YI GUAN JIAN HE ZHI BAI DI HUANG WAN JIA JIAN

All-The-Way-Through Brew Combined With Anemarrhena, Phellodendron and Rehmannia Pill, with modifications

Sheng Di Huang (Radix Rehmanniae Glutinosae) 30g
Bei Sha Shen (Radix Glehniae Littoralis) 20g
Mai Men Dong (Radix Ophiopogonis Japonici) 20g
Dang Gui (Radix Angelicae Sinensis) 10g
Gou Qi Zi (Fructus Lycii) 15g
Shan Zhu Yu (Fructus Corni Officinalis) 15g
Shan Yao (Rhizoma Dioscoreae Oppositae) 20g
Huang Bai (Cortex Phellodendri) 10g
Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis) 10g
Mu Dan Pi (Cortex Moutan Radicis) 15g
Fu Ling (Sclerotium Poriae Cocos) 15g
Ze Xie (Rhizoma Alismatis Orientalis) 15g
Han Lian Cao (Herba Ecliptae Prostratae) 30g
Tian Men Dong (Radix Asparagi Cochinchinensis) 20g

Explanation

- Sheng Di Huang* (Radix Rehmanniae Glutinosae) enriches Yin and nourishes the Blood, supplements and boosts the Liver and Kidneys.
- Bei Sha Shen* (Radix Glehniae Littoralis), *Mai Men Dong* (Radix Ophiopogonis Japonici), *Dang Gui* (Radix Angelicae Sinensis), *Gou Qi Zi* (Fructus Lycii), *Shan Zhu Yu* (Fructus Corni Officinalis), and *Shan Yao* (Rhizoma Dioscoreae Oppositae) boost Yin, nourish the Blood, supplement the Liver and Kidneys, and generate Body Fluids in order to foster Yin and nourish Yang.
- Huang Bai* (Cortex Phellodendri), *Zhi Mu* (Rhizoma Anemarrhenae Asphodeloidis) and *Fu Ling* (Sclerotium Poriae Cocos) percolate Damp-turbidity and clear Deficiency-Heat.
- Han Lian Cao* (Herba Ecliptae Prostratae), *Tian Men Dong* (Radix Asparagi Cochinchinensis), *Ze Xie* (Rhizoma Alismatis Orientalis), and *Mu Dan Pi* (Cortex Moutan Radicis) enrich and nourish Kidney Yin, percolate Dampness and clear Deficiency-Heat.

Modification

For more severe cases of dry eyes and blurred vision with a dry red tongue, add *Nü Zhen Zi* (Fructus Ligustri Lucidi) 30g, *Ju Hua* (Flos Chrysanthemi Morifolii) 12g and *Jue Ming Zi* (Semen Cassiae) 12g to calm the Liver and brighten the eyes.

ACUPUNCTURE

Treatment principle

Enrich and supplement the Liver and Kidneys, nourish Yin and moisten Dryness to brighten the eyes.

Points

BL-1 Jingming, ST-1 Chengqi, BL-18 Ganshu, SP-10 Xuehai, SP-6 Sanyinjiao, and KI-3 Taixi.

Technique

- Apply the rotating reinforcing method at SP-6 Sanyinjiao and SP-10 Xuehai to obtain a localized sensation of aching and distention.
- Apply the reducing method at BL-1 Jingming and ST-1 Chengqi to obtain a sensation of aching and distention with lacrimation.
- Oblique insertion at BL-18 Ganshu and perpendicular insertion at KI-3 Taixi with application of the reinforcing method.
- Retain the needles for 30 minutes.

Explanation

- SP-6 Sanyinjiao enriches and supplements the Liver and Kidneys.
- SP-10 Xuehai and BL-18 Ganshu nourish the Blood and soothe the Liver.
- KI-3 Taixi enriches Yin and nourishes the eyes.
- BL-1 Jingming and ST-1 Chengqi moisten Dryness and brighten the eyes.

Notes

Long-term depletion and Deficiency of Body Fluids affect Liver and Kidney Yin; Liver and Kidney Yin Deficiency patterns are often seen in Sjögren's syndrome patients. Materia medica for supplementing Liver and Kidney Yin should be added to a basic prescription of supplementing the Liver and Kidneys in order to moderate Yin Deficiency symptoms. As for acupuncture, KI-10 Yingu and KI-15 Zhongzhu can be added to enhance the effect of SP-6 Sanyinjiao and KI-3 Taixi in enriching and nourishing Kidney and Liver Yin and regulating the distribution of Body Fluids throughout the body.

DAMP-HEAT OBSTRUCTION**Symptoms and signs**

Dry eyes and mouth, swelling of the salivary glands, intermittent swelling of the parotid glands, a bitter taste in the mouth, diminished taste sensation, foul breath, swollen and painful joints, a red tongue with a thick and greasy or greasy and yellow coating, and a soggy and rapid or slippery and rapid pulse.

HERBAL MEDICINE

Treatment principle

Transform Dampness and clear Heat.

Prescription**PING WEI SAN HE ER MIAO SAN JIA JIAN**

Quieting the Stomach Powder and Mysterious Two Powder, with modifications

Cang Zhu (Rhizoma Atractylodis) 12g
Hou Po (Cortex Magnoliae Officinalis) 9g
Huo Xiang (Herba Agastaches seu Pogostemi) 12g
Pei Lan (Herba Eupatorii Fortunei) 12g
Huang Bai (Cortex Phellodendri) 12g
Yi Yi Ren (Semen Coicis Lachryma-jobi) 30g
Xia Ku Cao (Spica Prunellae Vulgaris) 15g
Qing Hao (Herba Artemisiae Chinghao) 15g
Ren Dong Teng (Caulis Lonicerae Japonicae) 30g
Gan Cao (Radix Glycyrrhizae) 6g

Explanation

- *Cang Zhu* (Rhizoma Atractylodis), *Hou Po* (Cortex Magnoliae Officinalis) and *Huang Bai* (Cortex Phellodendri) dry Dampness and move Qi.
- *Huo Xiang* (Herba Agastaches seu Pogostemi), *Pei Lan* (Herba Eupatorii Fortunei) and *Yi Yi Ren* (Semen Coicis Lachryma-jobi) reinforce the effect in transforming Dampness.
- *Xia Ku Cao* (Spica Prunellae Vulgaris), *Qing Hao* (Herba Artemisiae Chinghao) and *Ren Dong Teng* (Caulis Lonicerae Japonicae) clear Heat and relieve Toxicity, and moderate joint pain and swelling caused by Damp-Heat.
- *Gan Cao* (Radix Glycyrrhizae) regulates and harmonizes the actions of the other ingredients.

Modifications

1. For patients who frequently catch cold, use *Sang Xing Tang Jia Jian* (Mulberry Leaf and Apricot Kernel Decoction, with modifications) instead.
2. For accompanying symptoms of headache, dizziness and red eyes due to exuberant Fire in the Liver and Gallbladder, use *Xiao Chai Hu Tang* (Minor Bupleurum Decoction) with the addition of *Ge Gen* (Radix Puerariae) 30g and *Shi Gao* (Gypsum Fibrosum) 30g.

ACUPUNCTURE

Treatment principle

Transform Dampness and clear Heat.

Points

TB-17 Yifeng, ST-6 Jiache, CV-12 Zhongwan, LI-11 Quchi, SP-9 Yinlingquan, ST-40 Fenglong, KI-3 Taixi, and ST-44 Neiting.

Technique

Apply the respiratory reducing method at CV-12 Zhongwan, the lifting and thrusting or rotating reducing method at SP-9 Yinlingquan, ST-40 Fenglong, ST-44 Neiting, and LI-11 Quchi, the even method at TB-17

Yifeng and ST-6 Jiache, and the reinforcing method at KI-3 Taixi. Retain the needles for 20 minutes.

Explanation

- CV-12 Zhongwan, the front-*mu* point of the Stomach, regulates the functions of Qi in the Middle Burner to free the network vessels and transform stagnation.
- SP-9 Yinlingquan and ST-40 Fenglong benefit the movement of Dampness and transform Phlegm-turbidity.
- TB-17 Yifeng and ST-6 Jiache regulate channel Qi locally.
- ST-44 Neiting and LI-11 Quchi clear and drain Yangming channel Heat.
- KI-3 Taixi enriches Yin throughout the body.

Notes

If Dampness is not eliminated with strong Damp-dispelling materia medica or strong stimulation at relevant acupuncture points, it can brew to form Heat, with Heat then damaging Body Fluids and aggravating the condition. If Damp-Heat sticks together to transform into Dryness Toxins, treatment is difficult.

QI STAGNATION AND BLOOD STASIS

Symptoms and signs

Dry mouth, throat and eyes, a sensation of a foreign body in the eyes, swollen parotid glands, rough skin sometimes with dark marks, painful limb joints, sometimes with inhibited flexion and extension, limpness and aching of the lower back, dizziness, a dull purple dry tongue, and a thready and rough pulse.

HERBAL MEDICINE

Treatment principle

Invigorate the Blood and transform stasis to free the network vessels.

Prescription

XUE FU ZHU YU TANG JIA JIAN

Decoction for Expelling Stasis from the House of Blood, with modifications

Dang Gui (Radix Angelicae Sinensis) 12g
Sheng Di Huang (Radix Rehmanniae Glutinosae) 15g
Tao Ren (Semen Persicae) 12g
Hong Hua (Flos Carthami Tinctorii) 9g
Zhi Ke (Fructus Citri Aurantii) 6g
Chi Shao (Radix Paeoniae Rubra) 6g
Chai Hu (Radix Bupleuri) 3g
Chuan Xiong (Rhizoma Ligustici Chuanxiong) 9g
Niu Xi (Radix Achyranthis Bidentatae) 12g
Ji Xue Teng (Caulis Spatholobi) 15g
Lu Xian Cao (Herba Pyrolae) 15g
Gan Cao (Radix Glycyrrhizae) 6g

Explanation

- *Dang Gui* (Radix Angelicae Sinensis), *Tao Ren* (Semen Persicae), *Hong Hua* (Flos Carthami Tinctorii), *Chi Shao* (Radix Paeoniae Rubra), *Chuan Xiong* (Rhizoma Ligustici Chuanxiong), and *Ji Xue Teng* (Caulis Spatholobi) invigorate the Blood and transform Blood stasis.
- *Niu Xi* (Radix Achyranthis Bidentatae) dispels static Blood and frees the blood vessels to guide Blood stasis downward.
- *Chai Hu* (Radix Bupleuri) dredges the Liver and relieves Depression, and bears clear Yang upward.
- *Zhi Ke* (Fructus Citri Aurantii) moves Qi and when Qi moves, Blood moves.
- *Sheng Di Huang* (Radix Rehmanniae Glutinosae) nourishes Yin to help dispel Blood stasis without damaging Yin.
- Combining *Niu Xi* (Radix Achyranthis Bidentatae) and *Ji Xue Teng* (Caulis Spatholobi) with *Lu Xian Cao* (Herba Pyrolae) supplements the Liver and Kidneys, strengthens the sinews and bones, dispels Wind-Damp, relieves Bi syndrome pain, invigorates the Blood and frees the network vessels.
- *Gan Cao* (Radix Glycyrrhizae) regulates and harmonizes the actions of the other ingredients.

Modification

For severe joint pain, add *Qiang Huo* (Rhizoma et Radix Notopterygii) 30g, *Gang Ren Gen* (Radix Rhodomyrti) 30g and *Wei Ling Xian* (Radix Clematidis) 15g to dispel Wind-Damp and free the network vessels.

ACUPUNCTURE

Treatment principle

Invigorate the Blood and transform stasis to free the network vessels.

Points

BL-17 Geshu, CV-6 Qihai, LI-4 Hegu, SP-6 Sanyinjiao, and LR-3 Taichong.

Technique

Apply the lifting and thrusting reducing method at LI-4 Hegu and LR-3 Taichong and the reducing method at SP-6 Sanyinjiao. Perform oblique insertion at BL-17 Geshu and perpendicular insertion at CV-6 Qihai with application of the even method. Retain the needles for 30 minutes.

Explanation

- LI-4 Hegu and LR-3 Taichong, known as the “four gates”, diffuse Qi and free the Blood to free the network vessels (with application of the reducing method).
- SP-6 Sanyinjiao and BL-17 Geshu invigorate the Blood and transform stasis.

- CV-6 Qihai supplements and moves Qi to invigorate the Blood and nourish the channels and vessels.

Notes

Enduring illness results in stasis. Since Sjögren's syndrome is a chronic disease, adding materia medica with Blood-invigorating properties can improve results. Local points may be added to the basic acupuncture prescription to free the channels and invigorate the network vessels. This pattern may exist independently, but is often seen concurrently with other patterns, hence careful differentiation is necessary.

STASIS TOXINS OBSTRUCTING THE NETWORK VESSELS

Symptoms and signs

Dry mouth and throat that is difficult to bear, dry eyes with a sensation of burning pain, aching joints, a crimson-red tongue with a scant and peeling coating, and a wiry and thready pulse.

HERBAL MEDICINE

Treatment principle

Dispel Blood stasis and relieve Toxicity, free the network vessels and alleviate pain.

Prescription

QING ZAO JIE DU TONG LUO ZHI TONG FANG

Formula for Clearing Dryness, Relieving Toxicity, Freeing the Network Vessels and Alleviating Pain

Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis) 12g

Sheng Di Huang (Radix Rehmanniae Glutinosae) 30g

Xuan Shen (Radix Scrophulariae Ningpoensis) 20g

Jin Yin Hua (Flos Lonicerae) 20g

Shi Hu (Herba Dendrobii) 20g

Qing Feng Teng (Caulis et Rhizoma Sinomenii seu Sabiae) 12g

Shan Ci Gu (Pseudobulbus Shancigu) 12g

Pu Gong Ying (Herba Taraxaci cum Radice) 30g

Tu Fu Ling (Rhizoma Smilacis Glabrae) 30g

Explanation

- *Zhi Mu* (Rhizoma Anemarrhenae Asphodeloidis), *Sheng Di Huang* (Radix Rehmanniae Glutinosae) and *Xuan Shen* (Radix Scrophulariae Ningpoensis) enrich Yin and clear Heat.
- *Jin Yin Hua* (Flos Lonicerae), *Shan Ci Gu* (Pseudobulbus Shancigu), *Pu Gong Ying* (Herba Taraxaci cum Radice), and *Tu Fu Ling* (Rhizoma Smilacis Glabrae) clear Heat, relieve Toxicity and transform Dampness.
- *Qing Feng Teng* (Caulis et Rhizoma Sinomenii seu Sabiae) dispels Wind and frees the network vessels.
- *Shi Hu* (Herba Dendrobii) boosts the Stomach and generates Body Fluids, enriches Yin and clears Heat.

It is used for dry mouth, thirst and blurred vision due to damage to Yin and depletion of Body Fluids.

Modifications

1. For obvious Damp Toxins, add *Yu Xing Cao* (Herba Houttuyniae Cordatae) 30g, *Bai Hua She She Cao* (Herba Hedyotidis Diffusae) 30g, *Cao Dou Kou* (Semen Alpiniae Katsumadai) 3g, and *Cang Zhu* (Rhizoma Atractylodis) 12g to dry Dampness, clear Heat and relieve Toxicity.
2. For painful joints, add *Jin Que Gen* (Radix Caraganae Sinicae) 30g, *Luo De Da* (Herba Centellae) 30g and *Jie Gu Mu* (Ramulus Sambuci Williamsii) 30g to dispel Wind and free the network vessels, benefit the movement of water and disperse swelling.

ACUPUNCTURE

Treatment principle

Dispel Blood stasis and relieve Toxicity, free the network vessels and alleviate pain.

Points

ST-2 Sibai, CV-22 Tiantu, LU-5 Chize, LU-11 Shaoshang (or LI-1 Shangyang), BL-40 Weizhong, and SP-6 Sanyinjiao.

Technique

- Apply the even method at ST-2 Sibai, CV-22 Tiantu and SP-6 Sanyinjiao.
- Prick to bleed with a three-edged needle at LU-11 Shaoshang or LI-1 Shangyang so that two or three drops of bright red blood emerge.
- Apply the reducing method at BL-40 Weizhong and LU-5 Chize or prick to bleed at these points.
- Retain the needles for 30 minutes.

Explanation

- ST-2 Sibai invigorates the Blood to clear the head and brighten the eyes.
- CV-22 Tiantu moistens the throat and regulates Qi.
- LU-11 Shaoshang and LI-1 Shangyang discharge the Blood and clear Heat to benefit the throat.
- BL-40 Weizhong and LU-5 Chize relieve Toxicity and dispel Blood stasis to alleviate pain.
- SP-6 Sanyinjiao invigorates the Blood, enriches Yin and frees the network vessels.

Notes

This herbal prescription and accompanying acupuncture point combination were formulated specifically in our hospital to treat this pattern, which mainly manifests as Damp Toxins and stasis Toxins. Therefore, it is important to differentiate whether Dampness or stasis is the predominant pathogenic Toxin so that the herbal formula and acupuncture points can be modified accordingly. Without doing this, pathogenic Toxins may not be eliminated and the disease will be difficult to treat.

Moxibustion can be added at BL-40 Weizhong and SP-6 Sanyinjiao to strengthen the effect in eliminating these pathogenic Toxins.

QI AND YANG DEFICIENCY

Symptoms and signs

Dry mouth, throat and eyes, dry skin, aching, heavy and cumbersome limbs and joints, lack of warmth in the hands and feet, shortness of breath, palpitations, sluggishness and lethargy, poor appetite, loose stools, aversion to cold with swelling of the fingers and lower legs in severe cases, a pale and enlarged tongue with teeth marks at the margins and a thin slippery coating, and a slow, moderate and forceless pulse.

HERBAL MEDICINE

Treatment principle

Reinforce Yang and supplement Qi, warm and transform Water and Dampness.

Prescription

BU ZHONG YI QI TANG JIA JIAN

Decoction for Supplementing the Middle Burner and Boosting Qi, with modifications

Huang Qi (Radix Astragali seu Hedysari) 30g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g

Sheng Ma (Rhizoma Cimicifugae) 12g

Dang Gui (Radix Angelicae Sinensis) 15g

Chai Hu (Radix Bupleuri) 6g

Shan Yao (Rhizoma Dioscoreae Oppositae) 15g

Ding Xiang (Flos Caryophylli) 12g

Yin Yang Huo (Herba Epimedii) 15g

Tai Zi Shen (Radix Pseudostellariae Heterophyllae) 15g

Gan Jiang (Rhizoma Zingiberis Officinalis) 9g

Gan Cao (Radix Glycyrrhizae) 6g

Explanation

- *Huang Qi* (Radix Astragali seu Hedysari), *Tai Zi Shen* (Radix Pseudostellariae Heterophyllae), *Dang Gui* (Radix Angelicae Sinensis), and *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) supplement Qi and fortify the Spleen.
- *Sheng Ma* (Rhizoma Cimicifugae) and *Chai Hu* (Radix Bupleuri) bear Yang upward and raise what has fallen.
- *Shan Yao* (Rhizoma Dioscoreae Oppositae), *Ding Xiang* (Flos Caryophylli), *Yin Yang Huo* (Herba Epimedii), and *Gan Jiang* (Rhizoma Zingiberis Officinalis) supplement the Kidneys and warm Yang.
- *Gan Cao* (Radix Glycyrrhizae) regulates and harmonizes the actions of the other ingredients.

Modification

Where this pattern is complicated by Qi stagnation, add *Zhi Ke* (Fructus Citri Aurantii) 9g and *Mu Xiang* (Radix Aucklandiae Lappae) 6g to move and regulate Qi.

ACUPUNCTURE

Treatment principle

Reinforce Yang and supplement Qi, warm and transform Water and Dampness.

Points

CV-17 Danzhong, ST-25 Tianshu, CV-6 Qihai, CV-4 Guanyuan, ST-36 Zusanli, KI-3 Taixi, and SP-3 Taibai.

Technique

Apply the even method at ST-25 Tianshu and the reinforcing method at the other points. Perform moxibustion for 10 minutes at CV-6 Qihai and CV-4 Guanyuan after withdrawing the needles. Retain the needles for 30 minutes.

Explanation

- CV-6 Qihai, CV-17 Danzhong and ST-36 Zusanli supplement Qi throughout the body.
- CV-4 Guanyuan warms and supplements Original Qi (*yuan qi* 元气) and Yang.
- Combining KI-3 Taixi and SP-3 Taibai, the *yuan*-source points of the Kidney and Spleen channels respectively, supplements and boosts the Root of Later Heaven.
- SP-3 Taibai also fortifies the Spleen and warms and transforms Water and Dampness.
- ST-25 Tianshu regulates Qi and has the effect of supplementing without causing stagnation.

Notes

Where this disease has persisted for a long period or has reached the late stage, manifestations of Qi and Yang Deficiency are likely to occur. Under these circumstances, the emphasis should be placed on materia medica and acupuncture points with the action of supplementing Qi and warming Yang. Only if Qi is exuberant and Yang is strengthened can Qi move the Body Fluids and Yang exercise its warming effect. Body Fluids can then be distributed throughout the body and the symptoms can improve.

Other treatment methods

ADDITIONAL ACUPUNCTURE

Selection of points according to symptoms

Main points ST-36 Zusanli and CV-3 Zhongji.

Auxiliary points

- For dry mouth, add ST-4 Dicang, CV-24 Chengjiang and LI-4 Hegu.
- For dry eyes, add EX-HN-4 Yuyao, BL-1 Jingming and ST-2 Sibai.
- For swollen cheeks, add ST-6 Jiache and ST-7 Xiaguan.

- For involvement of the upper limbs, add LI-11 Quchi and TB-5 Waiguan.
- For involvement of the lower limbs, add GB-34 Yanglingquan.
- For dryness in the genital region, add BL-23 Shenshu and CV-4 Guanyuan.
- For dry and itchy skin, add LI-11 Quchi and SP-10 Xuehai.

Technique Needle the points with the even method. Treat every two days; 10 sessions make up one course.

Selection of points along the affected channels

Main points CV-6 Qihai, CV-4 Guanyuan and CV-2 Qugu.

Auxiliary points BL 23 Shenshu and GV-4 Mingmen.

Technique Needle the points with the reinforcing method. After obtaining a needling sensation, retain the needles for 30 minutes. Manipulate the needles 3-5 times during needle retention. Treat every two days; 10 sessions make up one course.

EMPIRICAL FORMULAS

- *Run Zao Liu Huang Tang* (Six Yellows Decoction For Moistening Dryness, Liu Xuexiang's formula)²

Sheng Di Huang (Radix Rehmanniae Glutinosae) 15-30g
Shu Di Huang (Radix Rehmanniae Glutinosae Conquita) 15-30g

Huang Lian (Rhizoma Coptidis) 3-6g

Huang Qin (Radix Scutellariae Baicalensis) 3-6g

Huang Bai (Cortex Phellodendri) 3-6g

Dang Gui (Radix Angelicae Sinensis) 15-30g

Tian Men Dong (Radix Asparagi Cochinchinensis) 10-15g

Mai Men Dong (Radix Ophiopogonis Japonici) 10-15g

Xuan Shen (Radix Scrophulariae Ningpoensis) 15-30g

Huang Jing (Rhizoma Polygonati) 30g

Zhi Huang Qi (Radix Astragali seu Hedysari, mix-fried with honey) 30-100g

Indications This formula, based on the treatment principle of enriching Yin and moistening Dryness, supplementing Qi and generating Body Fluids, is suitable for patterns of effulgent Yin Deficiency-Fire and insufficiency of the Liver and Kidneys, with manifestations including dry eyes without tears, dry tongue and mouth, difficulty in swallowing and chewing, dry and cracked lips, hoarse voice, emaciation, mental listlessness, occasional low-grade fever, irritability, irascibility, poor sleep with profuse dreaming, dry stools, short voidings of reddish urine, vaginal dryness and discomfort, a pale tongue with a dry yellow coating, and a wiry and thready pulse.

- *Huo Xue Sheng Jin Wan* (Pill for Invigorating the Blood and Generating Fluids, Beijing Guang An Men Hospital formula)

Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis) 10-15g

Yu Zhu (Rhizoma Polygonati Odorati) 10-15g

Chuan Xiong (Rhizoma Ligustici Chuanxiong) 6-9g

Chi Shao (Radix Paeoniae Rubra) 6-9g

Bai Shao (Radix Paeoniae Lactiflorae) 10-15g

Dan Shen (Radix Salviae Miltiorrhizae) 10-15g

Hong Hua (Flos Carthami Tinctorii) 6-9g

Gou Qi Zi (Fructus Lycii) 10-15g

Sheng Di Huang (Radix Rehmanniae Glutinosae) 15-30g

Shu Di Huang (Radix Rehmanniae Glutinosae Conquita) 15-30g

Shi Hu (Herba Dendrobii) 10-15g

E Zhu (Rhizoma Curcumae) 6-9g

Indications This formula is suitable for patients with Blood stasis symptoms as well as Dryness symptoms.

- *Jian Pi Yi Qi Zeng Ye Tang* (Decoction for Fortifying the Spleen, Boosting Qi and Increasing Fluids, Beijing Municipal TCM Hospital Formula)

Tai Zi Shen (Radix Pseudostellariae Heterophyllae) 15-30g

Huang Qi (Radix Astragali seu Hedysari) 15-30g

Dang Shen (Radix Codonopsis Pilosulae) 15-30g

Fu Ling (Sclerotium Poriae Cocos) 10-15g

Tian Hua Fen (Radix Trichosanthis) 10-15g

Sheng Di Huang (Radix Rehmanniae Glutinosae) 15-30g

Gan Cao (Radix Glycyrrhizae) 6-9g

Indications This formula is suitable for patients with Qi Deficiency symptoms as well as Dryness symptoms.

PATENT HERBAL MEDICINES³

- For patterns of pathogenic Dryness attacking the Lungs, take *Ling Yang Qing Fei Wan* (Antelope Horn Pills for Clearing the Lungs) one pill, twice a day, plus *Yang Yin Qing Fei Gao* (Syrup for Nourishing Yin and Clearing the Lungs), 10 ml, three times a day.
- For patterns of Lung and Kidney Yin Deficiency, take *Mai Wei Di Huang Wan* (Ophiopogon and Rehmannia Pill), 6g, twice a day.
- For patterns of Spleen and Stomach Yin Deficiency, take *Yang Wei Shu Chong Ji* (Soluble Granules for Nourishing and Comforting the Stomach), one sachet, three times a day.
- For patterns of Liver and Kidney Yin Deficiency, take *Qi Ju Di Huang Wan* (Wolfberry, Chrysanthemum and Rehmannia Pill), 6g, three times a day, or *Shi Hu Ye Guang Wan* (Dendrobium Pill for Night Vision), 6g, twice a day.

² Liu Xuexiang, *Run Zao Liu Huang Tang Zhi Liao Kou Yan Gan Zao Zong He Zheng* [Six Yellows Decoction for Moistening Dryness in the Treatment of Sjögren's Syndrome], *Shan Dong Zhong Yi Za Zhi* [Shandong Journal of Traditional Chinese Medicine] 12, 2 (1993): 13.

³ See Appendix 2 for ingredients.

- For patterns of Qi stagnation and Blood stasis, take *Da Huang Zhe Chong Wan* (Rhubarb and Wingless Cockroach Pill), one pill, twice a day.

EXTERNAL TREATMENT

- For dry mouth, keep some fresh *Shi Hu* (Herba Dendrobii) or *Mai Men Dong* (Radix Ophiopogonis Japonici) in the mouth, or make a decoction with *Wu Mei* (Fructus Pruni Mume) and *Gan Cao* (Radix Glycyrrhizae) and drink as a tea, sipping frequently.
- For inflamed eyes, apply *Zhen Zhu Yan Yao Shui* (Pear Powder Eye Drops), three times a day.
- Where the parotid glands are swollen, apply *Ru Yi Jin Huang San* (Agreeable Golden Yellow Powder), two or three times a day.

Diet therapy

Dryness patterns in Sjögren's syndrome can be caused by depletion of Body Fluids or by Body Fluids not being borne upward to the eyes and mouth. Dietary recommendations should take the appropriate pattern into account.

Generally, Dryness pattern patients should eat sweet, cool, nourishing, and moistening foods to enrich Yin, clear Heat and generate Body Fluids such as watermelon (*Xi Gua*, Fructus Citrulli), raw pear, yellow jelly fungus (*Yin Er*, Tremella), or freshwater mussels; it is better to eat small quantities of these foods often. Patients with digestion problems or dysfunction of the stomach or intestines should eat bland easily-digestible foods and avoid rich and greasy foods.

Sjögren's syndrome patients usually manifest with dry eyes, mouth, tongue, and throat and should drink frequently; in more severe cases, the esophagus will be dry with difficulty in swallowing. Under these circumstances, eating congees, noodles or other semi-liquid foods is recommended. After meals, rinse the mouth with water or a medicated mouthwash to avoid food remnants causing tooth problems or ulcers.

Since Sjögren's syndrome patients often have effulgent Yin Deficiency-Fire symptoms such as dry eyes, aversion to light, and dry mouth and throat, they should avoid spicy, aromatic, dry, or hot-natured food and drinks such as alcohol, coffee, deep-fried foods, red meat, ginger, garlic, and scallion; they should also refrain from smoking.

RECOMMENDED RECIPES

Yin Er Xue Li Gao (Yellow Jelly Fungus and Snow Pear Syrup)

Yellow jelly fungus (*Yin Er*, Tremella), 10g

Snow pear, 300g

Rock candy (*Bing Tang*, Saccharon Crystallinum), 15g

Preparation Remove the core from the pear and slice the fruit. Place in a pot, add the jelly fungus and cover with water. Bring to the boil and simmer until a thick decoction is obtained. Add the rock candy (*Bing Tang*, Saccharon Crystallinum) according to taste and dissolve in the liquid. Divide into two portions. Eat the pear and drink the syrup twice a day.

Functions Nourishes Yin and clears Heat, moistens the Intestines and stops coughing.

Indications Dry eyes, mouth and throat, thirst with a desire for drinks, dry cough with scant phlegm, and other symptoms of Lung-Dryness due to Yin Deficiency. Yellow jelly fungus enriches Yin and moistens the Lungs, nourishes the Stomach and generates Body Fluids; snow pear clears the Lungs, moistens Dryness and stops coughing.

Alternative Asian pear, now found in many supermarkets, can be used instead of snow pear.

Wu Zhi Yin (Five Juice Beverage)

Pears, 500g

Water chestnut (*Bi Qi*, Cormus Heleocharitis), 500g

Fresh lotus root (*Lian Ou*, Rhizoma Nelumbinis

Nuciferae), 500g

Fresh reed rhizome (*Lu Gen*, Rhizoma Phragmitis

Communis), 500g

Fresh ophiopogon root (*Mai Men Dong*, Radix

Ophiopogonis Japonici), 100g

Preparation Peel the water chestnuts and wash the other ingredients. Slice all the ingredients and squeeze out the juice, add 500 ml of cold or warm boiled water and drink.

Functions Clears Heat and nourishes Yin, moistens the throat and eliminates Dryness.

Indications Dryness and discomfort in the throat, eyes and mouth. This beverage greatly supplements patients with Yin Deficiency signs during a prolonged illness.

Shan Yu Rou Zhou (Asiatic Cornelian Cherry Fruit Congee)

Asiatic Cornelian cherry fruit (*Shan Zhu Yu*, Fructus Corni Officinalis), 15-20g

Rice (*Jing Mi*, Oryza Sativa), 60g

White sugar, 3g

Preparation Wash the fruit and place with the rice in an earthenware pot. Add 1500 ml of water, bring to the boil and simmer for 30-40 minutes until the congee is cooked. Add the sugar, bring back to the boil, mix thoroughly and serve. Divide into two or three portions and consume within one day.

Functions Enriches and supplements the Liver and Kidneys.

Indications Limpness and aching in the lower back and knees, dizziness, tinnitus, dry eyes, seminal emission, frequent urination, and a tendency to sweat easily.

Yu Zhu Zhou (Solomon Seal Congee)

Solomon seal rhizome (*Yu Zhu*, *Rhizoma Polygonati Odorati*), 15-20g

Rice (*Jing Mi*, *Oryza Sativa*), 60g

Rock candy (*Bing Tang*, *Saccharon Crystallinum*), 5g

Preparation Wash the Solomon seal rhizome and decoct it for 20 minutes in 1000 ml of water. Remove the residue, add the rice and simmer until the congee is cooked (20-30 minutes). Add the rock candy, bring back to the boil, mix thoroughly, and divide into two portions. Eat one portion in the morning and the other in the evening.

Functions Nourishes Yin and moistens Dryness, generates Body Fluids and alleviates thirst.

Indications Dry mouth, throat and eyes, irritability and thirst, and dry cough with scant phlegm.

Xian Ren Zhou (Immortality Congee)

Processed fleeceflower root (*Zhi He Shou Wu*, *Radix*

Polygoni Multiflori Praeparata), 30-60g

Rice (*Jing Mi*, *Oryza Sativa*), 60g

Chinese date (*Da Zao*, *Fructus Ziziphi Jujubae*), 3-5 pieces

Brown sugar, 10g

Preparation Boil the fleeceflower root in 500 ml of water until a concentrated decoction is obtained, then remove the residue. Add the rice and dates and another 750 ml of water, bring to the boil and simmer for 30-40 minutes until the congee is cooked. Add the brown sugar, bring back to the boil, mix thoroughly, and divide into two portions. Eat one portion in the morning and the other in the evening.

Functions Enriches Yin, supplements the Kidneys and boosts the Essence and Blood.

Indications Dry eyes, dizziness, tinnitus, limpness and aching in the lower back and knees, palpitations, and dry stools due to deficiency of Liver and Kidney Yin.

Sheng Di Huang Zhou (Rehmannia Congee)

Rehmannia root juice (*Sheng Di Huang*, *Radix Rehmanniae Glutinosae*), 50ml

(or a decoction prepared with 60g of rehmannia root)

Rice (*Jing Mi*, *Oryza Sativa*), 60g

Fresh ginger (*Sheng Jiang*, *Rhizoma Zingiberis Officinalis Recens*), 2 slices

Preparation Put the rice in 750 ml of water, bring to the boil and simmer for 30-40 minutes until the congee is cooked. Then add the rehmannia root juice (or the liquid from the decoction) and the ginger slices and cook for another 3-5 minutes. Divide into two portions; eat one portion in the morning and the other in the evening.

Functions Nourishes Yin and clears Heat, cools the Blood and stops bleeding.

Indications Febrile illness that damages Yin with resulting depletion and exhaustion of Yin Fluids, dry mouth and thirst, irritability, agitation and irascibility, and

persistent low-grade fever, sometimes with nosebleed or bleeding gums.

Contraindications Avoid eating Chinese onion (scallion), Chinese chives, radish, and greasy food while taking this congee.

Clinical notes

As discussed earlier, Sjögren's syndrome is mainly related to insufficiency of Liver and Kidney Yin, internal Heat due to Yin Deficiency, Heat stirring to damage Body Fluids, Blood stasis and depletion of Body Fluids, and Dryness-Heat becoming exuberant, with the eventual generation of Dryness Toxins. Chinese medicine can achieve relatively good results through the main treatment principles of nourishing Yin and generating Body Fluids, clearing Heat and freeing the network vessels.

The main objective of treatment is to control progress of the condition and avoid systemic symptoms. In cases of secondary Sjögren's syndrome occurring in conjunction with rheumatoid arthritis, SLE or other autoimmune or connective tissue diseases, the dryness symptoms should be treated at the same time as the main disease patterns (see the relevant chapter).

When prescribing materia medica, the following aspects of treatment should be taken into consideration:

1. Materia medica with the effect of inhibiting immune complexes (and therefore limiting the damage caused to vessel walls)

Huang Qin (*Radix Scutellariae Baicalensis*)

Ren Dong Teng (*Caulis Lonicerae Japonicae*)

Ku Shen (*Radix Sophorae Flavescens*)

Hu Zhang (*Radix et Rhizoma Polygoni Cuspidati*)

Yang Ti Gen (*Radix Rumicis Crispi*)

Yu Jin (*Radix Curcumae*)

2. Materia medica with the effect of promoting salivary and lacrimal gland secretion

Sheng Di Huang (*Radix Rehmanniae Glutinosae*)

Xuan Shen (*Radix Scrophulariae Ningpoensis*)

Shi Hu (*Herba Dendrobii*)

Bei Sha Shen (*Radix Glehniae Littoralis*)

Mai Men Dong (*Radix Ophiopogonis Japonici*)

Bai Mao Gen (*Rhizoma Imperatae Cylindrica*)

Lu Gen (*Rhizoma Phragmitis Communis*)

Gou Qi Zi (*Fructus Lycii*)

Sheng Shi Gao (*Gypsum Fibrosum Crudum*)

Zhi Mu (*Rhizoma Anemarrhenae Asphodeloidis*)

Impairment of the glandular function in Sjögren's syndrome is caused by lymphocytic infiltration of the lacrimal and salivary glands with elevated immunoglobulin levels and circulating immune complexes.

Materia medica that inhibit immune complexes can help to improve gland secretion. However, it is important to remember that this condition is not the same as dry mouth and throat due to fever damaging Body Fluids. Therefore, only using materia medica for generating Body Fluids such as *Shi Hu* (Herba Dendrobii), *Gou Qi Zi* (Fructus Lycii) and *Bai Mao Gen* (Rhizoma Imperatae Cylindricae) will not usually be effective enough, since they can only treat the Manifestations rather than the Root and may exacerbate gland dysfunction when used on their own. Therefore, consideration should be given to combining materia medica from both the above categories (promoting salivary gland secretion and regulating immune complexes).

Although *Gui Zhi* (Ramulus Cinnamomi Cassiae) has the effect of promoting salivary gland secretion, its use is not generally advised because of its warm nature and its strong channel-warming effect. However, it can be used in combination with *Sheng Shi Gao* (Gypsum Fibrosum Crudum) and *Sheng Di Huang* (Radix Rehmanniae Glutinosae) to nourish Yin and clear Heat when treating Sjögren's syndrome with internal Heat due to Yin Deficiency complicated by Cold-Damp (as may occur when Sjögren's syndrome is associated with other autoimmune diseases).

3. Yin-nourishing materia medica with the effect of increasing hormone levels

Sheng Di Huang (Radix Rehmanniae Glutinosae)

Xuan Shen (Radix Scrophulariae Ningpoensis)

Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis)

Shui Niu Jiao (Cornu Bubali)

Zhi He Shou Wu (Radix Polygoni Multiflori Praeparata)

Gou Qi Zi (Fructus Lycii)

4. Materia medica for clearing Heat and relieving Toxicity that also help prevent secondary infection of the salivary and lacrimal glands

Huang Lian (Rhizoma Coptidis)

Huang Qi (Radix Astragali seu Hedysari)

Tu Fu Ling (Rhizoma Smilacis Glabrae)

Ye Ju Hua (Flos Chrysanthemi Indici)

Ku Shen (Radix Sophorae Flavescens)

Hong Teng (Caulis Sargentodoxae Cuneatae)

Materia medica for drying Dampness with the effect of inhibiting salivary gland secretion are contraindicated (except in Damp-Heat patterns). These include *Cang Zhu* (Rhizoma Atractylodis) and *Hou Po* (Cortex Magnoliae Officinalis).

It is not advisable to prescribe materia medica for drying Dampness to treat patients with a thick tongue coating. The thick tongue coating sometimes found in Sjögren's syndrome is due to a reduction in saliva resulting in dysfunction of the mouth's self-cleaning

action rather than Damp stagnation due to Spleen Deficiency. Close attention should be paid to examining the tongue body. If it is red and the condition is accompanied by dry stools, irrespective of whether the tongue coating is thin or thick, materia medica for nourishing Yin and generating Body Fluids should predominate in the prescription.

A large majority of patients present with a thick tongue coating after they have taken corticosteroids. This type of thick non-greasy tongue coating is due to steroids causing hyperplasia of the lingual papillae to result in dry mouth and lack of saliva rather than being due to severe Dampness. Therefore, herbs for drying Dampness can make the condition worse. The treatment method of nourishing Yin and generating Body Fluids should be applied in order to improve internal Heat and Dryness.

For the same reason, care should be taken when using aromatic herbs for regulating Qi such as *Sha Ren* (Fructus Amomi), *Rou Dou Kou* (Semen Myristicae Fragrantis), *Mu Xiang* (Radix Aucklandiae Lappae), *Wu Yao* (Radix Linderæ Strychnifoliae), and *Xiang Fu* (Rhizoma Cyperi Rotundi).

For patients with stomach discomfort, materia medica for harmonizing the Stomach and regulating Qi with less strong aromatic and drying properties can be added to the prescription such as *Fo Shou* (Fructus Citri Sarcodactylis) and *Zhi Ke* (Fructus Citri Aurantii).

For stomach ache, *Huang Lian* (Rhizoma Coptidis) and *Wu Zhu Yu* (Fructus Evodiae Rutaecarpae) can be added to the prescription.

When acupuncture treatment is combined with herbal treatment, points with the functions of disseminating Body Fluids and moistening Dryness can be integrated into a basic prescription selected according to pattern identification and symptoms. Points along the Triple Burner channel such as TB-2 Yemen, TB-3 Zhongzhu and TB-6 Zhigou can be selected for this purpose. *Su Wen: Ling Lan Mi Dian Lun* [Simple Questions: On Secret Classics Stored in the Imperial Library] says: "The Triple Burner is the official in charge of the sluices and is responsible for controlling the water passages." Its function is to ensure the free flow of water and fluids throughout the body. If the Triple Burner is functioning correctly, the Body Fluids can be distributed normally and the organs and tissues moistened and nourished.

Western medicine treatment is mainly symptomatic, for example with the use of artificial tears, saliva stimulants, mouth rinses, nasal sprays, and skin creams. Where there are severe symptoms resulting from damage to internal organs, corticosteroids may be given orally in a similar manner to that in SLE patients. For a discussion on integrating Chinese medicine with steroid treatment, see chapter 5.

Advice for the patient

- In this prolonged chronic disease, adequate rest and sleep and the avoidance of emotional disturbances and excessive fatigue are advisable to prevent aggravation of the symptoms.
- Avoid excessively dry environments, both internal such as aircraft cabins or highly air-conditioned rooms and external such as exposure to dry winds. Patients should take precautions to avoid infections of the upper respiratory tract, one of these precautions being stopping smoking.
- Avoid the use of medications with anticholinergic side-effects such as certain cold remedies; decongestants or antihistamines that reduce the production of saliva should also be avoided.
- Patients with dry eyes should be advised to take precautions to avoid getting dust or dirt in the eyes when outside and to avoid looking at bright lights. Time spent in front of the computer screen should be reduced. Eyedrops containing physiological saline (sodium chloride 0.9% solutions) help to prevent infection of the eyes. Where the eyes are very dry, the patient may need to be referred for advice on artificial tear drops.
- Patients with a dry mouth should be recommended to keep the oral cavity moistened by continuously sipping liquids or using a mouth rinse. Eat sour fruits such as hawthorn fruit or preserved plums to stimulate the saliva glands or chew sugar-free chewing gum. Pay particular attention to dental hygiene and look out for signs of oral candidiasis (thrush).
- Patients with a dry nose can use nasal drops or sprays containing physiological saline (sodium chloride 0.9% solutions) to help keep the nasal cavity moist and prevent infection. Patients should never put their fingers into their nostrils.
- Patients with dry skin should reduce the number of baths and avoid alkali-based soaps; after a bath, use a whole-body skin lotion or cream to prevent itching.
- Although joint symptoms are usually mild, it may be necessary in some cases to refer patients for physical therapy (physiotherapy).

Prognosis

Sjögren's syndrome is a chronic disease for which there is no complete cure. However, it is also generally a benign disease in which most cases can be brought under control and are likely to experience remission or alternating relapse and remission. If the condition is limited to the

lacrimal and salivary glands, skin and mucous membranes, the prognosis is favorable, but in cases complicated by pneumonitis, kidney failure or lymphoma, the prognosis is poor.

Case histories

Case 1

Patient

Female, aged 54.

Main complaint

Dry mouth and eyes for three years.

Clinical history and manifestations

The patient suddenly developed symptoms of dry mouth and eyes three years ago without any precipitating factors. Her symptoms had worsened recently. She was now experiencing difficulty in swallowing and had to drink during a meal to send food down. She also felt that her eyes were extremely dry with no tears. Accompanying symptoms included generalized fatigue and dry stools. Examination revealed dry mouth, lips, tongue, and eyes with dysfunction of the lacrimal and salivary glands. The tongue body was red with a scant coating; the pulse was thready and rapid.

Pattern identification

Sjögren's syndrome due to insufficiency of Yin Fluids and internal accumulation of Heat Toxins.

Treatment principle

Nourish Yin and enrich Qi, moisten Dryness and relieve Toxicity.

Prescription ingredients

Sheng Di Huang (Radix Rehmanniae Glutinosae) 30g
Xuan Shen (Radix Scrophulariae Ningpoensis) 15g
Shi Hu (Herba Dendrobii) 30g
Nan Sha Shen (Radix Adenophorae) 30g
Bei Sha Shen (Radix Glehniae Littoralis) 30g
Tian Hua Fen (Radix Trichosanthis) 15g
Yu Zhu (Rhizoma Polygonati Odorati) 10g
Mai Men Dong (Radix Ophiopogonis Japonici) 15g
Nü Zhen Zi (Fructus Ligustri Lucidi) 15g
Han Lian Cao (Herba Ecliptae Prostratae) 15g
Huang Qi (Radix Astragali seu Hedysari) 10g
Bai Zhu (Rhizoma Atractylodis Macrocephalae) 10g
Fu Ling (Sclerotium Poriae Cocos) 10g
Jin Yin Hua (Flos Lonicerae) 15g
Lian Qiao (Fructus Forsythiae Suspensae) 15g
Chong Lou (Rhizoma Paridis) 15g
Bai Hua She She Cao (Herba Hedyotidis Diffusae) 30g

One bag a day was used to prepare a decoction, taken twice a day. After 14 bags, the dryness in the mouth and eyes was obviously alleviated. *Hong Hua* (Flos Carthami Tinctorii) 10g was added to modify the prescription. After another 28 bags, the symptoms were sufficiently relieved that the patient discontinued treatment.

Discussion

Sjögren's syndrome belongs to the Chinese medicine category of *zao zhen*g (Dryness syndrome) and is closely related initially to contraction of external pathogenic Toxins. Pathologically, the condition is caused by insufficiency of Yin Fluids and internal accumulation of Dryness-Heat Toxins. In the prescription, *Shi Hu* (Herba Dendrobii), *Xuan Shen* (Radix Scrophulariae Ningpoensis), *Sheng Di Huang* (Radix Rehmanniae Glutinosae), *Nan Sha Shen* (Radix Adenophorae), *Bei Sha Shen* (Radix Glehniae Littoralis), and *Mai Men Dong* (Radix Ophiopogonis Japonici) nourish Yin and generate Body Fluids; *Nü Zhen Zi* (Fructus Ligustri Lucidi), *Han Lian Cao* (Herba Ecliptae Prostratae) and *Yu Zhu* (Rhizoma Polygonati Odorati) replenish and supplement True Yin (Kidney Yin) to treat the Root; *Jin Yin Hua* (Flos Lonicerae), *Lian Qiao* (Fructus Forsythiae Suspensae), *Tian Hua Fen* (Radix Trichosanthis), *Chong Lou* (Rhizoma Paridis), and *Bai Hua She She Cao* (Herba Hedyotidis Diffusae) clear Heat and relieve Toxicity to treat the Manifestations. *Huang Qi* (Radix Astragali seu Hedysari), *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) and *Fu Ling* (Sclerotium Poriae Cocos) were added to the prescription to support Vital Qi (*zhen*g *qi*), dispel pathogenic factors and safeguard Stomach Qi and Body Fluids.

Case 2

Patient

Female, aged 47.

Main complaint

Dry eyes and mouth for more than six months.

Clinical history and manifestations

The patient initially experienced dry eyes and mouth, with her condition gradually worsening. Clinical manifestations at her first visit indicated dry mouth and sore throat, dry eyes with lack of tears, aversion to light (photophobia), secretion of small amounts of viscous saliva, vaginal dryness, copious dark-colored menstruation, constipation, yellow urine, a red tongue with a scant coating, and a thready and weak pulse. Investigations indicated abnormally low lacrimal and salivary gland secretion and a positive anti-SS-A (anti-Ro) serum antibody test.

Pattern identification

Depletion of and damage to Body Fluids due to insufficiency of Kidney Yin.

Treatment principle

Enrich Yin and supplement the Kidneys to generate Body Fluids.

Treatment

Acupuncture

Point prescription BL-1 Jingming, GB-14 Yangbai, CV-23 Lianquan, BL-23 Shenshu, LI-4 Hegu, SP-6 Sanyinjiao, and KI-3 Taixi.

Technique Filiform needles with a diameter of 0.25 mm and a length of 40 mm were used at all the points with application of the even method and retention of the needles for 30 minutes.

Herbal medicine

Prescription ingredients

Shu Di Huang (Radix Rehmanniae Glutinosae Conquita) 12g
Sheng Di Huang (Radix Rehmanniae Glutinosae) 9g
Huang Qi (Radix Astragali seu Hedysari) 12g
Chi Shao (Radix Paeoniae Rubra) 9g
Gou Qi Zi (Fructus Lycii) 15g
Shi Hu (Herba Dendrobii) 15g
Ge Gen (Radix Puerariae) 15g
Mai Men Dong (Radix Ophiopogonis Japonici) 15g
Tian Men Dong (Radix Asparagi Cochinchinensis) 15g
Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis) 10g
Ju Hua (Flos Chrysanthemi Morifolii) 10g
Huang Bai (Cortex Phellodendri) 8g
Gui Ban (Plastrum Testudinis) 6g
Xing Ren (Semen Pruni Armeniacae) 6g
Huo Ma Ren (Semen Cannabis Sativae) 6g
Gan Cao (Radix Glycyrrhizae) 6g

One course of acupuncture and herbal medicine lasted for 14 days, with acupuncture given once a day and one bag a day of the herbal prescription used to prepare a decoction, taken twice a day.

Outcome

After the first course, the dry mouth and eyes and aversion to light had improved and lacrimation was functioning better than before. After a further seven days, the symptoms were much less obvious than before and tests indicated a significant improvement in lacrimal and salivary gland function.

Discussion

Constitutional Yin Deficiency resulted in the source of generation and transformation of Yin Fluids drying up with subsequent internal generation of Dryness-Heat. This was complicated by external contraction of pathogenic Dryness-Heat, with Heat accumulating to brew into Heat Toxins that scorched Body Fluids and produced further Dryness. Insufficiency of Kidney Yin meant that Body Fluids could not be distributed correctly.

In terms of acupuncture, CV-23 Lianquan, BL-23 Shenshu, LI-4 Hegu, SP-6 Sanyinjiao, and KI-3 Taixi were used as the main points, accompanied by BL-1 Jingming and GB-14 Yangbai as local points to brighten the eyes. LI-4 Hegu, the *yuan*-source point of the Large Intestine channel which stands in exterior-interior relationship with the Lung channel, has an anti-inflammatory function and helps to strengthen the immune system; CV-23 Lianquan can stimulate microcirculation in the tongue and moisten the mouth and since this point is on the Conception Vessel (*ren mai*), which regulates the Yin channels of the body, it can help Body Fluids to ascend to moisten the mouth and tongue; BL-23 Shenshu enriches Kidney Yin to promote the generation of Body Fluids; and SP-6 Sanyinjiao and KI-3 Taixi enrich Yin and bear Fire downward, enriching Water to moisten Wood while invigorating the governor of Water to restrain the brilliance of Yang.⁴ Once Body Fluids can be generated, Dryness symptoms can be eliminated.

⁴ A treatment principle of bearing Deficiency-Fire downward so that Yang returns to Yin by strengthening Water (the Kidneys) to restrain Fire (the Heart).

In terms of the herbal medicine prescription, *Shu Di Huang* (Radix Rehmanniae Glutinosae Conquita) and *Gou Qi Zi* (Fructus Lycii) supplement the Kidneys and enrich Yin; *Shi Hu* (Herba Dendrobii), *Sheng Di Huang* (Radix Rehmanniae Glutinosae), *Zhi Mu* (Rhizoma Anemarrhenae Asphodeloidis), *Mai Men Dong* (Radix Ophiopogonis Japonici), *Ge Gen* (Radix Puerariae), *Chi Shao* (Radix Paeoniae Rubra), *Tian Men Dong* (Radix Asparagi Cochinchinensis), and *Huang Qi* (Radix Astragali seu Hedysari) supplement Qi and nourish Yin to generate Body Fluids; and *Gan Cao* (Radix Glycyrrhizae) clears Heat and drains Fire, while regulating and harmonizing the actions of the other ingredients. *Xing Ren* (Semen Pruni Armeniacae) and *Huo Ma Ren* (Semen Cannabis Sativae) were added to moisten the Intestines and free the bowels to treat constipation; *Gui Ban* (Plastrum Testudinis) was added to enrich Yin and consolidate the menses to regulate menstruation; *Ju Hua* (Flos Chrysanthemi Morifolii) was added to brighten the eyes; and *Huang Bai* (Cortex Phellodendri) was added to clear Heat and drain Fire to treat yellow urine.

Case 3

This complicated case of Sjögren's syndrome secondary to rheumatoid arthritis involved the consultation of a number of leading specialists before a significant improvement in the condition could be achieved. Although now more than 20 years old, this case is included as an example of the need to persevere in treating long-term diseases.⁵

Patient

Female, aged 47.

Main symptoms

Dry mouth and eyes for 12 years and painful and deformed joints for 2 years.

Clinical history and manifestations

The patient initially experienced dry lips, tongue and mouth, with difficulty in swallowing dry food. She was given a prescription of herbs for nourishing Yin and clearing Heat by her local hospital for one month, but her condition did not improve. Three years later, her symptoms worsened and extended to include dry eyes and gums, conjunctival congestion, heat in the palms and soles and the center of the chest, irritability, and irascibility. Another three years passed with no improvement in her symptoms; hospital tests showed obviously atrophic parotid glands, a lacrimal filter paper test indicated a decrease in tear secretion, and rheumatoid factor was positive. She was diagnosed with Sjögren's syndrome. Two years ago, after suffering from a high temperature, her right thumb joint became red, swollen and painful, with her toes, wrists, ankles, and knees gradually being affected. Subsequently, pain became migratory, moving from joint to joint throughout her body; pain was accompanied by local swelling and a sensation of scorching heat, restricted joint movement, and increasing joint deformity. The patient had been prescribed prednisone, *Lei*

Gong Teng (Radix Tripterygii Wilfordi) and various herbal decoctions, but without any noticeable effect on her symptoms. She was admitted to the Chinese medicine hospital for treatment.

Current manifestations included dry mouth, eyes and nose with diminished secretion of fluids, water needed to help in swallowing food, heat in the palms, soles and the center of the chest that was worse in the afternoon, no sweating, pain in the left hip, migratory pain in the joints throughout the body, a local sensation of scorching hot skin but a liking for heat, and cold at the tips of the fingers and toes when pain was severe, with cold worse in the morning. These symptoms were not related to changes in the weather. In addition, the patient's finger and knee joints were deformed, affecting their function. The patient's appetite, sleep and urination were normal, but her stools were dry with one bowel movement every 4-6 days.

Examination indicated a clear mind and a thin body, difficulty in walking, swelling in the metacarpophalangeal and interphalangeal joints and the knees and toes, deviation of the metacarpophalangeal joints toward the ulnar aspect, worse in the right hand than the left, atrophy of the thenar and hypothenar muscles in both hands, dry skin, generalized wasting of the flesh, and the left leg 3 cm shorter than the right. The tongue was crimson-red, slightly enlarged and dry with cracks and no coating; the pulse was thready, wiry and rapid. The patient's temperature was 36.2°C, blood pressure 180/100 mmHg, hemoglobin 10.6 g/dL, white cell count $8.9 \times 10^9/L$, erythrocyte sedimentation rate 79 mm/h, rheumatoid factor was positive, antinuclear antibodies (ANAs) were negative, immunoglobulin levels were raised, and X-ray showed previous fracture of the left hip and osteoporosis at the distal end of the fracture.

Western diagnosis

Sjögren's syndrome combined with rheumatoid arthritis, previous fracture of the left hip.

Pattern identification

Deficiency taxation, Dryness Bi syndrome, fracture.⁶

Treatment history

After hospitalization, the patient was treated according to the principle of supplementing the Kidneys, enriching Yin and moistening Dryness. However, after eight days, she developed a fever with aversion to cold. Herbs for enriching Yin and releasing the exterior were prescribed. Her temperature fell initially from 38.6°C to 36.9°C, but six days later rose to 39.3°C. Many treatment principles were applied in turn – including enriching Yin and releasing the exterior; enriching Yin, nourishing the Blood and moistening Dryness; enriching Yin, cooling the Blood and harmonizing Shaoyang; nourishing Yin and clearing Deficiency-Heat; transforming Dampness, harmonizing the Stomach, invigorating the Blood and freeing the network vessels; and dissipating Wind, dispelling Dampness, invigorating the Blood and transforming stasis – but there was

⁵ Gao Ronglin, *Gan Zao Zong He Zheng Yi Li Zhen Zhi Lu* [Notes on Treatment of One Case of Sjögren's Syndrome], *Bei Jing Zhong Yi Za Zhi* [Beijing TCM Journal], 3 (1987).

⁶ Deficiency taxation (*xu lao* 虚劳) denotes a pattern of severe Deficiency and depletion of Qi, Blood or the Zang-Fu organs.

very little change in the patient's condition. She still had swollen and painful joints and night fever, with her temperature ranging between 38.0°C and 39.2°C. The fever lasted 80 days, at which time a number of leading specialists were invited to give their opinion on this difficult case.

When Dr. Xie Haizhou examined the patient, the fever was severe at night with no aversion to cold and no sweating, joint pain was severe, with swelling and pain at the ankle joints, severe pain at the left hip, and swollen finger joints, the hands were dull red, the mouth and nose were dry with a sensation of scorching heat, the patient drank large quantities of water but had a poor appetite, and still only had one bowel movement every 4-5 days; her tongue was crimson-red, dry and enlarged with a scant coating, and her pulse was thready and rapid.

According to Dr. Xie, the dry mouth and nose, thirst with a desire for drinks, and the tongue characteristics were caused by internal Heat due to Yin Deficiency; the dry stools and poor appetite were due to depletion of Spleen Yin; and the swollen and painful joints were caused by obstruction and stagnation of the channels and vessels as a result of Yin Deficiency and shortage of Blood. Based on an overall analysis of Yin Deficiency and Dryness-Heat obstructing the network vessels, he suggested a treatment principle of enriching Yin, nourishing the Blood, and moistening the Spleen combined with clearing Deficiency-Heat and freeing the network vessels.

Prescription ingredients

Sheng Di Huang (Radix Rehmanniae Glutinosae) 9g
Shu Di Huang (Radix Rehmanniae Glutinosae Conquita) 9g
Tian Men Dong (Radix Asparagi Cochinchinensis) 6g
Mai Men Dong (Radix Ophiopogonis Japonici) 6g
Bei Sha Shen (Radix Glehniae Littoralis) 15g
Shan Yao (Rhizoma Dioscoreae Oppositae) 12g
Bai Bian Dou (Semen Dolichoris Lablab) 12g
Yi Yi Ren (Semen Coicis Lachryma-jobi) 15g
Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis) 10g
Di Gu Pi (Cortex Lycii Radicis) 12g
Sang Bai Pi (Cortex Mori Albae Radicis) 12g
Qin Jiao (Radix Gentianae Macrophyllae) 15g
Ren Dong Teng (Caulis Lonicerae Japonicae) 18g
Xi Xian Cao (Herba Siegesbeckiae) 20g

One bag a day was used to prepare a decoction, taken twice a day. After 8 days, the patient's temperature had fallen slightly into a range of 38.0°C to 38.5°C, but there was no change in her joint pain.

In Dr. Zhao Jinduo's opinion, the condition resulted from internal Heat due to Yin Deficiency, obstruction of the channels and network vessels, and Deficiency of Spleen Qi. He suggested a treatment principle of nourishing Yin and cooling the Blood, clearing Heat and freeing the network vessels, assisted by fortifying the Spleen and supplementing Qi with a prescription of *Da Qin Jiao Tang Bian Tong* (Modified Major Large-Leaf Gentian Decoction)

Prescription ingredients

Dang Gui (Radix Angelicae Sinensis) 12g
Chuan Xiong (Rhizoma Ligustici Chuanxiong) 6g
Chi Shao (Radix Paeoniae Rubra) 12g
Bai Shao (Radix Paeoniae Lactiflorae) 12g

Sheng Di Huang (Radix Rehmanniae Glutinosae) 15g
Mu Dan Pi (Cortex Moutan Radicis) 9g
Qiang Huo (Rhizoma et Radix Notopterygii) 9g
Du Huo (Radix Angelicae Pubescentis) 9g
Fang Feng (Radix Ledebouriellae Divaricatae) 6g
Ge Gen (Radix Puerariae) 12g
Qin Jiao (Radix Gentianae Macrophyllae) 9g
Sheng Shi Gao (Gypsum Fibrosum Crudum) 30g
Huang Qin (Radix Scutellariae Baicalensis) 9g
Bai Zhu (Rhizoma Atractylodis Macrocephalae) 9g
Fu Ling (Sclerotium Poriae Cocos) 9g
Gan Cao (Radix Glycyrrhizae) 6g

One bag a day was used to prepare a decoction, taken three times a day. Dr. Zhao commented that although a prolonged illness causing Deficiency is the general theory, this patient's tongue was not bright red but dull crimson, which was due to Yin Deficiency or congealing of retained Fire which cannot be eliminated externally. In the formula, *Qiang Huo* (Rhizoma et Radix Notopterygii), *Du Huo* (Radix Angelicae Pubescentis), *Fang Feng* (Radix Ledebouriellae Divaricatae), *Ge Gen* (Radix Puerariae), *Sheng Shi Gao* (Gypsum Fibrosum Crudum), and *Huang Qin* (Radix Scutellariae Baicalensis) had the function of dissipating retained pathogenic Fire. Adding herbs with slightly acrid and warm properties to the basic principle of enriching Yin and nourishing the Blood would benefit the dispelling of pathogenic factors and freeing of the network vessels without damaging Yin or transforming into Dryness. After 7 days, the patient's temperature had not changed, but the pain and scorching sensation in the shoulder and wrist joints had improved and local swelling was visibly reduced.

A discussion of all the doctors in the department then took place. A temperature that rose in the afternoon and was high at night, with this situation persisting for three months, indicated fever due to Yin Deficiency. Bone deformity, shortening of the sinews and muscle atrophy suggested that the disease was located in the Kidneys, Liver and Spleen. Since entering hospital, the patient had lost 5 kg in weight and daily food intake was low, resulting in Deficiency of the generation and transformation functions of the Spleen and Stomach. Poor appetite, stools that were initially dry then loose, aversion to cold, and an enlarged tongue body were all Qi Deficiency signs. The pattern could therefore now be classified as one of Qi and Yin Deficiency, with Yin Deficiency predominating and the treatment principle proposed was that of supplementing Qi and generating Body Fluids while transforming Yin with sourness and sweetness, therefore putting the emphasis on Later Heaven.

Prescription ingredients

Shan Yao (Rhizoma Dioscoreae Oppositae) 15g
Bai Bian Dou (Semen Dolichoris Lablab) 12g
Lian Zi (Semen Nelumbinis Nuciferae) 10g
Yi Yi Ren (Semen Coicis Lachryma-jobi) 18g
Tai Zi Shen (Radix Pseudostellariae Heterophyllae) 15g
Gu Ya (Fructus Setariae Italicae Germinatus) 12g
Mai Ya (Fructus Hordei Vulgaris Germinatus) 12g
Wu Mei (Fructus Pruni Mume) 15g
Lü E Mei (Flos Pruni Mume) 9g
Mu Gua (Fructus Chaenomeles) 12g

One bag a day was used to prepare a decoction, taken twice a day. In addition:

- 5g per day of *Xi Yang Shen* (Radix Panacis Quinquefolii) was stewed and the liquid sipped frequently.
- *Zeng Ye Zhen* (Infusion for Increasing Liquids) 500-1000 ml a day was given by intravenous drip. This infusion consisted of equal parts of *Sheng Di Huang* (Radix Rehmanniae Glutinosae), *Mai Men Dong* (Radix Ophiopogonis Japonici) and *Xuan Shen* (Radix Scrophulariae Ningpoensis) in a 5 percent glucose solution.
- *Huang Jing Zhen* (Solomon Seal Rhizome Injection) was administered as intramuscular injection of an extract of *Huang Jing* (Rhizoma Polygonati) 2 ml, twice a day.

This prescription had little effect. Subsequently Professor Jiao Shude was consulted. By then, the patient had been in hospital for about 15 weeks with a high temperature for most of that time. Her temperature was currently 38.0°C, joint pain was getting worse again, both wrist joints were very swollen, sleep was poor, she had not had a bowel movement for three days, her urine was slightly yellow, and her mouth was dry. Her tongue was still crimson-red but paler than before with no coating; her pulse was thready, wiry and slightly rapid.

Professor Jiao considered that the patient's tongue plus her aversion to cold indicated the previous diagnosis of Qi and Yin Deficiency was not incorrect. Earlier insufficiency of Body Fluids and Blood resulted in Bi syndrome pain; Essence, Qi, Blood, and Body Fluids had all been consumed and depleted. Bone deformity indicated that the disease lay in the Kidneys. In his opinion, Kidney Deficiency and Essence depletion had deprived the sinews and bones of nourishment, gradually leading to emaciated Bi syndrome (*wang bi* 尪痹). He advocated a treatment principle of supplementing the Kidneys and replenishing the Essence, nourishing the sinews and strengthening the bones, freeing the channels and invigorating the network vessels and proposed a prescription of *Gui Zhi Shao Yao Zhi Mu Tang Hua Cai* (Modified Cinnamon Twig, Peony and Anemarrhena Decoction).

Prescription ingredients

Shu Di Huang (Radix Rehmanniae Glutinosae Conquita) 20g
Sheng Di Huang (Radix Rehmanniae Glutinosae) 20g
Bie Jia (Carapax Amydae Sinensis) 30g
E Jiao Zhu (Pilula Gelatini Corii Asini) 10g
Gui Zhi (Ramulus Cinnamomi Cassiae) 10g
Chi Shao (Radix Paeoniae Rubra) 15g
Bai Shao (Radix Paeoniae Lactiflorae) 15g
Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis) 12g
Bai Zhu (Rhizoma Atractylodis Macrocephalae) 9g
Fang Feng (Radix Ledebouriae Divaricatae) 9g
Shu Fu Zi (Radix Lateralis Aconiti Carmichaeli Conquita) 5g
Zhi Ma Huang (Herba Ephedrae, stir-fried with honey) 3g
Ge Gen (Radix Puerariae) 12g
Gu Sui Bu (Rhizoma Drynariae) 15g
Du Huo (Radix Angelicae Pubescentis) 10g
Dang Gui (Radix Angelicae Sinensis) 10g
Xu Duan (Radix Dipsaci) 15g
Zi He Che Fen (Placenta Hominis, powdered) 3g⁷

One bag a day was used to prepare a decoction, taken twice a day. In addition, *Bei Sha Shen* (Radix Glehniae Littoralis) 5g, *Jie Geng* (Radix Platycodi Grandiflori) 2g and *Sheng Gan Cao* (Radix Glycyrrhizae Cruda) 3g were infused to produce a tea to be sipped regularly during the day.

After 24 days of this treatment regime, the patient's temperature had fallen to 37.5°C, joint pain had eased somewhat although the joints were still swollen and hot, small amounts of liquid were discharged from the nose, and the tongue was slightly moist. However, the patient began to feel stomach discomfort with nausea, so treatment was suspended and replaced by herbs for supplementing Qi and nourishing the Blood, harmonizing the Stomach and bearing counterflow downward until the feeling of nausea stopped.

The patient's temperature rose again to 37.8°C but without aversion to cold, joint pain increased, sleep was still poor, and the muscles in her left leg would sometimes twitch uncontrollably. Her tongue was red with a clean coating; her superficial pulse was thready and weak and her middle pulse was slightly wiry and slightly rapid. Chief Physician Lu Zhizheng examined the patient and concluded that twitching of the leg muscles indicated that Blood was not nourishing the sinews and the treatment principle was changed to supplementing Qi and nourishing the Blood, allowing the sinews to flourish and freeing the network vessels.

Prescription ingredients

Huang Qi (Radix Astragali seu Hedysari) 15g
Gui Zhi (Ramulus Cinnamomi Cassiae) 6g
Sang Zhi (Ramulus Mori Albae) 15g
Chi Shao (Radix Paeoniae Rubra) 10g
Bai Shao (Radix Paeoniae Lactiflorae) 10g
Dan Shen (Radix Salviae Miltiorrhizae) 15g
Ye Jiao Teng (Caulis Polygoni Multiflori) 15g
Shan Yao (Rhizoma Dioscoreae Oppositae) 18g
Di Long (Lumbricus) 10g
Dang Gui (Radix Angelicae Sinensis) 9g
Tai Zi Shen (Radix Pseudostellariae Heterophyllae) 12g
Fo Shou (Fructus Citri Sarcodactylis) 9g
Zhi Gan Cao (Radix Glycyrrhizae, mix-fried with honey) 6g

One bag a day was used to prepare a decoction, taken twice a day for four days, after which time the leg muscles had stopped twitching. The patient's temperature decreased to 37.5°C, joint pain was still severe, food intake had increased, one bowel movement was taking place every three to four days with stools that were initially dry like sheep droppings before turning loose, the tongue was crimson-red, and the pulse was thready and rapid.

Chief physician Wu Junyu then examined the case and concluded that dry mouth, eyes and nose for 12 years, complicated in the last two years by rheumatoid arthritis, with osteoporosis of the hip joint and deformity of smaller joints indicated that the disease had reached the Kidneys and that Yin Deficiency was predominant. Deformed and painful joints suggested lingering of pathogenic Wind-Damp; stools that were initially dry before turning loose could be attributed to Yin Deficiency affecting the transformation and transportation

⁷ Use of this substance is currently likely to be subject to restrictions in most countries.

functions of the Spleen and Stomach. He considered that if the state of Yin Deficiency was allowed to continue, the prognosis was poor and he therefore proposed a main treatment principle of enriching Yin assisted by supporting the Spleen and Stomach and the use of insect materia medica to dispel Wind and sweep out the network vessels.

Prescription ingredients

Sheng Di Huang (Radix Rehmanniae Glutinosae) 50g

Xuan Shen (Radix Scrophulariae Ningpoensis) 18g

Gui Ban (Plastrum Testudinis) 20g

Bie Jia (Carapax Amydae Sinensis) 50g

Dang Gui (Radix Angelicae Sinensis) 10g

Chi Shao (Radix Paeoniae Rubra) 15g

Bai Shao (Radix Paeoniae Lactiflorae) 15g

Qin Jiao (Radix Gentianae Macrophyllae) 15g

Wei Ling Xian (Radix Clematidis) 12g

Dang Shen (Radix Codonopsis Pilosulae) 15g

Di Long (Lumbricus) 20g

Quan Xie Fen (Buthus Martensi Pulveratus) 3g, infused in the decoction

Wu Shao She (Zaocys Dhumnades) 20g

One bag a day was used to prepare a decoction, taken twice a day, alternating with the previous prescription. If the patient felt nauseous, she was given medication to regulate the Spleen and Stomach before drinking the decoction.

After 16 days of this alternating regime, the patient's temperature had fallen to a range of 36.8°C-37.2°C, her mood had improved, her joint pain had moderated, and her skin looked healthier. After another six weeks, her joints were no longer red and swollen and did not feel hot on contact, pain was only slight, movement was easier than before, her temperature had fallen to 36.6°C, her mouth felt moister, her appetite had improved and sleep was better, her tongue was red with a scant coating, and her pulse was thready and slightly rapid. The patient was able to leave hospital. She continued to take the final two prescriptions alternately on a long-term basis. Although she was not cured, her symptoms were much improved and the prognosis was more optimistic.

Discussion

This case of Sjögren's syndrome secondary to rheumatoid arthritis was extremely difficult to treat due to withering of the major bones, sagging and wasting of major masses of flesh, drying up of Body Fluids, and long-term retention of Heat. Views differed among the specialists consulted as to the exact pattern identification and specific treatment of this case, but there was general agreement that Yin Deficiency was the Root and was present throughout the course of the illness and that the prolonged nature of the illness involved the Kidneys, with the Liver and Spleen also being affected.

However, during treatment, the patient's condition constantly changed, with the result that pattern identification varied. For example, Jiao Shude assessed the condition as emaciated Bi syndrome (*wang bi*) and used animal materia medica to supplement the Kidneys and replenish the Essence

and acrid warm materia medica such as *Ma Huang* (Herba Ephedrae) and *Gui Zhi* (Ramulus Cinnamomi Cassiae) to free the channels and invigorate the network vessels. On the other hand, Wu Junyu focused on enriching Yin with large dosages of *Sheng Di Huang* (Radix Rehmanniae Glutinosae) and *Bie Jia* (Carapax Amydae Sinensis) and used insect and reptile materia medica to dispel Wind and sweep out the network vessels.

A major element in treatment was supplementing the Kidneys and fortifying the Spleen. The Kidneys are the Root of Earlier Heaven and the Spleen is the Root of Later Heaven. In this case, Dryness-Heat due to Yin Deficiency was an important factor. In terms of enriching and nourishing treatment, materia medica that mildly supplemented Yin were used, but since the Spleen and Stomach are the source of generation and transformation of Qi and Blood, all the specialists consulted also took the Spleen and Stomach into consideration when formulating their prescriptions.

Xie Haizhou included *Shan Yao* (Rhizoma Dioscoreae Oppositae), *Bai Bian Dou* (Semen Dolichoris Lablab) and *Yi Yi Ren* (Semen Coicis Lachryma-jobi); Zhao Jinduo included *Bai Zhu* (Rhizoma Atractylodis Macrocephalae), *Fu Ling* (Sclerotium Poriae Cocos) and *Gan Cao* (Radix Glycyrrhizae); Jiao Shude included *Bai Zhu* (Rhizoma Atractylodis Macrocephalae), *Gui Zhi* (Ramulus Cinnamomi Cassiae), *Chi Shao* (Radix Paeoniae Rubra), and *Bai Shao* (Radix Paeoniae Lactiflorae); Lu Zhizheng included *Huang Qi* (Radix Astragali seu Hedysari), *Shan Yao* (Rhizoma Dioscoreae Oppositae), *Tai Zi Shen* (Radix Pseudostellariae Heterophyllae), *Gui Zhi* (Ramulus Cinnamomi Cassiae), *Chi Shao* (Radix Paeoniae Rubra), *Bai Shao* (Radix Paeoniae Lactiflorae), and *Zhi Gan Cao* (Radix Glycyrrhizae Praeparata); and Wu Junyu included *Dang Shen* (Radix Codonopsis Pilosulae) in alternating his prescription with Dr. Lu's. This indicated that when supplementing the Kidneys, the Spleen must also be fortified, since if Stomach Qi is not regulated, medicines are likely to be less effective.

Modern clinical experience

PATHOLOGY

Most authors consider Yin Deficiency to be the major pathology in Sjögren's syndrome with nourishing Yin and moistening Dryness therefore being the main treatment principle. **Xu et al.** consider that microcirculatory disturbance and organic changes in capillary function in vessels supplying the lacrimal and salivary glands cause stasis in microcirculation. Blood studies indicate a reduction in the degenerative index of red blood cells and an increase in aggregation, thereby raising blood viscosity, increasing resistance, slowing blood flow, and obstructing the capillaries; platelet agglutination is elevated, also affecting blood viscosity and microcirculation. This suggests a need for materia medica to invigorate the Blood and free the vessels.⁸

⁸ Xu Hanhong, Sun Xiaoping, *Gan Zao Zong He Zheng Xue Ye Liu Bian Xue De Guan Cha* [Survey of Blood Rheology in Sjögren's Syndrome], *Zhong Hua Kou Qiang Yi Xue Za Zhi* [Chinese Stomatology Journal] 27, 2 (1992): 115-17.

Wang et al. consider Sjögren's syndrome to be a syndrome of internal Dryness, usually started off by excess among the five emotions, which transforms into Fire that damages Body Fluids; over time, the functions of the Lungs, Spleen, Liver, and Kidneys are damaged, and Qi, Blood, Essence, and Body Fluids become depleted.⁹ **Chen et al.** hold that the key pathological factor is to be found in Yin Deficiency, which when mild results in damage to Lung and Stomach Yin and when severe in Deficiency of Liver and Kidney Yin.¹⁰

Ma maintains that the syndrome has its origin in depletion and Deficiency of Yin and Blood, which allow gradual generation of pathogenic Dryness; external Dryness is a further contributing factor. He identified patterns of Vital Qi (*zheng qi*) Deficiency with contraction of pathogenic factors leading to Dryness, Yin Deficiency and depletion of Body Fluids leading to Dryness, exuberant Dryness forming Dryness Toxins, and Blood stasis leading to Dryness. He also held that interaction of Deficiency, stasis and Toxins was the key to understanding the condition.^{11, 12}

Qin summarized the pathology of "stubborn Dryness" as damage to the Zang organs, shortage of the Five Fluids, and the close relationship of the Liver, Spleen and Kidneys. Pathogenic Dryness damages Body Fluids and in a prolonged illness enters the Blood; since Kidney Yin will be Deficient, the disease is mainly located in the Kidneys.¹³ **Dong** considers that Blood stasis can both provoke and prolong a disease; it plays an important role

in the onset and development of Sjögren's syndrome since Dryness causes stasis, retention of pathogenic factors causes stasis and Deficiency causes stasis.¹⁴

Qian et al. hold that Dryness-Heat due to Yin Deficiency may be complicated by external contraction of pathogenic Dryness-Heat, subsequently brewing to form Toxins that sink into the interior and consume Yin Fluids to produce further Dryness. The condition is therefore related to dysfunction of the fluid metabolism and obstruction of fluid transportation.¹⁵

Zhang et al. consider that the Root of the condition is to be found in depletion and Deficiency of Yin Fluids due to constitutional insufficiency; binding of Dryness, stasis and Toxins allows the disease to develop and progress.¹⁶

Liu et al. posit that the disease is located in the Lungs, Stomach, Liver, and Kidneys, with depletion and Deficiency of Yin Fluids as the Root and Dryness-Heat as the Manifestation; the situation is therefore one of Root Deficiency and Manifestation Excess. Damp-Heat obstructed internally for a long period will eventually affect the Blood, Yin Deficiency leads to stagnation in the network vessels, and damage to Yin affects Yang causing both Yin and Yang to become Deficient.¹⁷ **Tian et al.** consider that the disease results from Blood-Heat due to Yin Deficiency, with Essence and Blood being severely depleted internally, allowing pathogenic factors to spread to damage Yin Fluids and deprive the clear orifices of nourishment.¹⁸

⁹ Wang Muhong, Zhang Xin, He Zhixiang, *Yi Qi Sheng Jin Tang Zhi Liao Gan Zao Zong He Zheng De Ti Hui* [Experiences in Treating Sjögren's Syndrome With a Decoction for Boosting Qi and Generating Liquids], *Shi Yong Zhong Xi Yi Jie He Za Zhi* [Practical Journal of Integrated Chinese and Western Medicine] 10, 5 (1997): 471.

¹⁰ Chen Yizhi, Li Huiping, Zheng Peiyong, *Zi Ni Yang Yin Tong Luo Tang Zhi Liao Chong Die Xing Gan Zao Zong He Zheng 23 Li* [Treatment of 23 Cases of Overlapping Sjögren's Syndrome with the Empirical Formula 'Decoction for Nourishing Yin and Freeing the Network Vessels'], *Fu Jian Zhong Yao* [Fujian TCM Journal] 20, 3 (1998): 5.

¹¹ Ma Wukai, Lin Xiangcheng, Wang Jianhua, *Ma Yong Zhen Zhi Liao Gan Zao Zong He Zheng De Jing Yan* [Ma Yongzhen's Experiences in Treating Sjögren's Syndrome], *An Hui Zhong Yi Lin Chuang Za Zhi* [Anhui Clinical TCM Journal] 10, 6 (1998): 390.

¹² Ma Wukai, *Gan Zao Zong He Zheng De Zhong Yi Bing Yin Bing Ji Tan Tao* [Overview of the Etiology and Pathology of Sjögren's Syndrome in Chinese Medicine], *Zhong Yi Yao Yan Jiu* [Traditional Chinese Medicine and Materia Medica Research] 16, 4 (2000): 2-3.

¹³ Qin Changling, "Wan Zao" *Bian Zhi* [Differentiation and Treatment of "Stubborn Dryness"], *An Hui Zhong Yi Lin Chuang Za Zhi* [Anhui Clinical TCM Journal] 12, 5 (2000): 351-52.

¹⁴ Dong Zhenhua, *Huo Xue Hua Yu Fu Zai Gan Zao Zong He Zheng Zhong De Ying Yong* [Application of the Method of Invigorating the Blood and Transforming Stasis in Sjögren's Syndrome], *Bei Jing Zhong Yi* [Beijing Journal of Traditional Chinese Medicine] 3 (2001): 9-10.

¹⁵ Qian Yin, Jin Shi, *Cong Fei Lun Zhi Liao Gan Zao Zong He Zheng* [Treating Sjögren's Syndrome According to Lung Theory], *Nan Jing Zhong Yi Yao Da Xue Xue Bao* [Journal of Nanjing TCM University] 18, 5 (2002): 268.

¹⁶ Zhang Qiande, Tan Wenfeng, *Gan Zao Zong He Zheng De Zhong Yi Zhen Liao Si Lu Tan Tao* [Overview of the Thought Processes Involved in the Diagnosis and Treatment of Sjögren's Syndrome with Chinese Medicine], *Jiang Xi Zhong Yi Yao* [Jiangxi TCM Journal] 34, 11 (2003): 11-12.

¹⁷ Liu Zhengtang, Jin Shi, Yu Zuowen, *Zhong Yi Yao Zhi Liao Gan Zao Zong He Zheng De Si Lu Ping Xi* [Analytical Review of the Thought Processes Involved in the Treatment of Sjögren's Syndrome with Chinese Medicine], *Zhong Yi Yao Xue Kan* [Chinese Archives of Traditional Chinese Medicine] 22, 9 (2004): 171-74.

¹⁸ Tian Caijun, Song Shaoliang, *Gan Zao Zong He Zheng De Zhong Xi Yi Bian Zheng* [Differentiation of Sjögren's Syndrome in Chinese and Western Medicine], *Shan Dong Wei Sheng* [Shandong Health Journal] 2 (2005): 63.

INTERNAL TREATMENT

1. **Yang** divided treatment into two aspects.¹⁹ For external Dryness patterns with pathogenic factors attacking the Lungs, he recommended *Sang Xing Tang Jia Jian* (Mulberry Leaf and Apricot Kernel Decoction, with modifications), whereas for internal Dryness patterns, the prescription used depended on the pattern:

- For internal Heat due to Yin Deficiency with Deficiency of Lung and Stomach Yin predominating, he recommended *Bai He Gu Jin Tang He Yu Nü Jia Jian* (Lily Bulb Decoction for Consolidating Metal Combined With Jade Lady Brew, with modifications).
- For internal Heat due to Yin Deficiency with Lung and Kidney Yin Deficiency predominating, he recommended *Bai He Gu Jin Tang Jia Jian* (Lily Bulb Decoction for Consolidating Metal, with modifications).
- For internal Heat due to Yin Deficiency with Deficiency of Liver and Kidney Yin predominating, he recommended *Qi Ju Di Huang Tang He Yi Guan Jia Jian* (Wolfberry, Chrysanthemum and Rehmannia Decoction Combined With All-The-Way-Through Brew, with modifications).
- For internal Heat due to Yin Deficiency with Deficiency of Spleen and Stomach Yin predominating, he proposed *Yi Wei Tang He Liu Wei Di Huang Wan Jia Jian* (Decoction for Boosting the Stomach Combined With Six-Ingredient Rehmannia Pill, with modifications).

For Deficiency of Spleen and Stomach Yang, he recommended *Bu Zhong Yi Qi Tang He Ding Kou Li Zhong Wan Jia Jian* (Decoction for Supplementing the Middle Burner and Boosting Qi Combined With Clove and Cardamom Pill for Regulating the Middle Burner, with modifications).

For Qi stagnation and Blood stasis, he recommended *Xue Fu Zhu Yu Tang Jia Jian* (Decoction for Expelling Stasis from the House of Blood, with modifications).

For major damage to Qi and Yin, he recommended combining these prescriptions with *Qing Wei San Jia Jian* (Powder for Clearing the Stomach, with modifications).

2. **Tan** proposed eight treatment principles based on pattern identification:²⁰

- For nourishing the Stomach and generating Body Fluids to moisten Dryness, he recommended *Sha Shen Mai Dong Tang Jia Jian* (Adenophora and Ophiopogon Decoction, with modifications) or *Zeng Ye Tang Jia Jian* (Decoction for Increasing Body Fluids, with modifications).

- For enriching the Liver, brightening the eyes and moistening Dryness, he recommended *Qi Ju Di Huang Wan* (Wolfberry, Chrysanthemum and Rehmannia Pill).
- For supplementing the Kidneys and replenishing the Essence to moisten Dryness, he recommended basing the prescription on *Liu Wei Di Huang Wan* (Six-Ingredient Rehmannia Pill) or *Zuo Gui Yin* (Restoring the Left [Kidney Yin] Beverage).
- For supplementing Qi and nourishing the Blood to moisten Dryness, he recommended adding sweet neutral materia medica for supplementing Qi to formulas for moistening Dryness.
- For invigorating the Blood and transforming stasis to moisten Dryness, he recommended *Huo Xue Run Zao Sheng Jin Tang* (Decoction for Invigorating the Blood, Moistening Dryness and Generating Fluids) or *Da Huang Zhe Chong Wan* (Rhubarb and Wingless Cockroach Pill).
- For clearing Heat and cooling the Blood to moisten Dryness, he recommended *Huang Lian Jie Du Tang He Sha Shen Mai Dong Tang Jia Jian* (Coptis Decoction for Relieving Toxicity Combined With Adenophora and Ophiopogon Decoction, with modifications) or *Qing Ying Tang* (Decoction for Clearing Heat from the Ying Level).
- For transforming Phlegm, softening hardness and moistening Dryness, he recommended *Jia Wei Xiao Yao Wan* (Augmented Free Wanderer Pill) combined with materia medica for enriching Yin.
- For alleviating Bi syndrome pain, freeing the network vessels and moistening Dryness, he recommended adding materia medica for dispelling Wind, invigorating the Blood and freeing the network vessels to formulas for enriching Yin and moistening Dryness.

3. **Dong** treated Sjögren's syndrome caused by Dryness due to Blood stasis, which he divided into four treatment principles.²¹

- For a pattern of Dryness Toxins binding with stasis, he used *Sheng Jiang San He San Ren Tang Jia Jian* (Powder for Bearing Upward and Downward Combined With Three Kernels Decoction, with modifications).
- For a pattern of Yin (or Blood) Deficiency with Blood stasis, he used *Zeng Ye Tang* (Decoction for Increasing Body Fluids), *Yi Guan Jian* (All-The-Way-Through Brew) or *Zi Zao Yang Rong Tang* (Decoction for Enriching Dryness and Nourishing the Ying Level).

¹⁹ Yang Nanling, *Qian Tan Gan Zao Zong He Zheng De Zhong Yi Zhi Liao* [Brief Discussion of Chinese Medicine Treatment of Sjögren's Syndrome], *Jiang Xi Zhong Yi Yao* [Jiangxi TCM Journal] 29, 3 (1998): 49.

²⁰ Tan Chen, *Gan Zao Zong He Zheng Bian Zheng Ba Fa* [Eight Methods of Differentiating and Treating Sjögren's Syndrome], *Si Chuan Zhong Yi* [Sichuan TCM Journal] 16, 2 (1998): 10.

²¹ Dong Zhenhua, see note 14.

combined with *Tao Hong Si Wu Tang Jia Jian* (Peach Kernel and Safflower Four Agents Decoction, with modifications).

- For a pattern of Qi Deficiency and Blood stasis, he used *Bu Yang Huan Wu Tang* (Five-Returning Decoction for Supplementing Yang) or *Huang Qi Gui Zhi Wu Wu Tang* (Astragalus and Cinnamon Twig Five Agents Decoction) combined with *Sheng Mai San Jia Jian* (Pulse-Generating Powder, with modifications).
- For a pattern of Qi stagnation and Blood stasis, he used *Xue Fu Zhu Yu Tang Jia Jian* (Decoction for Expelling Stasis from the House of Blood, with modifications) or *Ge Xia Zhu Yu Tang Jia Jian* (Decoction for Expelling Stasis from Below the Diaphragm, with modifications).

ACUPUNCTURE

1. **Xu et al.** put the emphasis of treatment on the Triple Burner, with points on the Triple Burner channel as main points, combined with points for regulating the functional activities of Qi and regulating the functions of the Zang organs.²²

They proposed a method of “four differentiations and one channel” (*si bian tong yi jing* 四辨统一经). The four differentiations referred to differentiating the causes of Dryness, differentiating Body Fluids, differentiating channels and network vessels, and differentiating the tongue and pulse; one channel referred to the source of the disease being found in the Triple Burner channel.

Differentiating the causes of Dryness

Mild cases of Sjögren's syndrome are difficult to diagnose and patients frequently ignore symptoms. Previously in China, patients often did not attend for treatment until they were experiencing dry skin, but in recent years increased concern for personal health and better quality of life have meant that most Sjögren's syndrome patients present before their skin has become dry, with the main clinical manifestations being dry eyes, mouth and nose, accompanied by vaginal dryness in some women. The tongue is usually red and dry with a scant coating.

Internal Dryness can be caused by many factors – external contraction of a disease with high fever or excessive sweating damaging Body Fluids and producing Dryness, severe depletion of Essence and Blood in an enduring illness exhausting Body Fluids, or insufficient nutrition or internal obstruction by Blood stasis preventing proper nourishment and moistening by Blood and Body Fluids. At the early stages, the cause of internal

Dryness may not be obvious and relying on this differentiation alone is not sufficient.

Differentiating Body Fluids

In the authors' opinion, analysis of the role of Body Fluids (*jin ye* 津液) is crucial to understanding this disease. Dry eyes and mouth and vaginal dryness are symptoms of insufficiency of Fluids (*jin* 津), whereas joint inflammation is one of the symptoms of shortage of Liquids (*ye* 液) since Liquids are not present in sufficient amounts to moisten and nourish the joints. *Su Wen: Jing Mai Bie Lun* (Simple Questions: Further Discussion on the Channels and Vessels) discusses the formation and distribution of Body Fluids and their physiological function: “After water enters the Stomach, its Essential Qi (*jing qi* 精气) circulates around and is transported to the Spleen. Spleen Qi distributes the Essence upward to the Lungs, which regulate the water passages and transport water to the Bladder. In this way, the Essence of water is distributed throughout the body and into the five channels in conformity with the changes in the seasons and changes in Yin and Yang of the five Zang organs.”

Since Sjögren's syndrome patients are constantly taking in water, which passes through the Stomach, Spleen, Lungs, and Bladder, this should moderate the symptoms somewhat, but clinically intake of liquids does not seem to control them effectively. It appears that inhibition of the water passages through dysfunction of the water metabolism plays a crucial role. According to Chinese medicine theory, the Triple Burner controls the water passages and its physiological function is to ensure the free flow of water and fluids throughout the body. At the same time, the Triple Burner is the passageway of Original Qi (*yuan qi* 元气) and when Original Qi is sufficient, Body Fluids can be distributed normally and the organs and tissues moistened and nourished. Since the disease is prolonged, the Triple Burner's Qi transformation function is impaired and Body Fluids cannot be distributed normally, resulting in certain other symptoms such as low-grade fever, diminished sense of smell, dry throat, and hoarse voice. Treating the Triple Burner is therefore essential for improving the symptoms.

Differentiating channels and network vessels

After the superficial Triple Burner channel enters deeper into the body in the supraclavicular fossa, it passes through the chest and diaphragm to the abdomen, linking in turn with the Upper, Middle and Lower Burners. The Triple Burner channel also intersects with the Small

²² Xu Yang, Zhao Yingkai, Cheng Jianbin, *Cong San Jiao Bian Zheng Zhi Liao Gan Zao Zong He Zheng De Si Lu Yu Fang Fa* [Thoughts and Methods on the Differentiation and Treatment of Sjögren's Syndrome Based on the Triple Burner], *Zhong Guo Zhen Jiu* [Chinese Acupuncture and Moxibustion] 26, 1 (2006): 57-60.

Intestine, Bladder and Gallbladder channels and the Conception and Governor Vessels (*ren mai* 任脉 and *du mai* 督脉). Using points on the Triple Burner channel to regulate the Qi transformation function of the Triple Burner plays an important role in ensuring the normal circulation of Body Fluids throughout the body. *Ling Shu: Jing Mai* (The Spiritual Pivot: Channels and Vessels) also points out that the other Yang channels of the hand (the Large Intestine and Small Intestine channels) are likewise used to treat Body Fluid disorders, albeit without the association with the Triple Burner.

In terms of the channels, the Triple Burner channel is the most important therefore, with subsidiary roles played by the Large Intestine and Small Intestine channels. If Qi in the Triple Burner channel is inhibited, the functions of the Large and Small Intestine channels in regulating Body Fluids are impeded, eventually resulting in impairment of the formation and distribution of Body Fluids. If the disease becomes chronic, it will pass from the Fu organs to the Zang organs and affect the functions of the Lung and Kidney channels (Yin channels) and the Conception Vessel.

Differentiating the tongue and pulse

In the authors' experience, despite patients drinking large amounts on account of their dry mouth, the surface of their tongue remains dry. The tongue itself is usually red or pale red, more rarely dark red; in some chronic patients, the tongue may be dull red or exhibit stasis marks. Very few patients have a thin tongue characteristic of Yin Deficiency or a prickly tongue characteristic of Heat patterns. The pulse is usually thready and rapid or weak, or thready and deep or soggy. These tongue and pulse signs are not unique to Sjögren's syndrome and only when combined with symptoms of dry eyes, mouth and tongue can they assist in making a diagnosis.

Treatment

Points were divided into three groups. The main treatment principle focused on regulating Qi in the Triple Burner channel and strengthening the function of the water passages in fluid metabolism. Points were then added to treat the symptoms.

Points

Group 1 – Main points on the Yang channels of the hand: TB-3 Zhongzhu, TB-4 Yangchi, LI-5 Yangxi, SI-5 Yanggu, TB-5 Waiguan, and TB-6 Zhigou.

Group 2 – Points for regulating Qi: CV-17 Danzhong, CV-12 Zhongwan and CV-4 Guanyuan to treat the Upper, Middle and Lower Burners respectively.

Group 3 – Points for regulating the functions of the Lungs, Spleen and Kidneys plus the *xia he*-lower uniting point of the Triple Burner: BL-13 Feishu, BL-20 Pishu, BL-22 Sanjiaoshu, BL-23 Shenshu, and BL-39 Weiyang.

Technique The three-level method was used with thin-needle acupuncture (0.22 mm x 40 mm needles), with the three levels referring to the depths of heaven, human and earth at each point. Thin needles were used because many patients were depressed about their condition and were liable to develop symptoms of Liver Depression, thereby disturbing the functional activities of Qi. The needles were inserted to the heaven level with rapid insertion and gentle rotating; they were retained for 5 minutes. The needles were then moved deeper to the human level and retained there for 10 minutes, with patients mostly feeling a comfortable sensation. Finally, the needles were moved deeper to the earth level, where they were retained for another 10 minutes after obtaining Qi. Patients were treated three times a week and a course consisted of 12 sessions. Alleviation of the symptoms was usually noticeable after two courses.

Modifications

- i. For dry eyes, BL-2 Zanzhu, GB-14 Yangbai, GB-1 Tongziliao, and ST-2 Sibai were added.
- ii. For knee joint pain, ST-34 Liangqiu, SP-10 Xuehai, GB-34 Yanglingquan, ST-36 Zusanli, and SP-9 Yinlingquan were added.
- iii. For obvious vaginal or vulval dryness, CV-3 Zhongji, CV-1 Huiyin and SP-6 Sanyinjiao were added.

Discussion

Ling Shu [The Spiritual Pivot] states: "The Upper Burner is like a mist the Middle Burner is like a macerator the Lower Burner is like a sluice." The *Zhong Zang Jing* [Zhongzang Classic], attributed to Hua Tuo, says: "The Triple Burner is the Qi of the Three Origins in humans and is known as the house of central clearness. It brings together the five Zang and six Fu organs, Nutritive Qi and Defensive Qi (*ying qi* 营气 and *wei qi* 卫气), the channels and network vessels, and Qi in the interior and the exterior, the left and the right, and the upper and lower body. When the Triple Burner functions freely, the whole body is irrigated, the interior is harmonized and the exterior regulated, the left nurtured and the right nourished, Qi is guided upward and diffused downward."

The authors based their treatment of Sjögren's syndrome on this theory. In addition, they found that when treating constipation with TB-5 Waiguan and TB-6 Zhigou, not only did constipation disappear but symptoms of dry mouth with a desire to drink also improved. In terms of needling, after trying three different needle thicknesses (0.30 mm, 0.28 mm and 0.22 mm), it was found that 0.22 mm needles elicited the best response. After experimenting with strong, medium and gentle needle stimulation, patients responded best to gentle stimulation and many reported a general

comfortable feeling after acupuncture. This may be because the Triple Burner and Pericardium channels are connected, the Pericardium surrounds and protects the Heart and when Qi flows smoothly in the Triple Burner channel, the Heart's function of governing the Spirit is not disturbed.

2. **Liu et al.** treated 60 cases of Sjögren's syndrome with acupuncture according to the treatment principle of clearing Dryness, relieving Toxicity and freeing the network vessels. All the patients had dry eyes, mouth and skin and some had accompanying symptoms of joint pain, difficulty in swallowing and recurrent swelling of the parotid glands.²³

Points

LI-11 Quchi, SP-10 Xuehai, SP-6 Sanyinjiao, KI-3 Taixi, and LR-3 Taichong.

Technique

Rotating lifting and thrusting combined with the reducing method was used at LI-11 Quchi and SP-10 Xuehai (perpendicular insertion to a depth of 1.5 cun), the lifting and thrusting reducing method was used at LR-3 Taichong (perpendicular insertion to a depth of 1.0 cun), and the reinforcing method was used at SP-6 Sanyinjiao and KI-3 Taixi (perpendicular insertion to a depth of 1.5 cun). The needles were retained for 30 minutes after obtaining Qi. Treatment was given once a day for three months.

Modifications

- i. For exuberant Dryness Toxins, pricking to bleed was employed at SI-1 Shaoze.
- ii. For dry mouth, CV-23 Lianquan, Waijinjin (1.5 cun above CV-23 Lianquan, 0.3 cun either side of the midline) and Waiyuye (1.0 cun either side of the midpoint of the upper margin of the hyoid bone)

were added with application of the lifting and thrusting reducing method until fluids flowed in the mouth.

- iii. For dry eyes, BL-1 Jingming and ST-2 Sibai were added with application of the sparrow-pecking method until the eyes were moist.
- iv. For swollen parotid glands, ST-6 Jiache and TB-17 Yifeng were added with application of the reducing method.

Explanation

LI-11 Quchi enriches the Ying and Xue (Nutritive and Blood) levels to clear Dryness and relieve Toxicity; application of the reducing method at LR-3 Taichong, the *shu*-stream and *yuan*-source point of the Liver channel, dredges the Liver and relieves Depression, moves Qi and dissipates binding, invigorates the Blood and transforms stasis, frees the network vessels and generates Fluids; SP-10 Xuehai moves Qi and invigorates the Blood; application of the reinforcing method at SP-6 Sanyinjiao and KI-3 Taixi enriches Yin and bears Fire downward, enriches Water and moistens Wood. Once Body Fluids can be generated, Dryness can be eliminated.

SI-1 Shaoze, the *jing*-well point of the Small Intestine channel, drains Heat and cools the Blood; CV-23 Lianquan guides Yin Fluids upward to gush out under the tongue; Waijinjin and Waiyuye bear Fire downward, enrich Yin and generate Body Fluids; BL-1 Jingming the *hui*-meeting point of the five vessels – the Bladder, Small Intestine and Stomach channels and the Yang Motility and Yin Motility Vessels (*yang qiao mai* 阳跷脉 and *yin qiao mai* 阴跷脉) – clears Heat and brightens the eyes, and moves Qi and Blood; ST-2 Sibai clears Heat and benefits the eyes; the combination of ST-6 Jiache and TB-17 Yifeng diffuses local stagnation of Qi and Blood to disperse swelling.

²³ Liu Wei, Liu Bin, Zheng Hongxia, *Zhen Jiu Zhi Liao Gan Zao Zong He Zheng 60 Li Liao Xiao Guan Cha* [Survey of the Effectiveness of Acupuncture in the Treatment of 60 Cases of Sjögren's Syndrome], *Zhong Guo Zhen Jiu* [Chinese Acupuncture and Moxibustion] 25, 2 (2005): 101-102.