The Role of Chinese Medicine in Gastrointestinal Diseases

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Chinese Medicine (CM)

◆ A broad range of medicine practices sharing common concepts based on Chinese Medicine Theory.

◆ Clinical Practice of Chinese medicine is based on the Pattern Differentiation to make diagnosis, and treatment is targeting on the disease and pattern with Chinese herbal medicine, acupuncture, massage (Tui-Na), Qi-Gong and dietary therapy, etc.
Irritable bowel syndrome & its subtypes

The Rome III classification for subtyping IBS by bowel habit predominance. Patients are classified as IBS with constipation (IBS-C) if ≥25% of stools are hard or lumpy and <25% are loose (mushy) or watery. IBS with diarrhea (IBS-D) describes patients with ≥25% of stools loose or watery and <25% hard or lumpy. Mixed IBS (IBS-M) describes patients with ≥25% of stools hard and lumpy and ≥25% of stools loose or watery. IBS patients are unsubtyped (IBS-U) if not enough stools are abnormal to meet criteria for any other subtype.

Irritable bowel syndrome in Chinese medicine

- Inspection
- Listening and Smelling Examination
- Inquiring
- Palpation

Diagnosis

Syndrome Differentiation

Treatment
Chinese medicine Concept about IBS

Very importantly: Stagnation of Liver and Deficiency of Spleen are the key mechanism of IBS, not just for the abdominal pain, diarrhea or constipation, and also the major reason for IBS recurrence.
Clinical Trial about JCM1602

Following Rome II criteria
Randomized double blinded placebo controlled study

Gastroenterologists: symptom assessment & QOL

Barostat + Functional MRI

Run-in

Placebo Herb + Placebo WM

Herb + Placebo WM

Placebo Herb + WM

Follow-up

2 weeks

8 weeks

8 weeks

TCM Practitioners
Physicians
Trial Results

- 8 weeks TCM > placebo > holopon
- 16 weeks TCM > placebo > holopon
Patent

ZL2006-1-0146331.1

Rhizoma Atractylodis Macrocephalae (Bai zhu/白朮)
Radix Paeoniae Lactiflorae (Bai shao/白芍)
Cortex Magnoliae Officinalis (Hou Po/厚樸)
Semen coicis Lachryma-jobi (yiyiren/薏苡仁)
Polygonaceae (Huo Tan Mu/火炭母)
Fructus Terminaliae·Chebulae (he zi/诃子)
Rhizoma Corydalis Yanhusuo (Yan Hu Suo/延胡索)

The Chinese University of Hong Kong
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• Post-infection IBS model

• Early life stress IBS model

• Serotonin pathway, tryphan metabolism pathway, gut microbiota
Combination therapy for IBS

• From herbal Formulation to single compound formulation treatment
• From one direction treatment to holistic approach, targeting brain and gut
Others...

- Treatment, such as acupuncture, massage,
- Diseases, such as FD, CRC, IBD, etc.
- When is better time? How to combine WM and CM for IBS, IBD, CRD, etc.?