Diabetes is one of the most prevalent chronic diseases in the United States. The morbidity and mortality associated with the disease is significant and derives primarily from complications of persistent hyperglycemia. Longstanding hyperglycemia has been shown to lead to vascular complications involving large and small blood vessels, such as arteriosclerosis, glomerulosclerosis, and retinopathy. Diabetic neuropathy, characterized by pain and paresthesias, is among the most frequent complications of longstanding, poorly controlled diabetes and is often associated with a reduction in physical activity and with sleep disturbances.1,2

Western or conventional therapies for diabetes have been geared toward regulating blood glucose with a combination of diet modification, insulin and/or oral pharmacological agents, weight loss when appropriate, and exercise. Although Western medicine and Traditional Chinese medicine (TCM) share the diabetes treatment goals of reducing symptoms and preventing complications, their approaches to conceptualizing, diagnosing, and treating the disease are very different. This article will outline the key concepts and therapies of TCM that play a role in the evaluation and treatment of diabetic patients.

**Traditional Chinese Medicine**

TCM is a system of healing that originated thousands of years ago. It has evolved into a well-developed, coherent system of medicine that uses several modalities to treat and prevent illness. The most commonly employed therapeutic methods in TCM include acupuncture/moxibustion, Chinese herbal medicine, diet therapy, mind/body exercises (Qigong and Tai Chi), and Tui Na (Chinese massage).3

TCM views the human body and its functioning in a holistic way. From this perspective, no single body part or symptom can be understood apart from its relation to the whole. Unlike Western medicine, which seeks to uncover a distinct entity or causative factor for a particular illness, TCM looks at patterns of disharmony, which include all presenting signs and symptoms as well as patients' emotional and psychological responses. Humans are viewed both as a reflection of and as an integral part of nature, and health results from maintaining harmony and balance within the body and between the body and nature.3

Two basic TCM theories explain and describe phenomena in nature, including human beings: Yin-Yang Theory and the Five Phases Theory or Five Element Theory.

Yin and Yang are complementary opposites used to describe how things function in relation to each other and to the universe. They are interdependent—one cannot exist without the other, and they have the ability to transform into each other.3 The traditional Yin-Yang symbol (Figure 1)
within the model of five phases, each element is associated with an organ. wood is associated with the liver, fire with the heart, earth with the spleen-pancreas-stomach, metal with the lungs, and water with the kidneys. in addition, other phenomena, such as seasons, cardinal directions, weather, color, and emotions, are associated with each element. within the tcm model, diagnostic information is gained by finding out patients’ favorite season, color, and predominant emotion(s).

key concepts within tcm
qi
qi (pronounced “chi”) is translated into english as vital energy. it is defined in terms of function rather than as a discrete substance, and it is what animates us and allows us to move and maintain the activities of life. the origins of qi include “congenital” (prenatal) qi—that which is inherited from our parents—and “acquired” qi—that which is incorporated from food and air.

two major patterns of disharmony are associated with qi. deficient qi occurs when there is insufficient qi to perform the functions of life. deficient qi may affect one or more organs or the entire body. if the latter occurs, then the patient may experience lethargy, fatigue, and lack of desire to move. stagnant qi refers to impairment of the normal movement of qi through the meridians (see discussion below) and may result in aches and pains in the body.

meridians
meridians are the channels or pathways through which qi is constantly flowing and circulating throughout the body. there are 12 regular meridians and 8 extra or “curious” meridians. the 12 main meridians correspond to 12 major functions or “organs” of the body (such as liver, kidney, heart).

the chinese concept of organs corresponds only loosely to the western concept. tcm associates specific functions, symptoms, emotions, colors, and tastes with each organ, whereas the western view is limited primarily to function.

qi must flow in the correct quantity and quality through the meridians and organs for health to be maintained. acupuncture, the insertion of thin, solid metal needles, is performed on 1 or more of the 361 acupuncture points distributed along the meridians in order to regulate and promote the proper flow of qi. other techniques may be used to stimulate acupuncture points, such as moxibustion, in which the herb “moxa” (artemesia vulgaris) is used to warm the acupuncture point either above or on the skin. applied pressure (acupressure), lasers, and magnets also may be used to stimulate acupuncture points.

jing
jing, usually translated as “essence,” is the substance that is the underpinning of all organic life. qi is responsible for the ongoing day-to-day movements and function of the body, whereas jing can be considered an individual’s constitutional makeup. according to tcm, jing is stored in the kidneys.

shen
shen is considered to be the psyche or spirit of the individual. shen is the vitality behind jing and qi in the human body. the three elements together—qi, jing, and shen—are referred to collectively in tcm as the “three treasures” and are believed to be the essential components of life.

blood
according to tcm, the major activity of the blood is to circulate through the body, nourishing and moistening the various organs and tissues. disharmonies of the blood may manifest as “deficient” blood or “congealed” blood. if deficient blood exists and affects the entire body, the patient may present with dry skin, dizziness, and a dull complexion. congealed blood may manifest as sharp, stabbing pains accompanied by tumors, cysts,
or swelling of the organs (i.e., the liver). The key organs associated with blood are the heart, liver, and spleen.

Fluids
Fluids are bodily liquids other than blood and include saliva, sweat, urine, tears, and semen. Fluids act to moisten both the exterior (skin and hair) and the internal organs. Disharmonies of fluids may result in dryness and excess heat. The key organs involved in the formation, distribution, and excretion of fluids are the lungs, spleen, and kidneys.

Diagnosis in TCM
When evaluating patients with a chronic illness such as diabetes, TCM practitioners take a detailed, multisystem case history and supplement this information with observations that give information about the state of the patient’s health. These observations include the shape, color, and coating of the tongue; the color and expression of the face; the odor of the breath and body; and the strength, rhythm, and quality of the pulse. Many practitioners will palpate along meridians to detect points of tenderness that may indicate a blockage in the flow of Qi at that point.

One of the most common ways of differentiating symptoms and syndromes in TCM is according to the Eight Principles—four pairs of polar opposites: Yin and Yang, Interior and Exterior, Cold and Heat, and Deficiency and Excess. Characteristics of the Eight Principles are summarized in Tables 1 and 2.

TCM Classification of Diabetes
The Chinese language includes two terms for diabetes. The traditional name, Xiao-ke, correlates closely with diabetes in most instances. Xiao-ke syndrome means "wasting and thirsting." The more modern term, Tang-niao-bing, means "sugar urine illness." Reference to diabetes by the traditional term appears in the earliest texts, including the first medical text in Chinese history, Huang Di Nei Jing, or The Yellow Emperor’s Inner Classic.

Diabetes is classically divided into three types: upper, middle, and lower Xiao-ke. Each has characteristic symptoms. The upper type is characterized by excessive thirst, the middle by excessive hunger, and the lower by excessive urination. These types are closely associated with the lungs, stomach, and kidneys, respectively, and all three are associated with Yin deficiency. At some point during the course of their illness, most people with diabetes manifest symptoms of all three types.

According to TCM, Xiao-ke is attributed to three main factors: improper diet (consuming large quantities of sweets, fatty or greasy foods, alcohol, and hot drinks such as hot coffee or tea), emotional disturbances (stress, anxiety, depression,) and a constitutional Yin deficiency (fatigue, weakness, lethargy, pale complexion). To the Western ear, TCM diagnoses sound esoteric, even poetic. In the case of a person with diabetes presenting with symptoms of excessive thirst, the diagnosis can be described as kidney Yin deficiency along with lung Yin deficiency and "internal heat that consumes fluids, thus bringing on wasting and thirsting."

TCM Therapies
Unlike Western medicine, TCM is not concerned with measuring and monitoring blood glucose levels in diabetic patients. Treatment is individualized and geared toward assessing and treating the symptoms that compose patterns of deficiency and disharmony.

Acupuncture/moxibustion
Acupuncture and moxibustion traditionally have been used in the treatment of diabetes to reduce blood glucose levels and normalize endocrine function. In TCM, Xiao-ke is characterized by an insatiable desire for both cold and hot drinks, as well as a decreased urination. Xiao-ke syndromes may be categorized into three types: upper, middle, and lower. The upper type, characterized by a dry mouth and thirst, is correlated with a constitutional Yin deficiency. The middle type, characterized by fatigue and a pale complexion, is correlated with an excess of heat. The lower type, characterized by a decrease in urine and a weakened constitution, is correlated with a constitutional Yin deficiency.

Table 1. Summary of TCM Main Excess/Deficiency and Heat/Cold Signs

<table>
<thead>
<tr>
<th>General Signs</th>
<th>Tongue</th>
<th>Pulse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excess pattern</td>
<td>Ponderous, heavy movement; heavy, coarse respiration; pressure and touch increase discomfort</td>
<td>thick moss</td>
</tr>
<tr>
<td>Deficiency patterns</td>
<td>Frail, weak movement; tiredness; shortness of breath; pressure relieves discomfort; inactive; passive appearance; low voice; dizziness; little appetite</td>
<td>pale material; thin moss</td>
</tr>
<tr>
<td>Heat patterns</td>
<td>Red face; high fever; dislike of heat; cold reduces discomfort; rapid movement; outgoing manner; thirst or desire for cold drinks; dark urine; constipation</td>
<td>red material; yellow moss</td>
</tr>
<tr>
<td>Cold patterns</td>
<td>Pale, white face; limbs cold; fear of cold; heat reduces discomfort; slow movement; withdrawn manner; no thirst, or a desire for hot drinks; clear urine; watery stool</td>
<td>pale material; white moss</td>
</tr>
</tbody>
</table>

Table 2. Signs of Yin and Yang Patterns

<table>
<thead>
<tr>
<th>Examination</th>
<th>Y in Signs</th>
<th>Yang Signs</th>
</tr>
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<tbody>
<tr>
<td>Looking</td>
<td>quiet; withdrawn; slow, frail manner; patient is tired and weak, likes to lie down curled up; no spirit; excretions and secretions are watery and thin; tongue material is pale, puffy and moist; tongue moss is thin and white</td>
<td>agitated, restless, active manner; rapid, forceful movement; red face; patient likes to stretch when lying down; tongue material is red or scarlet, and dry; tongue moss is yellow and thick</td>
</tr>
<tr>
<td>Listening and Smelling</td>
<td>voice is low and without strength; few words; respiration is shallow and weak; shortness of breath; acrid odor</td>
<td>voice is coarse, rough, and strong; patient is talkative; respiration is full and deep; putrid odor</td>
</tr>
<tr>
<td>Asking</td>
<td>feels cold; reduced appetite; no taste in mouth; desires warmth and touch; copious and clear urine; pressure relieves discomfort; scanty pale menses</td>
<td>patient feels hot; dislikes heat or touch; constipation; scanty, dark urine; dry mouth; thirst</td>
</tr>
<tr>
<td>Touching</td>
<td>frail, minute, thin, empty, or otherwise weak pulse</td>
<td>full, rapid, slippery, wiry, floating, or otherwise strong pulse</td>
</tr>
</tbody>
</table>
Herbal medicine

Herbal medicine has been an integral part of TCM for more than 2,000 years. Many herbal formulations have been developed and are used in the treatment of diabetes. The Huang Di Nei Jing (Yellow Emperor’s Inner Classic), which dates from the Han Dynasty 206 B.C.-220 A.D., listed 13 herbal formulations, of which were patent medicines including pills, powders, plasters, and tinctures. The sources of Chinese remedies are varied and include plants, minerals, and animal parts.

Chinese herbs have specific functions (i.e., warming, heat-clearing, eliminating dampness, and cooling) and can be classified according to those functions. They are also classified according to four natures (cool, cold, warm, and hot) and five tastes (sweet, pungent, bitter, sour, and salty). Herbs may be prescribed individually or as part of a formula.

Formulas promote the effective use of herbs. A typical formula has four components, including:

1. The Chief (principal) ingredient, which treats the principal pattern of disease,
2. The Deputy (associate) ingredient, which assists the Chief ingredient in treating the major syndrome or serves as the main ingredient against a coexisting syndrome,
3. The Assistant (adjuvant) ingredient, which treats the principal pattern of disease,
4. The Envoy (guide) ingredient, which focuses the actions of the formula on a certain meridian or area of the body or harmonizes and integrates the actions of the other ingredients.

Herbal prescriptions for diabetes are formulated or prescribed based on the patient’s predominant symptoms. For instance, a patient presenting primarily with excessive thirst (lung Yin deficiency) might be given a single herb, such as radix panacis quinquefolii; or a combination of herbs in a patent formulation such as yu chuan wan, which is used in general to treat diabetes of mild to moderate severity and specifically to treat excessive thirst due to Yin deficiency, and ba wei di huang tang (“eight-ingredient
Discontinuing conventional medications in favor of herbal formulations may lead to serious complications such as significant hypoglycemia, and combining conventional hypoglycemic agents with herbal preparations without proper monitoring could lead to hypoglycemia. The Food and Drug Administration (FDA) does not regulate herbs, minerals, animal products, and patent formulas that come into the United States from China. Herbal products are considered dietary supplements according to the Dietary Supplement and Health Education Act (DSHEA) of 1994; therefore, the manufacturers do not need FDA approval or evaluation for safety, purity, and efficacy before bringing their products to market. There have been reports of some formulas imported from China containing heavy metals such as lead and mercury and of others being deliberately adulterated with conventional Western pharmaceuticals, such as corticosteroids, anti-inflammatory agents, and benzodiazepines.

### Diet therapy

According to TCM, diet plays an important role in maintaining health and treating disease. In the TCM paradigm, foods are valued and prescribed for their energetic and therapeutic properties rather than solely for their chemical makeup. Attention is paid to the quantity, quality, method of preparation, and time of food intake, as well as to the patient’s body type, age, vitality; geographic location; and seasonal influences.

Because TCM defines diabetes as a disease characterized by Yin deficiency and excess internal heat, an example of a dietary prescription would be to consume spinach, which is cooling, “strengthens all the organs, lubricates the intestines, and promotes urination.” A recommendation might be to boil tea from spinach and drink 1 cup three times/day. Other foods considered to be cooling and beneficial for diabetes include vegetables and grains, such as celery, pumpkin, soybeans (i.e., tofu, soymilk), string beans, sweet potato/yam, turnips, tomato, wheat bran, and millet. Fruit remedies, which act in specific therapeutic ways, include crab apple, guava, plum, strawberry, and mulberry. It is generally recommended that patients eat a wide variety of seasonal foods and avoid or minimize consumption of sweets and fruits. Meals should be smaller, eaten more frequently, and eaten at regular times each day.

### Qigong

Qigong (pronounced “chi gong”) is literally translated as “function of Qi.” It emphasizes the connection between the mind and body. It is a meditative method that consists of breathing techniques that can be combined with body movements in order to regulate, harness, and enhance Qi. Qigong is used as a means of promoting health, healing, spiritual growth, and overall well-being. While Qigong is not typically used as a major treatment modality for diabetes, it has been found to be a valuable adjunctive therapy for this condition. There are specific Qigong exercises for diabetes.

### Conclusion

TCM does not offer a cure for diabetes, but instead aims to optimize the body’s ability to function normally. There is still a great need for more and better research on the efficacy and safety of both Chinese herbals, which are being used along with or in lieu of Western pharmaceuticals, and acupuncture in the care of diabetic patients. Patients, TCM practitioners, and physicians who choose to integrate the two forms of care must all recognize the importance of careful monitoring of blood glucose levels, as well as monitoring for potential side effects such as drug-herb interactions.

As always, in seeking to integrate different traditions and forms of healing, we are seeking to offer patients the safest, most effective care possible. Remaining open to alternative forms of care and educating ourselves about the safety and efficacy of these modalities can benefit us all.


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