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Diabetes

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Diabetes is the syndrome of sugar, protein, fat, water and electrolyte metabolic disorder that occurs when the body cannot produce enough or effectively use insulin, and it can be assigned to Emaciation-Thirst Disease in Traditional Chinese Medicine (TCM). According to the basic understanding of TCM and pathophysiological knowledge of western medicine, it can be found that pathogenesis of type 2 diabetes mellitus (T2DM) is the combination of protective qi deficiency, dampness and phlegm, blood stasis and inner heat due to disorders of liver, spleen and kidney function. Based on the characteristic of pathogenesis, Prof. Sihua Gao puts forward the conception of “treatment for T2DM by regulating liver, spleen and kidney together”, and prescribes three formulas of Chinese herbs which are named jiangtangxiaoake formula I, formula II, and formula III. All of the above prescriptions have good clinical efficacy. Furthermore, jiangtangxiaoake formula I used should be nourishing kidney, supplemented by tonifying spleen soothing liver, reinforcing both qi and yin, and activating blood. Jiangtangxiaoake formula II used should be soothing liver, supplemented by tonifying spleen nourishing kidney, regulating qi and clearing heat. Jiangtangxiaoake formula III used should be tonifying spleen, supplemented by soothing liver nourishing kidney, reinforcing qi and removing dampness. Meanwhile, Prof. Gao proposes the whole thinking of T2DM prevention. A series of specific methods are presented, such as self-psychological adjustment, reasonable dietary habit, appropriate exercise program and choosing the right music and the aim is to tonify spleen, soothe liver and nourish kidney. Thus it can be seen that “treatment for T2DM by regulating liver, spleen and kidney together” integrates Chinese medicine with modern medicine. And this idea enriches scientific basis of TCM, offers a new thought for understanding the mechanism, and plays an important role in diagnosis, prevention and control, treatment as well as development of effective drugs for T2DM.

Biography

Fangfang has completed her MD in 2012 from Beijing University of Chinese Medicine (BUCM), School of Basic Medical Sciences with Prof. Sihua Gao as her teacher. In the same year, she became a lecturer in BUCM, and she is working on research of correlation between Zang and Fu organs in TCM and diabetes prevention and treatment with Chinese herbs based on integrating Chinese medicine with modern medicine. She has published more than 10 papers in journals.

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