

Sjögren's Syndrome

The TCM View and Clinical Report

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Definition

Sjögren's syndrome (SS) is an autoimmune disorder characterized by chronic inflammation and dysfunction of the exocrine glands, particularly the salivary and lacrimal glands. Therefore the main symptoms of SS are dry mouth and dry eyes.

The Two Forms of SS

Primary: absence of other autoimmune disorder, often with extraglandular (systemic) complications (i.e. fatigability, renal involvement, CNS involvement, etc.).

Secondary: occurring with another connective tissue disease, usually rheumatoid arthritis, systemic lupus, systemic sclerosis, or polymyositis.

Epidemiology

The disease affects predominantly women of late 40's. The female-to-male ratio is about 9:1. The prevalence is still unknown. About 30% of patients are considered secondary Sjögren's syndrome who also suffer rheumatoid arthritis, systemic lupus erythematosus or systemic sclerosis. There are 2 to 5 % of people aged 60 and above have primary Sjögren's syndrome.

Clinical Manifestations

1. Dry eyes
2. Dry mouth
3. Respiratory tract: dry nose, throat, trachea.
4. Gastrointestinal tract: difficulty swallowing; atrophic gastritis.
5. Vaginal dryness
6. Extraglandular symptoms: fatigability; low grade fever; muscle or joint pain; dyspnea; renal involvement; lymphoma; and central nervous system disorder.

Etiology (TCM)

Yin and/or blood deficiency

Internal or external dry heat

Fluid metabolism or transportation disorder

Blood stasis

Dry heat Sp/St dysfunction fluid production/transportation disorder

Types of SS in TCM

Liver and kidney deficiency;
Qi and Yin deficiency of the Sp/St;
Lung and stomach Yin deficiency;
Yin deficiency with Bi syndrome;
Combined with dry pathogen or with blood stasis; and/or with Qi deficiency.

Treatment of SS (Clinical report)

Luo Xian-fang, etc. treated 8 cases with differential diagnoses of two types:
liver and kidney Yin def.
spleen/stomach def.
With the variations of dry-pathogen infection or blood stasis.
Result: significantly effective (5 cases), improvement (2 cases), no improvement (1 case).

Formulas (Luo Xian -fang)

For Lv/Ki def. – Liu wei Di Huang Wan plus Er Zi Wan
For Sp/St def. – Sha Shen Mai Dong Tang
With dry-pathogen: Zhi Mu, Zi Cao, Xuan Shen, Fu Ling, Shan Ci Gu were added;
With blood stasis: Dan Shen, Wei Ling Xian, Mu Gua, Hong Hua, Hu Zhang, Dang Gui Wei were added.

Wang Hui-Hong treated 23 cases with three types:
Lv/Ki def.- Qi Ju Di Huang Wan
Lu/St Yin def. – Sha Shen Mai Dong Tang plus Yi Wei Tang
Yin def. with Bi – Dang Gui, Chi Shao, Dan Shen, Mu Dan Pi, Hong Hua, Tu Bie Cong, Qin Jiao, Fang Feng, Wei Ling Xian, Du Zong, Niu Xi, Mu Gua, Hai Feng Teng, Ren Dong Teng, Wu Gia Pi.
Result: 95.6% effective rate.

Wan Yunli's Tonify Qi & Yin formula

Huang Qi (Astragalus Radix)
Mai Men Dong (Ophiopogon Radix)
Xuan Shen (Scrophularia Radix)
Sheng Di Huang (Rehmannia Radix)
Shen Ma (Cimicifuga Foetida Rhizoma)
Ge Gen (Pueraria Radix)
Dang Gui (Angelica Sinensis)

Tian Hua Feng (Tricosanthes Radix)

Main Formula

1. Yi Guan Jian

Sheng Di Huang (Rehmannia Radix)

Gou Qi Zi (Lycium Fructus)

Bei Sha Shen (Glehnia Littoralis Radix)

Mai Men Dong (Ophiopogon Radix)

Dang Gui (Angelica Sinensis)

Chuan Lian Zi (Melia Fructus)

2. Sha Shen Mai Dong Tang

Sha Shen (Adenophora Radix)

Mai Men Dong (Ophiopogon Radix)

Yu Zhu (Polygonatum Rhizoma)

Sang Ye (Morus Folium)

Sheng Bian Dou (Dolichos Semen)

Tian Hua Fen (Tricosanthes Radix)

Gan Cao (Glycyrrhiza Radix)

Main Herbs

1. Shan Yao Phizoma Dioscoreae (Chinese Yam)

Effects:

Reinforces the spleen and stomach.

Promotes the production of body fluid to nourish the lungs.

Reduces fatigue and preserves vital essence.

Strengthens the kidneys.

2. Mai Men Dong Ophiopogonis Tuber

Effects:

Improves lung/stomach yin-fluid, and rid of heat;

reduces dryness and thirst;

improves contraction of heart muscles and anti-arrhythmia; calm the mind;

improves recoveries of cells of the pancrea and lowering blood sugar;

improves toleration of lack of oxygen;

anti bacteria.

3.Sheng Di Huang Rehmannia Radix

Effects:

Benefiting Yin fluid and blood;

Reducing thirst and Yin def. fever;

Stop bleeding;

Promote BM;

Excellent herb for arthritis, and urticaria and eczema.

Recommended Herbal Treatment

Chinese Yam Powder: 3 tbsp once per day or 5gms of extract once per day;

Custom Formula: 10-12gms of herbal powder extract two times per day;

Optional liquid herbal supplement (Stomatoneal): 10ml three times per day.

Other Recommended Services

Office visit: once or twice per month to refine custom formula when needed;

Acupuncture/Acupresure treatment: when there are joint or muscle pain, and/or other complications.