
Hepatitis C Choices in Care

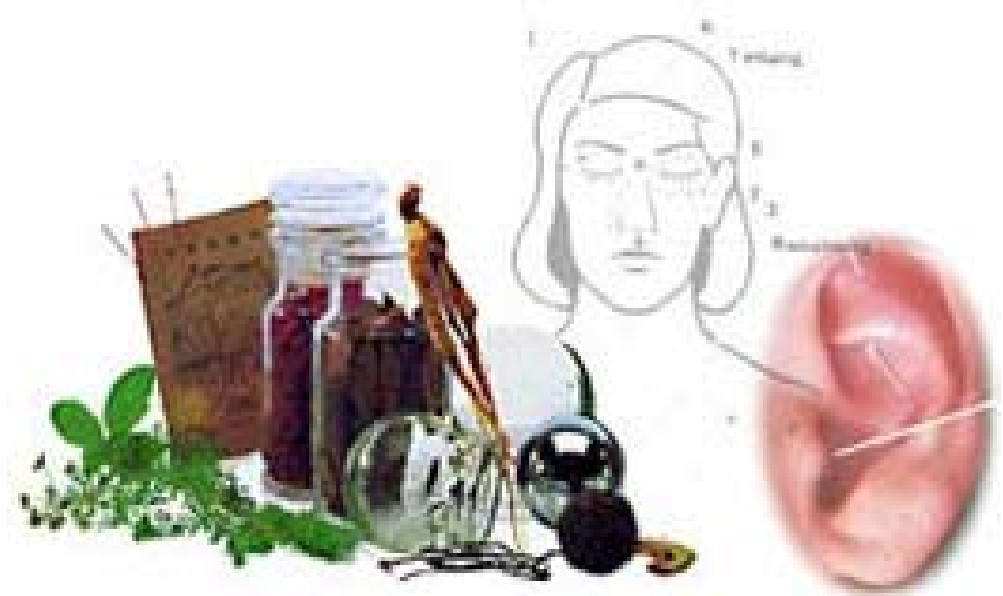
Chinese Medicine and Hepatitis C

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Chinese Medicine

Chinese traditional medicine is a complete medical system with its own forms of diagnosis, treatment, prognosis, and therapies.



History of Chinese Medicine

- Chinese medicine is the longest continually practiced, documented and catalogued medicine in the world.

- In the 21st century, Chinese traditional medicine is informed by scientific evidence as well as thousands of years of inquiry, study and practice.

Chinese Medicine and Hepatitis C

- Chinese traditional medicine can be used as complementary adjunctive care for those using Western treatment or as an alternative form of treatment in hepatitis C.
- There are many traditions of Asian medicine, herbal medicine and acupuncture practiced in the US today.

Chinese Medicine

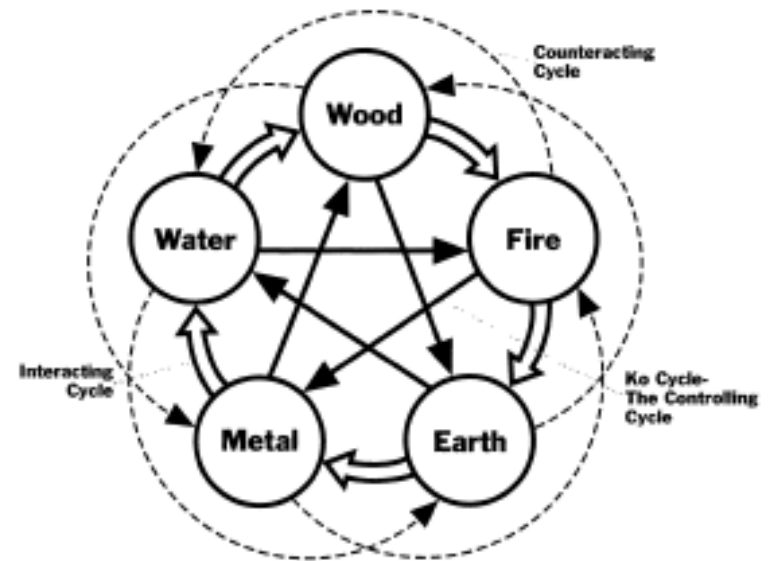
Some of the main traditions are:

- Traditional Chinese Medicine (acupuncture and herbal medicine)
- Japanese acupuncture and Japanese herbs (Kampo)
- Traditional Acupuncture (Worsley Five Phases)
- Korean Acupuncture.

Each system has its own strengths. The diagnosis and modalities may vary from system to system.

Chinese Medicine Concepts

Ancient Chinese medicine does not talk about virus or bacteria as triggers of disease. Instead, it talks about influences that cause disharmony in Yin/Yang, the Essential Substances, the Organ Systems, the channels and the Five Phases.



Chinese Medicine Concepts

- The 7 emotions
 - Happiness, anger, worry, pensiveness, sadness, fear, shock
- The 6 Pernicious Influence
 - wind, cold, heat, dampness, dryness and summer, heat

There is no separation between the body and the emotions, the emotions and the spirit, or between the body and the external forces which shape daily life.

Chinese Medicine Concepts

Other sources of disharmony traditionally include:

- Poor Nutrition
- Unharmonious Sex
- Excess Physical Activity
- Epidemic Factors
 - Epidemic Factors trigger symptoms similar to the Pernicious Influences but are severely toxic and cause sudden disease onset such as cholera. Some diseases, such as HIV and HCV, fit into a special category of Epidemic Factors called Heat Toxins (often with no apparent sudden onset).

Chinese Medicine Concepts

Chinese traditional medicine helps restore the body to balance and works on an energetic level to affect all aspects of a person: mind/body/spirit.

Chinese Medicine Practice

- Traditional Chinese medicine
 - Herbal Medicine
 - Acupuncture
 - Nutrition
 - Qigong
 - Exercise
 - Massage
 - Lifestyle

The word “cure” is not used however “restoration of balance” and “easing disharmony” are common.

Chinese Medicine Concepts



Chinese medicine views the body as an energetic system in dynamic balance.

Qi---translated as energy or life force-- flows in a regular pattern through a system of channels (or meridians) to the whole body.

Chinese Medicine Concepts

The Liver Organ in Chinese medicine is responsible for the smooth flow of Qi as well as Blood (Xue) in the body

- When the flow of Qi is unimpeded there is harmony, balance, and good health.
- When there are Qi blockages, too much or too little Qi, there is an imbalance which can lead to disharmony and disease.

Diagnostic Process

Practitioner evaluation uses various tools: tongue observation, pulse palpation, questioning, and looking and smelling as, part of an overall analysis in order to develop a working differential diagnosis.



Diagnostic Process

Ancient Chinese medicine does not define viruses or bacteria as triggers of disease or disorders.

Instead, it talks about influences that cause disharmony in:

- Yin/Yang
- the Essential Substances
- the Organ Systems
- the Channels
- the Five Phases.

Diagnostic Process



Herbal medicine and acupuncture often use different diagnostic procedures. For example Chinese herbal medicine always includes tongue observation.

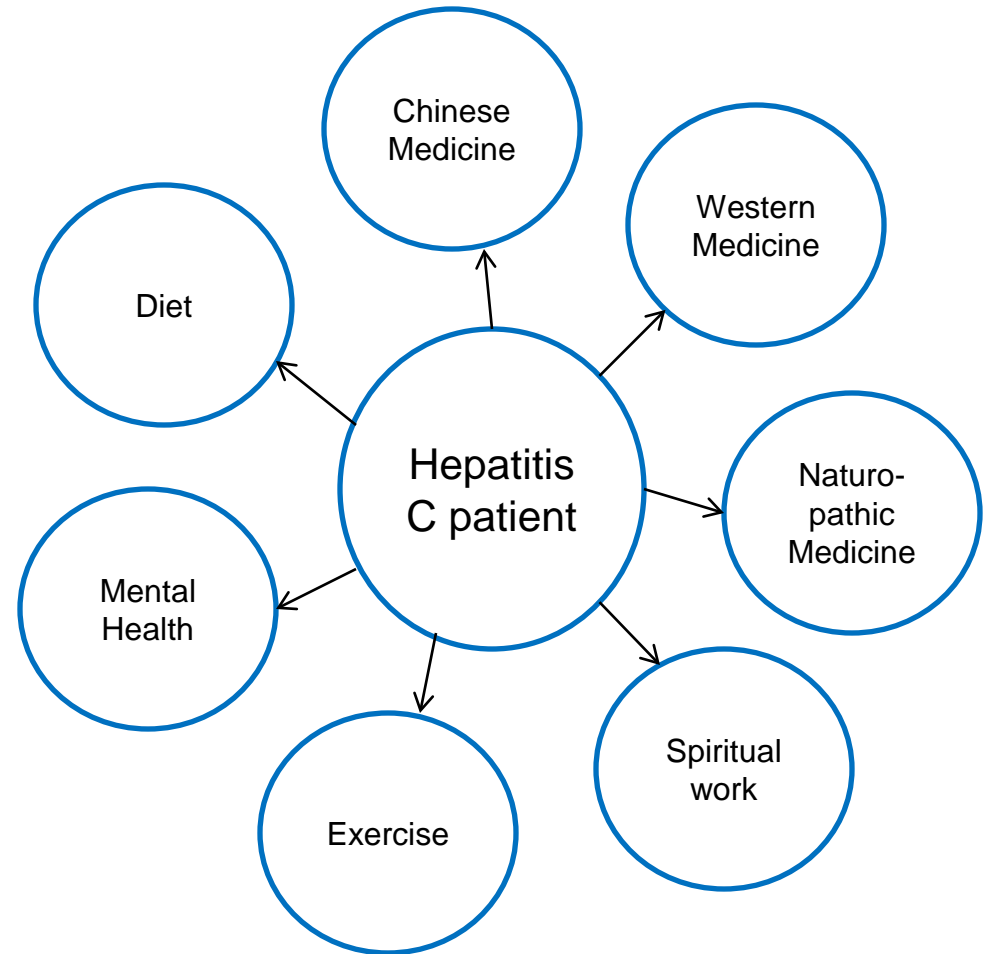
Diagnostic Process

In the best of all worlds, Chinese traditional medicine practitioners take into account both Western diagnoses and Eastern diagnoses when creating a treatment plan.



Diagnostic Process

By doing this, we can help a client develop and manage a comprehensive treatment plan integrated with Western medicine practitioners, Western treatments and other care; the client is at the center of care and is in charge of the overall treatment plan.



Diagnostic Process

When a person is treated in Chinese medicine, there is ongoing assessment.

- Treatments may be changed according to the current health status evaluation by the practitioner.
- Should include ongoing Chinese traditional diagnostic assessment along with changes in Western diagnosis and therapies.

Chinese Herbs

- Extensively documented for chronic viral hepatitis
- Taken along with Western treatment may lessen side effects of drugs and improve outcomes
- Protect the liver, decrease inflammation and strengthen immune system.
 - Immunomodulation to tonify qi and blood, increase disease resistance, restore normal body/liver function, repair damage
 - Antivirals to rid heat and toxins

Chinese Herbal Medicine

Herbs come in many forms.



Chinese Herbal Medicine

Various Treatment Paradigms

- Western Naturopathic Approach
- Modern Chinese Research Approach
- Traditional Chinese Medicine Approach
- Combination Approaches
- All Use Chinese Herbs Differently
- All Use Chinese Herbs Similarly

Chinese Herbal Medicine

Western Herbal Treatment Concepts

- Immune regulation
- Decrease liver inflammation
- Normalize liver function
- Improve blood microcirculation
- Enhance bone marrow function
- Repair liver damage
- Anti-inflammatory and anti-viral

Chinese Herbal Medicine

Individual Herbs with Special Effects of Enhancing Immune Function

- Huang Qi (Astragalus)
- Bai Zhu (Atractylodes)
- Dong Chong Xia Cao (Cordyceps)



Cordyceps

Chinese Herbal Medicine

Individual Herbs with Special Effects of Enhancing Immune Function

- Ling Zhi
(Ganoderma)
- Wu Wei Zi
(Schizandra)



Ling Zhi

Chinese Herbal Medicine

Individual Herbs with Special Effects of Enhancing Immune Function

- Xi Yang Shen and Ren Shen (Ginseng)
- Gan Cao (Licorice)
- Glycyrrhizin (Licorice extract)



Xi Yang Shen

Chinese Herbal Medicine

Individual Herbs with Special Effects of Protecting the Liver

- Chai Hu (Bupleurum)
- Han Lian Cao (Eclipta)
- Milk Thistle (Silybum marianum)
- Huang Qin (Scutellaria)



Silybum marianum

Chinese Herbal Medicine

Individual Herbs with Special Effects of Protecting the Liver

- Yu Jin (Curcuma)
- Zhi Zi (Gardenia)
- Yin Chen Hao
- (Artemesia Capillaris)
- Gou Qi Zi (Fructus Lycii)



Yin Chen Hao

Chinese Herbal Medicine

Individual Herbs that Stabilize and Bind

- Wei Zi (Schizandra)
- Yin Guo Ye (Ginkgo leaf)



Wei Zi

Chinese Herbal Medicine

Individual Herbs that Clear Heat (often Antiviral, Antibacterial, Antitoxin)

- Da Qing Ye & Ban Lan Gen
(Isatis leaf & Isatis root)
- Pu Gong Ying (Dandelion)



Da Qing Ye

Chinese Herbal Medicine

Individual Herbs that Strengthen Marrow and Vitalize Xue

- Ji Xue Teng (Milletia)
- Dan Shen (Salvia)



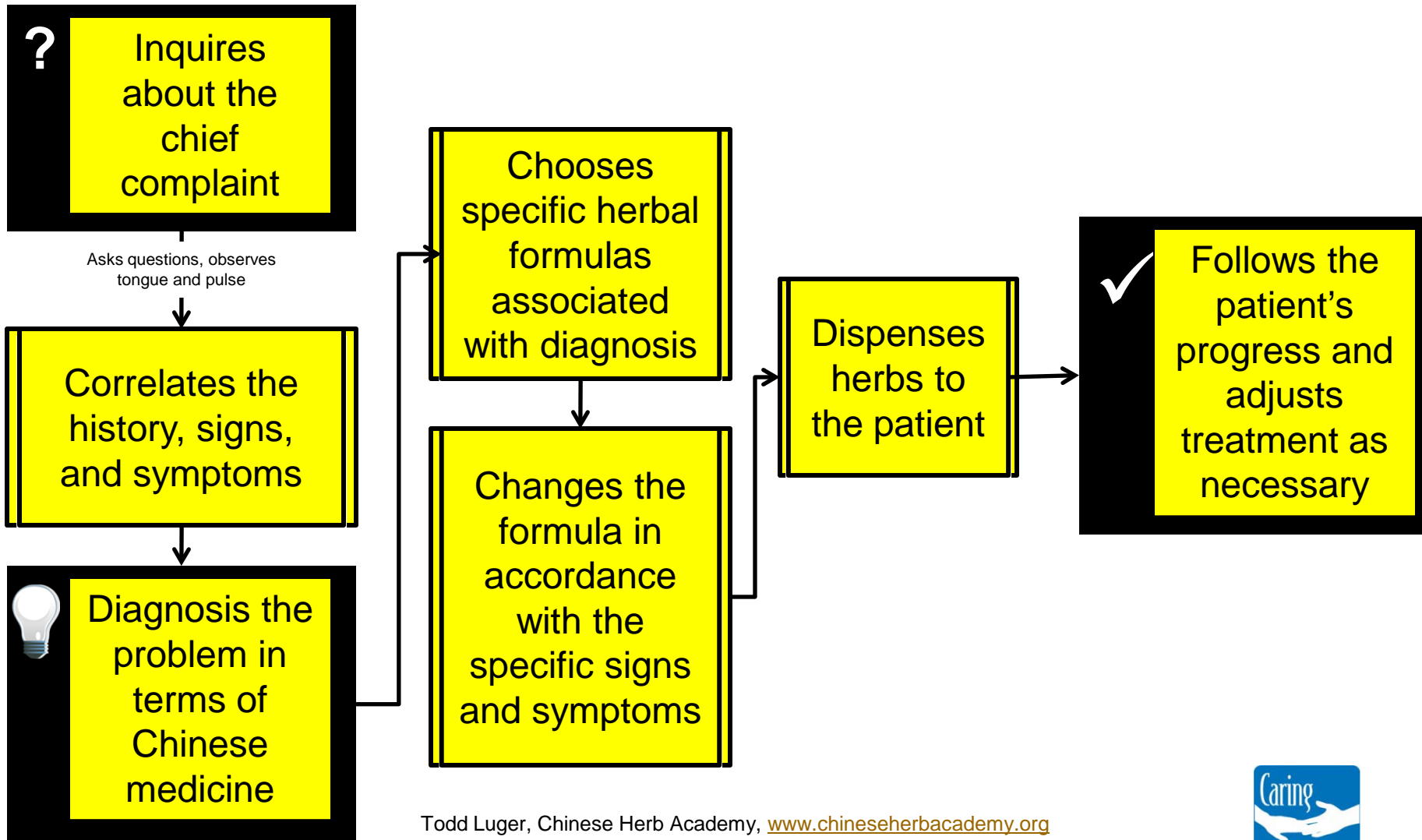
Ji Xue Teng

Chinese Herbal Medicine

Chinese Herbal Formulas

- Design of Formulas
- Chinese Herbal Principles in HCV
 - -Clear Heat and Clean Toxin
 - -Regulate and Vitalize (Qi, Xue)
 - -Regulate and Drain Dampness
 - -Tonification (Qi, Xue, Jing, Jin)

How does a Chinese Herbalist Think?



Chinese Herbal Medicine

Contraindications/Interactions

- A qualified herbal practitioner should always be consulted as there are specific herbal medicines for specific diagnoses.
- There are herbs contraindicated in both Chinese diagnoses and Western diagnoses as well as negative interactions between pharmaceutical medications and herbal medications as well as between herbs and herbs.

Chinese Herbal Medicine

Contraindications/Interactions

- For example, one study indicated that there is a negative interaction between Milk Thistle (Silymarin) and Interferon Alpha with Milk Thistle possibly decreasing Interferon's effectiveness.
- People taking protease inhibitors should not take St. John's Wort as there is inhibition of the cytochrome P450 in the liver which metabolizes both substances.

Chinese Herbal Medicine

Contraindications/Interactions

- In some cases, there are herbs which may increase clotting time (such as Ginkgo biloba) and those with an elevated INR should not take these herbs or only take them with constant monitoring of labs and under supervision.
- In [The Hepatitis C Help Book](#) (by Robert Gish, MD and Misha Cohen, OMD) there is a list of liver toxic drugs, substances and herbs.

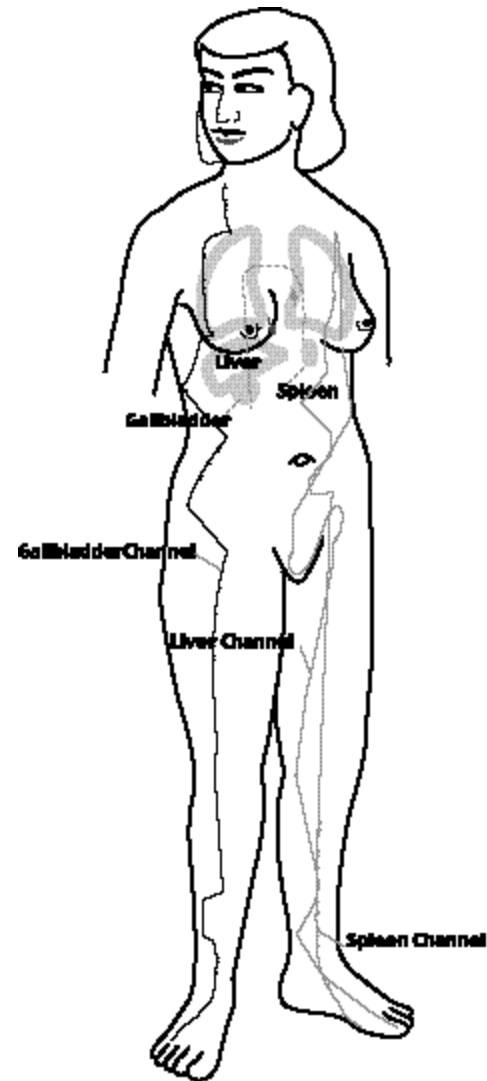
Acupuncture

Acupuncture is the art of inserting fine sterile metal needles into certain body or ear points to control the body's energy flow.



Acupuncture

Acupuncture is relatively painless, often accompanied with a sensation of heaviness, warmth, or movement of energy at the point of insertion or along the energy channels.



*The Spleen, Liver and Gallbladder
in relation to their Channels*
©Misha Cohen, Paths to Wholeness 1996

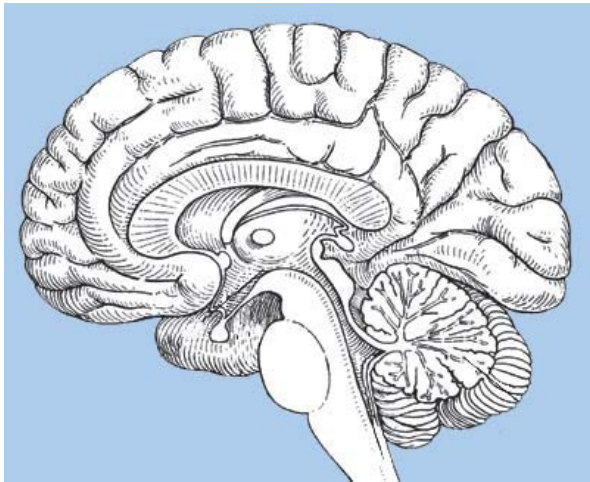
Acupuncture

Acupuncture helps to relieve pain as well as rebalance energy and heal symptoms. Electro-stimulation may also be used with acupuncture for pain.



Acupuncture

Western science has documented some ways in which acupuncture works--there are many mechanisms.¹



One acupuncture mechanism is through stimulation of serotonin levels within the brain, which leads to a sense of well-being as well as pain relief.²

1. Shen J. J Altern Complement Med. 2001;7 Suppl 1:S121-7; Research on the neurophysiological mechanisms of acupuncture: review of selected studies and methodological issues.

2. Sugai GC, Freire Ade O, Tabosa A, Yamamura Y, Tufik S, Mello LE. Division of Chinese Medicine and Acupuncture, Department of Orthopedics and Traumatology, Universidade Federal de Sao Paulo (UNIFESP), Brazil

Acupuncture

- Acupuncture also has anti-inflammatory effects, which may help relieve symptoms and possibly decrease liver inflammation.
- Acupuncture may also be effective for reducing elevated transaminases.

Cohen MR, Wilson CJ, Surasky A. Acupuncture treatment in people with HCV and HIV coinfection and elevated transaminases. XII International Conference on AIDS. Abstract 60211. Geneva, Switzerland. 1998

Zijlstra FJ, van den Berg-de Lange I, Huygen FJ, Klein J Anti-inflammatory actions of acupuncture; Department of Anesthesiology, Erasmus Medical Centre, Centre location, Rotterdam, The Netherlands.



Acupuncture

Contraindications/Interactions

- Acupuncture may be contraindicated in bleeding disorders. Careful evaluation of labs and patient response is necessary for safe treatment.
- People with allergies to metal should not use acupuncture. People with HIV generally have increased autoimmune reactions.
- Rarely, some people develop “needle sickness” and cannot tolerate acupuncture.

Moxibustion

Moxibustion is the burning of the common herb mugwort over areas of the body for stimulation or warmth. Heat packs or TDP heat lamps may also be used during treatment.



Moxibustion

Moxibustion uses burning herbs, placed on or near the body, to stimulate specific acupuncture points or areas that need treatment.



Moxibustion

Contraindications

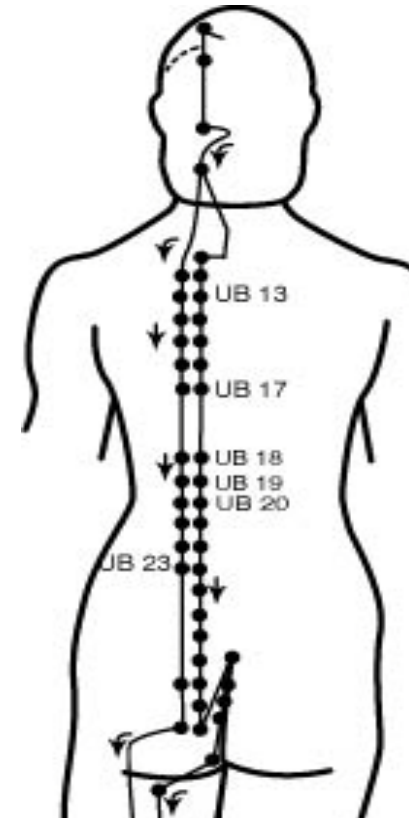
Moxibustion is generally contraindicated with Heat or Damp Heat syndromes. Exceptions include abdominal cramping related to Damp Heat type chronic diarrhea as there is always an underlying Spleen Deficiency.

Acupuncture & Moxa Protocol

General Chronic Hepatitis TX

Special points-- .75 cun from
Du Channel at the level of
thoracic vertebrae T10/T11/T12

- UB 18/19/20
- with deficiency St36, Sp6
- Four Gates: Li3, LI4



Qi Gong Exercise & Meditation



Master Larry Wong

Massage -- Tui Na and More

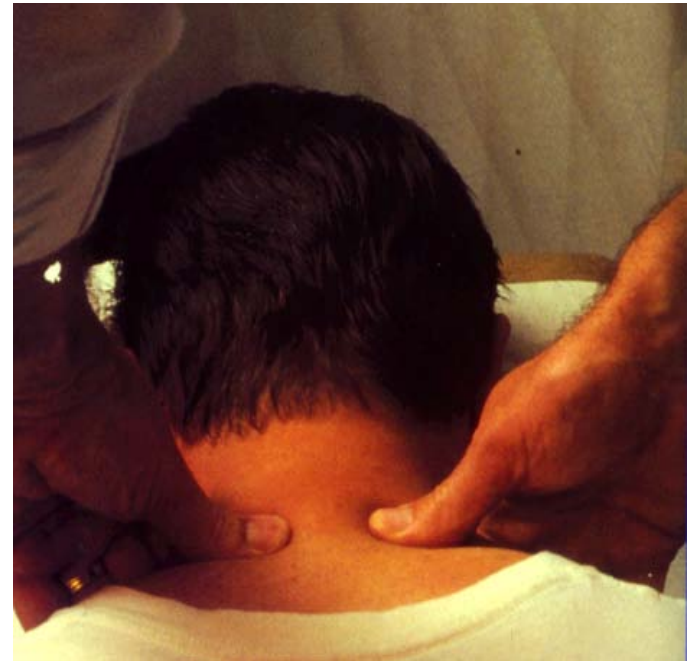
There are many forms of massage and bodywork.

- Acupressure includes Tui Na (Qi Gong), Shiatsu and Thai Massage
- Deep Tissue
- Long Stroke massage includes Esalen Style and Swedish
- Many other styles



Massage -- Tui Na and More

Clients should seek medical advice before having therapeutic bodywork if they suffer from phlebitis, thrombosis, varicose veins, severe acute back pain, or fever.



This is especially important in immunocompromised individuals.

Massage -- Tui Na and More

- Swellings, fractures, skin infections, or severe hematomas should not be massaged. Lumps and swellings should be checked by an allopathic physician before massaging. This is also true for acupuncture.
- People with cancer are best treated by specially trained practitioners who know which areas to avoid and which kind of bodywork is appropriate.

Role of the Liver in Chinese Medicine

- Liver stores Blood (Xue)
- Liver blood nourishes sinews and joints
- Moistens the eyes, skin, hair, tendons, nails
- Ensures smooth flow of Qi (vital energy) and Xue (Blood):
 - emotional state
 - digestion
 - bile secretion

Modern Chinese Medicine (General)

- Interprets traditional medicine concepts with input and terms from Western medicine:
 - pathophysiology and phytopharmacology
- New concepts, therapies, and remedies
- Treats intractable diseases not defined in Chinese traditional medicine, such as viral hepatitis
- New herbal formulas for Western defined diseases rather than traditional pattern-defined

Modern Chinese Medicine Approach to the Virus

- Fu Zheng Qu Xie
 - “Support righteous qi and dispel evil”
- Regulate immunity and enhance health to fight off the infectious agent
- Restoring balance is the primary objective, not ridding the body of the infectious agent

Differential Diagnosis

All HCV is associated with the *li qi* (pestilence/Epidemic Factor), Toxic Heat:

Symptoms: Itching, sensations of heat, agitation
Tongue: Red spots and red body
Pulse: Rapid

Differential Diagnosis

- In addition, there are 10 traditional Chinese medical patterns specifically associated with acute and chronic viral hepatitis.
 - Patterns are diagnosed depending upon the physical examination and an individual's symptomatology
- The most common initial patterns found are Spleen, Stomach, and Liver patterns.

Treatment Objectives -- Chinese

- Clear Heat Clean Toxin
- Regulate Qi and Xue
- Tonify Qi, Xue, Jing and Jin
- Harmonize Liver and Spleen and Stomach
- Remove Dampness
- Clear Damp Heat
- Harmonize Mind/Body/Spirit

Treatment Objectives -- Western

- Control inflammation and restore liver function.
- Regulate immunity.
- Improve microcirculation and decrease fibrosis.
- Facilitate bile secretion and excretion.
- Lower portal vein pressure.
- Treat HCV-related symptoms and complications.
- Viral clearance is not a goal for Chinese treatment

Integrating East and West

- Client is in the center and in charge
- Communication among practitioners is key
- Develop practical treatment plans care management
- Discuss interferon side effects and how to manage side effects and how to choose which medicine to use
- Discuss what to do if interferon treatment is not warranted, not chosen, must be discontinued or does not clear virus
- Labs, cancer screening and biopsies regularly done by Western provider whether or not interferon is used

Informed Self Care

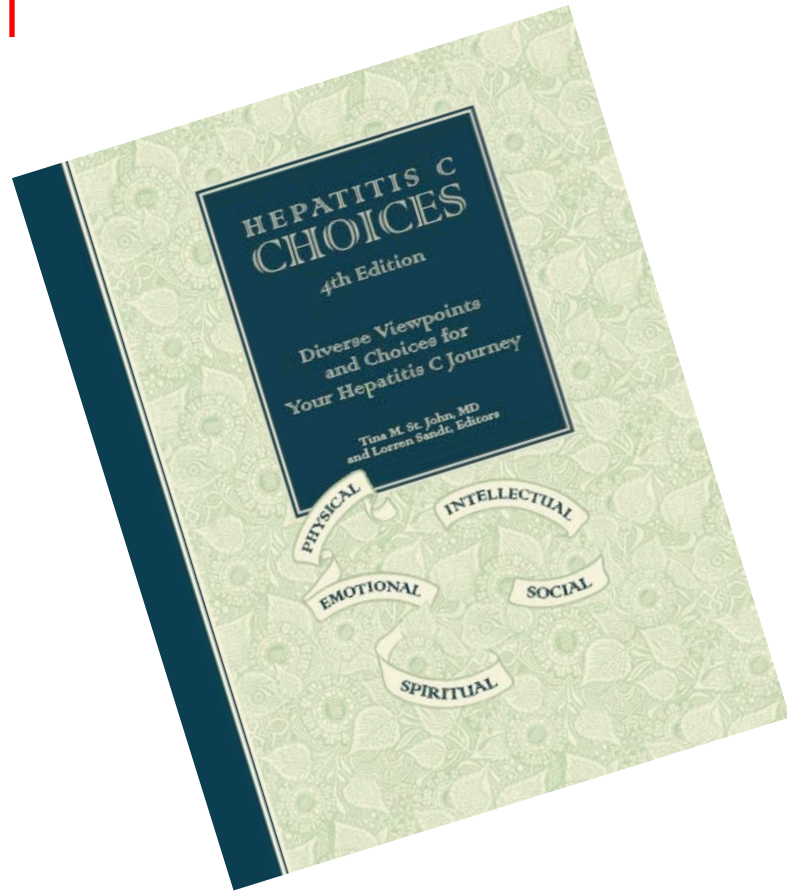
- Daily Journal
- Dietary Guidelines
- Exercise Plan
- Meditation Plan
- Self-Massage
- Moxibustion
- Soaks and Saunas
- Nutritional Supplements



Books and resources

- ***The Chinese Way To Healing***, Misha Ruth Cohen
- ***The Web That Has No Weaver***, Ted Kaptchuk
- ***Encounters With Qi***, David Eisenberg
- ***The Barefoot Doctor's Manual***, Chinese Gov't
- ***The Hepatitis C Help Book***, Misha Ruth Cohen, OMD, LAc and Robert G. Gish, MD
- ***Living With Hepatitis C***, Gregory T. Everson, MD
- ***Hepatitis C Choices***, Caring Ambassadors Program
- ***NCCAOM*** - national directory for acupuncturists (nccaom.org)
- **www.DocMisha.com**

For more information



Chapter 11: Chinese Medicine

Section 1: Traditional Chinese Medicine and Hepatitis C

http://www.hepcchallenge.org/choices/pdf/Chapter_11-Sec_01_OL.pdf

Section 2: Modern Chinese Medicine Therapeutics for Hepatitis C

http://www.hepcchallenge.org/choices/pdf/Chapter_11-Sec_02_OL.pdf

Section 1,2, and 3: HIV/HCV Coinfection

http://hepcchallenge.org/choices/pdf/Chapter_20-Sec_01_OL.pdf

http://hepcchallenge.org/choices/pdf/Chapter_20-Sec_02_OL.pdf

http://hepcchallenge.org/choices/pdf/Chapter_20-Sec_03_OL.pdf

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