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Thinking on the advantage of traditional Chinese medicine (TCM) in treating obese type 2 diabetes mellitus

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The rapidly increasing incidence of diabetes mellitus (DM) is becoming a major public health issue. As one of the important parts in complementary and alternative therapies, traditional Chinese medicine (TCM) is promising in treating obese type 2 diabetes mellitus. In this review, we summarize the advantage of TCM in treating diabetes that aim to improve the clinical efficacy of TCM. Our approach is as follows:

New Theory: Pi-dan is a significant conception, which comes from *Inner Canon of Huangdi*. From the vivid description of Pi-dan in *Inner Canon of Huangdi*, we consider that the formation and process of Pi-dan is equivalent to metabolic syndrome. They all have the same etiological factor: Obesity. The core of the pathogenesis is fullness in the middle-jiao, and inner heat. The stagnation of middle-jiao makes the qi stagnation. They can result in diabetes, hypertension, hyperlipidemia, fatty liver, gout and a series of severity vascular complication.

Methods: Emphasizing heat-clearing in the early and middle stage of T2DM and invigorating blood circulation throughout the whole process of obese T2DM are two innovative methods to treat T2DM.

Formulae & Herbs: Choosing formulas and herbs based on the combination of TCM theory and Modern pharmacology.

Dose: Reasonable drug dose plays an important role in the treatment of DM and a close relationship exists between dose and clinical efficacy. Fifty-four obese type 2 diabetic patients from low dosage group (20 cases), medium dosage group (19 cases) and high dosage group (15 cases) were treated with different dosage of Gegen Qin Lian decoction for 12 weeks. Fasting blood-glucose (FBG), postprandial blood sugar (PBG) and Hemoglobin A1c (HbA1c) were determined before and after treatment. The result indicated that every dosage group could control the blood glucose in some extent. High dosage group showed best effect, and then followed by the medium dosage group and the low dosage group.

Biography

Han Wang has completed her Baccalaureate from Nanjing University of Chinese Medicine and Master of Studies from Chinese Academy of Traditional Chinese Medicine. She has published 5 papers in reputed journals.

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