

DR. JIAO SHU-DE'S HERBAL MEDICINE FOR RHEUMATOID ARTHRITIS

A Capstone Project
Presented to the
Faculty of the Pacific College of Oriental Medicine
Graduate School

In Partial Fulfillment
Of the Requirements for the Degree of
Doctor of Acupuncture and Oriental Medicine

by

Ai Ying Vivian Chen
San Diego, 2005

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Chapter I- Abstract

PROBLEM FORMULATION AND DEFINITION

Rheumatoid arthritis (RA) is a chronic inflammatory form of arthritis which affects many people. It may cause joint deformity, pain, disability, sleep disturbance, depression, fatigue, and impair individuals' quality of life. The process of the disease is divided into four stages, with the first one commonly appearing in early middle age. (Mosby Medical Encyclopedia, 1996)

In 2004 and 2005, Vioxx and Bextra, two widely used medications for pain and inflammation, were pulled from the market by their manufacturers due to side effects. Researchers are constantly looking for new pain medications and new treatment protocols for rheumatoid arthritis. Studies have shown promising results by combining multiple pharmaceutical drugs (Klareskog, 2004). Chinese herbs have long been known for their medicinal properties. It is possible that a combination of one or more Chinese herbs and pharmaceutical medicines may work better than existing treatments.

One application of Chinese medicinal herbs on rheumatoid arthritis has been purported by Dr. Jiao Shu-De. Dr. Jiao Shu-De taught in Beijing University of Chinese Medicine for many years, and is currently the Chief of Internal Medicine in Sino-Japan Friendship Hospital. Dr. Jiao is one of the leading researchers of rheumatoid arthritis with over sixty years of experiences. Since 1994, his name has been included into the Cambridge International Who's Who. In 1981, he proposed a new category of rheumatoid arthritis called "Wang Bi", which had not been previously defined in traditional Chinese medicine. This proposal was accepted by the national medicine committee of China and is now commonly used by Chinese doctors.

In his 1998 book "The Clinical Experiences of Jiao Shu-De", Dr. Jiao published a report of one of his clinical studies. The study used the "Classification Criteria for Rheumatic Diseases" by the American College of Rheumatology (ACR) to observe 717 patients. A complete translation of the report is presented in chapter 4 of this document.

In this study, the five chapters are organized as follows: Chapter 1 provides a general background of rheumatoid arthritis and the necessity of new medicine. Chapter 2 provides a review of the literature of both Western and Eastern studies of rheumatoid arthritis. Chapter 3 contains the translation of the original article by Dr. Jiao, in which he defined the Chinese medical syndrome most closely related to rheumatoid arthritis and gave it a new name – Wang Bi. Chapter 4 is the direct translation of Dr. Jiao's study from Chinese to English. Chapter 5 provides the conclusion and recommendations derived from this study.