

常見病機及用藥

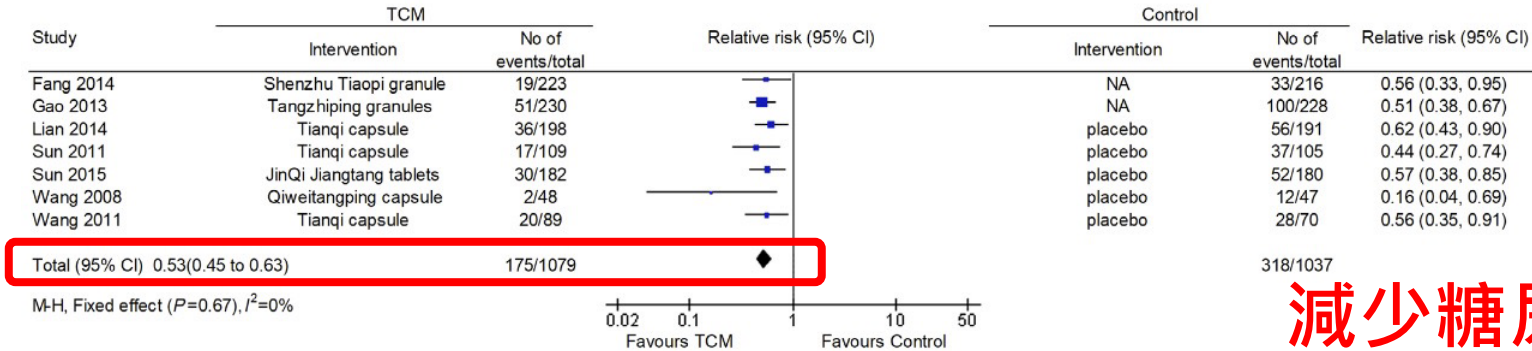
痰、濕、鬱、熱、虛、瘀

- 肺胃熱、濕熱困脾、肝鬱、肺氣陰兩虛、肝鬱、脾氣不足、肝腎陰虛、腎氣/陽虛、瘀血
 - 肺胃熱：苦酸甘清熱生津
 - 濕熱困脾：清熱利濕
 - 肝氣鬱結：疏肝理氣
 - 肺氣陰兩虛：酸甘化陰益氣
 - 脾氣不足/不升：甘溫補中提氣
 - 肝腎陰虛：滋養肝腎
 - 腎氣/陽虛：補腎氣/溫腎
 - 瘀血：化瘀
- 注意末期腎病用藥量

隨證施治!!

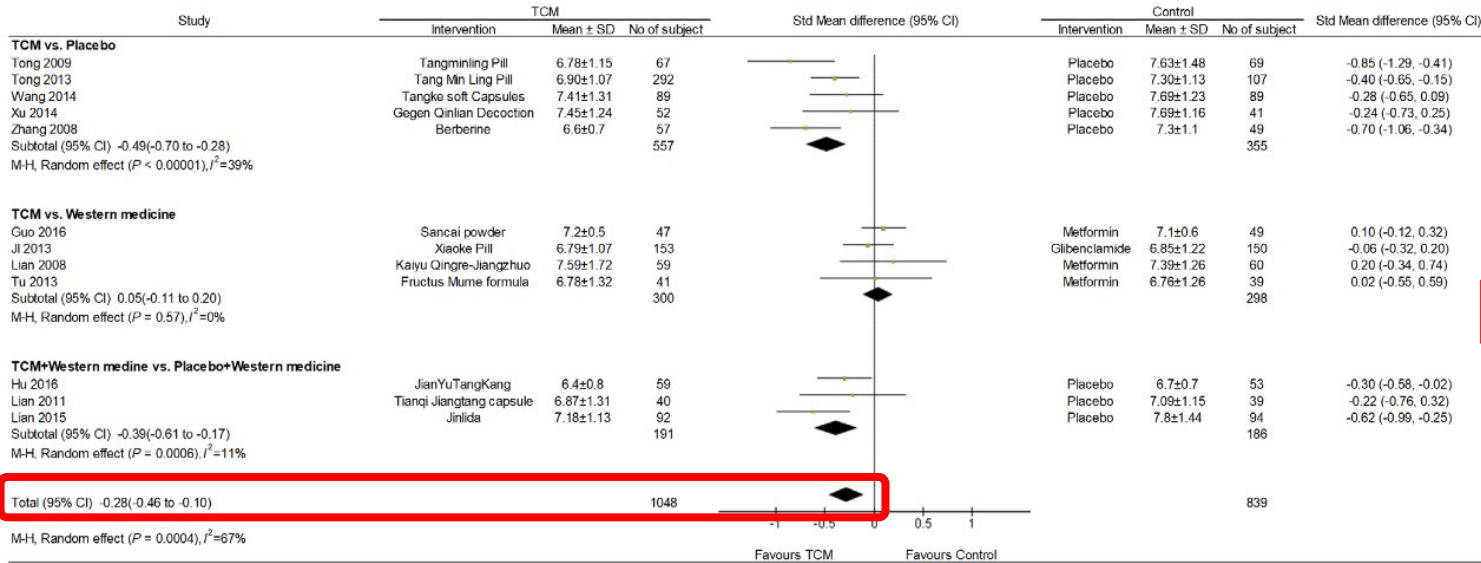
Evidence and potential mechanisms of traditional Chinese medicine for the treatment of type 2 diabetes: A systematic review and meta-analysis

Jiaxing Tian PhD^{1*} | De Jin MD^{1*} | Qi Bao MD¹ | Qiyu Ding MD¹ |
 Haiyu Zhang MD¹ | Zezheng Gao MD¹ | Juexian Song PhD² | Fengmei Lian PhD¹ |
 Xiaolin Tong PhD¹



減少糖尿病發病

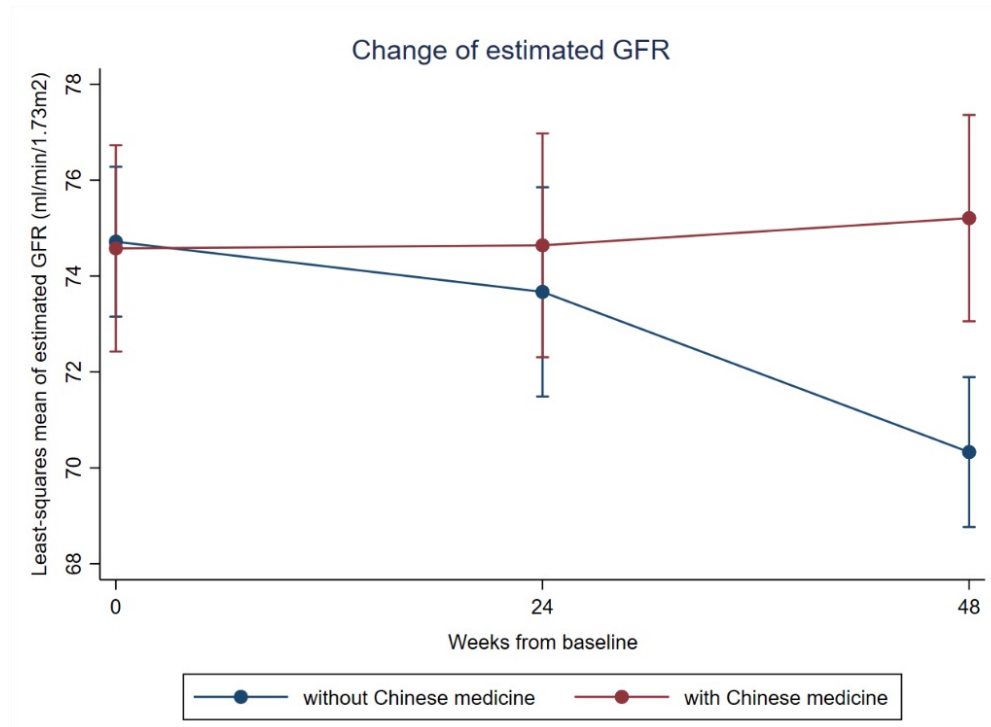
FIGURE 1 Data summary of the high-quality randomized controlled trials of traditional Chinese medicine interventions for prediabetes



降低血糖

FIGURE 2 Data summary of the high-quality randomized controlled trials of traditional Chinese medicine interventions for diabetes

本港先導臨床服務 (2014)



Chan, et al. 2022 *Am J Chin Med*

- 浸會大學、香港大學、東華三院
- 慢性腎病兼二型糖尿病
- N=38
- 48 週個體化中醫藥治療
- 腎功能較同期未服中藥病人穩定
- 1.4% 病人曾使用中醫藥服務

BMJ Open Non-aristolochic acid prescribed
Chinese herbal medicines and the risk
of mortality in patients with chronic
kidney disease: results from a
population-based follow-up study

47,876 慢性腎病病人 - 8年
減少40% 死亡率
2014 (LHID2000)

Chuan Fa Hsieh,^{1,2} Song Lih Huang,³ Chien Lung Chen,⁴ Wei Ta Chen,⁵ Huan
Cheng Chang,^{4,6} Chen Chang Yang^{1,7}

<http://www.kidney-international.org>

clinical investigation

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see commentary on page 1223

24,971 慢性腎病病人 - 6 年
減少59% 末期腎病風險

**Association of prescribed Chinese herbal medicine
use with risk of end-stage renal disease in patients
with chronic kidney disease**

2015 (LHID2000)

Ming-Yen Lin^{1,2,3}, Yi-Wen Chiu^{1,2}, Jung-San Chang^{2,4}, Hung-Lung Lin⁵, Charles Tzu-Chi Lee⁶,
Guei-Fen Chiu⁷, Mei-Chuan Kuo^{1,2}, Ming-Tsang Wu⁶, Hung-Chun Chen^{1,2} and Shang-Jyh Hwang^{1,2,8}

 **frontiers**
in Pharmacology

ORIGINAL RESEARCH
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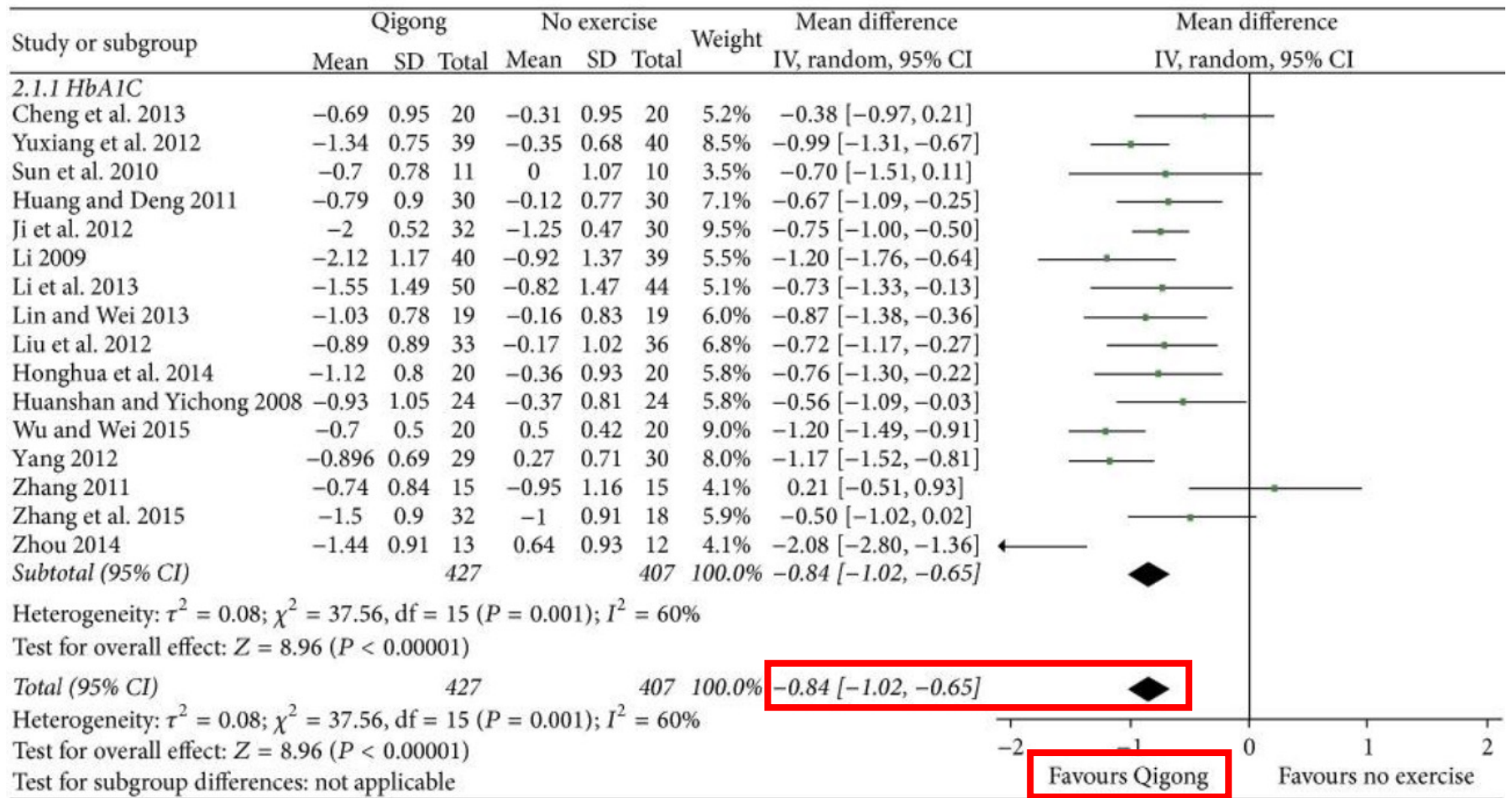


**Chinese Herbal Medicine Improves
the Long-Term Survival Rate of
Patients With Chronic Kidney
Disease in Taiwan: A Nationwide
Retrospective Population-Based
Cohort Study**

14,718 慢性腎病病人 - 12 年
六味地黃丸減少 66% 死亡率
(aHR = 0.34, 95% CI = 0.12-0.95, p = 0.04)

2018 (LHID 2000)

Kuo-Chin Huang^{1,2}, Yuan-Chih Su^{2,3,4}, Mao-Feng Sun^{1,2} and Sheng-Teng Huang^{1,2,5,6,7*}



➤ 1326位糖尿病病人 (21個機對照研究)

Meng, et al. 2018

➤ 氣功 -> 降低空腹血糖、餐後血糖及糖化血紅蛋白

郭林新氣功初級班

郭林新氣功是郭林老師(1909-1984)結合中國古氣功和中國醫學「氣血論」和「經絡論」創編而成的「新氣功療法」，她用這套功治好自己的癌症和多種慢性病。透過調動人體內氣，帶動血液循環、平衡陰陽、調理五臟、疏通經絡，從而提高人體的免疫能力和自癒力。



適合癌症病人, 慢性疾病病人



氣功導師: 鄭銘鳳老師
香港郭林氣功同學會會長

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2023年5月29日至6月7日 (逢一及三)

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名額 Quota

8

報名地點

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基佑綜合醫務中心



KeiYau_JMC



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