

Contents

Part One General Introduction

Chapter One	Introduction	2
Chapter Two	Diagnostic Essentials	8
Section 1	Clinical Manifestations	8
Section 2	Laboratory Tests	8
Section 3	Diagnostic Criteria	12
Section 4	Differential Diagnoses	14
Chapter Three	TCM Understanding of Diabetes Mel-litus	16

Part Two Typical Therapies

Chapter One	Treatment for Type 1 Diabetes Mellitus	26
Section 1	Internal Therapy	26
Section 2	Acupuncture and Moxibustion Therapy	38
Section 3	Tuina Therapy	46
Section 4	Physical Training Therapy	48
Section 5	Emotional Therapy	50

Section 6	Dietetic Therapy	52
Chapter Two	Treatment of Type 2 Diabetes Mellitus	56
Section 1	Internal Therapy	56
Section 2	External Therapy	78
Section 3	Acupuncture and Moxibustion Therapy	80
Section 4	Tuina Therapy	90
Section 5	Physical Training Therapy	94
Section 6	Psychotherapy	94
Section 7	Dietetic Therapy	96
Chapter Three	Treatment of the Common Complications of Diabetes Mellitus	98
Section 1	Acute Complication of Diabetes Mellitus	98
Section 2	Diabetic Heart Disease	110
Section 3	Diabetic Cerebrovascular Disease	124
Section 4	Diabetic Hypertension	138
Section 5	Diabetic Hyperlipemia	148
Section 6	Diabetic Retinopathy	158
Section 7	Diabetic Nephropathy	172
Section 8	Diabetic Peripheral Neuropathy	196
Section 9	Diabetes Mellitus Complicated with Skin Infection	220

Chapter Four	Regimen for Diabetes Mellitus	230
Section 1	Pay Attention to Education and Establish Confidence	230
Section 2	Utmost Important in Dietetic Regulation	232
Section 3	Adapt to the Four Seasons and Lead a Regular Life	236
Section 4	Harmonize Emotions, Enliven the Body and Calm the Spirits	238
Section 5	Manage Work and Rest Properly, Obtain Healthcare by Massage	240
Section 6	Pay Attention to Hygiene and Prevent Infection	244

Part Three Experience of Celebrated Senior TCM Doctors

Chapter One	The Experience of Senior TCM Doctor Shi Jinmo in Treating Diabetes Mellitus	248
Section 1	Understanding on the Etiology and Pathogenesis	248
Section 2	Experiences in Using Herbal Drugs by Pattern Differentiation	250
Section 3	Proved Clinical Records	254
Chapter Two	The Experience of Senior TCM Doctor Wang Lüqiu in Treating Diabetes Melli-	

tus	258
Section 1 Understanding on the Etiology and Pathogenesis	258
Section 2 Experiences in Using Herbal Drugs by Pattern Differentiation	262
Section 3 Proved Clinical Records	274
Chapter Three The Experience of Senior TCM Doctor Li Liang in Treating Diabetes Mellitus	
Section 1 Understanding on the Etiology and Pathogenesis	278
Section 2 Experiences in Using Herbal Drugs by Pattern Differentiation	282
Section 3 Proved Clinical Records	286
Index	292