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內文：

### Introduction

1. Typical Traditional Chinese Medicine (TCM) include herbal therapy, acupuncture, dietary therapy, and qigong exercises.
2. Most Chinese medicines with natural ingredients can be taken as a long-term treatment with fewer side effects. Chinese medicines are not indicated for the treatment of acute illness but are best suited for managing non-severe chronic diseases.
3. Chinese medicines widely used in the treatment of some common oral diseases, such as recurrent aphthous stomatitis (RAS), oral lichen planus (OLP), leukoplakia and Sjogren's syndrome
4. (1)Liuwei Dihuang, (2)Tripterygium glycosides, (3)Stomatitis-healing granule , (4)Composite Taixian tablet, (5)Zengshengping

### Liuwei Dihuang

For treating Recurrent aphthous stomatitis / Sjogren's syndrome / Oral lichen planus

- LiuWei DiHuang could modulate the cell mediated immune response of RAS patients by correcting the imbalance of T-lymphocyte subsets (Zou and Zhang, 2003, Sun, 2004)
- Sun (2004) reported that the RAS patients Six months after oral administration of Liuwei Dihuang, the CD3+, CD4+ cell counts and CD4+/CD8+ ratio became elevated significantly.

### Tripterygium glycosides

For treating Recurrent aphthous stomatitis / Oral lichen planus / Sjogren's syndrome

- It has been commonly used in the treatment of a wide spectrum of autoimmune and inflammatory diseases (Tao et al, 2001, 2002, Qiu and Kao, 2003, Kumar et al, 2005, Canter et al 2006)
- T. wilfordii inhibited tumor progression by its antiangiogenic activity (He et al, 2009).
- T. wilfordii is the most toxic among all the Chinese herbs.
- Huang and Chen (1996) reported a clinical trial where T. wilfordii were used to treat 18 patients with SS. 3 months after treatment, 16 patients showed increased salivary and tear flow and reduced symptoms of dry mouth and dry eye.

### Stomatitis-healing granule

For treating Recurrent aphthous stomatitis

- In vitro assessment demonstrated inhibition of Staphylococcus aureus, Streptococcus pneumoniae and hemolytic streptococcus A and B (Li et al, 1999).
- Clinically Stomatitis-healing granule is mainly used for treating RAS. In all these studies an overall 0–60% patients healed, 17.1–62.5% improved markedly, 11.6–44.8% improved moderately after treatment. 3.1–12.1% patients had no

positive response to this medication (Zhen et al, 2002, Wang and Wang, 2004, Meng, 2006a, 2006b, Huang, 2007).

**Composite Taixian tablet**

For treating Oral lichen planus

- An in vitro study showed that Composite Taixian tablet reduced the platelet adhesion of OLP patients without affecting platelet aggregation, which suggested its ability for improving blood viscosity and microcirculation (Lin and Zhou, 1992, Lin et al, 1992).

**Zengshengping**

For treating Oral lichen planus and oral leukoplakia.

- Zengshengping is known to modulate immune reactions, inhibit production of inflammatory cytokines, suppress tumor cell proliferation and reduce the incidence of squamous cell carcinoma (Cai et al, 1980, Lin, 1990, Fan, 1993, Wang et al, 1994).
- Zengshengping has been used to treat patients with precancerous lesions of the esophagus successfully since 1980s. Lin et al (1998) reported after giving Zengshengping for 3 years, the cancer incidence reduced from 5.3% (102/1922) to 2.79% (28/1054).
- Shang et al (2004) reported that after treatment with Zengshengping, the size of oral leukoplakia reduced significantly in 74.6%(47/63) patients.

**Conclusion**

- Although TCM has been used for over 2000 years in the treatment of various diseases, it is not fully understood and accepted by the clinicians outside China. Even in China
- The contemporary medicine developed from an evidence-based system, the TCM is basically experience-based.
- The herb “cocktail” and the mechanisms of the medicines on different diseases need to be explored by high quality laboratory and animal experiments, as well as randomized controlled clinical trials.

題號	題目
1	下列何者不是六味地黃丸的其中一味? (A) 熟地黃 (B) 山藥 (C) 牡丹皮 (D) 雷公藤
答案 (D)	出處：Traditional Chinese medicine and oral diseases: today and tomorrow. <i>Oral Diseases 2011;17:7-12</i>
題號	題目
2	請問大仙丸經證實對於口腔中何種疾病最為有效? (A) Recurrent aphthous stomatitis (B) Sjogren’s syndrome (C) Oral lichen planus (D) Oral leukoplakia
答案 (A)	出處：Traditional Chinese medicine and oral diseases: today and tomorrow. <i>Oral Diseases 2011;17:7-12, Table 1</i>