

## Diabetes Mellitus - Xiao Ke

**Autor: Attilio D'Alberto**

**Doctor of Chinese Medicine (Beijing, China)**

**BSc (Hons) TCM MBAcC; Editor: Chinese Medicine Times**

**Fonte: [http://www.chinesemedicinetimes.com/wiki/Diabetes\\_Mellitus\\_-\\_Xiao\\_Ke](http://www.chinesemedicinetimes.com/wiki/Diabetes_Mellitus_-_Xiao_Ke)**

**From**

### Definition

A condition characterised by excessive intake of water, polyphagia, polyuria and emaciation or turbid urine with sweet smell.

### Xiao

- Digest: digest too much and too rapidly
- Burn: [Fire](#) burning inside
- Consume: consume [Qi](#), [Blood](#), [Yin and Yang](#)

### Ke

- Thirst

### Causes

- Food and drink: spicy, fatty and sweet food. Alcoholic drinks. Heat accumulation and over-consumption of fluid
- Extreme emotions: the five emotions. Stagnated heat consumes and impairs fluid.
- Intemperance of sexual activity: kidney essence consumption. Kidney deficiency leads to fire.
- Febrile diseases consume yin fluid.

### Pathological Mechanisms

#### Upper Xiao – [Lung](#)

- [Lung Qi Deficiency](#) and [Fire](#) burns up fluids. [Lung](#) fails to distribute fluids normally.

#### Middle Xiao – [Spleen](#) and [Stomach](#)

- Excess [Fire](#) (Stomach)

a. digest food and drink too rapidly b. [Stomach Fire](#) burns the [Lung](#), aggravates upper xiao c. transfers downwards to the [Kidney](#): becomes lower xiao

- [Deficient Fire](#) ([Stomach](#) and [Spleen](#))

- a. [Stomach Fire](#) impairs [Yin](#) b. overwork impairs [Spleen Qi](#)

### **Lower Xiao – Kidney**

a. root of [Yin and Yang](#), the [Zang](#) of [Water](#) and [Fire](#) b. yin-yang and water-fire imbalance and disharmony c. upper xiao and middle xiao can impair the [Kidney](#), leading to “combined disease” of upper, middle and lower xiao d. [Kidney](#) water fails to support the [Lung](#) and [Stomach](#), leading to “combined disease” of upper, middle and lower xiao e. [Vital Gate Fire \(Kidney Yang\)](#) extinguishing: leads to [Lung Cold](#) and [Stomach Cold](#)

### **Patterns**

#### **Upper Xiao**

- Symptoms: Thirst, hunger and urination: excessive intake of water but not food, frequent and large amount of urination and a dry mouth.
- Tongue: Dry tongue, red edge and tip, thin and yellow coating
- Pulse: [Surging](#) and [Rapid](#)
- Treatment strategy: Clear heat and moisturise the lung to generate fluid and relieve thirst
- Formula: [Xiao Ke Fang](#) or [Sheng Mai Yin](#)
- Acupoints:

#### **Middle Xiao - [Stomach Fire](#)**

- Symptoms: Thirst, hunger and urination: excessive intake of water and food, feeling hungry all the time, dark urine, constipation and weight loss.
- Tongue: Yellow coating
- Pulse: [Slippery](#) and [Solid](#)
- Treatment strategy: Clear and purge stomach fire, nourish yin and replenish fluid
- Formula: [Yu Nu Jian](#)
- Acupoints:

#### **Middle Xiao - [Spleen Qi Deficiency](#) and [Stomach Qi Deficiency](#)**

- Symptoms: Thirst, hunger and urination: thirsty but drinks not much and hungry but appetite is poor. If drinking a little more there will be edema. Feeling very weak when slightly hungry, clear and sweet urine, lassitude and tiredness and loose feces.
- Tongue: Pale tongue
- Pulse: [Weak](#)
- Treatment strategy: Tonify qi to control the essence
- Formula: [Bai Zhu San](#)
- Acupoints:

#### **Lower Xiao - [Kidney Yin Deficiency](#)**

- Symptoms: Thirst, hunger and urination: thirsty but not too hungry, frequent and large amount of urination, sweet urine, cloudy and turbid urine, dry mouth, achy and weak lower back and knees, vexation, seminal emission and insomnia.
- Tongue: Red and dry tongue
- Pulse: [Thready](#) and [Rapid](#)
- Treatment strategy: Nourish yin and consolidate the kidney
- Formula: [Zuo Gui Yin](#) and [Liu Wei Di Huang Wan](#)
- Acupoints:

### Lower Xiao - [Yin and Yang Deficiency](#)

- Symptoms: Thirst, hunger and urination: long history of three Xiaos, thirst but drinks not much, not very hungry, frequent and large amount of urination (even “drink one and urinate two”). Clear, sweet or turbid urine, dull black complexion as if smoked, dry ear as if baked, achy and weak lower back and knees, cold body and limbs and impotence.
- Tongue: Pale tongue with white coating
- Pulse: [Deep](#), [Thready](#) and [Weak](#)
- Treatment strategy: Warm yang, nourish and consolidate the kidney
- Formula: [You Gui Wan](#) and [Jin Gui Shen Qi Wan](#)
- Acupoints: