

## **The change of tongue diagnosis in patients with chronic viral hepatitis after treating with Chin-Lar-Li-She-Si-In-Fa**

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By observing different types of tongue diagnosis in relation to different stages of viral hepatitis patients, and changes of health status and tongue diagnosis after the treatment of Chin-Lar-Li-She-Si-In-Fa, current study aimed to establish objective standards for tongue diagnosis in traditional Chinese medicine.

There were 86 hepatitis patients agreed to participate in the study while 4 of them withdrew earlier, ending with 82 remained in the analyses including 55 male and 27 female. Among these 82 patients, 37 were infected with hepatitis B, 43 with hepatitis C and 2 with both. Under the condition of Si-Chn, there were 57 determined to be She-Lar (hot and damp) and 25 not She-Lar, while under simple tongue diagnosis, there were 65 She-Lar and 17 non-She-Lar. The treatment period was two months and questionnaire interviews were conducted before and after the treatment. Blood samples were collected and tongue photograph were performed during the study period.

We found that those who were originally She-Lar turned non-She-Lar after the treatment and there was no significant difference between She-Lar and non-She-Lar in biochemical exams before treatment. Among those with She-Lar condition, their GOT, GPT and  $\gamma$ -GT decreased significantly after treatment. There were no virus conversion occurred for hepatitis B and C carriers with this treatment. It showed that before treatment, most of the tongue-coating was yellow and thicker and tongue tended to be red with spots which were traditionally considered She-Lar tongue-coating.

But after use of the medicine, tongue coating is thicker and turned yellow for both She-Lar and non-She-Lar types of patients, showing that the treatment was not effective. The most important factor to determine whether the tongue was red was the numbers of red spots and the color of the tongue in tongue photograph. The way to determine tongue-coating depended on the blue and lightness.

Key-word: tongue diagnosis, tongue-coating,viral hepatitis