

Examples of Treating Otolithiasis from Shaoyang and Proving Cases

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Abstract: Otolith, Benign paroxysmal positional vertigo(BPPV), manual reduction is still the main treatment for otoliths, however, some patients still have symptoms such as dizziness, and unsteady walking after the nystagmus and positional vertigo disappear. Traditional Chinese medicine has significant advantages for western medicine to treat otoliths in remission and improve their accompanying symptoms. This article will discuss the treatment of otolithiasis from Shaoyang and attach a case.

1. Introduction

Otolithiasis is a peripheral vestibular disease induced by changes in the head position relative to the direction of gravity, manifested by recurrent transient vertigo and characteristic nystagmus. It is self-limiting and easy to relapse [1], greatly affect the patient's physical and mental health and life[2], it accounts for about 20%-30% of vestibular vertigo, with the highest incidence in vertigo diseases[3], it is usually high after 40 years old, and shows a gradual upward trend with age. Otolithiasis can be attributed to the category of "vertigo" in Chinese medicine, the etiology is mostly emotional discomfort, eating disorders, long-term illness, physical weakness, kidney deficiency in old age, and fall injuries [4]. Physicians of the past dynasties have discussed the pathogenesis of vertigo from the aspects of "wind, fire, phlegm, blood stasis, and deficiency", which provides us with a reference for the treatment of vertigo. However, some patients with vertigo are not effective in clinical differentiation and treatment. It is no longer possible to solve the complicated vertigo syndrome by simply starting from the viscera to treat vertigo, therefore, to broaden the thinking on diagnosis and treatment of vertigo, for some patients with vertigo, we start from Shaoyang, which will often achieve better results.

Shaoyang is used as a hub to coordinate the yin and yang of the whole body; the Shaoyang body is connected to the brain and provides for the emptying of the head and orifices. The Shaoyang Gallbladder Meridian of the human body governs the rise of yang qi, the qi mechanism is high, and the water and drinking are well-drained, inseparable from the normal operation of the Shaoyang cardinal [5]. The gallbladder meridian and the liver meridian are on the outside. "Blood Syndrome · Yin-Yang Water, Fire, Qi and Blood Theory" says: "The movement of qi leads to the flow of water", that is, if the qi machine is unblocked, the spleen and stomach mediate in the middle coke,

the spleen can become clear and transport and transform water, and the stomach can reduce turbidity and decompose. Water can promote body fluid and blood metabolism to circulate continuously throughout the body, and the body can be nourished, and physiological functions can be performed normally.

2. The connection between Shaoyang meridian circulation and otolithiasis

The siblings and feet Shaoyang all go up to the head, eyes and other clear orifices are closely related to it. "Lingshu·Meridian" says:"Three Jiao Hand Shaoyang Pulse, its branch,....., up to the neck,straight up behind ears, upper corner of ear ,from bending the cheeks to coming out, its branch, from behind the ear into the ear, before leaving the ear, before passing by the owner ..."; Then again:"Foot Shaoyang Gallbladder Channel, from the outer corner of the eye, up to the edge of the head,down to behind the ear, follow the neck," , "its branch:from behind the ear into the ear, before leaving the ear,after the outer corner of the eye." [6]; The Sanjiao Meridian and the Gallbladder Meridian cross the outer corner of the eye,both the Triple Jiao Meridian and the Gallbladder Meridian go through the head and neck,it is closely related to the onset of brain diseases,and in treatment,there are also meridian passages, and the main treatment,Chinese medicine believes that,one of the important factors in the onset of vertigo is the abnormal phase fire [7]; The Sanjiao Meridian and the Gallbladder Meridian cross the outer corner of the eye,from head to foot,gallbladder meridian is the main channel for the descending of phase fire,It is normal to descend through the qi,the phase fire can then drop,If the meridian qi drops abnormally, the phase fire will not drop,if it affects the brain, vertigo attacks [8].

3. Shaoyang is related to the pathology of otolithiasis

If the Shaoyang Qi machine does not go well, then the Qi machine goes up and down out of order, affect the qi machine of the liver and spleen, abnormal liver regulation function, the air is not smooth, for a long time, there is insufficient liver yin and blood, Yin deficiency and Yang hyperactivity, formation of liver wind, spleen ascending and descending out of control, phlegm turbidity arises from this, the phlegm stays for a long time, blocking the circulation of qi and blood, the commander's blood loses its gas and turns into stasis, various pathological factors ascend to affect the brain, vertigo attacks [9]. "Su Wen": "All winds are dizzy, all belong to the liver", blood in the liver, use gas, the liver meridian and the governor channel converge on the top of the head. Gall bladder attached to the liver, if the gall bladder is uncomfortable, the liver will be unbalanced, so the treatment of dizziness is the first priority [10]. Clinically visible, the patient sees things wobbly, dizziness often occurs, depressed and don't want to eat; or a dull pain in the flank area, Stomach is full and uncomfortable, feel bitter in the mouth, feeling sticky in the mouth, dry throat, palpitations, uncomfortable, red tongue, yellow and greasy moss, slippery pulse, meets the "Treatise on Exogenous Febrile Disease": "Onset of Shaoyang, Bitter mouth, dry throat, dizziness"; Simultaneously, the characteristics of recurrent episodes of the disease are similar to those of Shaoyang, shaoyang main pivot, pathogenic factors into Shaoyang, pathological factors compete with the human body, often manifested as recurrent episodes, time to time. Furthermore, many patients with vertigo meet the physique of Qi stagnation, it is a physical condition characterized by stagnation of Qi, poor emotions, introverted personality, dry throat, bitter mouth, discomfort in the chest and thighs, sighs, and poor sleep [11]. Therefore, you can explore and treat otoliths from the perspective of Shaoyang.

4. Case demonstration

Yang, female, 55 years old, first visit on June 10, 2019, the patient suddenly felt dizzy when he

got up in the morning and turned over 1 year ago, with rotating vision, nausea, vomiting, turn left in lying position, mainly when getting out of bed, no tinnitus, ear fullness and hearing loss, there is no blackness in front of the eyes, no abnormal physical activity and sensory disturbances, relief on its own for about 1 minute. Consider BPPV in another hospital, after the treatment of manual reduction, the attack of vertigo still occurred, the patient refused rereduction treatment for his own reasons. Then he was admitted to my department, admission symptoms: dizziness, dizziness and discomfort, conscious of walking unsteadiness, said that the mood swings are usually large, upset, easily irritable when encountering things, often feel bitter, sticky mouth, nausea, poor appetite, and insomnia, The main manifestations are difficulty falling asleep, light sleep, easy awakening early, difficulty falling asleep after waking up, and normal stool. Tongue and pulse: pale red tongue, white greasy coating, slippery pulse; menopause. Six years of history of hypertension, the most high blood pressure is 170/100mmHg, oral Benazepril Hydrochloride Tablets, said that blood pressure control is usually better. Physical examination: turning the eyes to the left can induce small rotating nystagmus, and the displacement test is positive. TCM diagnosis: dizziness; Shaoyang syndrome and phlegm turbidity. The treatment is to reconcile Shaoyang, strengthen the spleen and resolve phlegm. Addition and subtraction of "Xiao Chaihu Decoction and Banxia Baizhu Tianma Decoction": Bupleurum 24 g, Scutellaria baicalensis 12g, Codonopsis 15g, Pinellia ternata 18g, Gastrodia 15g, Fried Atractylodes 20g, Poria 15g, Alisma 12g, Tangerine Peel 12g, Inula britannica chinensis 12g (Fried), ochre 12 g (first frying), magnolia officinalis 15 g, Citrus aurantium 15 g, calamus 15g, Semen Ziziphi Spinosae 18 g, roasted licorice 12 g, ginger 9 g, jujube 12g. 5 pairs, one dose per day, decoct in water, take 400ml of juice, and take it in the morning and evening. Second visit on June 15, the patient complained that his dizziness was significantly relieved, his head was clearer than before, and he still felt unstable in walking, mood has improved compared to before, with a little bitter mouth, average appetite, good and bad during night rest, and normal bowel movements. Tongue and pulse: the tongue is pale red, the coating is white and slightly greasy; the pulse string is slightly slippery. Follow the initial prescription, reduce the consumption of Bupleurum and Pinellia, remove inula and ochre, and continue to take 7 pairs. Third visit on June 22, dizziness almost disappeared, mood fluctuates occasionally when encountering things, but it is significantly improved compared to before, occasionally having difficulty falling asleep, eating normally, and having normal bowel movements. The tongue is pale red, the coating is thin and white, and the pulse is thin and slippery. He continued to take the medicine according to the last prescription for 7 days and followed up for 2 months. The dizziness did not recur and his mood was stable.

Note: The patient is dizzy, does not want to eat or drink, feels upset, vomiting, and has a bitter mouth. He already has the characteristics of Shaoyang syndrome in the six channels, and usually do not pay attention to recuperation, loss of spleen and stomach, internal phlegm, thick and greasy fur, slippery pulse, and turbid phlegm. Therefore, it is clinically identified as Shaoyang syndrome combined with phlegm turbidity. Yu is the stagnation of Qi in the meridian, dysregulation of the cardinal mechanism, and the failure of the triple focus, which is the focus of the pathogenesis of the disease; Stagnation of qi and stagnation can not vent and dissipate heat, and the gall bladder burns, so the mouth is painful, upset, and vomiting; phlegm heat disturbs the mind, causing upset and insomnia. In the prescription, Chaihu tastes pungent and disperses, soothes the liver and relieves depression, regulates the qi, and promotes the qi of the viscera by relieving the qi depression of Shaoyang; Scutellaria baicalensis has bitter cold, which is longer than lowering Shaoyang and reversing Qi. The two drugs are combined, Chaihu San, Scutellaria baicalensis Qing, dredging and clearing evacuation are combined to use each other to reconcile Shaoyang; Ginger and Pinellia are pungent in nature, and have obvious effects on reducing phlegm and dampness, reducing adverse effects and stopping vomiting, able to disperse the Qi of the spleen and stomach in the middle Jiao; Matched with Codonopsis, licorice and jujube to nourish the spleen and stomach and nourish blood;

Gastrodia grows to calm the liver wind, compatible with Pinellia ternata, is the key to treating wind and phlegm; Atractylodes macrocephala, Poria cocos and Alisma orientalis have the effects of invigorating the spleen and removing dampness, and can treat the source of phlegm together; Chenpi regulates qi and invigorates the spleen, eliminates dampness and resolves phlegm. It is compatible with other medicines and can eliminate phlegm. Shichangpu and stomach dissolves dampness, eliminates phlegm and soothes the mind; Inula and ochre are used to reduce qi and stop hiccups; Citrus aurantium and Magnolia officinalis have the effect of promoting Qi; Suanzaoren calms the mind and soothes the nerves; combined use of all medicines, the Shaoyang Qi machine is unblocked, and the phlegm is eliminated, the dizziness will be relieved naturally.

The theory of treating vertigo from Shaoyang has a certain range of adaptation, For the usual depression, or short-tempered, irritable, Or have the one of the main symptoms of Shaoyang syndrome (Cold and hot exchanges, full chest and flanks, unwilling to eat, upset and vomiting) and dizziness patients with some symptoms of bitter mouth, dry throat, and dizziness [12], can consider starting from Shaoyang. Of course, when Shaoyang talks about dizziness, it is not just about Shaoyang. It is also necessary to refer to the condition of his meridians and viscera to make joint treatment and overall control to adjust the yin and yang and relieve dizziness.

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