

Professor Huang Yahui's experience in the differentiation and treatment of PI man disease

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Abstract: Pi man disease is one of the most common diseases in the department of spleen and stomach diseases, Its incidence of high, disease lingering, seriously affect the quality of life of patients. Professor Huang Yahui believes that the basic pathogenesis of the disease is middle coke qi block, the loss of spleen and stomach. In clinical syndrome differentiation. In clinical syndrome differentiation, it is emphasized to distinguish deficiency and reality, cold and heat and different combination, and to focus on the main symptoms and tongue and pulse syndrome differentiation. The clinical syndromes are divided into four syndromes: phlegm dampness block, dampness heat internalization, liver and stomach qi stagnation, and spleen and stomach weakness. This article summarizes professor Huang's thoughts and experience in the treatment of PI man's disease and cites a classic case.

1. Introduction

PI man refers to various reasons leading to dysfunction of spleen and stomach, abnormal rise and fall, and then middle coke qi block, Appear to consciously full stuffy stomach not comfortable as the main disease syndrome. Its characteristic is oneself feel stomach distension, touch invisible and press not painful. It is a common clinical disease, having a long course and the condition is easy to repeat, so the treatment is difficult.

Professor Huang Yahui is the second famous TCM doctor in Shaanxi Province, director of spleen and stomach Disease Department and academic leader of Xi 'an Hospital of Traditional Chinese Medicine, It's a national key specialty. He has been engaged in clinical and scientific research of spleen and stomach diseases for a long time, so in the treatment of PI man disease has formed a unique dialectical treatment ideas. I'm very lucky to learn from Mr. Huang, so I summarized his clinical thinking and experience in the diagnosis and treatment of PI Man's disease as follows.

2. Understand and identify etiology and pathogenesis

Dietary incontinence, drug injury, poor mood and helicobacter pylori infection and other factors to damage the spleen and stomach, PI Man occurs due to qi rise and fall dysfunction of spleen and

stomach. At the beginning of PI Man, it was mostly empirical. Diet and emotional injury, resulting in spleen and stomach dysfunction, and then produce phlegm dampness; dampness is blocked for a long time and produces dampness and heat, or like to eat spicy and greasy food, resulting in hot and humid, the above pathological products deposition, block qi, then cause abdominal distension. Or because the mood is not smooth, the liver wood cross against the spleen, middle coke block and the generation of ruffian, and then there's the PI Man. Phase symptoms are not serious, patients do not pay attention to, lost in treatment, positive PI Man full day long turn to virtual syndrome; or too eat cold food and medicine, or moisture evil accumulate, damage Spleen Yang for a long time, then form qi deficiency syndrome or Yang deficiency syndrome of PI Man.

3. Syndrome differentiation and treatment

3.1 Focus on key points and syndrome differentiation

Professor Huang believes that the syndrome differentiation of PI man should first distinguish deficiency and reality, then distinguish cold and heat, and finally distinguish different inclusion factors. The evidence is found in those who are physically strong, who are full of ruffia and can eat, full but refuse to press, aggravated after eating, relieved when hungry, thick greasy tongue coating, and strong pulse; deficiency syndrome is seen in the weak constitution, ruffian full of time to stop, like kneading and warm, eat less, thin tongue, and weak pulse. Cold syndrome is characterized by mild and persistent symptoms, aggravated by cold, light tongue, thin white moss, and delayed pulse. The characteristics of heat syndrome are rapid occurrence of disease, thirst and like to drink cold drinks, red tongue, yellow and dry moss, pulse hongnumber. Clinically, the symptoms of ruffian syndrome are mixed with deficiency and solid syndrome or mixed syndrome of cold and heat, and can also be combined with blood stasis, dampness evil, food accumulation, etc. Patients with blood stasis, with epigastric needling pain, especially at night, dark tongue or petechiae, astringent pulse. The patient that has damp evil inside stops, can feel body is trapped heavy, head heavy and chest is frowsty, tongue coating is thick greasy, pulse is slippery. Patients with dyspepsia, after eating stomach distension, poor appetite, and swallow acid.

3.2 Classification and treatment

(1) Syndrome type of phlegm dampness block

Symptom: the stomach is full of qi, feeling sleepy and heavy in the head, obesity, Limbs heavy and weakness, feeling a foreign blockage in throat, chest distress, Loose stool, The tongue is pale and fat, the moss is white and greasy, and the pulse is slippery.

Treatment: dispel phlegm and wet, relieving qi stagnancy in stomach

Chinese medicine prescription and medicine: addition and subtraction of Erchen Decoction and Ping Wei Powder. orange peel 12g, pinellia ginger 12g, tuckahoe 15g, licorice 6g, rhizoma atractylodis 10g, magnolia officinalis 9g. If the stomach distension is obvious, add immaturus aurantii 15g, abdominal skin 12g; If the pharyngeal foreign body sensation is obvious, add magnolia officinalis 10g, Perilla seed 15g; If accompanied by chest tightness, add aurantii 15g, platycodon grandiflorum 10g.

(2) Dampness and heat accumulation syndrome

Symptom: the stomach is full of qi, unspeakable discomfort in the stomach, nausea or vomiting, feeling dry mouth, mouth bitter, sticky mouth, mouth smell, the stool is sticky and greasy, the tongue is red, the moss is yellow and greasy, and the pulse is slippery.

Treatment: clearing heat and dampness, regulating qi and eliminating Pi man.

Chinese medicine prescription and medicine: If the wet is higher than the heat, addition and

subtraction of Sanren Decoction; If the heat is higher than the wet, addition and subtraction of Qingzhong Decoction. Constitute of Sanren Decoction: almond 10g, white cardamom 10g, coix seed 30g, magnolia officinalis 9g, plantain 15g, herba lophatheri 12g, ginger pinellia 12g. Constitute of Qingzhong Decoction: coptis chinensis 6g, forsythia suspensa 15g, tangerine peel 12g, tuckahoe 15g, pinellia ginger 12g, white cardamom 10g, licorice 6g. If feel heartburn, this belongs to irascible make stomach, add coptis 6g, evodia officinalis 3g. If dry mouth and bitter mouth are obvious, add bamboo shavings 12g, coptis 6g. If the stool is sticky and not smooth, add 9g of wood incense and 9g of qinpi.

(3) Liver and stomach qi stagnation syndrome

Symptom: the stomach is full of qi, both sides of the rib swelling pain, usually irritable personality, like to sigh, frequent hiccups, nausea and vomiting, reflux of acid from the stomach, heartburn, the stool is not smooth, tongue light, thin white moss, pulse string.

Treatment: Soothe the liver and regulate qi, and eliminate Pi man in the stomach.

Chinese medicine prescription and medicine: addition and subtraction of Chaihu Shugan Powder, of the following: vinegar bupleurum bupleurum 10g, paeony root 15g, chuanxiong 10g, fructus aurantii 15g, tangerine peel 12g, liquorice 6g, muxiang 6g. Professor Huang believes that patients with innate spleen deficiency are more likely to cause liver wood damage to spleen soil, for such patients, using Xiaoyao Powder and Xiangsha Liujunzi Decoction. If the swelling of two ribs is obviously painful, add Yuan hu 15g, Yu jin 15g. If with frequent hiccups, add Inula flowers 12g, and ocher 10g. If acid reflux is noticeable, add coptis 6g, evodia officinalis 3g, Bai ji 10g, Wa leng zi 20g.

(4) Syndrome of spleen and stomach weakness

Symptom: the stomach is full of qian (It's obvious after eating), the abdomen likes hot compress and kneading, limbs weakness. Like sleepiness, weak voice, eat less; Or limbs owe temperature, afraid of cold and like warm, like to drink hot water, the urine is clear and long, and the stool is thin and loose, the tongue is pale and fat, the moss is white, and the pulse is heavy and fine.

Treatment: Invigorating the spleen and regulating qi.

Chinese medicine prescription and medicine: addition and subtraction of Xiangsha Liujunzi Decoction or Astragalus jianzhong Decoction. Among them, qi deficiency obvious patients, with Xiangsha Liujunzi Decoction; Yang deficiency obvious patients, with Astragalus jianzhong Decoction. Xiangsha Liujunzi Decoction is composed of the following traditional Chinese medicine: Mu Xiang 6g, amomum villosum 6g, codonopsis pilosula 15g, poria cocos 20g, atractylodes macrocephala 15g, glycyrrhiza 6g, Pinellia ginger 12g, orange peel 12g. Astragalus jianzhong Decoction composed of astragalus 20g, cassia twig 6g and fried paeonia lactiflora 15g. If the food cannot be digested, add burnt malt 15g, burnt yeast 15g, burnt hawthorn 15g, Radish seed 12g. If qi and blood are lacking, the patient shows yellow complexion, and pale eyelids, plus Astragalus 30g, angelica 15g. If the stool is not formed, add codonopsis 15g, tuckahoe 15g, fried atractylodes 15g, parsnip 10g.

4. Typical medical record

Zha xx, female, 48 years old, the first diagnosis was made on September 02, 2019. Chief complaint: intermittent distension and discomfort for 1 year, aggravated with hiccup for 2 months. History of present illness: Nausea, vomiting and stomach distension without obvious cause 1 year ago, and check gastroscopically at local hospital: atrophic gastric sinusitis, the symptoms were relieved after symptomatic treatment with western medicine. After gastric distention intermittent recurrence, after eating obvious, not attention. 2 months ago, stomach distension aggravated after careless diet, accompanied by hiccup and bitter mouth in the morning, then came to our hospital for treatment. The main symptoms are as follows: stomach distension, after eating obvious, hiccups, dry mouth and bitter mouth, eat and sleep just so-so, normal bowel and urine, the tongue is pale, the moss is yellow

and greasy, the pulse is string and slippery.¹⁴C breath test showed helicobacter pylori infection, and four-drug anti-HP treatment was given for 2 weeks. The second diagnosis was made on September 16, 2019. The patient complained of gastric distention and hiccup with slight relief, slightly feel dry mouth and mouth bitter, occasionally under the right flank pain and discomfort, the tongue is pale, the moss is yellow and greasy, the pulse is string and slippery. Review gastroscopy suggests: chronic atrophic gastritis, duodenitis. Western medicine diagnosis: chronic atrophic gastritis; Traditional Chinese medicine diagnosis: Pi man disease (dampness and heat accumulation syndrome). Treatment: Remove dampness and heat, and remove gas from distension. Chinese medicine prescription and medicine: addition and subtraction of Sanren Decoction. Specific medications are as follows: almond 10g, white cardamom 10g, coix seed 30g, magnolia officinalis 9g, plantain 15g, herba lophatheri 12g, ginger pinellia 12g, Baiji 10g, bupleurum 10g, aurantii 15g, Yujin 10g, Yuanhu 15g, coptis 6g, raw astragalus 15g, paeony 15g, bamboo shavings 12g. Take one dose a day in water, twice in the morning and evening. Ask the patient to adjust mood, light digestible diet. September 30, 2019, the third diagnosis, the patient had obvious relief of precomplaint, and occasionally had gastric distension and hiccup after eating, Dry mouth in the morning, no bitter mouth, the tongue is light, the moss root is yellow and greasy, and the pulse is heavy and fine. treatment: Remove Sanren Decoction and coptidis from the top, add orange peel 12g, pinellia ternata 12g, poria cocos 15g, fried coix seed 30g, phellodendron chinensis 10g, amomum 6g. 14 doses of Traditional Chinese medicine were given orally. There was no recurrence after 4 months of follow-up.

Analyse: The patient had obvious stomach distention and hiccup, gastroscopy suggests chronic atrophic gastritis, the patient is an elderly woman with weak spleen and stomach, spicy and fat sweet, and heat poison (Hp infection) in the stomach, combined with tongue and pulse, syndrome differentiation should belong to the dampness and heat accumulation syndrome of the Pi man. The treatment should be: clearing heat and dampness, regulating qi and eliminating Pi man. Sanren decoction has the function of regulating the movement of qi and clearing dampness and heat. Just as "Wenbing Tiaobian" said: "Sanren Decoction lightly opens the upper coke lung qi, because lung is the main organs of regulating the movement of qi, and the humidification will also change, qi movement results in the removal of dampness". Professor Huang often use this prescription for the treatment of patients with obvious dampness and heat, and the wet is obviously than heat. Because the talc and ricepaperplant pith in the original prescription taste cold, easy to damage the spleen and stomach Yang qi, so removed them, add plantain, taste sweet and small cold, can diuretic and clear evil heat. The almond in sanren soup can xuanchang shangjiao lung qi, lung is the upper source of water, having "lift the pot and uncover the cover" meaning; White cardamom, Magnolia officinalis and pinellia ginger can "Xinkai Kujiang", warm and transport the Yang qi of spleen and stomach, then Yang qi recovery can remove wet; Coix seed, plantain and light bamboo leaves go Xiajiao, light seepage and dampness, so that made the evil from urine is removed, heat can be removed from the wet lifting. The patient's tongue coating is yellow and greasy. Professor Huang thinks that the patient has yellow and greasy coating, which means there is dampness and heat in the body, But sanren soup is not enough to clear heat, and then add coptis and Zhuru to enhance the function of clearing heat; add orange in addition, adjust the qi machine of Zhongjiao to eliminate swelling; The patient had a dull pain in the right rib. she used Bupleurum and turmeric to soothe the liver and relieve qi, and then used Yujin and Paeonia lactiflora to relieve pain. Gastric mucosa atrophy was indicated by gastroscopy, and raw Astragalus membranaceus and Baiji were used to promote gastric mucosa repair. On the third visit to the doctor, the patient's previous symptoms were significantly relieved, and the yellow and thick coating on the tongue was limited to the root of the tongue. Professor Huang thought that if the coating was limited to the root of the tongue, the dampness and heat would retreat. Therefore, sanren Decoction and rhizoma coptida were reduced to prevent injury the spleen Yang, and drugs to strengthen qi and spleen and remove dampness were added to consolidate the condition.

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