

Mechanism of Jianpi Bufei Paste in Treating Children's Deficiency Syndrome of Pulmonary and Spleen

Lu Yang¹, Xiaoping Liu^{2,*}

¹*Shaanxi University of Traditional Chinese Medicine, Xiayang, Shaanxi 712046, China*

²*Affiliated Hospital of Shaanxi University of Traditional Chinese Medicine, Xiayang, Shaanxi 712000, China*

*Corresponding author

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Abstract: Recurrent respiratory infections, cough, sweating, loss of appetite, stagnation of milk and food, post-ill physical weakness, fatigue, etc. are common clinical diseases in children. The Jianpi bufei cream prescription mentioned in this article is a self-made cream prescription in our hospital. It has mild medicinal properties, long-lasting efficacy, mellow taste, easy for children to accept, and has achieved significant clinical effects. The author analyzes the mechanism of Jianpi Bufei Paste and provides a clinical basis for the follow-up treatment of children with deficiency of both lung and spleen.

1. Introduction

The ointment formula, commonly known as ointment, is one of the traditional dosage forms of traditional Chinese medicine. It can nourish the internal organs and treat diseases. It has a comprehensive effect of nourishing, preventing and curing. It is mostly suitable for deficiency syndrome, remission period or stable period of chronic disease. The overall regulating effect of the ointment is the same as the neuroendocrine network that participates in the body's defense and controls the growth and development in modern medicine, and the function of improving the body's environment and strengthening the self-defense system is closer to the immune system^[1].

2. Etiology and Pathogenesis

The "Straight Jue of Pediatric Medicine Syndrome" records: "The lung governs asthma, but it is dull and short of breath... The spleen governs sleepiness, but sleepiness, body heat, drinking water; deficiency leads to vomiting and diarrhea, and causes wind." When entering the nose and mouth, it is received from the fur, both of which attack the lungs first. Therefore, there is a saying that "the cold in the form of cold will injure the lungs", and the saying that "warming evil is the first to injure the lungs". Children's "lung deficiency" determines that children are susceptible to colds, coughs, pneumonia, wheezing, asthma and other pulmonary diseases, making pulmonary diseases the most common type of disease in pediatrics. Children's "spleen is often insufficient", it is easy to cause vomiting, diarrhea, abdominal pain, stagnation, anorexia and other splenic diseases due to improper

feeding by parents and loss of health of the spleen. Its incidence is second only to pulmonary diseases in pediatrics. Second. In pediatric clinics, these symptoms often recur. Teacher Jiang Yuren pointed out that the pathogenesis of re-infected children is "not in the presence of many evils, but in the uprightness", and the strength of righteousness is closely related to the lungs and spleen. Therefore, the syndrome of deficiency of both lung and spleen in children has been paid more and more attention as a common syndrome in pediatrics. Modern pharmacological research has found that many traditional Chinese medicines have anti-inflammatory, anti-viral, antibacterial, anti-oxidant, and immune functions, and the application of traditional Chinese medicine has been widely recognized. The spleen and nourishing ointment formula is our hospital's self-made ointment formula, which has mild medicinal properties, long-lasting efficacy, mellow taste, and is easy to accept by children, thereby improving the clinical efficacy.

3. Drug Composition

The medicine composition of the spleen-tonifying and nourishing ointment is: American ginseng, astragalus, angelica, *Ophiopogon japonicus*, tangerine peel, *Atractylodes*, yam, coix seed, fangfeng, schisandra, malt, *Rhodiola*, and hawthorn, Shenqu, supplemented with caramel. Function: All medicines have the functions of invigorating the spleen and qi, replenishing the lung and strengthening the surface, eliminating food and guiding stagnation, replenishing transport, and taking into account both specimens. It is suitable for children with repeated respiratory infections, coughing, hyperhidrosis, loss of appetite, stagnation of milk and food, physical weakness after illness, fatigue and fatigue caused by insufficient qi and blood in children.

4. Mechanism

American ginseng is cool in nature, sweet and slightly bitter, nourishes qi and nourishes yin, clears heat and produces fluid; astragalus is slightly warm in nature, sweet in taste, returns to the spleen and lung two meridians, is good for invigorating the spleen and lungs, has the function of replenishing qi and promoting yang, solidifying surface and antiperspirant, Both of them are the king's medicine. Angelica is an essential medicine to nourish blood, and can nourish the intestines and lax; "Compendium of Materia Medica" talks about: "Orange peel, the same tonic drug will nourish, the same laxative will reduce, the same ascending medicine will increase, and the same lowering medicine will decrease." Chenpixin warms into the spleen, and is better than regulating the qi in the spleen and stomach. *Atractylodes macrocephala* is "the first medicine for invigorating qi and spleen", which has the functions of invigorating qi, invigorating the spleen, strengthening the surface and antiperspirant. Yam can replenish the spleen, lungs and kidneys, nourish but not greasy, and is the most peaceful product for cultivating the qi; The anti-wind medicine is calm in nature and is "the moisturizer in wind medicine". It is regarded as the main medicine for regulating the spleen by Li Dongyuan. He believes that "if it replenishes the spleen and stomach, it cannot be used without this reference." Constriction and astringent, nourishing qi and promoting fluid, nourishing the kidney and calming the heart; *Rhodiola*, nourishing qi and promoting blood circulation, clearing the pulse and relieving asthma, clearing the lung and relieving cough; The caramel is warm in nature and sweet in taste. It is returned to the spleen, stomach and lung meridian. It is mainly used to invigorate deficiency, ease emergency, and relieve pain. "Qianjin·Shizhi" records malt sugar: "Tonic deficiency and cold, nourish vitality, stop bowel, sore throat, remove saliva and blood, but cough." Malt sugar has the characteristics of low sweetness, no crystallinity, high viscosity, hygroscopicity, etc. [2]. Supplementing the spleen and lungs ointment formula with caramel can not only exert its unique medicinal effect, but also cover up the bitterness of traditional Chinese medicine, making it easier for children to accept. Children's viscera are weak, easy to be weak and solid, tonic and easy to stagnate,

it is appropriate to replenish the movement and use. Take into account the effect.

5. Concluding Remarks

The constituent medicines of Jianpi Bufe Ointment Prescription mostly contain polysaccharides of traditional Chinese medicine. Traditional Chinese medicine polysaccharides can be used as prebiotics. They can regulate the intestinal flora by promoting the growth of beneficial bacteria in the intestines and inhibiting the growth of pathogenic bacteria. The content of chain fatty acids is positively correlated with the content of polysaccharides in traditional Chinese medicine^[3]. Short-chain fatty acids are not only an important source of energy for the body, they can also protect the intestinal epithelium, regulate the body's immune response, and play a role in preventing and treating colon cancer^[4].

Parents should also pay attention to daily conditioning while children are receiving treatment with the spleen-tonifying and nourishing ointment. The "General Prescriptions for Pediatric Hygiene·The Theory of Care and Protection" says: "Fan'er always makes thin clothes, and the method of thin clothes should be learned from autumn; It hurts the child's stroke and cold." "Theories on the Source of Pediatric Disease·Adopted Son Adjusting Photograph" says: "If an adopted child is to be free from illness, he cares about taking nourishment and reconciliation. If you eat hot, soft, and less, you won't be sick; eat cold, hard, and eat. If there are too many, you will get sick." Ming Dynasty physician Wanquan once said: "There are no secrets in the nursery, and you have to suffer three points of hunger and cold." Therefore, parents should be asked: daily nursing children should dress appropriately, eat a reasonable diet, and avoid overeating. Or eat more fat and sweet taste, so that children can develop healthy and good habits. These habits are essential to prevent the disease caused by the deficiency of both lung and spleen in children.

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