

Application of Houpo Sanwu Decoction based on abdominal diagnosis theory and original dose of Jingfang

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Abstract: Classical prescription has the characteristics of simple taste, but its effect is like a drum. Houpo Sanwu Decoction comes from "*synopsis of the Golden Chamber*", Can move qi to remove fullness, to accumulate and defecate. Director Wang keqiong use Houpo Sanwu Decoction to treat digestive tract diseases, with good results. The key points are as follows: First, focus on abdominal diagnosis to identify abdominal syndrome, thinking the abdominal syndrome of Houpo Sanwu decoction is as follows: The abdomen is full, the whole abdomen or the local part can touch the sense of resistance, with tenderness, consciously distended and constipated. The second is to break through the conventional dosage of clinical doctors and strive to restore the original dosage of the classical prescriptions, the dosage of Magnolia officinalis is generally the largest, and the dosage of Fructus aurantii should also be larger. The third is the combination of Classical prescription.

1. Introduction

Houpu Sanwu Decoction is derived from the "*Golden Chamber Synopsis·The Syndrome and Treatment of Heart Disease with Cold Hernia in the Abdomen*", and is composed of the three medicines of Magnolia officinalis, Rhubarb and Citrus aurantium. It is mainly used for the treatment of internal heat accumulation, stagnation of qi, fullness of the abdomen, pain, and obstruction of stool. In modern times, it is mostly used to treat gastrointestinal diseases, such as acute abdomen, paralytic intestinal obstruction, incomplete intestinal obstruction, abdominal distension after gastrointestinal tract surgery, and other patients with true heat internal accumulation syndrome [1]. Keqiong Wang is the chief physician of the Department of Oncology of Shaanxi University of Traditional Chinese Medicine. He is familiar with classics. He advocates the diagnosis of syndromes from the abdomen diagnosis and the four diagnoses. He advocates the original dosage of the prescription and the decoction method. The clinical experience of using Houpu Sanwu Decoction is as follows.

2. Recipe analysis of Houpu Sanwu Decoction

The *"Golden Chamber Synopsis-Abdominal Cold Hernia Liver Disease and Pulse Syndrome Treatment"* records that Patients who are closed due to pain are the main source of Houpu Sanwu Decoction; that is, patients who consciously feel that their abdomen is full and painful and stop exhausting and defecation can be used Houpu Sanwu Decoction treatment.

About Houpu Sanwu Decoction, many ancient physicians have discussed it. Textual research on the prescriptions recorded before the Song Dynasty is inconsistent with *"The Synopsis of the Golden Chamber"*. For example, the *"Mai Jing"* contains [2] Sick belly is full, fever for dozens of days, pulses floating and counting, the diet is the same, and the main body of Hou Pu Sanwu Tang; *"Golden Chamber Synopsis"* contains pain and closed use Houpu Sanwu Decoction; *"Qian jin yi fang"* records [3] Houpu Decoction, the main belly is full, fever for dozens of days; Tang Shenwei's *"Zheng Lei Materia Medica"* thinks [4] Zhongjing's Houpu Sanwu Decoction mainly affects the pulse number of abdominal distension. The syndromes of Magnolia Sanwu Decoction in the above-mentioned books are basically the same, so the syndrome of Magnolia Sanwu Decoction is full belly, painful and closed, fever for dozens of days, eating and drinking as usual, pulse floating but counting. Master Wang believes that the pulse is floating and counting is not the main manifestation. Although this symptom shows fever, there is no aversion to cold or pain in the limbs. Zhang Zhongjing has said that the patient has no manifestation and fever for seven or eight days, although the pulse is floating, Can go down. Therefore, this pulse is regarded as the internal closure of the evil qi, and the depression of the heat dissipates the heat, which belongs to the internal syndrome. Eating as usual means stagnation of qi is more important than closure of the viscera, and when it is different from Yangming, the accumulation of swelling of the viscera is more important.

Discrimination and Analysis of the Prescription of Houpu Sanwu Decoction. This recipe is a modified recipe of Xiao cheng qi Decoction. Because the dry feces are internally knotted and the abdomen is full and closed, Magnolia officinalis is used; the disease is in the abdomen, the evil gathers under the coke, the tunnel is abnormal, and the rhubarb is four liang; there is fullness The number of Zhishi is actually five when he breathes and vomits. *"Shen Nong's Materia Medica"* contains the master of Hopu's Qi Xue Bi, and *"Lei Gong Pao Yao Xing Xie"* also contains it to relieve fullness and cure abdominal distension. Nowadays, Magnolia officinalis decoction is located in the central part of the abdomen, and its strength is relatively in the middle, so it is mainly used to promote qi and eliminate bloating, and Magnolia officinalis has the effect of removing heat. In addition, *"Famous Doctors"* contains rhubarb dangling food, beneficial intestines and stomach, Citrus aurantium breaks firm, eliminates fullness, replenishing qi and lightening body, so it can be compatible with rhubarb and Citrus aurantium to relieve qi and eliminate ruffles. The whole prescription is then used as a medicine to relieve the fullness of qi and relieve the accumulation of stool. (Xiao cheng qi Decoction originally used Magnolia officinalis and two liang, but the following note stated that the prescription was divided into two servings, but in fact it was four liang. Therefore, the dosage of Houpu Sanwu Decoction and Magnolia officinalis is still smaller and more than four liang for Chengqi Decoction.)

3. Experience in using Houpu Sanwu Soup

3.1 Emphasis on abdominal diagnosis-the abdominal syndrome of Houpu Sanwu Decoction is "the pain in the middle of the abdomen"

The clinical application of abdominal diagnosis is derived from *"Treatise on Febrile Diseases and Miscellaneous Diseases"*. It is a diagnosis method used by doctors to examine the patient's chest and abdomen swelling, pain, swelling, fullness, hardness, knots, palpitations and other pathological signs to distinguish the internal organs, essence, blood, body fluid, The pathological changes of the

meridian, a unique diagnosis and treatment system that guides clinical prescription medication [5]. The syndromes obtained by examining the heart, under the flank, abdomen, lower abdomen, above the navel, and below the navel are called abdominal syndrome. Each abdominal syndrome has a corresponding party. For example, *"Treatise on Febrile Diseases"* records that the heart is ruffled, press it, and the pulse is floating, the rhubarb and Huanglian Xiexin Decoction is the main one; another example is typhoid fever six or seven days, chest heat and solid, deep and tight pulse, under the heart Pain, the stone is hard, and the chest depression is the main one. According to the different syndromes in the abdominal syndrome, it can be specific to a certain prescription in the class, such as the lump syndrome and the discord in the stomach, and the ginger Xiexin soup is the main For those who do not get rid of the anger, use Xuanfu instead of ocher soup. It can be seen that the abdominal diagnosis determines the diagnosis of diseases and the application of prescriptions by Chinese medicine. In the clinic, Mr. Wang pays great attention to abdominal diagnosis. He often uses abdominal clinics to obtain abdominal syndromes and translates the prescriptions in both directions to accurately identify prescriptions and medicines. The disease of Houpu Sanwu Decoction is in the gastrointestinal tract, so the abdominal examination belongs to the middle abdomen. From the point of view of the viscera, the abdomen is the outer periphery of the organs, including the gastrointestinal and other important human organs. The fine grains of water are decomposed and digested by the stomach, and then passed down to the small intestine. The small intestine secretes clear turbidity, and the clear ones are transferred through the spleen. Whole body; the rest of the water is absorbed and penetrates into the bladder; the turbid ones are dregs, which are delivered to the large intestine. When the internal resistance of the evil qi, the failure of the internal organs, and the poor conduction of the large intestine, the stomach will reverse, and there will be nausea, vomiting, constipation and other symptoms. The abdominal syndrome is fullness and pain. In addition, *"Inner Diameter"* records that the foot-yangming stomach channels its branches, pinching the umbilical cord, and descending through the abdomen; while the Ren channel and the three-yin channel of the foot also follow the abdomen. Taking the Ren channel as an example, it gathers the Yin channels from the abdomen. Up inside. The acupoints on the meridians where the abdomen is located communicate with the surface and the inside, acting as a conduction induction and responding to syndromes. When the stomach and intestines accumulate impaired and the qi machine becomes unsmooth, symptoms such as tenderness and fullness can be expressed through the sensing effect of the meridian. In the *"Golden Chamber Synopsis: Abdominal Cold Hernia, Diet, Disease and Pulse Syndrome Treatment"*, it is stated that Patients who are closed due to pain are the masters of Houpu Sanwu Decoction. Therefore, the abdomen syndrome of Houpu Sanwu Decoction is fullness of the abdomen, the whole abdomen or local palpable resistance, accompanied by tenderness, and conscious fullness. Anyone who sees this syndrome, regardless of medical and surgical diseases, can consider using Houpu Sanwu Decoction.

3.2 Follow the original dose of classic prescriptions

The traditional prescriptions are thin and refined, and the dosage is the key to the effect. The dose of Jingfang has two meanings [6]: One is the relative dose of Jingfang, that is, changing the drug dose according to the ratio of drug compatibility; the other is the original dose of Jingfang, such as the dosage of Bupleurum in *"Treatise on Febrile Diseases"* Half a catty, the value of Jingfang 1 tael is equivalent to 15.625g of modern drug dosage [7], which is about 120g when converted into contemporary dosage. The dosage of traditional prescriptions is so large that modern doctors are often afraid of not using it, and often use conventional dosages for clinical treatment. However, if the dosage of the classic prescription is changed, the efficacy will change accordingly. For example, the resistance decoction and the resistance pill are both composed of leeches, horsefly insects, rhubarb, and peach kernels. The former uses leeches, each 30g of horsefly insects, and 20 peach kernels, and

the latter Reduced leeches, horsefly insects to 20, and peach kernels 25. Although the two are the same as the sun's blood accumulation syndrome, but due to the change in dosage, resisting decoction is used to treat severe and solid blood heat, and resisting pill is used to treat severe disease of the sun's accumulation of blood. Slower. Teacher Wang's clinical application of Jingfang emphasized that the secret of traditional Chinese medicine is quantity, and more attention is paid to the original dosage of Jingfang. Regarding the Houpu Sanwu Decoction, the original recipe consists of Magnolia officinalis eight Liang, Rhubarb four liang, and Citrus aurantium five. Converted to modern dosage, although it far exceeds the upper limit of the dosage in the Pharmacopoeia of the People's Republic of China, the syndrome differentiation is accurate, and the monarch and ministers are properly compatible, and often achieve better results.

Master Wang believes that the key to satisfactory curative effect of Magnolia officinalis is that the dose of Magnolia officinalis should be maximized. The reasons are: one is to follow the meaning of the original dose of the classic prescription; the other is that "Houpou, bitter taste, warming, treating cholera and abdominal pain, fullness, relieving fullness, thick intestines and stomach" are recorded in the Compendium of Materia Medica. Houpou has the power of promoting qi to relieve pain and dissipate stagnated stomach and intestines. In Ming Dynasty. Li Zhongzi's "*Leigong Pao Yao Xing Jie*" considered Magnolia officinalis to be a medicine to relieve abdominal distension, and its Xingxin powder, specially into the stomach and spleen meridian, can relieve gastrointestinal stagnation. Magnolia officinalis can not only relieve the visceral qi mechanism, but also break the obstruction. It is compatible with rhubarb to treat gastrointestinal gas and dry stool. Secondly, the dose of Citrus aurantium is also larger. Houpu Sanwu Decoction has two more citrus fruits than those of Xiao cheng qi. The reason is that citrus fruits benefit the five internal organs, are broken and firm, and are full of swelling. Together with Magnolia, it eliminates the accumulation of evils and increases the energy of movement. Increase in dosage. Refer to Professor Hao Wanshan's textual research in the Eastern Han Dynasty that a small piece of Citrus aurantium is about 18g, and the larger one is about 20g. When Wang Shi uses Magnolia officinalis decoction clinically, the general dosage is Magnolia officinalis 120g, Rhubarb 40g, and Citrus aurantium 90g. First cook Magnolia officinalis and Citrus aurantium, then add rhubarb, decoct to 600ml, warm 200ml/time, 3 times/Day, to profit. Long-term clinical practice has shown that the original dose of Jingfang has a curative effect and no adverse reactions have been seen.

3.3 The safety of the original dose of Jingfang

Although the dosage of "*Treatise on Febrile Diseases*" is large, the other party attaches great importance to the compatibility of Chinese medicines, the method of decoction, and the annotations of the prescriptions. The original provisions of each prescription and the following prescriptions are detailed with indications and methods of administration, even including medication reactions. Such as: Banxia and Baimi in Dabanxia Decoction; Walnut Chengqi Decoction to benefit; Guizhi Decoction slurping gruel and warming shoes after taking the medicine. It can be seen that Zhang Zhongjing's medication not only takes into account the body's response to the drug, but also takes into account the reduction of adverse reactions. Li Ke [8] In order to prevent toxicity when applying aconite in a superimposed manner, a large dose of licorice is often used. When aconite and aconitum are used together, on the basis of the medicine, honey is added for a thick decoction to make it the best medicine. Curative effect. Li Yanmin [9] used Chuanwu to treat osteoarthritis. In order to reduce toxicity and enhance the effect, patients were often asked to decoct for a long time until the mouth was numb. Master Wang is applying high-dose medicines, such as preventing the toxicity of Pinellia ternata, compatible with high-dose ginger, and ginger is good at alleviating toxins. It can effectively supervise the toxicity of Pinellia, and the dosage can reach 45-65-90g. In addition, in addition to the

compatibility of drugs, decoction dilutes the active ingredients according to the ratio of medicine and water 1:8, and the drug decoction once has an important effect on increasing efficiency and reducing toxicity. Restoring the original dose of Jingfang is certainly the key to clinical effectiveness, but it is still necessary to pay close attention to the patient's reaction to medication, that is, to be bold and careful.

3.4 Combination of Jingfang

Combination of traditional prescriptions is based on dialectics. Several prescriptions are combined together, which often enhances the curative effect and expands the scope of treatment [10]. In clinical practice, Mr. Wang pointed out that if the patient's condition is single, the prescriptions are more concise; if the pathogenesis is complicated and the symptoms are multiple, several prescriptions must be used together after distinguishing the priority. However, the patients treated by Master Wang are treated repeatedly, and most of them are complicated. Therefore, it is necessary to combine multiple prescriptions when necessary. Here are the experience of the combined use of Magnolia Sanwu Decoction, as follows: If the patient has full abdominal distension, the main complaint is cold, swelling, and heaviness below the waist, pale white tongue, white greasy fur, and tooth marks on the fat side, then use Magnolia officinalis. Ginger Pinellia Licorice Ginseng Decoction; if the chest and flanks are full and vomiting, do not want to eat or drink silently, hot flashes in the sun, dry throat, dizziness, bitter mouth, yellow tongue and stringy pulse, use Xiaochaihu Decoction together; Difficult urination, dim tongue, varicose veins under the tongue, and ascites, use Rhubarb Gansui Decoction; if there is palpitations in the navel of the press, with chest fullness, delirium, and poor sleep, use Bupleurum plus keel. Oyster soup.

4. Examples of Case Verification

Gao, female, 30 years old, underwent radical sigmoid colectomy due to intestinal obstruction in September 2015. Pathological examination showed: colonic ulcerative well-differentiated adenocarcinoma, invading the extraserous membrane. Five cycles of FOLFOX chemotherapy were performed postoperatively, and chemotherapy was terminated after liver damage occurred. In March 2017, she was diagnosed with ovarian cancer, after which she underwent exploratory laparotomy, left adnexectomy, right ovarian cyst stripping, hysterectomy, right adnexectomy, appendectomy and omentectomy. After 5 cycles of ritecan+cisplatin+5-FU chemotherapy, liver metastasis was performed during the operation; in 2018, bilateral nephrostomy occurred and left and right nephrostomy was performed. In June 2018, there was no cause for abdominal pain and difficulty in defecation. Abdominal plain film showed: a large amount of gas and ladder-like liquid level in the upper abdomen. Patients and their families require Chinese medicine treatment.

First visit on June 25, 2018: Stop exhausting and defecation for 3 days, chest tightness, shortness of breath, gastric fullness, anorexia, yellow tongue, thick greasy pulse string. Abdominal examination: the whole abdomen is sunken, abdominal strength is tense, tender, and multiple masses are touched. Western medicine diagnosis: incomplete cancerous intestinal obstruction; traditional Chinese medicine diagnosis: intestinal disease (excess heat internal congestion syndrome), treatment: dredge the Qi, clean up the stomach and intestines, select Houpu Sanwu Decoction 1 dose: Magnolia officinalis 120g, rhubarb 40g, Citrus aurantium 90g, decocted in water.

Second visit on June 26: After taking the medicine, the stool was relieved at 1:00 am on the same day, and it was as dry as sheep's feces. Afterwards, she had two bowel movements, and the abdominal pain was reduced a few minutes after the bowel movement. Continue to defend the prescription for 2 doses.

The third visit on June 29: She has resumed defecation once a day, the appetite is more than before,

the abdominal distension and pain are reduced again, there is still paroxysmal abdominal distension at night, occasionally nausea, vomiting, and belching. The tongue is dull with tooth marks and slippery coating, and the pulse is heavy. Abdominal examination: the whole abdomen is sunken, the abdominal strength is slightly tight, and the abdomen is obviously improved. Syndrome differentiation is qi deficiency and abdominal distension, the treatment is to invigorate qi and broaden the middle, reduce the dysfunction and relieve vomiting. The prescription is Houpu Ginger Banxia Gancao Ginseng Decoction and Xuanfu Daizhe Decoction: Houpu 65g, Ginseng 15g, Ginger 65g, Inula 45g, Ochre 15g 30g of roasted licorice, 65g of Pinellia ternata, and 30g of jujube, a total of 6 doses, decocted in water.

Fourth consultation on July 8th: The overall condition of this consultation is basically stable and still has the above symptoms. Continue to stay on top and take 3 payments. Following the principles of medical treatment, after a few days, abdominal pain is reduced, fullness is eliminated, food can be absorbed, and exhaustion can be achieved, and the patient's symptoms improve and discharge.

5. Conclusion

To sum up, under the guidance of the concept of abdominal diagnosis-abdominal syndrome-disease-prescription, Mr. Wang referred to modern medical laboratory and imaging diagnostic indicators, based on his own clinical experience, and combined his experience of classic prescriptions. Summarize the indications for the use of Houpu Sanwu Decoction. This formula can be used for all the indications of this formula. For example, Wang Shi uses this formula to treat colorectal cancer after surgery, and there are also stroke sequelae, hyperlipidemia. Patients who use this prescription have more satisfactory results.

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