

Based on the theory of luck in the treatment of liver qi stagnation and Spleen Deficiency type of discussion on the theory of Chronic Atrophic Gastritis

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Abstract: Five movements and six Qi theory is an important part of traditional Chinese medicine theory is to examine the impact of climate change laws punching transport characteristics in nature and to human health and disease Development and Change and the impact, is the traditional Chinese medicine "harmony" concentrated expression of ideas. Clinical observation and study on the combination, many common diseases, to diagnose closely related to the changes of qi, therefore, understanding of the whole, the variation of qi and its effects on the human body is particularly important. This article by F' Hare years (2019) discusses the characteristics of qi, to look into Chronic Atrophic Gastritis etiology and pathogenesis of liver qi stagnation and Spleen Deficiency, combined with Wen Xinli physician's' hare on clinical use of five movements and six Qi theory, the Treatment of Chronic Atrophic Gastritis of liver qi stagnation and Spleen Deficiency type of experience. To us through study and research in clinical provide a new therapeutic approach and methods, in particular the combination of that year, the characteristics of luck, not only to some of the more common medical diseases that occur during the year have a good clinical symptoms and problems are, recipe on using this method at the same time from different years into a similar syndrome types with good clinical effect.

1. Introduction

Chronic atrophic gastritis (CAG) is a common and multiple disease of digestive system, which is a precancerous state of gastric mucosa. Chronic inflammation of gastric glands and mucous membrane, accompanied by atrophy of gastric glands, is often caused by a variety of pathological factors, and various types of gastric mucosa epithelium and glandular metaplasia are the main pathological features of gastrointestinal diseases. [1] The main clinical manifestations of CAG include epigastral distension, pain, noise, belching, discomfort in the upper abdomen, loss of appetite and other symptoms without obvious physical signs. Some patients may have mild tenderness or discomfort in the upper abdomen [2]. The occurrence of CAG is caused by a variety of factors, such as Hp infection, environmental factors and genetics, etc. It is closely related to the occurrence of gastric cancer. At present, the most scientific method to diagnose CAG is gastroscopy and

histopathological examination [3]. Domestic investigations have shown that the detection rate of CAG is about 7.5%~13.8% in gastroscopy. At present, there is no good treatment in Western medicine, and there is a certain risk of cancer [4].

Chronic atrophic gastritis has no clear disease name in Traditional Chinese medicine, but it can be classified into "epigastric pain", "noisy", "full of ruffian", "stomach ruffian" and other diseases in Traditional Chinese medicine based on its specific clinical symptoms and symptoms. [1] There are many etiological factors, such as exogenous dampness and heat, phlegm, blood stasis, dietary block of gastrointestinal, liver and spleen disharmonization of spleen and stomach weakness, spleen and stomach damage, dereliteness of lifting and lifting, middle coke qi machine block, loss of spleen and stomach movement, spleen should rise and stomach should fall, so adverse vaporization causes disease. Combined with clinical observation and research, especially the theory of five transport and six qi in TRADITIONAL Chinese medicine and the characteristics of qi movement in this year, rational drug use and adjustment of qi mechanism can significantly improve the clinical manifestations and endoscopic manifestations of chronic atrophic gastritis [5].

2. Theoretical brief introduction of five transport and six gas

Five movements and six Qi theory is an important part of traditional Chinese medicine theory, embodies the change of nature and the universe would influence, is a traditional Chinese medicine "heaven corresponding" important thought, is to explore the universe and the law of nature climate change impact on human health and disease development [6], "big questions. Tian yuan ji theory" "in the day for gas, in shape, form sense of the gas phase and all things." [7] Many frequently-occurring and common diseases and some difficult and complicated diseases are closely related to the change of air transport [8], so it is particularly important to thoroughly grasp the change rule of air transport in this year and its influence on human body. At the same time, it also provides new ideas for clinical prevention and treatment of syndrome differentiation, and should give full play to its advantages in disease prevention.

3. Characteristics of air transport in 2019 jihai year and guidance for diagnosis and treatment of spleen and stomach diseases

The year of 2019 is the year of Jihai, and the year of Jihai is less than the year of Jihai because jihai has turned soil into Yin and dry [9]. The earth branch is Hai, the age of Si Hai, see Jueyin, Jueyin wind wood Lord. If the transportation of soil is not as good as that of middle transportation, it is the prosperity of qi and the decline of qi, dominated by qi and followed by transportation [10]. In the year of Ji Hai, jue Yin wind wood division of the day, little Yang phase fire in the spring, in the transport of soil transport is not good, as the "Plain ask · Gas alternation big" said: "the old soil is not good, the wind is big,..... Chest and hypochasm pain, lower lead less abdomen, good Taixi, insects eat ganhuang, qi guest in the spleen...". [7] Due to the deficiency of soil, mu Ke soil and jin Qi, spleen deficiency and dampness win, especially spleen and stomach diseases, and liver depression and spleen deficiency type. According to the characteristics of the luck of the year of Jihai, the wind wood on the upper should be evacuated with the spicy taste, the salt taste moistens the phase fire on the lower, the dry and wet products of qi are used to comb the middle coke gas machine, and the phase fire should be pacified rather than seized. [11] Therefore, the treatment is mainly to soothe the liver and strengthen the spleen, regulate qi and stomach.

4. Symptom analysis and core pathogenesis of liver depression and spleen deficiency in chronic atrophic gastritis

Reviewing the climatic characteristics of jilai in 2019, the first half of the year was prosperous and the second half was hot. The air transport is not compatible, the main and the guest are adjacent, and the air transport is alternate, thus affecting the natural change of the weather and the occurrence and development of human diseases in that year [12]. Fengmuke soil, already deficient in soil, will be more weak under the restraint of the atmosphere. The disease is mostly in the liver and spleen, which is affected by the alternation of qi transport. The first manifestation is the weakened function of spleen and stomach transport, which is manifested as abdominal distention, epigastric pain, incomplete grain, muscle emaciation and weakness of limbs, etc. The spleen is prone to dryness and dampness, dampness prevents middle scorch, qi blockage, stagnation of transport, and phlegm breeds. [13] Clinically, there are common symptoms such as fat tongue with teeth marks, thick greasy tongue coating, slippery pulse, thin stool and so on. In clinical cases, there are a series of symptoms of disharmony between liver and spleen, chest and hypochal pain, dry mouth and bitter mouth, and belching acid reflux.

5. Soothing the liver and strengthening the spleen, regulating qi and stomach are the core of treatment

"Plain ask to really want to big" cloud: "wind wood is big, wood wins also, soil wet by evil, spleen disease yan." Or because sentiment is not free again, inside and outside disease, bring about liver depression spleen deficiency. As Ye Tianshi said: "The liver is the source of disease, and the stomach is the place of transmission." Therefore, strengthening spleen and regulating liver and regulating qi and stomach should be the main treatment methods.

6. Selection of prescriptions

In terms of formula selection, chief physician Wen Xinli selected "Atractylodis houpu Decoction" as the main prescription according to the luck characteristics and clinical observation in the year of 1911, and the specific formula composition is as follows: Decoction of rhizoma atractylodis 12g, Pinellia pinellia 12g, Huoxiang 9g, Cassia twig 12g, Magnolia officinalis 12g, qingpi 12g, Paojiang 9g, Zhi Glycyrrhiza 9g, combined with the characteristics of clinical symptoms, decocted in water, the curative effect is rapid and effective. Baizhu Houpu soup from the "three due to extreme a disease syndrome prescription" volume five, the treatment of spleen deficiency cold injury, abdominal distention full pain, limbs muscles and bones heavy and weak, muscles 酸, acid, vomiting or chest and flank pain, lower abdomen, irritability, good breath, less food loss of taste [14]. It has the effect of soothing liver, invigorating spleen, warming, regulating qi and stomach. Modern pharmacological research baizhu Houpu decoction can improve gastric mucosa gland atrophy, has the effect of eliminating gastric mucosa inflammation. The pathogenesis of chronic atrophic gastritis liver depression spleen deficiency is mainly based on spleen deficiency, and liver qi is not comfortable, which is consistent with the characteristics of luck, so it is appropriate to use Baizhu Houpu decoction for treatment. Baizhu Houpu decoction has the effect of tonifying earth and draining wood, invigorating spleen and dredge liver, harmonizing liver and spleen, middle coke qi machine can be unblocked, temper can rise, stomach qi can fall, spleen and stomach function can be restored.

In the prescription, the sweet and bitter atractylodes for your spleen, spleen and dampness, qi, accompanied by magnolia officinalis bitter temperature, dry and wet gas in addition to the full, is the method of filling the viscera. Liver is the dirty wind wood, easy to commit soil, should be dredged. Cassia skew xin, should relieve the gas of the liver; Green skin bitter acid, convergence of gas

evacuation of the liver, purging the blood of the liver, bitter acid, and to soften the liver. Combined with the xinwen of patchouli, easy to enter the spleen, aroma xingpi, dredge the coke qi machine; The bitterness of dried ginger, up the spleen, to fill the soil, up the soil suppression of wood; Pinellia xinzaio, xuan coke gas, damp to spleen; After the licorice, slow the urgent liver, qi and spleen, reconcile the drugs. In the prescription, many medicines are used to protect the spleen soil of zhongjiao and the wind wood of Jieyin, so that the inferior soil can be protected and not afraid of the popularity of the atmosphere.

7. Examples of medical records

Patient Zhang, female, 2019-06-03 first diagnosis. The chief complaint was "discontinuous epigastric distention and discomfort for more than 30 years". Symptoms: epigastric distention, occasional epigastric pain, acid reflux heartburn from time to time, no dry mouth, bitter mouth, general food intake, poor night rest, dreams, dry and thin stool, 4-5 day line, irregular defecation, urination is still in tune, and obvious hair loss. Tongue pale moss white, pulse string thin. Western medicine diagnosis: chronic atrophic gastritis; Chinese medicine diagnosis: stomach ruffian disease (liver depression spleen deficiency syndrome). Treatment: Atractylodes magnolia decoction, the specific prescription is as follows: Stir-fried Atractylode atractylode 20g, Magnolia officinalis 9g, gun ginger 10g, cassia twig 10g, huoxiang 12g, qingpi 10g, ginger pinellia pinellia 12g, papaya 12g, parsnip 12g, stir-fried white peony 12g, tangerine peel 12g, Terminalia chebula 6g, jinei jin 12g, Divine qu 12g, Hawthorn 12g, malt 12g, Chinese yam 12g, Zhi Glycyrrhiza 9g, Xianlingpi 15. (7 decocted in water, 2 daily). The 2019-06-12 2. After taking the medicine, the patient complained that epigastric distention was relieved, the target gas was more, there was acid reflux heartburn, hiccup, eating and drinking was general, night rest was not good, sleep was easy to wake up, urine and feces were the same as before. Tongue pale moss white vein string. Prescription: top + 15g of fu shen, 15g of night vine (7 fu decoction in water, 2 daily). The 2019-06-19 three diagnosis. Gastric distention reduced, vector gas frequency, smelly smell. Acid reflux and hiccups are common. There was no significant change in the remaining symptoms. Prescription: top + magnet 10g, - parsnip, terminalia; (7 decocted in water, 2 daily). The 2019-07-03 four diagnostic. Present symptoms: epigastric distention and discomfort is less than before, abdominal distention is sometimes, self-complaints of bowel sounds are obvious, hiccups, general food intake, poor night rest, urine tone, unformed stool, 1-2 times/day. Prescription: top + jujube seed 12g, xiangxiang 9g, aloes 3g (14 doses, decocted in water, two daily). The 2019-07-17 five. There was epigastric distention, abdominal distention and bowel sound were less than before, no hunger, yellow urine, stool formation, irregular defecation. Same tongue vein. Prescription: upper + Pueraria root 10g, ligusticum chuanxiong 9g; (14 doses, decocted in water) 2019-07-31 Six diagnosis: the symptoms of epigastric distention basically disappeared after taking the upper part, and the other symptoms were reduced. The patient was ordered to take 7 doses of medication to consolidate the curative effect, and no recurrence was found after 2 months of follow-up.

8. Conclusions and Discussion

In this paper, based on the clinical application of the theory of five movement and six qi by Chief physician Wen Xinli, combined with the characteristics of luck in this year, dialectical and rational use of drugs to targeted treatment of chronic atrophic gastritis liver depression and spleen deficiency, in the treatment of liver invigorating the spleen, and stomach qi treatment, achieved good clinical effect. The theory of "five transport and six qi" is a concentrated embodiment of the thought of "harmony between man and nature" in Traditional Chinese medicine. Learning and studying the theory of five yun and six Qi provides us with a new treatment idea and method in clinical practice

[15]. In particular, combined with the characteristics of luck in this year, it not only has a good clinical effect on some common internal disease symptoms and difficult diseases in this year, but even if it is not in this year, At the same time, the dialectical application of this method has a good clinical effect on the similar syndrome types in different years.

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