

A case study of Gengzi Nian Yunqi Formulae Zhengyang Decoction in the treatment of reflux esophagitis

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Abstract: Reflux esophagitis is one of the common diseases of the clinical digestive system, with a high incidence and easy to relapse. Chief physician Wen Xinli is good at the clinical treatment of the disease from the perspective of Five-Yun and Six-Qi, starting from the theory of unity of man, and using luck to treat reflux esophagitis. The year 2020 is the Gengzi nian of the lunar calendar, and the use of the meridian lucky party Zhengyang decoction to treat the disease has achieved remarkable results. The treatment of reflux esophagitis guided by five luck and six gas theory has positive clinical value, which provides new ideas for the clinical treatment of reflux esophagitis, which is worth learning and studying.

1. Introduction

Reflux esophagitis (RE), a disease in which the reflux of gastroduodenal contents into the esophagus causes symptoms such as heartburn, which in turn leads to esophageal mucosal erosion and ulceration, belongs to the category of gastroesophageal reflux disease (GERD)^[1]. Clinically, patients mainly present with acid reflux, heartburn, belching, retrosternal pain and dysphagia, etc. Western medicine considers RE to be a gastroesophageal dysfunctional disease caused mainly by multiple factors in the lower esophageal sphincter (LES) dysfunction, and western medicine takes suppression of gastric acid, protection of gastric mucosa and promotion of gastrointestinal motility in the treatment, which has certain efficacy but a high recurrence rate^[2]. At this time, Chinese medicine has remarkable effectiveness in improving patients' discomfort symptoms.

2. Materials and methods

2.1 Background of the study

In the book of "Clinical evidence preparation. Acid Swallowing" states that "acid reflux in the stomach, noisy and with a burning sensation, is mostly due to liver qi offending the stomach." From this, we can see that in Chinese medicine, "noisy", "acid vomiting", "gastric abdominal pain", "stomach pain", "plum kernel qi" and so on. "RE is located in the esophagus, which is part of the digestive tract, with the pharynx on top and the stomach on the bottom. The spleen and stomach are

the basis of the posterior, and disorders of the spleen and stomach will affect the normal functioning of other organs such as the liver, gallbladder and spleen, etc. The esophagus belongs to the stomach, and the function of the stomach will affect the esophagus. The study of the pathogenesis of RE in Chinese medicine shows that although there are many pathological changes in RE, the disease is mostly caused by deficiency, and weakness of the spleen and stomach is the basis of the pathogenesis of the disease, and the basic pathogenesis of the disease is the loss of harmony and descent of the stomach and the upward rebellion of stomach qi^[3]. The occurrence of this disease is mostly related to diet, emotion, cold and heat. If the spleen and stomach are not in control of elevation, because of poor diet, excessive smoking and alcohol, damage to the spleen and stomach, resulting in the accumulation of dampness and heat; or worry and anger, qi depression and liver, liver qi stagnation, depression and heat; long-standing weakness of the spleen and stomach, wood deficiency, earth multiplied, gradually accumulate as a disease, clinical treatment in Chinese medicine is mostly to harmonize the stomach and lower the rebellion. Dr. Xinli Wen has a unique perspective on reflux esophagitis through his research and clinical experience on the theory of the five movements and six qi, and is not bound to one medicine in treatment. By observing the calendar, we first set up its year to know its qi, and take the luck according to the heavenly stem and the qi according to the earthly branch, and then combine the Five-Yun and Six-Qi, and use the relationship between the five elements to deduce the six climatic characteristics of the year, according to which we can analyze the disease mechanism and treatment principles. Luck formula is a classical formula under the guidance of the theory of Five-Yun and Six-Qi, which adheres to the idea of the correspondence between heaven and man, and is in line with Chinese medicine to seek the root of the disease. According to the analysis of luck characteristics, Dr. Xinli Wen the chief physician, likes to use Zhengyang Decoction from Chen Wuzhe's "Three Causes of Extreme Diseases and Evidence Formula" of Song Dynasty in the treatment of GERD with good effect. The author had the honor to follow up and saw that his treatment of reflux esophagitis with the Gengzi nian luck formula Zhengyang Decoction was effective.

2.2 The luck characteristics of 2020 Gengzi nian

The year 2020 is the year of Gengzi in the lunar calendar, luck is characterized by too much gold luck, Shao Yin Jun Huo Si Tian, Yang Ming dry gold in the spring. The three causes of the Division of the sky mentioned in the formula: "People's disease joint forbidden solid, lumbar pain, qi depression and heat, urination, red eyes and heart pain, cold and heat more. Cough, congested nose, dry quarrels, drinking hair, jaundice, wheezing, and even the lower abdomen, and making cold in"[4] and pointed out that Zhengyang Decoction is the main formula of Gengzi nian. It can be seen that if the golden qi is too much, dryness is prevalent, liver wood is susceptible to evil qi, the year of Shao-Yin division of heaven, heat illnesses are born in the upper, clear illnesses are born in the lower, water and fire cold and heat, held in the qi cross, so the people appear a series of cold and heat mixed symptoms. The year of Gengzi is deduced from the luck that it will lead to disaster due to the excess of gold qi, but under the restraint of the qi of Shaoyin Junhuo Si Tian, it suppresses the gold qi and finally becomes a year of peaceful qi, so it is difficult for the gold qi to cross the boundary, so there is a year of peaceful qi.

The year of Gengzi has too much gold, so the gold qi is too strong, the wood qi is suppressed, and the earth qi cannot be dispersed^[5], so the body will feel the excessive gold qi, and some lung-related diseases will occur. If the liver qi is not evacuated, the qi will be depressed and cannot reach the outside, resulting in qi depression.

The Qi of the Heaven is Shao-Yin Jun-Huang, and the Qi of the Year is Dry Jin. If the body feels this hot climate and the Jin Qi prevails, it will easily develop a series of clinical manifestations of lung heat. The qi of Jiuquan is gold in the yearly transportation, which makes the cool and dry qi of

the second half of the year prevail, and the climate appears diametrically opposite to that of the first half of the year [6]. When the human body feels such a climate, there will be an overabundance of Jin Qi and the suppression of Wood and Fire Qi.

In general, under the influence of the luck of the year Gengzi, the people's diseases become the situation of fire on the top and gold on the bottom, gold is cool, fire is hot, the two qi compete with each other, the spleen and stomach is located in the middle jiao, for the hot and cold forces compete for the ground, so the symptoms of heat on the top and cold on the bottom.

2.3 Examples of cases

Mr Zhao, male, 60 years old, clinic number: 2101040048, was first seen on January 12, 2021 with the complaint of "heartburn for more than 10 years". He is irritable, and his symptoms include heartburn, acid reflux, nausea, foul breath, gastric distention and fullness (obvious after meals), cough and asthma, phlegm in the pharynx, yellow color, unfavorable cough and vomiting, occasional chest tightness, poor appetite, night rest, stool once a day, dry first and then loose, and urine regulation. Previous history of "reflux esophagitis" for more than 10 years and "gastric polyps" for more than 10 years. Gastroscopy: reflux esophagitis (grade B), chronic superficial gastritis, and multiple gastric polyps. HP: (-). The tongue is red with white greasy coating and the pulse is thin. The treatment is based on clearing the upper part of the body and warming the lower part of the body, and is based on Zhengyang Decoction with the following formula: Radix et Rhizoma Pseudostellariae 15g (decoction), Radix ginger 12g, Roasted licorice 9g, Bai Wei 9g, Radix et Rhizoma Ginseng 15g, Radix et Rhizoma spinosa 12g (decoction), Radix paeoniae 9g, Radix angelicae 9g, Rhizoma Chuanxiong 9g, Calcined corrugated seed 15g (decoction), Mother of pearl 15g (decoction), Papaya 12g, 12g of vinegar green peel, 12g of raw coix seed, 9g of thick park, 12g of fried lycopodium, 30g of fishy grass, 12g of poria, 9g of sandy sage (later down), 12g of curcuma longa, 15g of Allium sativum, 12g of fried chicken neijin, 12g of jiao liushenqu, 12g of water decoction, 7 doses, 1 dose twice a day. on 01/19/2021, the patient complained of acid reflux, heartburn, bad breath, and Stomach pain was significantly reduced compared with before, and gastric distension, phlegm in the throat and nausea were significantly improved. On examination, the tongue is light red with thin white coating and the pulse is string. The above formula was supplemented with 9g of Chen Pi, 9g of fried white mustard seeds and 3g of Silybum marianum, taken with water for 7 doses. The above formula was supplemented with 6g of Jiu Xiang Worm, 12g of fried Citrus aurantium and 12g of malt, 7 doses with water decoction. After the fourth consultation, the above formula was continued for 10 doses, and the evidence improved after 1 month of follow-up.

Comment: The patient had a history of "reflux esophagitis" for more than 10 years, the course of the disease for a long time, the spleen and stomach weakness, dysregulation of transportation, coupled with irritability, liver qi cross reversal easy to offend the spleen and stomach, earth deficiency wood multiplied, so there is acid reflux and heartburn, poor appetite. At this time, the cold water of the sun is the main qi and the dry gold of the yangming is the polite qi, so the natural climate is mainly cold. Dr. Xinli Wen used Zheng Yang Tang as the main formula and added Si Wei Tang to support Yang, and added raw coix seeds and fishy herbs to clear heat, so as to regulate the upper heat and lower cold. In addition, the patient is 60 years old and was born in the last Gengzi nian, which has the same luck characteristics at the time of birth and onset, which increases the probability of the Gengzi nian luck formula Zhengyang Decoction

3. Results and analysis

3.1 Composition of Zhengyang Decoction

Zhengyang Decoction is one of the sixteen luck formulas created by Chen Wuzhe based on the five movements and six qi, mainly composed of Bai Wei, Xuan Shen, Chuan Xiong, Sang Bai Pi, Angelica sinensis, Bai Shao, Radix et Rhizoma, roasted licorice, ginger and other drugs^[4], and the luck of Geng Zi year is characterized by too much Jin luck, heat is the nature of fire, cold is the body of gold, weighing the use of medicine, should be pungent and warm to harmonize its cold, sour and bitter to drain its heat, in order to achieve impartiality. Zhengyang Decoction, as the main formula for the luck of Gengzi nian, includes Angelica sinensis, which is bitter and warm, and can be raised and lowered to stop coughing and pain, as well as to prevent the blood from moving; Chuanxiong, which is pungent and warm, invigorates the blood and moves the qi; Xuan Shen, which is bitter and salty, clears the heart fire and replenishes the kidney yin; Sang Bai Pi, which is sweet and cold, enters the lung, and diureses the lung and calms asthma; Paeonia lactiflora, which is bitter and sour, astringes the yin and stops pain; Radix et al. Warming the lower.

4. Conclusions and Discussion

The Qing dynasty physician Huang Yuan-you said in the "Four Sages Heart Source": "Those who are good at talking about the sky must be tested on people. However, those who are good at talking about people, there will be a test in the sky. Heaven and man are one, how can one know the reason of man before knowing the way of heaven"^[7], pointing out that man is in the nature and is influenced by the qi of heaven and earth every moment, and that man's physique is closely related to the luck characteristics at the time of birth, which in turn can influence the occurrence and evolution of diseases^[8]. Based on the idea that heaven and man correspond to each other, Dr. Xinli Wen, the chief physician, insists on the luck discrimination treatment as emphasized by Mr. Gu Shishan, that is, to analyze the combination of heaven, man and disease, and to understand the changes of human qi through the luck changes of natural climate and its influence on the physiological and pathological changes of human body, and then to develop the corresponding treatment method according to the characteristics of individual diseases, so that the human body can achieve the state of yin and yang secret. Reflux esophagitis is very common in clinical practice, and many patients may only have symptoms and may not be able to see the mucosal lesions under endoscopy, so Western medicine must be treated through endoscopic diagnosis or experience, while Chinese medicine can be effective by capturing the characteristics of the disease mechanism through the patient's clinical symptoms and using medicine. Dr. Xinli Wen, the chief physician, sublimates the theory of the five movements and six qi at the basic level, and does not always use a certain formula in a certain year, but insists on understanding the real time climate, weather and other luck factors, dynamic analysis, and random changes. He adheres to the concept of "Heaven and Man correspond to each other" and provides new clinical ideas for the treatment of reflux esophagitis through the theory of luck, which is worthy of our further study.

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