

# *Professor Huang Yahui's Clinical Experience in the Treatment of Spleen and Stomach Diseases with Blood Activating Drugs*

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**Abstract:** Professor Huang Yahui often combined with drugs for promoting blood circulation and removing blood stasis in the clinical treatment of spleen and stomach related diseases, and often achieved excellent results. This paper selects zedoary turmeric, Puhuang and yanhusuo from Professor Huang Yahui's commonly used blood activating drugs, explains the scope and methods of blood activating and stasis removing drugs in clinical application from two aspects of clinical application of traditional Chinese medicine and modern pharmacological research, and analyzes and discusses professor Huang Yahui's clinical medical cases.

## **1. Introduction**

Professor Huang Yahui has been clinically treating spleen and stomach diseases for decades and achieved remarkable clinical results. In the process of learning from the teacher, he was lucky to get the teacher's attention and benefit a lot. He found that on the basis of syndrome differentiation and treatment, combined with disease differentiation and treatment, he has achieved remarkable results in the treatment of patients' related diseases. He has his own unique experience in the application of drugs for activating blood circulation and removing blood stasis. Now some of the teacher's clinical medication experience is summarized in the following:

## **2. Application Experience of Zedoary Turmeric**

Zedoary turmeric is the dry rhizome of *Curcuma bungeana*, *Curcuma Kwangsi* or *Curcuma wenyujin*. Zedoary turmeric is pungent and bitter in taste and warm in nature. It belongs to the liver and spleen meridians. It has the effects of promoting Qi, breaking blood, eliminating accumulation and <sup>[1]</sup>relieving pain. The <sup>[2]</sup>chemical components of zedoary turmeric mainly include volatile oil, Curcumins, polysaccharides, sterols, phenolic acids, alkaloids, etc. The main components of zedoary turmeric volatile oil are Curcumol, curcumone, gemacrone  $\beta$ - Elemene, curcumone, zedoary rare, furadiene and other monoterpenes and sesquiterpenes. Modern pharmacological research shows that zedoary turmeric has many pharmacological effects, such as anti-tumor, anti platelet aggregation, antithrombotic, regulating blood lipid, anti atherosclerosis, treatment and

protection of cerebral apoplexy, anti fibrosis of liver, kidney and lung, anti-inflammatory and analgesic, antibacterial and antiviral, hypoglycemic, antioxidant and so on. In the <sup>[3]</sup>treatment of patients with chronic atrophic gastritis, peptic ulcer, liver and spleen enlargement, liver cancer or pancreatic cancer, zhuliangchun uses Astragalus combined with zedoary turmeric, which can improve the blood circulation and metabolism of the focus, make some ulcer and inflammatory focus disappear, shrink the liver and spleen, and even improve the condition of cancer patients and prolong the survival period. According to <sup>[4]</sup>Zhang Xichun's description in the medical heart, zedoary turmeric has a slightly bitter taste, a slightly fragrant gas, a slightly pungent meaning, and a mild nature. It is an important medicine for the treatment of blood stasis. Generally, it is used as the same medicine as Sanleng. Its blood activating power can treat men's hypochondriasis and women's hypochondriasis. The moon is closed, and its sex is not violent, so it makes great achievements quickly; The power of Qi can also cure the pain in the heart and abdomen, the swelling pain under the flank, and all the syndromes of blood coagulation and qi stagnation. If you take it temporarily, you will not have the worry of breaking Qi. If you take it for a long time, you need to supplement it with tonic. The power of breaking is equal to each other. Not only will your qi and blood not be damaged, but also the transformation of blood stasis will be faster. You can also have an appetizer to eat, regulate blood and blood. Zhu Lao and Zhang Xichun's clinical application of zedoary turmeric and other blood breaking and Qi promoting drugs provides us with reference. With the acceleration of the pace of modern life, many bad eating habits have been caused, such as irregular eating, fast eating, eating dry and hard food and hot drinking and eating. These bad eating habits can directly cause physical and chemical damage to the gastric mucosa and cause chronic gastritis. The <sup>[5]</sup>study found that the history of chronic gastric disease is also a risk factor for gastric cancer. Chronic gastric disease includes gastric ulcer, gastric polyp, chronic atrophic gastritis and other diseases. Chronic atrophic gastritis is one <sup>[6]</sup>of the precancerous diseases of gastric cancer. In the high incidence area of gastric cancer, the incidence rate of chronic atrophic gastritis is significantly increased, with an annual canceration rate of 0.5%~1%, and the canceration rate is higher when accompanied by dysplasia (ATP). At present, there is no specific treatment for the disease in western medicine. Traditional Chinese medicine can reverse the pathological changes of gastric mucosal gland atrophy, moderate and severe intestinal metaplasia and dysplasia. It <sup>[7]</sup>is considered that chronic atrophic gastritis has a significant high viscosity state, which affects the microcirculation perfusion and aggravates the atrophic lesions. The method of promoting blood circulation and removing blood stasis can change the state of Hemorheology and increase the local blood supply, which is conducive to the repair of gastric mucosa. The abnormal Hemorheology was positively correlated with the severity of atrophy. Zhang Weiyang <sup>[8]</sup>and others found that chronic atrophic gastritis has abnormal Hemorheology and microcirculation disorder through the study on the changes of Hemorheology and Nailfold circulation in patients with chronic atrophic gastritis. Modern pharmacological research shows that <sup>[6]</sup>Zedoary Turmeric can completely prevent the contraction of arterioles, promote the recovery of blood flow and significantly improve local microcirculation. Therefore, when Professor Huang Yahui treats chronic atrophic gastritis with precancerous lesions clinically (pathological examination indicates moderate and severe intestinal metaplasia or atypical hyperplasia), she often uses herbs for invigorating the spleen and Supplementing Qi, or herbs for nourishing yin and benefiting the stomach with zedoary turmeric, such as Huangqi with zedoary turmeric, Radix Pseudostellariae with zedoary turmeric, Dendrobium, Ophiopogon japonicus with zedoary turmeric, etc. She believes that chronic atrophic gastritis with precancerous lesions has a long course and complex pathogenesis, and traditional Chinese medicine has long-term disease, deficiency and blood stasis, Therefore, deficiency and blood stasis are seen at the same time, which makes the disease the main pathogenesis. Therefore, the above combined drugs are used to cut the pathogenesis, and the combination of disease and syndrome is used to

strengthen the right without leaving evil, dispel blood stasis without harming the right. The curative effect is remarkable.

### 3. Application Experience of Puhuang

Typha yellow is the dry pollen of Typha (also known as narrow Typha), Oriental Typha or similar plants in the Typha family. Other similar plants commonly include wide leaf Typha, small Typha, long bract Typha and Mongolian Typha. It is sweet in nature and flat in taste. Returning to the liver and pericardial meridian, it has the effects of hemostasis, removing blood stasis, dredging drenching and so on. Used for hematemesi, bleeding, hemoptysis, metrorrhagia, traumatic bleeding, amenorrhea, chest and abdomen tingling, tumescent pain, blood drenching and astringent pain. Puhuang contains a variety of chemical components, mainly including flavonoids, alkanes, organic acids, polysaccharides, volatile oil, steroids and so <sup>[9]</sup>on. Modern pharmacological studies show that Puhuang can improve coagulation function, inhibit platelet aggregation, regulate lipid metabolism, anti atherosclerosis, regulate glucose metabolism, anti-inflammatory and improve cerebral ischemia-reperfusion <sup>[10]</sup>injury. According to the book of Shennong <sup>[11]</sup>Materia Medica, Pu Huang has a sweet and flat taste and produces a pool of water. Treat the cold and heat of the heart and abdomen bladder, facilitate urination, stop bleeding and eliminate blood stasis. Long service can lighten the body, replenish qi and strength, and prolong the life of immortals. "Medical records of Chinese medicine and <sup>[4]</sup>Western medicine" contains: Typha, light in taste, slightly sweet, slightly pungent, cool in nature. It can be taken orally and used externally, both of which have quick effect. It is considered that the effect of bleeding and frying is better. External use can cure all sores, swelling and pain. Because it tastes light, it can facilitate urination. "Synopsis of the Golden <sup>[12]</sup>Chamber" contains: for those who urinate unfavourably, Puhui powder is the Lord. Puhui powder is the master of those who suddenly turn to skin and water. Puhui combined with talc was used to treat urinary obstruction and skin water. There are many disputes about the object of cattail ash. One is that it is cattail yellow, and the other is made by burning ash on a defeated cattail mat. It is recorded in the separate <sup>[13]</sup>records of famous doctors that the defeated Pu Xi is of flat nature and is mainly used for tendon overflow and acne. Not conducive to urination. In his <sup>[4]</sup>book, Zhang Xichun quoted Zou run'an as saying that there is no doubt that Puhui powder is Puhuang: skin water is an intermuscular disease, there should be no syncope, and those who syncope have lower Jiao disease. The bladder and kidney are the exterior and interior. The bladder returns water to the skin, causing adverse urination. If the Qi is blocked and becomes cold and heat, the kidney also suffers from its disadvantages. Yin is blocked and Yang is not reached, so it becomes Jue Yan. The origin of the disease is outside. It can't be used to warm, and it belongs to skin and water. It can't spread. It's only to relieve the cold and heat of the heart and make it beneficial to urinate. So it's no doubt that it is known as Puhuang. It is said that the quality of dandelion is inherently like ash. Therefore, Puhuang can promote blood circulation and benefit water. It can be applied to the syndrome of blood stasis and water obstruction in clinic. Professor Huang Yahui is used in patients with severe gastric pain. A woman who had been treated for nausea and retching and did not complain of epigastric pain was the only one with dysmenorrhea. Because uterine ultrasound showed heterogeneous echo of the right accessory, Pelvic MRI showed that chocolate cyst and cervical Nessler's cyst were considered in the right accessory. On the basis of syndrome differentiation and treatment, combined with the patient's symptoms, the patient was treated with Xiangsha Liujunzi and Huangqi Jianzhong Decoction, plus 15g yanhusuo, 10g raw dandelion and 15g Caulis Spatholobi, a total of 14 doses. After taking 10 doses, the patient was treated in gynecology due to abdominal pain. Uterine ultrasound showed that there was no obvious abnormality in the right appendix. He Xinhui <sup>[14]</sup>believes that chocolate cyst belongs to the category of symptoms and pains in traditional Chinese

medicine. Its etiology and pathogenesis are based on deficiency and excess. Deficiency is mainly Qi deficiency and excess is blood stasis. Qi stagnation and blood stasis are the most basic pathological changes. Therefore, in this treatment, Huang Shi made great achievements on the basis of using ginseng and Qi, combined with the medicine of promoting blood circulation and removing blood stasis. Therefore, in the treatment of this kind of disease, he should not only choose the medicine of activating blood circulation, but also cooperate with the product of Tonifying Qi. Professor Huang Yahui believes that: the movement of Qi leads to the movement of blood, the stagnation of Qi leads to blood stasis, and the weakness of qi deficiency leads to blood stasis. In clinical practice, when the drugs for promoting blood circulation and removing blood stasis are used, the effect is very fast.

#### 4. Application Experience of Corydalis Yanhusuo

Corydalis Corydalis is the dry tuber of Corydalis Corydalis, also known as Yuanhu. Yanhu sling has the effects of promoting blood circulation, promoting qi and relieving pain. It can be used for various pain syndromes of blood stasis and qi stagnation. The main pharmacodynamic material basis is alkaloids, and also contains steroids, organic acids, sugars, nucleosides, copper, iron and other trace elements. In modern pharmacological research, Yanhu rigging has pharmacological effects such as analgesia, sedation and hypnosis, anti myocardial ischemia, anti cerebral ischemia, anti ulcer, anti-tumor, anti depression, detoxification, anti platelet aggregation and so <sup>[15]</sup>on. Bitter Jue, mild taste of the liver, bitter Jue, mild taste of the liver. Regulate menstruation and break blood, remove blockages and eliminate symptoms, turn to stagnation of blood, treat menstrual stasis and abdominal pain, remove accumulated symptoms and manage falling and flapping injuries. In clinical practice, Professor Huang Yahui applies it to patients with abdominal pain and discomfort. It is mostly compatible with Typha. The two should be used together, and the analgesic effect is particularly good. The teacher recently treated a patient with colon cancer with multiple metastases after end-stage chemotherapy. The patient had intermittent abdominal pain and underwent abdominal CT examination in the local hospital in May. It showed that the ileocecal intestinal wall was irregularly thickened and the intestinal cavity was narrow. Tumor lesions and multiple enlarged lymph nodes were considered; Multiple space occupying lesions of the liver, excluding metastases, enhanced when necessary; Left adrenal soft tissue nodule, except metastasis; Both pulmonary nodules were scanned, and metastasis may occur. Then he went to the oncology department of the superior hospital, and the colonoscopy showed: colon cancer and colonic polyps. Pathological results of liver metastasis puncture: moderately differentiated adenocarcinoma was found in the liver. Combined with immunohistochemistry, it suggests the source of digestive tract. After 4 times of chemotherapy, imaging examination showed that the focus was larger than before, and the metastasis of liver, kidney, lung and vertebral body was possible. The patient's family members had no choice but to seek TCM treatment with their medical records (the patient was bedridden due to unbearable pain and was far away from home). Main symptoms: fullness of the stomach and lower abdomen, severe pain, dry mouth, bitter mouth, severe fatigue, poor appetite, dry stool for 5-6 days, conscious defecation, difficult to resolve, bloody urination and poor night rest. Tongue image: the tongue is dark, without moss, with cracks all over the tongue and looks like a pig's waist; No pulse. Syndrome differentiation: abdominal pain - yin deficiency of liver and stomach with qi stagnation and blood stasis; Treatment: Nourishing Yin and stomach, promoting Qi, activating blood circulation and relieving pain; Prescription: always decoct, as follows: raw Rehmannia glutinosa 20g, sea cucumber 15g, medlar 15g, Ophiopogon japonicus 15g, angelica 30g, white peony 30g, corydalis 15g, Typha 10g (fried), licorice 10g, Magnolia officinalis 12g, Fructus aurantii 15g, fried malt 15g, fried Shenqu 15g, white grass root 15g, American ginseng 10g (stewed separately). After chemotherapy, the patient suffered from Yin fluid depletion, severe loss of healthy qi, no water for

boating, combined with weak promotion of qi deficiency, qi stagnation and blood stasis. Therefore, the patient had defecation for several days, difficult defecation, abdominal distension, severe pain, dry mouth, bitter mouth, obvious fatigue and other symptoms. It is the so-called “pain is not pain, general is not pain”, so it is supplemented by the meaning of small Qi bearing in promoting blood circulation, tonifying qi and nourishing Yin, which can not only relieve pain through the internal organs, but also pull the patient's dead Yin and avoid the exhaustion of yin and Yang. Decoction of tonifying Yin liquid and reuse of white peony and Angelica sinensis can not only promote blood circulation and relieve pain, but also moisten intestines and defecate. Yanhusuo and Puhuang work together to promote blood circulation without leaving blood stasis, but also facilitate urination, stop bleeding and relieve pain; Combined with American ginseng, it can strengthen the power of Tonifying Qi, nourishing yin and generating body fluid, and prevent the patient from being weak and intolerable to blood activating drugs. During the second diagnosis, the patient's symptoms were greatly reduced, and he was able to get out of bed. The tongue turned from crimson to light white. There was thin moss on the tongue, and his vitality was restored. Therefore, after the above addition and subtraction, after eight diagnosis, the patient has not complained of abdominal pain, and now feels a little abdominal distension, loose stools and easy to catch a cold. Because the patient has been ill for a long time, the viscera function is unbalanced, the body is still weak, the spleen and stomach function has not been recovered, and the camp and health is not harmonious, so it is mainly to replenish qi and strengthen the spleen, strengthen the appearance and regulate qi. The prescription is added and subtracted by Xiangsha Liujunzi Decoction. Now the patient is still under treatment. For tumor patients, if their stomach qi is not damaged and their diet is normal, they will be treated with traditional Chinese medicine anti-cancer drugs on the basis of syndrome differentiation and treatment; If the patient's food intake is significantly worse and the stomach qi will die, it is not easy to strengthen the spleen, replenish qi and strengthen the health. When the patient's stomach qi is restored, the diet is restored, supplemented with anti-cancer traditional Chinese medicine, and slowly figure it. It is not necessary to completely cure the patient, so that the patient can reduce pain and discomfort symptoms and prolong the patient's life.

## 5. Conclusion

In this paper, Professor Huang Yahui's commonly used drugs for promoting blood circulation and removing blood stasis in the clinical treatment of spleen and stomach related diseases are analyzed and summarized from three aspects: drug efficacy, pharmacological research and clinical application, so as to provide reference and learning for our clinical application of drugs for promoting blood circulation and removing blood stasis. It shows that drugs for promoting blood circulation and removing blood stasis can not only treat diseases caused by blood stasis block, but also be used for some difficult diseases and severe diseases, which can often achieve obvious results, and do not throw things away, Delay the patient's condition. In clinical use, we should also pay attention to stop the disease immediately to achieve the purpose of treatment. Do not overuse drugs to promote blood circulation and remove blood stasis, which will cause repeated and even aggravate the patient's condition, and the gain is not worth the loss.

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