

Application of Wind Medicine in the Treatment of Amyotrophic Lateral Sclerosis

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Abstract: The wind medicine or has the appearance of the wind, or the feeling of the wind, or the nature of the wind, which has the functions of promoting Qingyang, regulating qi, winning dampness, activating blood circulation, quoting meridian, increasing efficiency and so on. Amyotrophic lateral sclerosis belongs to the category of "atrophy certificate" in traditional Chinese medicine. Based on the understanding of wind medicine and the pathogenesis of atrophy certificate, this paper probes into the clinical application of wind medicine in the treatment of atrophy certificate. The core of the pathogenesis of atrophy certificate lies in the deficiency and excess, the mixture of deficiency and reality, the five internal organs with multiple responsibilities, the pathological changes of the five internal organs can cause atrophy certificate, and the viscera often influence each other. Lung, spleen, liver and kidney are the most common deficiency, while dampness, heat, phlegm and blood stasis are the most common signs. Based on the etiology and pathogenesis of atrophy certificate, the author expounds the compatible application of wind medicine in the treatment of atrophy certificate, which has a certain reference significance for the treatment of atrophy certificate, the author expounds the compatible application of wind medicine in the treatment of atrophy certificate from the perspectives of deficiency and deficiency of five internal organs, wind medicine and wind medicine, dampness, phlegm and blood stasis.

Amyotrophic lateral sclerosis (AmyotrophicLateralSclerosis,ALS) is a progressive neurodegenerative disease involving both upper and lower motor neurons. there is no specific treatment and the clinical prognosis is poor. Studies have shown that the clinical incidence is 2pm 100000. The clinical manifestations of the patients are different, and most of them are characterized by progressive paralysis of upper and lower motor neurons, such as limb weakness, muscle atrophy and bulbar paralysis. At present, there is no treatment to reverse the disease, and the average survival time is 3-5 years. Most of the patients died of respiratory failure or pulmonary infection closely related to swallowing dysfunction [1-2]. At present, its etiology and pathogenesis are still not clear, Western medicine does not have a unified understanding, in the treatment of symptomatic treatment, there is no standardized and systematic treatment plan, so this topic aims to explore the

treatment of ALS from the perspective of traditional Chinese medicine, in order to inspire the clinic[3].

1. Etiology and Pathogenesis of Traditional Chinese Medicine

ALS belongs to the category of "atrophy certificate" in traditional Chinese medicine and belongs to clinical difficult diseases. Traditional Chinese medicine believes that its pathological changes are located in tendons, veins and muscles, and the core of the disease syndrome mechanism lies in the deficiency and excess of the five internal organs, and the pathological changes of the five internal organs can cause atrophy certificate, and the viscera often influence each other. The reasons for the formation of atrophy certificate are quite complicated, which can be divided into two aspects: external injury and internal injury. For those caused by exogenous warm evil and damp-heat, the consumption of yin and fluid at the beginning of the disease is not very bad, and the evil heat is heavy, so it belongs to empirical evidence; but for a long time, the injury of lung and stomach and the consumption of yin and blood of liver and kidney turn from deficiency to deficiency, or deficiency and excess. Internal injury causes disease, weakness of spleen and stomach, loss of liver and kidney, long-term illness, deficiency of qi, blood, yin and fluid, but can clip dampness, heat, phlegm and blood stasis, showing the syndrome of deficiency and excess. The disease of atrophy certificate involves the five internal organs and often transmits to each other, so it often presents the complex pathogenesis of deficiency and excess in clinic. The TCM syndrome types of atrophy certificate in later generations have been widely studied, and the major physicians have their own emphasis and different syndrome differentiation patterns, which are mainly divided into the following categories: ①lung heat fluid injury syndrome; ②damp-heat immersion syndrome;③ spleen and stomach weakness syndrome;④liver and kidney deficiency syndrome;⑤vein stasis syndrome.

2. The Concept and Characteristics of Wind Medicine

Wind medicine refers to the medicine that is good at treating "wind syndrome" of traditional Chinese medicine, which has the functions of rising, floating, sending, dispersing, channeling, passing, etc., and is often used to treat internal and external wind, exogenous exterior syndrome, internal injury and miscellaneous diseases. The earliest concept of wind medicine was put forward by Li Dongyuan's Theory of spleen and stomach, represented by Bupleurum, Cimicifuga, Pueraria, Fangfeng, Notopterygium, Radix Notopterygii, Ligusticum ligusticum and so on. Wind medicine generally refers to drugs with the effect of dispelling wind or relieving wind and relieving spasm. In view of external wind, the drugs for relieving exterior and dispelling wind can be used; for internal wind, Xifeng antispasmodic drugs should be used on the basis of syndrome differentiation of deficiency and excess. Empirical evidence, liver yang should calm liver yang, appease liver fire; heat pole should clear liver heat; phlegm fire should clear heat and resolve phlegm; blood stasis should block collaterals, tendons and veins lose health wind should promote blood circulation, remove blood stasis and nourish yin. Deficiency syndrome, under the premise of syndrome differentiation and treatment, in view of its etiology, can be compatible with all kinds of wind medicine has achieved the purpose of dispelling wind evil. The Xin San and diarrhea of the wind medicine is the basis of its efficacy, which can be combined with drugs for removing blood stasis and removing dampness to treat wind, blood stasis and dampness; to regulate qi with wind medicine to regulate qi, cooperate with Buzhong Yiqi to rise Yang; to use wind medicine to fluent qi and blood, together with replenishing qi and nourishing blood and warming yang can benefit yang; wind medicine can also reach Xuanfu collaterals and help blood osmosis irrigation, which plays an

important role in the treatment of diseases.

3. Thoughts on Treating Atrophy Certificate with Wind Herbs

The syndrome of atrophy certificate refers to the weakness and weakness of the muscles and veins of the limbs, and the muscle atrophy caused by being unable to exercise at will for a long time [4]. The etiology of the disease is complex, exogenous and internal injuries will damage the essence of the five internal organs, resulting in deficiency of the five internal organs, muscle and pulse loss and the onset of the disease [5]. The treatment of ALS with wind medicine is not a single effect, but often the result of a comprehensive synergistic effect. In clinic, the combination of wind medicine and many kinds of drugs can not only eliminate the pathological factors such as dampness, heat, phlegm and blood stasis, but also directly act on the diseased viscera, and play a comprehensive therapeutic role in multi-level, multi-link and multi-way.

3.1. Treatment of Deficiency of Five Internal Organs with Wind Medicine

The occurrence of ALS is rooted in the deficiency of the five internal organs. "Su Wen · atrophy certificate Theory" puts forward the view that "five Zang makes people impotent", that is, "when the lungs are hot and the leaves are scorched, the fur is weak and urgent, and the skin is weak and thin." "Heart qi heat leads to pulse atrophy certificate", "liver qi heat leads to muscle atrophy certificate", "spleen heat leads to flesh atrophy certificate" and "kidney qi heat leads to bone atrophy certificate", pointing out that the disease of atrophy certificate is located in muscles, muscles and veins, but related to the five internal organs. "Su asked about the bright theory of Taiyin and Yang," the cloud said, "the spleen is the earth, and it governs the central government. It often grows four internal organs at 04:00. Zang-fu organs are affected by Yangming because of their meridians, so they carry their body fluid for the stomach, and their limbs are not allowed to produce water and valley qi. They are beneficial to the decline of the day, are disadvantageous to the vagina, and do not need Yan because of the lack of qi in their muscles and muscles. " "Lingshu Meridian" cloud: "the pulse of lungs and hands of Taiyin starts from Zhongjiao." The relationship between spleen, stomach and lung is the relationship between mother and son, while lung injury steals mother qi, causing damage to spleen and stomach, weak movement, lack of biochemical source of qi and blood, lack of qi in limbs and muscles, and atrophy certificate. "spleen and stomach theory": "husband atrophy certificate, dampness and heat multiplied by the kidney and liver, should go, otherwise the lower Jiaoyuan exhausted into soft paralysis." The kidney is the congenital foundation, liver and kidney homology, if the liver and kidney deficiency, marrow sea empty, exogenous dampness and heat easy to invade the kidney and spinal cord, can also cause atrophy certificate. "Medical Law" says: "the liver is the main tendon, liver disease is the tendon loss, to be affected by tendon, unconsciously suddenly and impotent." The methodology of "three causes and one disease syndrome" reads: "it leads to the depletion of essence and blood in the five parts, and the loss of Rong Wei." Make the skin, blood, bones and muscles impotent, powerless to exercise, so impotent. "Therefore, the deficiency of the five internal organs is the root cause of atrophy certificate.

Lung heat leaf coke, fine fluid loss of its declaration, for a long time, the loss of the five internal organs lead to atrophy certificate, and wind medicine has the unique properties of hyperactivity and good deeds, can promote all kinds of drugs, enhance the release and descent of the lungs, so that it can restore the transfusion of body fluid; the wind medicine has the characteristics of light and thin texture, fragrant smell and ascending, which can lift the clear yang of spleen, mediate Zhongjiao, restore the rise and fall of Zhongjiao qi, make Zhongjiao spleen and stomach healthy, and is conducive to the recovery of ALS "spleen deficiency". At the same time, wind medicine belongs to

wood and is similar to it, showing the appearance of wood qi rising and spreading, so by means of wind medicine ascending and dispersing, it can increase liver qi, restore the unobstructed nature of liver wood, the wind is warm and pungent, warm can reach qi machine, and Xin can rise and disperse, so it can dredge qi machine, and qi is the handsome of blood, qi line is blood line, so liver qi is smooth, and blood can be distributed. If combined with tonifying kidney and essence medicine, it can encourage gasification to collect yang and give birth to yin growth, and can eliminate the disadvantages of kidney tonifying drugs. Clinical can also choose the treatment of internal wind drugs with the effect of tonifying kidney and essence, and the products of tonifying kidney and essence are more greasy and thick, difficult to move, and less wind medicine, pungent scattered around, such as stone hitting water, both solidify its original and prevent its disadvantages. It can be seen that the application of wind medicine is consistent with the basic pathogenesis of ALS's "deficiency of the five internal organs".

3.2. Pathological Factors Such as Dampness, Heat, Phlegm and Blood Stasis can be Eliminated with Wind Medicine

"Huang Di Nei Jing" said: "there is gradually wet, with water as a thing, if there is something to stay, living phase wet, muscle osmosis, arthralgia but not benevolent hair as atrophy certificate." "Suwen Shengqi Tongtian Theory" said: "because of dampness, the first is wrapped, damp and hot is not bustling, big tendons are soft and short, small tendons are long, soft and short, and relaxation is atrophy certificate." "the theory of atrophy certificate" said: "those with fleshy flesh gain wetlands." Dampness is yin evil, easy to hurt yang qi, stagnant heat, block qi and blood, limbs can not inherit the essence of water valley, then atrophy certificate disease." "Acupuncture Dacheng Dongyuan acupuncture method" cloud: "atrophy certificate, in order to guide dampness and heat, guide stomach qi to travel Yangdao, do not make wet soil gram kidney water, its acupoint is in Taixi." It is suggested that the pathogenesis of atrophy certificate is closely related to damp-heat, and spleen deficiency can accelerate the progress and severity of the disease. Dampness pathogen stagnates, turns into heat, consumes fluid and injures yin, dampness pathogen resides for a long time and becomes phlegm, phlegm passes through meridians and collaterals, blocks the operation or retention of qi and blood, emaciation and weakness of muscles and skin, partial neglect of limbs and veins, liver depression for a long time, qi stagnation, spleen and stomach deficiency, or qi deficiency and blood stasis, block meridians, make muscles and veins partial to waste, dampness, heat, phlegm and blood stasis interaction, aggravate the disease [6].

Dampness, heat, phlegm and blood stasis are the indicators of the pathogenesis of ALS, in which dampness is the primary pathological factor of amyotrophic lateral sclerosis [7]. Jing Yun: "because of dampness, the first is wrapped, the damp and heat is not bustling, the big tendons are soft and short, the small tendons are long, the soft short is confined, and the relaxed long is impotent." Exogenous dampness evil, dampness evil stay for a long time, depression and heat, damp-heat immersion meridians, Ying Wei operation is blocked, damp-heat phase steaming, soaking muscles and veins, qi and blood running is not smooth, causing muscles and veins to lose in nourishment and become atrophy certificate. In clinic, wind medicine is often used to disperse evil, and it is combined with heat-clearing and dampness-relieving drugs to treat damp-heat. Wind medicine belongs to wood, dampness evil belongs to soil, according to the law of the five elements, wood gram soil, the wind can win dampness, Li Zhongzi said, "Naoze on the ground, the wind is dry", the use of wind medicine is another important way to treat dampness. Wind medicine is a good medicine to dispel dampness and treat ALS. "phlegm" is a factor that leads to ALS entanglement difficult to heal, such as weakness of spleen and stomach or irregular diet, deficiency caused by chronic illness, obstruction of middle qi, subtle dysfunction of spleen and stomach receiving,

transporting and transporting water and grain, unable to transport water dampness, accumulation of dampness into phlegm, internal stagnation of phlegm, guest in meridians, and atrophy certificate. Li Dongyuan opened up the method of rising yang with wind medicine, paying special attention to the method of rising yang in the treatment of spleen and stomach diseases, adding wind medicine to invigorate the spleen, otherwise the tonic power is difficult to play, such as Li Dongyuan's "spleen and stomach theory" said: "if the wind medicine is used to increase yang, Atractylodes to benefit the stomach to remove dampness", through the compatibility of a small amount of wind medicine to promote Qingyang and Yiqi, the evil of turbid phlegm will converge, and it is easy to achieve better clinical results. Blood stasis is also a common pathological factor of ALS, which is often secondary to damp turbidity blocking collaterals, deficiency of qi and blood, or deficiency of liver and spleen, blood stagnation due to lack of blood flow, which can lead to vein stasis and atrophy certificate. There is a close relationship between "wind" and "blood". In ancient times, there is a saying that "treat blood first, and blood will die out by itself". Wind medicine to treat blood is mainly reflected in three aspects: ①helping to tonify blood;②helping to remove blood stasis;③clearing blood and separating evil toxin. Wind medicine can play the role of promoting blood circulation and dredging collaterals through compatibility.

4. Compatible Application of Wind Medicine in the Treatment of Atrophy Certificate

Wind medicine has the functions of removing phlegm and dehumidification, promoting qi and activating blood circulation, promoting heat and depression, raising Qingyang, dispersing wind evil, promoting Xuanfu, promoting blood circulation and stopping bleeding, spreading tonic power, restricting tonics to nourish greasy, introducing medicine to the head, face, skin and limbs, and so on. The compatibility of wind medicine in the prescription for treating atrophy certificate is helpful to adjust the state of deficiency and evil, and relieve the symptoms such as muscle numbness, muscle and bone clonus or bone weakness. Modern pharmacological studies have found that wind medicine has the effects of anti-inflammation, anti-allergy, anti-virus, antibacterial and bacteriostasis, analgesia and sedation, spasmolysis, anti-convulsion, lowering blood fat, regulating blood pressure, anti-arrhythmia, improving blood circulation, anti-tumor, improving immunity and so on. It provides more ideas and theoretical support for the clinical application of wind medicine [8-10].

According to the syndrome differentiation of atrophy certificate, internal and external dampness and heat combined with evil causes atrophy certificate, the wind medicine of pungent and warm penetrating evil dryness and dampness can be combined with the products of Xing Qi and Qingre, such as Chuanlian Zhiku decoction and Yangming Ermiao Pill ("syndrome due to pulse treatment of atrophy certificate"). That is, with Schizonepeta, Fangfeng, Atractylodes with tangerine peel, Coptis chinensis and the like, dampness and heat permeate through the outside and inside, then the meridian tendons are not troubled and can stretch and bend to a certain degree. If the lung is suffering from damp-heat and cannot give birth to kidney water and atrophy certificate, the wind medicine that is cool and good at heat penetration can be matched with the wind medicine that is hard to warm and dry, and the wind medicine that is good for removing dampness, plus products for tonifying the kidney, invigorating the spleen and clearing heat, such as Qingzao decoction ("Qingzao decoction for the spleen and stomach"), that is, with cool and transparent Bupleurum, cohosh and Atractylodes, plus Schisandra, Radix Astragali, Coptis chinensis and other products, the heat can be cleared and the dampness can be dry. Lung gold can give birth to kidney water, and atrophy certificate is expected to be cured.

For the treatment of atrophy certificate caused by blood stasis, wind medicine can not only activate blood circulation, but also assist in activating blood circulation. Those with atrophy

certificate without removing blood stasis can be treated with the wind medicine of Xin Wen Xuan San and the products of Wen Tong Hua Yu, such as Xiao Shu Ming Tang ("Jingyue Volume 56" cited "daughter gold"), that is, ephedra, cinnamon twig, Fangfeng and Chuanxiong, peony, and aconite dispelling wind, dispelling cold and removing blood stasis. For those with liver depression causing blood stasis and atrophy certificate, the wind medicine Bupleurum, Cimicifuga, Fangfeng and Yujin, Qingpi, and chicken blood vine are used to regulate the liver, relax muscles and disperse blood stasis. If the atrophy certificate is caused by traumatic blood stasis, Hu [11] thinks that the wind property can go, and it has the ability of promoting blood stasis and smooth operation, so it can spread blood stasis clots or promote stagnant blood stasis nodules, and can also relieve joint pain caused by blood stasis. Guizhi, Schizonepeta tenuifolia, Ephedra and other wind drugs that are good at removing blood stasis are combined with turtle insects, natural copper and other blood stasis products. If the atrophy certificate is caused by blood stasis and cold coagulation, the wind drugs such as Radix Aconiti, Asarum and Ligusticum chuanxiong should be used to promote blood circulation and nourish blood, such as Angelica sinensis, Radix Paeoniae Alba, Radix Paeoniae Alba, etc.

Liver fire burns the syndrome of atrophy certificate of yin and blood, using wind medicine Bupleurum, cohosh and mint to clear liver fire, raise kidney yang, match raw land, moutan skin, chicken blood vine, make liver fire and blood heat stop, not to excessive cold coagulation, hindering the ascending and dispersing of liver qi. For liver yang hyperactivity, blood deficiency caused by blood deficiency atrophy certificate, when mulberry leaves, chrysanthemum calm the liver to relieve heat, with moutan, raw ground, palm charcoal cool blood to stop bleeding. As for the syndrome of blood deficiency and atrophy certificate caused by "wind injury and glory", the camp blood is injured by the wind, and the blood moves with the wind, leaving the menstruation in vain. Li [12] thinks that the liver stores blood, "wind medicine is in the liver", and the use of wind medicine can dispel wind and stop bleeding. Asarum, Ligusticum chuanxiong, Fangfeng and other evacuation rong stroke evil to stop bleeding, matching raw place, Angelica sinensis, Scutellaria baicalensis and other blood to stop bleeding.

Liver and kidney deficiency of atrophy certificate, treatment should tonify liver and kidney yin blood, strong muscles and bones, but Dongyuan said that "kidney and liver diseases are the same treatment, for all in the lower coke, non-wind medicine can not be also" ("spleen and stomach volume on the volume of Qiang Huo Sheng dampness decoction"). There are two reasons: ① the drugs for tonifying the liver and kidney are matched with wind drugs, such as cassia twig, Notopterygium, solitary living, etc., which can pass through the drugs, run through the limbs, and reach the focus; ② for the atrophy certificate of deficiency of the liver and kidney, a large number of drugs that nourish the essence and blood of the liver and kidney are often invested in the prescription, such as turtle plate, angelica, etc., but the drug is dull and somber, which is easy to hinder the stomach, and it is feasible to use wind medicine to prevent wind and prevent oneself, which is a wonderful combination of movement and stillness. Where the organization of the important, you are smart, especially the tonic, the most avoid dull. If the pure use of tonics, it will be less effective and difficult to achieve effect. Must be in the tonic, slightly add wind medicine, then the whole prescription smart, transport and tonifying side, must belong to wind medicine. Fang such as Dafangfeng decoction ("Medical Orthodox Volume IV atrophy certificate").

The wind medicine is not tonic, and the sex is divergent, which has the disadvantage of consuming gas, but it coincides with the products of invigorating the spleen and replenishing qi, but it can gain the power of tonics, thus causing atrophy certificate [13]. There are three reasons: ① if Li Dongyuan begins to suffer from food fatigue in the theory of spleen and stomach, it is the disease of insufficient internal injury in Zhongyan. Only the medicine of Xin Gan Wen should be used to fill it and raise its yang. Wind medicine with sweet and warm astragalus and Atractylodes macrocephala

can help the spleen to lift the qi of clearing yang, prevent soil deficiency, diarrhea injure the spleen and damage the muscle;②the wind is dry, spleen deficiency is easy to be accompanied by dampness and stagnation, in invigorating the spleen and stomach, Shaowu dispelling wind medicine has the effect of awakening spleen to clear, fragrance and dampness.③the flow of wind and medicine does not live, but the character of tonifying spleen and replenishing qi is sticky and dull, the two drugs are combined, the gas is full, and the phlegm and dampness are not born. For example, Baidu Powder ("Jingyue Volume 56") can treat the syndrome of atrophy certificate caused by long-term humility, such as ginseng, Poria cocos, licorice, etc., together with dry and damp products such as Notopterygium and solitary living, so that the qi of the spleen and stomach can rise and rise, the moisture can be eliminated, and the muscles are nourished by essence, condensed but not loosened, and the syndrome of atrophy certificate is expected to be cured.

If the patient with atrophy certificate belongs to the syndrome of deficiency of both qi and yin, it should be treated with clearing heat and replenishing qi, releasing the lung and bujin. The wind medicine is light and floating, the medicine potential is outward, and it can promote the distribution of products that replenish qi, while when combined with other drugs, it is better to tonify the lung and tonify qi, invigorate the body and nourish fluid, and pass through the limbs. For example, Qingzao Jiufei decoction ("Medical Law Volume IV"), with plaster, Ophiopogon japonicus, ginseng, such as purging lung heat, tonifying qi and yin, and wind medicine mulberry leaves to spread qi and fluid to reach the limbs, can treat "atrophy certificate". If the patient with atrophy certificate belongs to the type of deficiency of heat and qi, it should be treated with clearing heat and replenishing qi, releasing the lungs and bujin. The wind medicine tastes more pungent, and it can also inspire the kidney qi to Bujin, Zhu and other [14] think that through the pungent wind medicine diverging qi, Xuantong Xuanfu, transfusion of Bujin fluid, thus indirectly play a moisturizing role. When the wind medicine ephedra, perilla and other combinations of chest and lung gas tangerine peel, melon peel, invigorate the lung and kidney qi and spread the body fluid, the five bodies have to be nourished, the limbs gradually rise. If the patient with atrophy certificate belongs to the type of heat-engendering and damaging phlegm, it should be treated with clearing the lung and nourishing yin, releasing the lung and resolving phlegm. The wind medicine is more cathartic, which can unobstruct the lung qi to regulate the waterway and remove phlegm and drink, and the body fluid will be applied to the whole body, and can prevent Yin-nourishing drugs from getting bored. If the atrophy certificate is caused by warm evil, lung and stomach injury, muscle and pulse loss, Ophiopogon japonicus, sand ginseng, houttuynia cordata, Fritillaria should be used to nourish lung yin, clear heat and resolve phlegm, and wind medicine mulberry leaves and ephedra should be used to regulate lung qi.

5. Conclusion

It is generally believed that the treatment of atrophy certificate should be based on tonifying drugs, and try to avoid pathogenic products such as wind medicine, such as "Danxi Heart method atrophy certificate56". Some doctors to treat atrophy certificate wind medicine, is afraid of wind medicine leakage, dry heat and injury of qi and yin, and then aggravate the degree of muscle and muscle injury. However, wind medicine is not always prohibited in clinic. Wind medicine has the functions of dispelling evil, regulating Zang-fu qi and so on. In the treatment of atrophy certificate, wind medicine has leakage but no supplement, so it is not suitable to be used alone. On the other hand, the tonics are static and greasy, so if they are compatible with wind medicines, they can not only promote the distribution of tonics, but also supervise the production of tonics, which is helpful to the recovery of atrophy certificate. Whether the atrophy certificate uses wind medicine or not, the key lies in the pathogenesis of the patient and the matching of drugs. If the prescription and

syndrome are corresponding, the effect can be expected. The author believes that exploring the role of wind medicine in the treatment of atrophy certificate can be used as a treatment idea for clinical treatment of ALS, which is of great benefit to ALS patients.

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