

Summary of Professor Lin Hai's Experience in Treating Apoplexy in Acute Stage from "Wind Evil"

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Abstract: Cerebral ischemic stroke (CIS) is a kind of ischemic and hypoxic necrosis of brain tissue caused by stenosis or occlusion of the cerebral vascular wall. It is clinically manifested as neurological defects corresponding to the responsible lesion, which belongs to the category of "stroke disease" in traditional Chinese medicine. The third cause of death in China survey, cerebrovascular disease first to the cause of death in urban and rural residents in China, including cerebral infarction is accounts for 70% to 80% of cerebrovascular disease, hemiplegia, aphasia caused by cerebral infarction, dementia, difficulty swallowing, such as clinical symptoms, the serious influence of life ability and the quality of survival, to family and society bring heavy burden. It has become an important social health problem that people pay more and more attention to. Therefore, it is one of the important tasks for medical workers to improve the prevention and treatment of stroke. Professor Lin Hai is the famous TCM doctor in Shaanxi province, a successor tutor of academic experience of provincial and municipal TCM experts, a chief physician, and a tutor of postgraduate students. He has been engaged in clinical, scientific research and teaching of TCM encephalopathy and mental disease for more than 30 years, and has unique views on syndrome differentiation and treatment of stroke. He has accumulated rich experience in the diagnosis and treatment of apoplexy through studying ancient books and clinical teaching practice. He is good at treating apoplexy from "wind evil". In the acute stage of apoplexy, the basic pathogenesis of apoplexy is "Qi deficiency and blood stasis, caused by wind". It is pointed out that apoplexy is mainly based on "Qi deficiency and blood stasis" and marked by "wind evil", and the two interact to cause apoplexy. On the basis of invigorating Qi and activating blood circulation, flexible use of "wind-dispelling" drugs can improve qi and activating blood circulation simultaneously with dispelling wind and dredging collaterals, with remarkable clinical effect.

1. Wind evil causes disease

1.1. The wind-induced disease is a gradual process

Professor Lin hai think the wind is one of the important pathogenic factors in stroke, but the

wind is not to cause the overnight, but a combination of complex causes the slow accumulation of process, is a process of quantitative change to produce qualitative change, the accumulated to a certain extent by the wind or endogenous wind turn, will cause stroke aura symptoms such as dizziness, limb numbness, finally can cause the occurrence of stroke. As Zhou Xuehai pointed out in "Reading Medical Essays": "The wind of apoplexy, although also has the gas of the hyperactive Yang, and its onset, because of feeling in the air, into the tendons also". Another example is Zhang Xichun's words: "According to ordinary clinical experience, the syndrome of cerebral congestion is due to the root disease lurking in the brain, and on this basis, the feeling of wind evil, stimulate the root disease and develop rapidly." That is, the occurrence of apoplectic disease more first have apoplectic basis, hidden in the Fu, after because of external sensation and excitation. The above can be seen that the pathogenic wind is caused by internal pathological factors.

2. Treat the symptoms and root causes, pay attention to "dispel wind"

2.1. "Supplement qi and quicken the blood" to cure the root cause

Based on clinical practice and the study of classical ancient books, Teacher Lin Hai found that Qi deficiency and blood stasis syndrome was the most common and the most important syndrome type in middle-aged and elderly patients with high incidence. Other studies have shown that the frequency of Qi deficiency and blood stasis in stroke is 21.54%, ranking first among the 15 syndrome types [1]. The patient's normal adjustment is inappropriate, work and live carelessly, lack of healthy qi or the body is deficient in qi in old age. Qi is the commander of the blood, and primordial Qi deficiency is unable to promote blood flow, then blood flow is slow and stays as static blood. It is an important basis for the onset of stroke. This process is also similar to the occurrence and development of atherosclerosis in western medicine. When atherosclerotic disease is in a relatively stable state, vascular endothelial damage, lipid deposition, and plaque gradually form, which is similar to the formation process of Qi deficiency and blood stasis in traditional Chinese medicine [2]. Based on this, Professor Lin Hai clinically believes that stroke is mainly based on "Qi deficiency and blood stasis", that is, the internal pathological basis, and the basic treatment method is "supplement qi and quicken the blood". The classic prescription "Buyang Huanwu Tang" is selected as the basis of clinical syndrome differentiation.

2.2. "Dispel wind and free the network vessels" to treat the tip

Professor Lin Hai also attaches great importance to the influence of "wind" in the clinical diagnosis and treatment of apoplexy, and believes that "wind evil" is an important factor affecting the incidence of apoplexy. Guided by the view of "Qi deficiency and blood stasis, wind evil is induced", on the basis of the simple treatment of supplement qi and quicken the blood, adding wind-dispelling drugs has also received good clinical effects. On the basis of Qi deficiency and blood stasis, stroke is affected by wind evil. Specifically, there is a primary and secondary relationship between Qi deficiency and blood stasis and "wind evil". First of all, qi deficiency can cause blood stasis, and easy to cause wind evil invasion or "internal wind whirl"; Moreover, blood stasis is a pathological product, which may aggravate Qi deficiency over time, or cause "blood stasis produces wind", so Qi deficiency and blood stasis are the origin. The "wind evil" is not only the cause, but also one of the results of the acute progress of Qi deficiency and blood stasis. Whether it is internal wind or external wind, it can in turn affect the state of Qi deficiency and blood stasis, and ultimately change the outcome and prognosis of the disease. This has formed the pathogenesis theory system of "Qi deficiency and blood stasis, caused by wind". Some studies have confirmed that acute events caused by the continuous increase of atherosclerotic plaque and the

rapid progression of the final disease are often characterized by sudden onset, rapid progression, and variable clinical manifestations, similar to traditional Chinese medicine syndrome, "wind-induced change", which may be the key pathogenesis affecting the progression and outcome of atherosclerotic disease[2]. Other studies [3] used decision tree analysis to explore the relationship between syndrome characteristics and short-term prognosis in the early stages of ischemic stroke, and the results suggested that the presence of syndromes in the acute phase (6-8)d of stroke had adverse effects on the short-term prognosis. At the same time, apoplexy often occurs in the altercountry of autumn and winter, when wind and cold are the most severe, which further proves the important role of wind and cold invasion in the pathogenesis of apoplexy. Some studies have found that the blood pressure of elderly patients with hypertension changes in a seasonal rhythm, and the incidence of cerebrovascular events shows a certain regularity with the change of seasonally related extreme weather, with winter being the first peak [4]. Ambient temperature on the day of onset has also been shown to be associated with the incidence of ischemic, hemorrhagic, and various types of stroke [5].

Therefore, Professor Lin Hai attaches importance to the important role of "wind" in the acute stage of apoplexy in addition to nourishing qi and activating blood circulation and removing blood stasis. The flexible selection of wind dispelling drugs, while nourishing qi, activating blood and removing blood stasis, at the same time taking into account the wind dispelling collaterals. Compared with the simple use of qi and blood activating drugs or wind-dispelling drugs, the combination of the two drugs can exert a greater clinical effect. At present, relevant animal studies have confirmed this view, and some scholars have concluded that the combination of wind-dampening drugs and wind-dampening drugs can exert an anti-ischemic effect on brain injury using animal models [6]. Other scholars have confirmed through animal experiments [7-8] that Fengyao combined with Huoxuehuayu drugs is more effective in the treatment of stroke. Fengyao can increase the therapeutic effect of Huoxuehuayu drugs, reduce the blood-brain barrier permeability to a greater extent, reduce brain edema, prevent brain tissue damage, and achieve brain protection.

2.3. Use medicine flexibly, make good use of wind medicine

The application of wind medicine can be traced back to Zhang Zhongjing. At present, there are two generally accepted definitions of wind medicine: narrow definition refers to a class of drugs that can eliminate the pathogenic wind, namely wind dispelling medicine; In a broad sense, it refers to a class of drugs that can dispel and calm the internal wind, mainly used to treat various internal and external wind syndrome, and can be called wind-treating medicine [9]. There is no such thing as Fengyao in the classification of modern traditional Chinese medicine textbooks. Some scholars, based on the theory of traditional Chinese medicine and combined with relevant literature, have summarized the commonly used Fengyao into two categories according to their differences in nature, taste, heat and temperature, and cool. One category is heat, the other is cold (calm). heat: Ephedra, cassia branch, Schizonepeta, windproof, Qiang live, live alone, etc. cold (calm): cohosh, bupleurum, Pueraria root, Cranberry, uncaria, Cicada decidua, silkworm, etc [10]. Professor Lin Hai believes that although ischemic stroke is stasis in the brain, wind evil is one of the main inducing factors. Wind medicine has the characteristics of light rising powder, which can not only evacuate wind evil, dredging meridians and collaterals, patenting blood vessels, but also because most wind medicine is light gas and thin taste, rising powder promotes diarrhea, and is good at guiding blood circulation and blood stasis medicine to go up, directly to the disease and play a role. In clinical application, as long as the pathogenesis is accurately grasped and the prescription is reasonably matched, the therapeutic effect of wind-dispelling drugs can be fully played and the therapeutic effect of apoplexy can be improved.

2.4. Mechanism of wind-dispelling drugs in the treatment of apoplexy

2.4.1. Dispel wind and free the network vessels

In the process of treating apoplexy, dispelling wind, dispersing evil and dredging collaterals is its most important effect. Dispel wind medicine gas light taste thin, most taste and medicine rise float, it can lead the drug up to the hospital. At the same time, because of wind dispelling drugs, especially insect wind medicine, often attack channeling walking, can remove blood stasis and collaterals. Wind evil is the main inducing factor of stroke. Wind dispelling medicine dispels wind evil and channels collaterals in view of its direct cause, so that evil disperses from the outside, and the blood is through, and further helps activate blood circulation and remove blood stasis. For example, existing studies have found that [11] Feng-dispelling drugs can improve cerebral vascular reactivity, increase cerebral blood supply, dilate cerebral vessels, promote collateral circulation, and increase cerebral blood perfusion.

2.4.2. Course depression and rectify qi; dry dampness and transform phlegm

Wind medicine can dredge the Qi of the viscera and meridians, access the blood and qi machine, and good into the liver meridian, with the function of evacuation stagnation. Also because of the wind medicine taste, warm dryness, good at dredging qi machine, dryness and phlegm, so that Qi and blood flow, and promote blood circulation and blood stasis. Such as "pine medicine" in the words: "Phlegm treatment first Qi, Qi shun phlegm benefit". Another example is "Medicine Jian" points out that "Xin (heat) can walk qi". To take the wind dispelling medicine regulating qi machine, to help dry dampness and blood stasis.

2.4.3. Promote blood circulation and remove blood stasis

Wind dispelling medicine is good and has the characteristics of rising, dispersing, channeling and moving. It can smooth qi machine, make Qi flow and blood flow, promote blood circulation and play the role of promoting blood circulation and removing blood stasis. Especially when the wind medicine and blood - activating and blood stasis medicine through the combination, can further play the maximum clinical effect. Some studies have confirmed [12] that Fengyao has the exact function of promoting blood circulation and can directly enter the brain to play its role, which has the irreplaceable advantage of other drugs.

3. Conclusion

Stroke is a common disease in the Department of encephalopathy, which causes hemiplegia, aphasia, dementia, dysphagia and other diseases, which seriously affect the ability of life and quality of life of patients, and bring a heavy burden to the family and society. In recent years, due to the influence of the theory of "internal wind" after Tang and Song Dynasties, or wind pathogenic often sudden onset, rapid change of symptoms, come and go, patients tend to see the wind evil has gone or has attenuated, clinical symptoms are not outstanding, resulting in modern doctors in the diagnosis and treatment of stroke often ignore the role of wind evil. In the acute stage of apoplexy, the basic pathogenesis of apoplexy is "Qi deficiency and blood stasis, caused by wind". It is pointed out that apoplexy is mainly based on "Qi deficiency and blood stasis" and marked by "wind evil", and the two interact to cause apoplexy. On the basis of invigorating Qi and activating blood circulation, Professor Lin Hai flexibly applied "dispelling wind" drugs, which can eliminate wind and dredging collaterals, while invigorating Qi and activating blood circulation, with remarkable clinical effect.

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