

Clinical Application of Guipi Decoction in Treating Insomnia of Heart and Spleen Deficiency

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Abstract: The contemporary social rhythm, pressure, insomnia has become a lot of people's trouble. And if insomnia is not timely control, will lead to a series of pathophysiological changes in the body, induced more serious physical and mental illness. Guipi Decoction is a common prescription for clinical treatment of insomnia. It was first recorded in the Song Dynasty and 'Jisheng Decoction'. It is composed of ginseng, atractylodes, angelica, astragalus, woody, jujube kernel, polygala, fushen, longan meat, licorice, ginger and jujube. The party has Yiqi Buxue, Jianpi Yangxin function, clinically used in the treatment of heart and spleen deficiency insomnia. The clinical symptoms are complex and changeable. The following is an introduction to the clinical application of Guipi Decoction in the treatment of five cases of insomnia and its addition and subtraction, for reference.

Insomnia usually refers to a subjective experience of unsatisfied sleep time and (or) sleep quality and affecting daytime social function, mainly manifested as the difficulty in asleep, sleep maintenance disorder, early waking, decreased sleep quality and reduced total sleep time (usually less than 6 h), accompanied by daytime dysfunction[1]. The sedative and hypnotic drugs such as benzodiazepines and nonbenzodiazepines are mainly used for therapy[2]. Patients with heart and spleen deficiency type of sleepless disease accounted for 49.47% of the total syndrome type[3]. Guipi Decoction was first recorded in the Song Dynasty and 'Jisheng Decoction'[4], which was composed of ginseng, atractylodes, angelica, astragalus, woody, jujube kernel, polygala, fushen, longan meat, licorice, ginger and jujube. The party has Yiqi Buxue, Jianpi Yangxin function, clinically used in the treatment of heart and spleen deficiency insomnia[5]. The clinical symptoms are complex and changeable. The following is an introduction to the clinical application of Guipi Decoction for reference.

'Miraculous Pivot · Camp Health Association' said: 'Intersecting Yin and Yang, such as ring without end... Camp guard trip is not abnormal, so the day and night sleep.' All affect the normal operation of Yingwei Qi and blood Yin and Yang God restless can insomnia. Ma Peizhi in the Qing Dynasty said: 'Spiritual timidity is trapped, and the spirit is helpless due to mental injury[6]. He used Yi Gong San plus Astragalus, Jujube, Polygala to treat insomnia. Ma's words refer to that the essence is supported by the spirit, and the spirit is helpless because of mental injury. The function of heart qi activity depends on the mind, and the mind depends on the essence and blood to nourish, so

the blood deficiency gives up the empty spirit without attachment, thus insomnia. Yu Jiayan said : 'The spleen does not produce blood, and the liver deficiency is related to the decline of fire.' Yu said : 'The spleen does not produce blood, and the liver deficiency is related to the decline of fire. It is the wood does not produce fire, the fire does not warm the earth, the spleen does not produce blood, the heart does not control the spirit, the heart is weak, and the heart is timid. The patients with palpitation and insomnia should be treated with Siwu Decoction plus Yuanzhi, Zaoren or Yigong Powder to promote the spleen to produce blood, Huangqi, Danggui Yiqi Buxue, Zaoren Bugan to produce heart fire, Yuanzhi to Tongxinfu, Ligan to help less fire 'is the mother of deficiency (heart deficiency and liver). Dongyuan said 'tonify the soil to produce fire ' meaning, in fact, one tonify the liver to produce heart, two liver and gallbladder are not weak, disperse qi and blood and regulate emotions, the gallbladder, the official of the middle, decided to Yan, can make the camp to keep running, and the heart of the fire on the change of yin and yang traffic, so that the normal operation of yin and yang.

Heart and spleen deficiency refers to the spleen deficiency does not produce blood, and cause the mind to dispel. The prescription uses Guipi Decoction to promote spleen qi, blood and essence. Therefore, Add astragalus to the prescription, because the stomach is the source of qi and blood, Root in the lower focus, it born in the medium coke. Because of the circulation of qi, woody incense[7] is added. In the prescription, Astragalus, Codonopsis, and Atractylodes are used to strengthen the spleen and replenish qi. The acquired root is the monarch, the angelica assists the monarch 's medicine to benefit qi and generate blood as the minister 's medicine, Yuanrou, Zaoren, Fushen (or Chenfuling) nourishes blood and calms the nerves as the adjuvant medicine, and the roasted licorice can not only reconcile the middle and reconcile the various medicines. In order to treat heart and spleen qi and blood loss, loss of mind, restless mind caused by not easy to fall asleep, or dream easy to wake up, wake up difficult to sleep, blood does not nourish the heart palpitations forgetfulness ; qi and blood deficiency can not be served on the brain Qingyang does not rise dizziness ; blood deficiency can not be on the face, so the complexion is not beautiful, the spleen is not healthy, the food is tasteless, the food is less, the abdominal distension is loose, the blood is less, the limb is tired, the tongue is pale, the white vein is weak[8]. The following five insomnia cases of spleen rule of law to illustrate.

1. Cases of Treating Deficiency of Heart and Spleen

Zhu, female, 24 years old, military. Yin deficiency hot, yellow face cut, hot flashes sweat more bone steaming, dizzy dreams, menstrual period, with low back pain, the first case prescription six doses of Dayu, a few days ago and cold injury heat, take the solution table heat-clearing agent and recovered. Day after noon still hot flashes dreamy, waist acid is particularly significant, weak pulse. Spleen camp deficiency and hot flashes dreamy, kidney yin deficiency and lumbar acid sleepy, by the cloud: 'two yang disease of the heart and spleen, have not hidden, women do not month. 'Ren loss also spleen and kidney deficiency. Medicinal: Dangshen 10g, Huangqi 15g, Baizhu 10g, Fuling 10g, Gouqi 10g, Nvzhenzi 10g, Yuanzhi 6g, Zaoren 12g, Jiegeng 6g, Qianshi 10g, Duzhong 18g, Yuanrou 10g, Zhigancao 3g. Annotations: In this case, the heart and spleen do not produce Ying and blood deficiency, and the spleen does not absorb blood. Therefore, the menstrual period is accompanied by low back acid, dizziness and dreaminess, which belongs to the heart and spleen deficiency. Therefore, the spleen is used in the prescription, and due to the deficiency of liver and kidney, hot flashes and sweating, the spleen is promoted to produce blood to nourish Guchong. Wolfberry, yuanrou, jujube kernel, ligustrum lucidum add eucommia kidney qi, yin yang to help spring inexhaustible, add Platycodon grandiflorum drug upward, add Euryale Semen to help solid essence.

2. Heart and Spleen Deficiency and Stomach Yin Deficiency

Xu, female, 10 years old. Weak pulse, moist tongue, dizziness fever, heart beat stomach noise omnivorous anorexia sleepy. Medicinal : dangshen 10g, baizhu 10g, fuling 10g, danggui 6g, yuzhu 10g, boziren 10g, yuanzhi 3g, guya 10g, shenqu 6g, biandou 10g, wuweizi 3g, zishiying 10g, corrugating seed 6g, zhigancao 3g, jiang 2 tablets, zao 2. Annotations: In this case, Guipi Decoction was added with Polygonatum odoratum and Lentil to nourish stomach yin to nourish Ying, Jiangzao was used to regulate Ying and Wei to treat dizziness and fever. Malt, Divine Comedy, Corrugated Seed and Purple Quartz were added to recover Chongqi due to stomach fullness and noise.

3. Cardiovascular Deficiency, Spleen Wet Case

Liu, female, adult. Blood deficiency, spleen by wet, yellow band dripping, flank pain, tonify the heart and spleen, accompanied by wet. Medicinal: Dangshen 10g, Baizhu 10g, Huangqi 12g, Danggui 10g, Shanyao 15g, Fuling 10g, Huangbai 5g, Qianshi 10g, Lianzi 10g, Baiguoren 6g, Zaoren 12g, Yizhiren 10g, Yuanrou 10g, Zhigancao 3g, Dazao 2.

Annotations: This case belongs to the spleen method to treat the abnormal meridians, tonify qi and promote the spleen to clear up the nutrient blood and can absorb the essence, nourish the blood and tranquilize the mind, and the essence and blood are subject to the spirit. Spleen deficiency Renmai has damp heat plus Cortex Phellodendri, white fruit, euryale ferox, etc.

4. Cases of Insomnia Caused by Bile Injury After Panic

After the treatment of panic Wang case three diagnostic, one or two diagnostic first pearl mother rule of law after the rule of law scare scare hurt the gallbladder, the liver phase of the fire disturbed the mind, now the patient 's fear of panic palpitations muscle twitching total sense of a person timid fear, fear is gas, and the focus on the kidney injury, kidney deficiency does not nourish the liver, liver does not produce bile, bile loss, so discouraged, muscle twitching vigilance, joint weakness, are liver and gallbladder deficiency syndrome is exact, caused by bile deficiency and uneasiness, to start with bile deficiency, two fine pulse, ulnar generation, imitation Fei's Psoralen method[9]. Medicinal : Fructus Psoraleae 15g, Fructus Juglandis 3 stir-fried, Fructus Alpiniae Oxyphyllae g, Herba Cistanches 12g, Radix Rehmanniae Preparata 15g, Radix Angelicae Sinensis 10g, Radix Paeoniae Alba 6g, Radix Pseudostellariae 10g, Poria 10g, Radix Polygalae 6g, Radix Salviae Miltiorrhizae 10g, Radix Achyranthis Bidentatae 10g, 2 Ginger, 2 Jujube. Annotations : This prescription tonify the liver and strengthen the gallbladder, the prescription uses four things to remove Chuanxiong to tonify the liver, Taizishen, Poria to invigorate the spleen and replenish qi, Yizhiren Lipi Zengzhi to replace Atractylodes, this belongs to the spleen soup, add Danshen into the heart blood, Yuanzhi Tongxin Danzhong of the god, psoralen, Cistanche Yihuo Shengtu, with Achyranthes bidentata fire Guiyuan, Jiangzao Tiaoying Wei.

Four diagnostic methods: taking the medicine of tonifying kidney, nourishing blood and strengthening gallbladder is exactly the pathogenesis. The above symptoms are basically stable, the pulse is floating, large and fine, and six doses are taken according to the original prescription. Conscious dizziness, tinnitus and insomnia, thinking more all night, uneasy mood, drowsiness during the day, total insomnia, drowsiness of heartbeat, good diet, two urination and defecation, uneasy spirit due to heart deficiency, and brain tinnitus due to kidney deficiency. Spleen does not take blood is thinking how much sleep, first proposed to nourish the heart and kidney with spleen blood. Medicinal : Taizishen 12g, Huangqi 10g, Baizhu 10g, Yunling 10g, Zaoren 15g, Baiziren 10g, Yuanzhi 6g, Changpu 10g, Yizhiren 5g, Guiban 12g, Longgu 15g, Guangpi 6g, Zhigancao 3g, Jiang 2, Zao 2. Notes: Treatment of heart and spleen with spleen method, treatment of kidney

tortoise shell nourishing Yin, add Yizhiren, Polygala, calamus, keel for Kong Sheng Zhen Dan traffic heart and kidney, nourishing mind Tongzhi. After that, it was consolidated with Guipi Decoction, Liuwei Dihuang Pill and Zhenzhong Pill.

5. Case of Liver Qi Invading Spleen, Treating Tri-jiao

Lu suimiao, female, 53 years old. Menstrual period has been diarrhea, cough, diarrhea has been stopped, cough not flat. In ten days ago and suffering from depression into a disease, shortness of breath, insomnia, cough and diarrhea less, deep and astringent pulse, greasy tongue, is the triple energizer loss Division, proposed as follows : Pseudostellariae 10g, Atractylodes 10g, Orange 6g, Daizheshi 12g, Coptis 3g, Lily 15g, Inula 6g, Polygonatum 12g, Jujube 15g, Pinellia 10g, Magnet 12g, Alpinia 6g, Bone 15g, Raw meat 10g, Zhuru 9g. After taking two doses of the second diagnosis, he felt chest distension and urination, but palpitations were uneasy. Then he took two doses of the original prescription, and then took Tianwang Buxin Dan for power. Annotations : menstrual diarrhea as accompanied by cough and asthma, diarrhea has been stopped, and depression into disease, soil deficiency wood thief, so from the triple burner. In the treatment, Radix Pseudostellariae, Rhizoma Atractylodis Macrocephalae, and Fructus Alpiniae Oxyphyllae were used to promote the spleen and replenish qi, and orange red, Rhizoma Pinelliae, and bamboo shavings were used to harmonize the stomach. Polygonatum odoratum was used to nourish the stomach yin to lower the stomach and raise the spleen, and there were guest pathogens invading the stomach. Therefore, Flos Inulae, Ochre, and Rhizoma Coptidis were added to reduce the adverse qi. Because of asthma and cough, Lily was used to consolidate gold, and due to heartbeat insomnia, it was used to return to the spleen. Among them, Semen Jujubae and Yuanrou were used to nourish blood and tranquilize the mind, and the treatment of heart and lung was in the upper Jiao. Always return to the spleen.

Also according to: Zhang Jingyue said[10]: congenital yin called 'Kuishui', congenital yang called 'Shenji', and said that congenital yang by the god to gasification essence, congenital yin by the essence to gasification spirit, the three are the same gas, mutual transformation. 'Spiritual mechanism' to life gate phase fire as the root of gasification, phase fire are hidden in the liver and kidney belong to the triple energizer, and the heart is the monarch fire, the heart, the house of God, and the heart camp is the purest nutrient gas is scattered by the spleen into the lung, through the lungs breathing, into the heart vein called the nutrient gas, is the material basis of mental activity. The wood fire promotes the activity of heart qi, and the key to the activity of heart qi depends on the heart spirit. The spirit of the heart can move to adjust the complex internal and external environmental changes, resulting in the corresponding functional changes, and the kidney is the essence of the essence. Therefore, for those who want to replenish the heart, the kidney should be strengthened first to make the kidney water upper to the heart (liver and kidney left rise), the spleen qi disperses the fluid and pours into the lung, and the lung releases and reduces the heart fire (heart and lung right fall), warms the kidney water, and has the principle of mutual generation of gold and water. Therefore, the spirit depends on yin and blood to nourish, and the spirit is released by the heart spirit. Therefore, the spirit of the heart is interdependent in the heart and kidney to balance yin and yang. Therefore, the ancients said that the spirit of the three treasures of the human body, to spleen soup and kidney medicine for the treatment. This is also Tang Rongchuan 's treatment of blood syndrome 'qi is born in kidney water and injected into the lung, blood is born in heart fire and hidden in the liver, during which the spleen is also up and down (spleen generates blood, disperses fluid and congests)'. The treatment method is to add and subtract Fumai Decoction, or to nourish kidney water to conserve wood, wood and soil to regulate the rise and fall of the spleen and stomach, or to nourish fire and generate soil, soil can nourish wood, and use tonify the middle and

replenish qi to elevate the spleen and nourish fire.

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