

Clinical Experience of Professor Li Jun in Epilepsy by Treating from Phlegm and Blood Stasis

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Abstract: This paper discusses Professor Li Jun's views on treating epilepsy from three aspects: the important role of phlegm and blood stasis in epilepsy pathogenesis, the clinical thinking and prescription of treating epilepsy from phlegm and blood stasis, and illustrates the specific thinking and method of treating epilepsy based on Professor Li Jun's clinical diagnosis and treatment cases. It is considered that phlegm and blood stasis are the core pathogenesis of epilepsy, and phlegm and blood stasis should be treated at the same time. According to the accurate differentiation of phlegm and blood stasis, Erchen Taohong Siwu Decoction is used as the basic prescription for treatment, Its clinical curative effect is remarkable.

1. Introduction

Professor li is the old Chinese medicine expert academic experience of traditional Chinese medicine inheritance work guiding teacher, shaanxi province, the author has more than 40 years, in cardio-cerebrovascular diseases such as hypertension, cerebral hemorrhage, cerebral infarction and epilepsy, insomnia, myocarditis, arrhythmia, coronary heart disease, and many other fields have rich knowledge and clinical experience, his understanding of the disease do not provide craftsmanship, and frequently asks the old adage, It summarizes the theoretical system of “phlegm and blood stasis mutual knot” as the core pathogenesis of many diseases, and opens up a new idea and method of treating cardiovascular and cerebrovascular diseases with TRADITIONAL Chinese medicine. The clinical practice is also quite effective.

Epilepsy is a kind of chronic brain dysfunction syndrome caused by a variety of etiologies and repeated seizures in a period of time. Epileptic seizures are caused by the uncontrolled, abnormal firing of neurons in the brain, resulting in various types of neurological disorders and dysfunction. Epilepsy is the second most common disease in the department of neurology. However, due to its slow research progress, complicated pathogenesis and diverse clinical manifestations, it still cannot be eradicated under the current medical level for a long time, and has become a public health problem[1]. Drug therapy is the primary choice for epilepsy. Western medicine antiepileptic drugs can reduce the seizure frequency of most patients with epilepsy and relieve some symptoms, but they have significant risks and tolerability, and sometimes the seizures are not well controlled and develop into refractory epilepsy[2]. And a large number of clinical experience and research shows

that TCM treatment of epilepsy in relieving clinical symptoms, reducing adverse drug reactions and other aspects have its unique, so in the clinical use of Western medicine to treat epilepsy at the same time, should also carry out TCM prevention and treatment measures, in order to more safe, stable, efficient control of epilepsy.

Epilepsy belongs to the traditional Chinese medicine “epilepsy” or “epilepsy syndrome” category, the symptoms are more seizures of mental confusion, even fall, coma, spit saliva foam, two eyes, limb spasm, throat with paradoxical sound, instantly awake, wake up as usual after action. Professor li for careful card, think that the doctor of traditional Chinese medicine treatment chronic disease has its special efficacy and advantages, epilepsy “phlegm and blood stasis and knot” is the core mechanism, and promoting blood circulation to remove blood stasis, sputum polyester begin to understand the Chinese traditional medicine can obviously reduce seizure frequency, shorten the onset time, alleviate some symptoms, thus effectively control epilepsy disease, application in clinic and see a lot of efficacy[3].The author had the honor to go out with Professor Li, and felt quite deep. Now the diagnosis and treatment experience of Professor Li from the perspective of phlegm and blood stasis is sorted out as follows.

2. Etiology and Pathogenesis

The formation of epilepsy, mostly with congenital deficiency, falling down, seven emotions, internal injury accumulation loss, diet and other factors are closely related[4]. It is mentioned in introduction to epilepsy that epilepsy may come on because of shock in the mother's abdomen, and it is closely related to wind, cold, heat and humidity, shock and awe, food and hunger. Many causes can cause dysfunction of zang-fu organs and meridians, qi stagnation and blood stasis, fengyang phlegm disturbance, phlegm and stasis mutually knot, upper mengqing qiao, mental injury and qiao closure, thus triggering epilepsy. Doctors in all dynasties generally believe that the onset of eclampsia is closely related to wind, phlegm and blood stasis, but most of them regard the evil of phlegm as the main pathological factor, and attach great importance to the treatment of phlegm in order to resolve eclampsia. Nothing but sputum salivation and obturator orifice.”It is due to the dysfunction of the viscera such as lung, spleen and kidney, body fluid operation or metabolic disorders, resulting in the obstruction of phlegm and turbid phlegm, obstructing the brain and collars, internal disturbance to the gods, seizures followed[5]. Later scholars on epilepsy for wind evil internal movement caused by the discussion has been recorded, such as “outside Taiwan secret to” said: “The original epilepsy, all by wind evil. “Wind evil is liver in dirty, liver qi stagnation, liver Yang hyperactive inverse, irascibility or Yin blood deficiency as a result of wind, and liver wind rashly moves inside, its wind evil upsurge is easy to make first, blind brain qiao lamplampsis. In addition, in the Ming and Qing dynasties, doctors gradually realized that the pathogenesis of eclampsia and blood stasis are also closely related, such as Ming Lubo-si “Baby children Hundred Questions” cloud: “Probably blood stagnation of the body, evil wind (qi) in the heart, jing into eclampsia. “The formation of blood stasis, or blood loss due to fall trauma, internal injury, accumulated blood stopped in the meridians; Or because of the evil invasion of cold and heat blood, astringency stagnant blood collaterals; Or because of qi deficiency, qi stagnation caused by qi and blood rise and fall operation blocked, circulation loss, once stasis blocked the brain, the intrusion of yuan God, can be sent to epilepsy.

Professor Li Jun pointed out that “phlegm and blood stasis interact” is the key pathogenesis of eclampsia. Body fluid and blood in human body are generated by the essence of water and grain, which is called “origin of blood and fluid”. Due to the mutual breeding and influence of the two, the pathological state of phlegm and blood stasis also influence and encourage each other, which is called “phlegm and blood stasis have the same root”[6]. In addition, can form because of phlegm

send stasis or because of stasis send phlegm mutually cross knot pattern, if phlegm turgid retention, spittoon gas cross knot, coagulate qi stagnation, long blood line blocked, stagnation and stasis; If intravenous blood stasis, block qi, body fluid metabolism is abnormal, long then stop gathering sputum. The interaction of phlegm and blood stasis is disease, which causes the biochemical operation of qi, blood, essence, fluid to lose its regularity, and then causes a variety of diseases. When it hurts the cultivation and transformation of the brain and marrow, it is easy to cause many brain diseases[7]. And once coagulation into stasis, jin gather for phlegm, over time phlegm turbid tired blood, blood stasis hinders jin, phlegm and stasis cementation, internal rotation on the inverse, block the brain, veins, mind closed qingqiao, disturb yuan air machine, resulting in seizures, the course of disease lingering repeated. And phlegm, stasis is the source of inner wind, if phlegm and stasis mutually knot stagnation vein, then see qi and blood go against chaos, channel moves liver classics and give birth to inner wind, or phlegm and stasis yu long change fire, very match with fire, when evil is filled disturb liver wind, make clear qiao and come on. Modern studies have shown that during the seizure of eclampsia, blood fluidity decreases, viscosity increases, vascular endothelial cells damage, permeability changes, lipid metabolites accumulate, thus forming the pathological factors known as “phlegm turbidity, blood stasis” in Traditional Chinese medicine[8]. Combined with clinical studies, the activity of ATPASE and SOD decreased significantly during epileptic seizure, and the traditional Chinese medicine for purging phlegm and removing blood stasis can enhance the activity of these enzymes in brain tissue, thus providing a theoretical basis for the treatment of epilepsy from phlegm and blood stasis[9].

3. Differentiation and Treatment Ideas

When treating eclampsia with clinical symptoms, Professor Li Jun often uses “phlegm and blood stasis combined with each other” in syndrome differentiation. Phlegm and blood stasis are not only the cause of eclampsia, but also the cause of eclampsia. Based on the severity of the disease, the length of the course of the disease, tongue and pulse, and on the basis of the simultaneous treatment of phlegm and blood stasis, it is necessary to distinguish between the failure of phlegm and blood stasis and the degree of mutual knot between phlegm and blood stasis, and treat the disease according to the different syndromes.

3.1 Distinguish the Primary and Secondary Causes of Phlegm and Blood Stasis

According to the characteristics of phlegm syndrome and stasis syndrome, it is necessary to distinguish “phlegm is heavier than stasis”, “stasis is heavier than phlegm” or “phlegm and stasis are equal”[10]. Be phlegm certificate see more new rou GUI frowsty, body fat phlegm, drowsiness, segments pain, dizziness, spit saliva, wheezing sound in the throat, nausea and vomiting, shortness of breath may not lie, god faint delirious speech, tongue fat, moss greasy, on both sides of the tongue body with teeth marks, pulse coward, string or sink slowly, phlegmy wet tongue coating is white and smooth more or greasy, pulse slide or speech & drama, phlegm hot red tongue moss yellow greasy, pulse number slip or moist; The treatment should be mainly to treat phlegm and to remove blood stasis. Be stasis license more feeling of pain like acupuncture samples, and have a fixed place, from press, complexion dark, dark skin, head, body is numb, struggles irritability, tongue dark, dark purple tongue, tongue and sublingual with bruises, petechiae, and blood stasis and sublingual veins purple, dark reddish purple, violet black, coarse bulge, circuitry of tai, promote, or heavy astringent or generation of arteries and veins; Treatment should be mainly to treat blood stasis, accompanied by expectorant. In the case of phlegm and blood stasis, both phlegm and blood stasis syndrome can be seen.

3.2 Distinguish the Severity of Phlegm and Blood Stasis

According to its clinical manifestations and characteristics of pulse and tongue, the degree of “phlegm and blood stasis intermingled” should be analyzed. Light person as “the phlegm and blood stasis sluggish”, namely the state turbid phlegm and blood stasis, pathogens is a bit shallow, phlegm turbid blood stasis not fill, causing a small amount of impurity immersed, the illness is lighter and easy to heal, because of phlegm and blood stasis in the diaphragm between are not servants of dizziness, body parts or side at local body twitch, attack suddenly, short course of disease, for several seconds, unconscious barriers, woke up as usual. Pale blue face, pale purple tongue, few petechiae and petechiae on and under the tongue, pale purple veins, slight swelling, no teeth marks on the tongue, greasy tongue coating, white or yellow coating, smooth or fine pulse; Treatment with blood and remove blood stasis phlegm. Moderate as the “knot” phlegm and blood stasis, namely state condensation with phlegm and blood stasis, between “phlegm stasis in lag” and “phlegm and blood stasis cementation between, increased blood viscosity, meridian acerbity sluggish, the condition is relatively light and long course of disease, loss of consciousness time dozens of seconds to several minutes, limb tic amplitude and frequency increases, consciousness recovery lasted shorter, wake up often dizziness, nausea, fatigue and other symptoms. There are many petechiae and petechiae scattered on and under the tongue. The veins are blue and purple. The tongue is light and fat. Treatment with huoxue dispersion phlegm[11]. Severe as “phlegm and blood stasis cementation”, namely the dense blood phlegmy curing phlegm and blood stasis status to death, for the evil is tide, phlegm turbidity and blood stasis glue, get together and become toxic, causing blood thick, dry plug thread, and illness is heavy, because of excessive phlegm and blood stasis on the diaphragm is dizziness fall to the ground, and I do not know for a long time in a coma, whole body clonus, from time to time have not recovered consciousness and frequent recurrence, woke up, have a headache, incontinence, Even the consciousness is vague. The face is black and purple, the whole tongue is purple and dark, there are purple petechiae on the tongue and under the tongue, the veins are thick and swollen, the tongue body is fat, the tongue edge teeth marks, the tongue coating is greasy and thick, the pulse is smooth and hard or heavy and astringent; Treatment to break blood stasis and remove phlegm.

4. Prescription for Treatment

Professor li thought in each stage of course, whether episodes or resting phase, and epilepsy of phlegm, blood stasis is most relevant, many causes are available raw TanNing blood, phlegm, blood stasis is caused by the source of epilepsy, and throughout the course of the disease, so the treatment should be aimed at the main etiology and pathogenesis, to promoting blood circulation to remove blood stasis, polyester phlegm begin to understand, if can dissipate the accumulation of phlegm, blood stasis, The seizures naturally follow. When treating phlegm and blood stasis, we should also pay attention to the specimen's deficiency and reality, not to attack cutting, when regulating qi and blood, nourishing Yin and Yang, invigorating the spleen and liver, tonifying the kidney and calming the nerves, nourishing zhengquxie and treating its origin, so as to give both attention to the specimen[12]. However, qi stagnation leads to blood stasis, and qi does not change fluid and condenses into phlegm. Therefore, on the basis of eliminating phlegm and removing blood stasis, attention should also be paid to regulating qi mechanism[13]. In addition, attention should also be paid to calming the liver and nourishing the liver, searching for wind and removing collaterals, so as to soften the liver and eliminate the wind from itself, while the wind is calm and phlegm from itself, so as to help stop spasmodic and settle lampsia.

In clinical practice, Professor Li Jun most often uses Erchen peach-hong Siwu Decoction as the basis to dissipate phlegm and remove blood stasis. Erchen peach-Hong Siwu Decoction is erchen

peach-peel and pinellia ginger to dissipate phlegm and regulate qi, combined with taohong Siwu decoction to promote blood circulation and remove blood stasis. The drug composition was mainly as follows: Tangerine peel 15g, pinellia ginger 15g, peach kernel 15g, Safflower 12g, Angelica angelica 12g, Ligusticum chuanxiong 12g, Shengdi 12g, Red peony root 15g, Gastrodia elata 15g, Radix puerariae 18g and Acorus gramineus 8g. Ginger pinellia taste is warm, long in dispelling dampness, phlegm, turbidity; Tangerine peel is good at dampness and phlegm, and pinellia ginger phase must be used, but also by its qi stagnation force, so that blood tongli and phlegm stasis in addition. The peach-red Siwu soup is based on the siwu soup of nourishing blood and nourishing blood, plus the peach kernel of activating blood and breaking blood and safflower. The picric acid of paeony in siwu soup can nourish blood and nourish the liver, as well as increase Yin and nourishing blood. Cooked rehmannia glutinosa is greasy, nourishing blood and filling essence, nourishing Yin and benefiting marrow to give birth to blood camp; Angelica quality run, Xin Xing Wen Tong, long blood tonic, good blood stasis pain; Ligusticular main sedimentation, can not only promote blood stasis, but also qi stagnation, in the party compatibility angelica through the force of qi and blood to make the camp of blood smooth, so that blood replenishing both line of blood, when the new blood and qi line of blood smooth. Peach kernel taste bitter drainage, good drainage stagnation; Safflower Xin-san wen tong, can promote blood stasis, tongli blood, and peach kernel to promote blood medicine. Professor Li often changes the cooked ground in the recipe to the living ground, and changes the peony root into the peony root. The raw rehmannia glutinosa has the properties of sweet and cold, good at clearing the camp and removing heat from the blood, so as to reduce the deficiency fire, relieve latent heat and cool the blood to stop bleeding. The red peony root is bitter to relieve the cold, longer than the blood discharge points of heat stasis, urging the blood circulation to remove stasis and relieve pain, so that the combination of peach kernel and safflower can double the effect of blood circulation and remove stasis, so that the peach red siwu soup is more focused on the treatment of blood stasis syndromes. Add Gastrodia elata dispel wind and settle lampsia, calm the liver and stop spasms, with Puerarin shu jin tongluo; By acorus acorus xinxiang go channeling of the nature, to kaiqiao phlegm, open and closed back to Su. Throughout the whole prescription, all the drugs are used together, proper compatibility, phlegm-dispelling and regulating qi, promoting blood circulation and tonifying blood, dispelling wind and opening the body simultaneously, so that both specimens are taken into account, phlegm and stasis are treated together, playing the effect of activating blood circulation and removing phlegm and opening the body.

Professor Li often according to the primary and secondary disease of phlegm and stasis, the severity of phlegm and stasis and the different syndromes with the prescription, such as blood stasis is good at using salvia miltiorrhiza, achyranthes bidentata, Motherwort, caulis spatholobi, Triangulum, zedoary, frankincense, myrrh and so on to promote blood stasis and remove phlegm, when the phlegm is heavy, good at using Trichosanthes trichosanthes, bamboo shau, tujin, Atractylodes macrocephala, Poria cocos. Magic leeches, fly insects, terrapin and other blood stasis, with musk, bezoar, borneol and other aromatic drugs to stimulate the acute solution of phlegm poison; Chloris mengshi, whole insect, scolpedes, metarworms, digilong, lichuan and other insect drugs to search the wind tongluo, jingxian kaiqiao, with antelope horn powder, uncania to flatten the liver wind, tongluo ding spasms, the treatment of pediatric epilepsy often with qingxin phlegm jing Tianzhu huang, tongluo fengjing Dannan star to qinggan jing; Cure was uncomfortable with polygala, tranquilize the god eight, amber, liver heat and cortex moutan, gardenia qinggan purging fire, relieving stomach wind-cold and dandelion, broiled radix stemonae in order to clear the stomach detoxification, heat evil sluggish lung and mulberry leaf, almond, unibract fritillary bulb to clear lung phlegm, fire poison ablaze with radix scutellariae, rhizoma coptidis, cortex phellodendri in qingrejiedu, JiShi day long bao and pill to disappear of lag; And see the kidney

deficiency with Xianmu, Xianling spleen temperature tonifying kidney Yang, qi deficiency with Codonopsis, Astragalus nourishing qi, Yin deficiency with Anemu, Phellodendron chinensis nourishing Yin and dryness, qi stagnation with fructus xylosum, fructus aurantii line gasification stagnation, and blood stasis with Buhaurum, Puerarin shu jin and collaterals[14].

5. Examples of Medical Records

Patients, Ms. Gao, male, 16 years old, in qinghai province, was on August 16, 2019, the patient and family above at a young age because of preterm birth, after hypoxia, dysplasia, mental retardation, loss of speech function in Peking University people's hospital, check head MRI prompt "pool cyst on the saddle," line "saddle" pool cyst resection, postoperative recovery well. Since then, he has been suffering from speech disorder and mental retardation. 3 months ago, the patient had a sudden convulsion of limbs in the afternoon without obvious cause, with opisopotamus contrarsed, and upper vision in both eyes. The loss of consciousness lasted for 20 seconds and remained as usual after awakening. Then on July 23, she had a sudden convulsion of limbs, twitching of the corners of her mouth, and upward vision of her eyes, lasting about 20~30 seconds, accompanied by strange noises in her mouth, and woke up as usual. On the morning of August 3, she had a seizure with the same symptoms as before. Now in order to seek further TCM treatment, he came to Professor Li's clinic. Since the onset of the disease, he has always been irritable and excited. General food, night rest, difficult to fall asleep, urination can, stool from dry, a line a day. Dark lips and tongue, yellow thick greasy coating, tongue edge teeth marks, blood stasis silk under the tongue (++), pulse string slippery. Western medicine diagnosis: 1. Secondary epilepsy 2. Congenital retardation 3. Syndrome differentiation: congenital deficiency, phlegm heat stasis block brain collaterals. Treatment: clear heat and cleanse phlegm, remove blood stasis and dredge collaterals. Tian Gedan Zhi Er Chen Taohong Siwu decoction plus or minus. Prescription: Tianma 18g, Kudzu 18g, Danpi 15g, Shanyao 12g, Tangerine peel 15g, Ginger pinellia 15g, Peach kernel 15g, Safflower 15g, Angelica 12g, Ligusticum chuanxiong 12g, Shengdi 12g, Red peony root 15g, Dananxing 10g, Whole scorpion 6g, rigidor silkworm 12g, Hooding 15g (lower part), Cicada slua 8g, Scutellaria baicalensis 12g, Chrysanthemum 15g, Paeoniae paeoniae 18g, Tuyuan 10g, Angelica dahurica 8g, Shi Calamus 8g, salvia miltiorrhiza 15g. 12 doses, decocted in water, divided into morning and evening warm. Note: chang zhi, do not eat spicy stimulation, fat sweet products, not suitable for nearby diagnosis and treatment. On August 28, 2019, the second diagnosis: The patient complained of the same medical history, no seizures were observed after taking the upper part of the medication, and the corners of the mouth twitchy symptoms were alleviated and the frequency of seizures was reduced. The patient's family members complained that the patient's temper was better than before, taking natacol and night rest were improved, and the second bowel movement was normal, and the remaining symptoms were the same as before. Dark tongue, yellow thin yellow moss, blood stasis silk under the tongue (+), pulse string slippery. Increased to 10g for Acorus gladiolus, 12g for turmeric, 12g for turmeric, 12g for Turmeric, 12g for Jiao Sanshen, 0.2g for borneol.

Comments: in patients with premature babies, because of postpartum hypoxia and dysplasia, dirty air cannot balance coordination, make the infantile abnormal innate endowment, blood is impaired, and blood stasis resistance understanding, phlegm evil inner product, disturbance of yuan god, so that low intelligence, speech disorders, patients with long sheng Yin and Yang, stagnation, phlegm and blood stasis to poison, indicates cerebral vein, disturb the gods and insane. Due to the low frequency and short duration of seizures, dark lips and tongue, thick and greasy coating, teeth marks on tongue edge, stasis silk under tongue (++), and smooth pulse string, the syndrome differentiation belongs to phlegm-heat and blood stasis, and it is the syndrome of phlegm-stasis, and the treatment is to clear heat and remove phlegm, remove stasis and clear collaterals. Tian Gedan

Zhi Erchen Taohong Siwu Soup, which erchen Taohong Siwu soup to remove phlegm and blood stasis, compatible with Gastrodia elata, Pueraria meridian activating; Because the patient is usually irritable, combined with tongue and pulse, the syndrome belongs to the heat of the liver meridian, so the use of tangpi, gardenia, Scutellaria baicalensis, chrysanthemum to clear the liver and relieve fire; Moreover, danshen was added with the power of activating blood and removing stasis to open the brain orifice, Dananxing, whole scorpion, metarworm and rhizome were used to clear the liver and remove phlegm and relieve collaterals and stop spasmodic, Tuyuan was used to break blood and remove stasis and activate channels and collaterals, paeonia root was used to nourish blood and replenish blood to produce new blood, angelica dazhi was combined with stone acorus to awaken the spirit and cicada to calm wind and stop spasmodic. All drugs are used together, playing the effect of clearing the liver and resolving phlegm, dispelling wind and dredging collaterals, and treating both symptoms and root causes. At the second diagnosis, the patient's phlegm-heat symptoms were significantly improved. In order to consolidate the curative effect, acorus gladiolus was increased to 10g, combined with borneol to revive the spirit, turmeric and scorch to promote blood circulation and qi, and yujin to relieve blood stasis and open the body. After medication, the patient did not have seizures, with obvious relief of symptoms, unchanged pathogenesis and no better effect. For example, for more than three months, the remaining symptoms gradually disappeared, and there was no recurrence in the follow-up for six months.

6. Conclusion

Professor Li Jun believes that western medicine still has certain advantages in the treatment of epilepsy. It is not only convenient to take, but also effective and can relieve symptoms quickly. Therefore, western medicine should be accurate classification of medicine at the same time, combined with traditional Chinese medicine treatment, in order to effectively control seizures and improve the overall efficacy. In clinical application, professor li combination of epileptic etiology pathology, phlegm turbidity and blood stasis is the main risk factors in the formation, chronic disease and pathological product of knot is the main pathogenesis, phlegm and blood stasis in promoting blood circulation to remove blood stasis, polyester phlegm begin to understand for the law, pay attention to evidence-based medicine, by careful card, based on the phlegm and blood stasis with the disease of primary and secondary, the different weight and and certificate, Based on Erchen Taohong Siwu decoction, the treatment can clear blood stasis, gradually resolve phlegm and turbidity, and eliminate all symptoms, with definite curative effect. Its experience is worthy of clinical application and reference.

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