

# *Clinical Application of Guizhi Decoction by Professor Jia Bin*

Wenbin Wang<sup>1</sup>, Haizhe Zhou<sup>1,\*</sup>, Jiachen Li<sup>1</sup>, ShiPeng Yin<sup>2</sup>

<sup>1</sup> Shaanxi University of Chinese Medicine, Xianyang, Shaanxi 712046, China

<sup>2</sup> Gansu University of Traditional Chinese Medicine, Lanzhou, Gansu 730000, China

\*Corresponding Author

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**Abstract:** Guizhi soup, first contained in treatise on Febrile diseases by Zhang Zhongjing in the Eastern Han Dynasty, is the first prescription of treatise on Febrile diseases, which shows its position in the book. Crowned with the name of the first group of prescriptions, and the composition of only five ingredients, cassia twig, peony, prepared licorice, ginger, jujube. It has the effect of harmonizing Yin and Yang, tonifying qi and blood, relieving muscle sweating. Guizhi Decoction is a basic prescription, which has derived many classic prescriptions through addition and subtraction, and has a wide range of clinical applications.

## 1. Introduction

Born in a family of Traditional Chinese medicine practitioners, Professor Jia Bin is one of the first graduates of Beijing University of Chinese Medicine (now Beijing University of Chinese Medicine). He has been engaged in clinical, teaching and scientific research work for more than 45 years since his graduation, with solid theoretical foundation of TRADITIONAL Chinese medicine and rich clinical experience. Due to his superb medical skills and noble medical ethics, Professor Jia Bin was awarded the title of “One of the First Famous TCM practitioners in Gansu Province” in 2004. He has served as the president of Gansu Hospital of Traditional Chinese Medicine and vice president of the Affiliated Hospital of Gansu University of Traditional Chinese Medicine, etc. He has cultivated a large number of excellent TCM talents for TCM.

Yang Dan soup, is another word for cassia twig decoction, keister song dynasty tao hongjing... book, it serves to show the existence of zhang zhongjing has the party before, just did not form a system, in this paper, Yang Dan soup, Yin basaltic soup, soup, soup of such classic square, renamed to ban some Taoist terminology, as such, basalt, teng snakes, etc.; Through clinical practice and theoretical innovation in order to have the medical sage guizhi soup today, further confirmed that zhang zhongjing is m, zhang zhongjing's greatest contribution is founded on later system of six-channel differentiation, and cassia twig decoction is a philosophical dialectic of the sun's first party, in the original text of “theory of typhoid miscellaneous diseases in article 12:” the sun stroke, weak Yang floating and Yin Yang floating heat spontaneous; Yin weak, sweat out. Sik Sik Han, Xixi Evil wind, Xixi fever, nasal noise retching, hang zhi tang Lord. “Guizhi soup consists of only five

herbs, three twigs of cassia twigs (peeling), three twigs of peony, two twigs of licorice twigs (baking), two twigs of ginger twigs (cutting) and twelve jujube twigs (splitting). It has the functions of harmonizing Yin and Yang, tonifying qi and blood, relieving muscle sweating and so on. The author had the honor to treat Professor Jia Bin, who has rich experience in the application of Guizhi Decoction. The medical cases of professor Jia Bin's experience in the application of Guizhi Decoction are summarized as follows:

## 2. Spontaneous Sweat Night Sweats

Case 1: Zhao, male, 46 years old, came to the hospital on January 25, 2019 due to spontaneous sweating and night sweating. Patients complain of night sweats since there has been more than two years in sweat, head and neck and chest sweat out when repast, afraid of the wind, body emaciated, no evil cold fever, dizziness, headache, nausea and vomiting, sleep well, no lumbar debility, normal diet, defecate deformed, thin white moss thin teeth marks, pulse heavy fine. Because of night sweats, I bought Liuwei Dihuang pill from drugstore. After taking it for 1 month, my symptoms did not improve significantly, and then I came to see a doctor through a friend's recommendation. Professor Jia Bin argued that yingwei and Yingwei had both Yin deficiency syndrome and treatment to reconcile yingwei, tonify qi and blood, and nourish Yin. The prescription of dangzhi Decoction and Liuwei Dihuang pill is as follows: Cassia twig 10 g, Fried 30 g, 10 g main licorice, radix paeoniae alba raw radix astragali 30 g, Fried atractylodes 15 g, 10 g of Dan, floating wheat 30 g, alisma 10 g, cloud poria cocos, yam 15 g, 15 g to 30 g, bone skin cornus 15 g, ginger 10 g, jujube, windproof, 10 g, 10 g keel 30 g (Fried) first, 30 g raw oysters (Fried) first, Take six doses of medicine, three times a day, one dose a day.

On February 1, 2020, after the second diagnosis, the sweating was significantly relieved after 6 doses of drugs. The patient felt strong and relaxed all over the body, and his negative mood was reduced. The original ingredients unchanged, dose adjustments: Fried atractylodes 20 g cortex moutan 15 g cloud poria cocos 20 g, the rest of the drug with the front. Ordered to take another six doses, due to work reasons failed to see a doctor, his father complained, six drugs after sweating, afraid of wind symptoms have disappeared, good mental state.

Press: "inner diameter" yue: "Yang plus in Yin that sweat". In clinical, the harmonic Yin and Yang is the solution for the treatment of the khan, the patients not only Yin deficiency of night sweats, and camp guard discord, the former is not effective, liuwei dihuang pill Yin night sweats isn't the main pathogenesis, the camp who don't is a main disease, so the professor jia with cassia twig decoction and liuwei dihuang pill, so that to improve curative effect, the subtleties see kung fu, It can be seen that Professor Jia Bin has rich clinical experience and solid theoretical foundation. Give up its liuwei Dihuang pill in the ripe ground of the nourishing, in order to prevent the obstruction of the harmonization of qi and blood, floating wheat collect sweat and yiqi, treat both symptoms and root causes, Astragalus yiqi solid surface can be real health, the experience of the late Chinese traditional medicine Hu Xishu, for fear of wind is also reuse of raw astragalus.

## 3. Insomnia Syndrome

Case 2: Wang, female, 50 years old, saw a doctor on November 25, 2020, with insomnia and headache for 2 weeks. The patient complained that he woke up with cold feet at 2 or 3 o'clock in the morning, accompanied by headache, dizziness, phlegm, sore throat, dry mouth and sweating. White thick moss, floating veins. Yang deficiency external feeling, given cassia chaihu decoction plus two - Chen decoction. The prescription is as follows:

Cassia twig 10g, fried Radix paeoniae paeoniae 15g, prepared glycyrrhiza root 10g, parsnsnate root 10g, wheat 30g, almond 10g, Magnolia officinalis 10g, Fenfeng 10g, Poria cocos 10g, orange

red 10g, Angelica dahurica 15g, Bupleurum chinense 10g, scutellaria baicalensis 10g, Artemisia artemisiae root 10g, Codonopsis pilosula 10g, Lily 10g, Radix polygoni 10g, radix trichosanthes 10g, decocted in water, 6 doses. Three times a day.

During the second diagnosis, the patient's insomnia symptoms were significantly improved, and 6 doses were ordered to be taken afterwards.

According to: although many causes of insomnia, total Yang sheng Yin decline, Yin and Yang loss, Yin deficiency can not take Yang and Yang sheng can not enter the Yin. Professor Jia guides the treatment of insomnia through the general principle of harmonizing Yin and Yang, and emotional counseling. This prescription mainly uses guizhi decoction to reconcile Yin and Yang, small Buchaihu decoction to help dredge sanjiao qi machine, and erchen decoction to dispel phlegm evil, which is helpful to reconcile Yin and Yang. In clinical practice, Professor Jia Bin has always told us, "Three points of treatment, seven points of care". Let the patient let nature take its course, do not be engraved on the day can fall asleep normally, through the heart of counseling, alleviate the patient's low mood, psychological counseling is also a special "prescription".

#### 4. Half Body Fever Syndrome

Case 3: Ma, male, 40 years old, went to the hospital on November 11, 2021. The patient had fever on the right side of his body, and his left side was cold with obvious boundary, accompanied by dizziness, excessive sweating, premature ejaculation, cold hands, tingling sensation when cold water was encountered, no headache, no vomiting and nausea, no abdominal pain and diarrhea, sleep ok, general stomach, white thick moss, and heavy pulse. A week ago, I did head and spine CT in a third-class hospital in Lanzhou and the results showed no abnormal changes. Professor Jia Bin distinguishes ying Wei discord, treatment should reconcile Ying Wei, Yang Yiqi, the prescription of Guizhi decoction alloy guishenqi pill plus or minus. The prescription is as follows: Cassia twig 10g, fried radix paeoniae root 10g, prepared liquorice 10g, ginger 10g, Chinese date 10g, Poria cocus 10g, Cornus corni meat 15g, Chinese yam 15g, cooked ground 10g, Sangjizi 30g, Mulberry 30g, Fructus ligustris 15g, fructus lucidum 15g, fructus yingzi 15g, raspberry 15g, Morinda officinalis 10g, Chinese chive 15g, 7 doses, decocted in water, three times a day. After a meal.

On November 17, 2021, the patient underwent a follow-up visit. After taking the medicine, the fear of cold was relieved, the fever in the right body was relieved, and the sensation of cold in the left body was relieved compared with the initial diagnosis. Another 14 doses of the original prescription were given. Later, I accompanied my family to the clinic and complained that the symptoms disappeared after taking 14 doses, so I went to the clinic in the future.

According to: "plain ask • Yin and Yang should be like big theory" said: "about Yin and Yang road also; Fire and water are the signs of Yin and Yang. Only when Yin and Yang are harmonized can normal life activities of the human body be maintained. The author had the honor to read a medical case of Mr. Liu Duzhou in which guizhi decoction was also used in the treatment of sweating and depression. Later, introduced by Professor Jia Bin, he learned and inherited this experience from Mr. Liu Duzhou. Gu Bin professor has stressed to grasp the main card, the main contradiction caught the disease can treats dialectical, but also to improve the clinical curative effect, embodies the syndrome differentiation and treatment of professor Gu Bin and grasp the main academic thoughts, the two complement each other, each other are obvious in the disease column kidney Yang deficiency, in order to strengthen fu Yang to join golden kidney shot.

#### 5. Shoulder Paralysis Syndrome

Case 4: Zhao, female, 43 years old, went to the hospital on January 28, 2019 with shoulder pain for more than half a year. No abnormal changes were found in the imaging examination in a

third-class class A hospital in Lanzhou. Cold aggravation of shoulder accompanied by cough, itching of throat, dry lips, thin white moss, and floating veins. Syndrome is cold bi, treatment should be dispelling wind and dispersing cold, activating blood and clearing collaterals, harmonizing Yin and Yang. Prescription: Cassia twig 20g, fried Radix Paeoniae paeoniae 15g, fried Radix Paeoniae paeoniae 15g, prepared Glycyrrhiza 10g, Qiang huo 10g, parsnip 10g, Tiandong 10g, Ginger huang 15g, Ligusticum chuanxiong 10g, Salvia miltiorrhiza 10g, Caulis spatholobus 30g, Poria cocos 20g, almond 10g, Pueraria root 10g, Pinellia ginger 10g, Angelica dahurica 15g, Zhimu 10g, Zhebei 10g, jiao Sanxian 15g, Ginger 10g, jujube 10g, a total of six doses, decocted in water, three times a day.

On March 4, 2019, he went back to the clinic due to the Spring Festival, but continued to take Anyuan Prescription. At the time of treatment, the shoulder pain was greatly improved, and the diet was increased, which was cured after 12 doses of the original prescription.

According to: the clinical application of Guizhi decoction is very wide, the weight of guizhi and Peony changes and the direction of Yin and Yang, guizhi with licorice, singan diverges into Yang, peony with glycyrrhizin glycyrrhizin glycyrrhizin Yin. Gu Bin professor on the basis of guizhi soup to add and subtract treatment of bi syndrome, rhizoma ligustici wallichii, salvia miltiorrhiza, caulis spatholobi, zedoary invigorate the circulation of blood, radix asparagi, rhizoma anemarrhenae its XinSanZhi drug injury prevention Yin, zhejiang bei, almond lung cough, symptomatic treatment, with three fairy or coke coke four fairy (focal divine comedy, coke hawthorn, caramel malt, focal betel nut) of spleen and stomach, because of the spleen and stomach is the foundation of the day after tomorrow, It embodies professor Jia Bin's academic thought of strengthening spleen and stomach in clinical practice. In fact, the three herbs in Guizhi soup, processed licorice, ginger and jujube, also focus on the spleen and stomach. Peng Ziyi emphasized that Guizhi soup is the prescription for regulating coke, because the three herbs above form a horn medicine. Hu Xishu, a modern doctor, thinks that cassia twig and Peony are the soul of cassia twig soup, but it does not mean that processed licorice, ginger and jujube have no effect in cassia twig soup, but everyone has a different perspective. Professor Jia Bin has been teaching us not to despise the role of each medicine in a prescription, the ancients can not be changed at will, the addition and subtraction of Guizhi decoction formula obtained by rigorous prescription, the ratio of guizhi and Peony different prescription treatment discovery has changed, the king and minister zuo make more is not a conventional. In the case of not understanding the prescription can not be deleted at will, otherwise the curative effect can not be guaranteed.

## 6. Conclusion

The above four case discord of Yin and Yang as the main pathogenesis, the formula of guizhi soup to add and subtract, Gu Bin professor is good at catch a master card, and symptomatic treatment, it is not conflict with the eight principles differentiation, in the theory of typhoid miscellaneous disease both's combination of disease and syndrome differentiation, so we can also be eight principles in the process of diagnosis and syndrome differentiation, and grasp the main card, Just as longitude and time complement each other. Sun diseases in "treatise on febrile diseases", which article, spawned many GUI guizhi soup, this is determined by the progress of the disease process, only the body achieve Yin pingyang secret state is normal, and it determines our dialectical thinking, Yin and Yang, first determine the treatment direction is right, to avoid the disease, wrong results, the accuracy of clinical diagnosis and treatment for us to provide the guarantee, Therefore, the addition or subtraction of cassia twigs soup is determined by our own diseases, which is why cassia twigs soup is described at length in Sun Diseases, and the opening position of Cassia twigs Soup in "On Typhoid and Miscellaneous Diseases" establishes its unusual position in the book.

With the in-depth study of cassia Twig soup is to expand the scope of its application, but the essence has not changed, mainly Yin and Yang can be bold use, of course, cassia twig soup also has its own contraindications. The charm of Cassia Twig soup is not only found by us, there are no less than hundreds of notes on the classic "On Typhoid miscellaneous Diseases". Each person's clinical level is different in its understanding, of course, the famous side of cassia Twig soup is not the same, but also achieved the first name of cassia twig soup. Valuable is that professor Gu Bin told students to read the classics, with teacher, early clinical, he thinks that everyone's knowledge has limitations, should be discarded, to seize the party, constantly explore the application of classic square Pointers, so that the heritage of traditional Chinese medicine, which it may also be square enduring such as cassia twig decoction, glow the new vitality.

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