

# *Professor Yang Zhihong's Clinical Experience in Treating Sequelae of Stroke*

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**Abstract:** Professor Yang Zhihong, a famous TCM doctor in Shaanxi Province, believes that the clinical symptoms of sequelae of stroke are various and the pathogenesis is complex, but the overall symptom is the deficiency of the essence, the deficiency of the essence, “phlegm”, “blood stasis” as the standard, the treatment should strengthen the positive and dispel the evil, and the specimen should be taken into account. Professor Yang Zhihong often divides the sequelae of apoplexy into three syndromic types: Qi deficiency and blood stasis, phlegm and blood stasis, liver and kidney deficiency, and treats them based on syndrome differentiation. According to the different clinical manifestations of the patients, suiting the patients, using the medicine for the symptoms, cleverly delimiting and cutting, the curative effect is remarkable.

## 1. Introduction

With the development of economy and culture, people's living standards are improved, and everything is developing. However, at the same time, there are more and more kinds of diseases, and the diagnosis and treatment of diseases are becoming more and more difficult. Social medical treatment is also facing huge challenges, and there are still many problems to be overcome. Stroke has become one of the major diseases affecting People's Daily life and even endangering people's lives. The aging degree of Chinese population is more and more serious, the increase of elderly population increases the incidence of stroke, in addition, young people's social pressure is heavy, the change of diet and life rules, making the onset age of stroke earlier, and the prevalence rate increases. Nowadays, the disease is characterized by high incidence, high disability rate, high mortality rate<sup>[1]</sup> and low cure rate, which should be paid high attention to.

## 2. The Concept of Stroke

External wind refers to external wind evil, internal wind belongs to the category of internal injury diseases, ancient “servant stroke, syncope, thin, partial wind”<sup>[2]</sup>, Western medicine calls it stroke, we say stroke is this kind of daily, mostly due to the chaos of Qi and blood, vein obstruction or blood overflow in the brain.” The wind is good and the number of changes”, so the clinical symptoms of stroke are varied and varied. The main clinical manifestations are usually sudden

faintness, unconsciousness, hemiplegia, limb numbness, speech disadvantage, and mouth and eye skew<sup>[3]</sup>. The pathogenesis of this disease is complex. In clinic, Qi deficiency is often the root of the disease. The formation of blood stasis and the closure of cerebral collaterals are the final pathological outcome. According to the onset time, the course of stroke is generally divided into three stages, the acute stage within 2 weeks of onset, the convalescent stage within 1 to 6 months, and the sequelae stage over 6 months of onset. After treatment in the acute stage of stroke, the consciousness of the patients in the recovery period is gradually clear, the wind evil gradually receded, and the blood stasis gradually removed. However, among the millions of cerebrovascular disease patients in China, 80% will have the sequelae of stroke, about 75% of the sequelae of stroke patients lose the ability to work, about 65% of the patients need to be taken care of by others, 16% of the patients are unable to take care of themselves, need to stay in bed for a long time, not only the patient's own pain, but also the whole family has added an inevitable burden<sup>[4]</sup>. Therefore, active prevention and treatment of sequelae became the main task in the later period. At present, the treatment of apoplexy sequelae in Western medicine mainly focuses on correcting its reversible causes and secondary prevention, while the treatment based on syndrome differentiation of traditional Chinese medicine has unique advantages, which can effectively prevent its recurrence and improve its clinical symptoms. Professor Yang Zhihong has been engaged in clinical research for many years. He is good at treating cerebrovascular diseases and has accumulated rich experience in the treatment of sequelae of stroke.

### 3. Experience in Treating Sequelae of Stroke

#### 3.1 Type of Qi Deficiency and Blood Stasis

After the acute stage of stroke, the condition is prolonged and does not recover, the functions of the five Zang organs and six viscera are weakened, and the Qi deficiency is the main factor, Qi is the driving force of blood circulation, and blood is the basis and carrier of gasification. Qi deficiency and weakness promote the operation of blood, leading to the formation of blood stasis, and the formation of blood stasis further aggravates the degree of Qi deficiency and the interdependence of Qi and blood<sup>[5]</sup>. Therefore, in the sequelae stage of stroke, The most common type in clinical practice is Qi deficiency and blood stasis, which takes Qi deficiency as the source and blood stasis as the standard, that is, "blood stasis caused by deficiency", commonly characterized by withered limbs, weak and weak, body fatigue, little qi and lazy speech, pale yellow complexion, pale purple tongue and thin white moss, thin and astringent pulse, etc. Professor Yang Zhihong followed the Qing Dynasty physician Wang Qingren's view on treatment, and believed that qi should be used to nourish blood<sup>[6]</sup>. In clinic, Buyang Huan-wu Decoction is often used to treat the apoplexy sequelae of this syndrome type. Astragalus membranaceus is the king medicine to greatly replenish the vitality, and Qi Wang promotes the movement of blood<sup>[7]</sup>. Angelica as minister medicine to promote blood and blood, and remove stasis without hurting blood; Chuanxiong, red peony root, peach kernel and safflower help angelica to promote blood circulation and remove blood stasis; The earth dragon passes through the meridian to activate the collaterals, and walks in the whole body to replenish Qi and nourish blood. The use of various medicines, Qi Qi line blood to cure the root cause, stasis and collaterals to cure symptoms, Qi and blood circulation without injury. According to the actual situation of patients, if patients with Qi deficiency, can be added to codonopsis, atresia and other drugs, for patients with limb dysfunction can be equipped with mulberry branch, cassia branch and other drugs to increase its role of collaterals, waist and knee pain can be equipped with mulberry parasitic, eumoides and other drugs to strengthen muscles and bones, strong waist and knee, for both phlegm and dampness can be added to magnolia officinale, bamboo shaoxing and other drugs to remove phlegm and dedampness.

### 3.2 Mutual Junction of Phlegm and Blood Stasis

Phlegm and blood stasis are each other's cause and effect. Blood stasis is stuck in the veins, making the veins unobstructed, affecting the distribution and operation of body fluid, and forming phlegm. Sputum is the pathological product of body fluid, and blood stasis is the pathological product of blood. Physiologically, blood and blood are homologous and breed with each other, and pathologically, sputum and blood stasis generate and influence each other, and the two often coexist. Phlegm and blood stasis can generate wind. After the formation of internal wind, the qi and blood operation is not normal, and the phlegm and blood stasis are often blocked, thus forming the syndrome of wind-phlegm and blood stasis, namely the syndrome of phlegm and blood stasis interlocking<sup>[8]</sup>. After the acute stage of stroke, the condition tends to be gradually stable. At this time, the key mechanism lies in blood stasis, phlegm, phlegm and phlegm, phlegm and phlegm. Therefore, this stage must pay attention to activating blood circulation and removing blood stasis and simultaneously removing phlegm and collaterals. Clinical symptoms of apoplexy sequelae patients with phlegm and blood stasis interknot are often seen in clinic, such as mouth and eye skew, tongue strong and difficult to speak, mouth salivation, limb numbness, tongue dark purple or ecchymosis, moss slippery, pulse string slippery or astringent. The tongue is reached by the four meridians of the heart, spleen, liver and kidney. When the evil spirits such as wind phlegm and blood stasis go through the meridians and collaterals, paralyzing the veins, the tongue is malfunctioning, and the tongue is difficult to speak or speech can be Jian. Vein is out of harmony, Qi and blood is not free, so mouth and eye skew, hemiplegia, numbness and itching.” To change its stasis, then dry, impotence waste from easy healing also.” Phlegm obstruction and blood stasis plays an important role in the pathogenesis of stroke, which also suggests that phlegm and blood stasis should be treated together in the treatment of sequelae of stroke<sup>[9]</sup>. In terms of treatment, Professor Yang Zhihong believes that phlegm and wind should be dispounded, blood circulation and blood stasis should be promoted. The phlegm important prescription Huanglian Wendan Decoction combined with blood circulation and blood stasis drugs are often used for treatment. The drugs for blood circulation are often used, such as uncaria, uncaria, scorpion, silkworm, ground dragon, Tribulus terrestris, Chuanxiong, turmeric, salvia miltiorrhiza, peach benevolence and subspatholobi.

### 3.3 Liver and Kidney Deficiency Type

Deficiency of liver and kidney is the origin of apoplexy and runs through the whole course of apoplexy. Middle-aged and elderly people, long illness together with old body failure, liver and kidney deficiency, liver and kidney loss in nourishment, and among them to liver and kidney Yin deficiency, Yin blood depletion, water does not contain wood, wood loss of nourishment, liver and kidney Yin deficiency to liver Yang without restriction, Qi and blood on the channel, closed brain obstruction, stroke hair. Late conditioning is improper, so that the Yin deficiency of liver and kidney is even worse, sequelae stage is usually manifested as limb dysfunction, dizziness, tinnitus, waist and knee acid and soft, upset and irritable, insomnia, dream, dry mouth, red tongue, no moss pulse string fine. Chih-hung Yang professor should stroke sequela of this type of syndrome types, nourishing liver and kidney, ziyin extinguish wind, clinical commonly used left to belong to the pill for treatment, fill the true essence of the liver and kidney Yin, prepared rhizome of rehmannia, Chinese wolfberry, cornus, dodder benefit kidney essence, achyranthes kidney strong waist and knee, nourishing blood and angelica sinensis, tortoise deer products of rubber for flesh and blood, benefit essence, ultimately antler glue, intended to “Yin Yang, Yams kidney-nourishing essence, all drugs together, and then, as appropriate, can play the function of nourishing liver and kidney.

#### 4. Typical Cases

The patient, male, 65 years old, was first diagnosed on October 29, 2020, complaining of numbness in both lower limbs for more than half a year. Six months ago, the patient was hospitalized in the Affiliated Hospital of Shaanxi University of Traditional Chinese Medicine due to “cerebral infarction”. On admission, the patient had abnormal consciousness, hemiplegia, numbness, urgency, trembling, dizziness and headache. After systematic treatment, the patient recovered consciousness and was discharged from hospital after his condition improved. After discharge, the patient regularly took “methobaran tablets, aspirin enteric-coated tablets, rosuvastatin, Shihuida, folic acid tablets”, but he had numbness, dizziness, headache and other symptoms. Now the patient complained of numbness and weakness of both lower limbs, accompanied by tremor of the right hand, dizziness, headache, tinnitus, bitter mouth, conscious of phlegm in the throat, frequent sputum production, tolerable food intake, normal stool, dark moss yellow tongue, smooth pulse string. His blood pressure was 125/85mmHg. He had a “history of hypertension”, the highest was 190/120mmHg. He was a habitual smoker, about 40 cigarettes per day. TCM diagnosis: apoplexy sequelae (phlegm and blood stasis blocking collaterals); Western medicine diagnosis: sequela of cerebral infarction. Treatment: Phlegm dispelling blood stasis, blood circulation and collaterals. Prescriptions: Coptidis 10g, bamboo Ru 10g, Scutellaria baicalaeae 10g, Gallinan 12g, Magnolia officinalis 10g, Fried atractylodes 12g, Pinellia pinellia 12g, Poria Coho 15g, Ligusticum Chuanxiong 15g, fried silkworm 10g, Bidentata bidentata 15g, Jiao Euzhong 10g, Sangji 15g, scalding Jinmao dog 15g, scalding leech 5G, Calcinem 15g, Caulis spatholobi 15g. 9 Fu, one dose a day, formula granule, one grid a day, boiling water, twice a day. Second diagnosis: On November 9, 2020, the patient reported that the symptoms of numbness and weakness in both lower extremities were better than before, with slight trembling of hands, dizziness, bitter mouth, good appetite for food, normal stool, dark and thin yellow coating on the tongue, and smooth pulse. Blood pressure 128/80mmHg, recipe: Rhizoma coptidis 10g, bamboo Ru 10g, Scutellaria Baicalensis 10g, Magnolia officinalis 10g, Fried Atractylodes 15g, Pinellia pinellia 12g, Poria Coho 15g, Ligusticum Chuanxiong 15g, fried silkworm 10g, Bidentata bidentata 15g, Jiao Eumoides 10g, Sangji 15g, Scalding Jinmao dog 15g, Scalding leech 5G, Calcineodum 15G, Caulis spatholobi 15g. 9 Fu, one dose a day, formula granule, one grid a day, boiling water, twice a day.

The patient, an elderly man, had a stroke, and his symptoms remained for half a year, and he is now in the sequelae period. After stroke, the function of the viscera is damaged, the qi machine is not smooth, so that the blood is slow and astringent, the formation of blood stasis. After the disease, the viscera are weak, the spleen is lost of transport, and the grain can not be purified, the phlegm and turbidity are cohesive, and the veins are blocked. Phlegm and blood stasis knot, blocked meridians, numbness to the limbs, weak, trembling; Phlegm heat on the disturbance, then to headache dizziness, tinnitus, bitter mouth; All factors are common pathogenic, tongue veins show dark tongue moss yellow, pulse string slippery. Decoction with Huanglian Wendan and blood stasis drugs to remove phlegm and blood stasis, blood circulation and collaterals. Adding atractylodes, Magnolia officinalis to spleen and qi dryness and dampness phlegm; Add silkworm to extinguish wind, stop spasm and phlegm; Add jiao Eucommia ulmoides, Huai Niu knee, mulberry parasitic, hot golden dog to dispel wind and dehumidify, and to replenish liver and kidney, strong bones and muscles; Add Chuanxiong, caulis spatholobi, hot leech to promote blood circulation, remove blood stasis; Calcined corrugated to clear heat and phlegm; The combination of various medicines can play the effect of clearing heat, dampness and phlegm, removing blood stasis and activating blood collaterals.

## 5. Conclusion

TCM pays attention to “cure”, start from the origin of disease, and the western medicine have essentially difference, chih-hung Yang teacher to seize the key disease, from the fundamental consideration, think that mark on the pathogenesis of stroke sequela virtual to real, qi deficiency, phlegm, blood stasis as the standard, such as treatment on both, they intend to comply with both the thought of the ancients, but not limited to the ancients, In the previous thought innovation and development, ingenious use of prescription, flexible addition and subtraction with evidence, remarkable curative effect, by the patient's unanimous praise. In addition, professor chih-hung Yang think stroke sequela of drug treatment should not be limited to, actively cooperate with the acupuncture treatment and daily exercise is important, acupuncture and moxibustion can dredge the meridians, to reconcile the Yin and Yang, can not only regulate zang-fu organs, also can dredge the local blood, is widely used in the treatment of stroke sequelae<sup>[10]</sup>, combination, often can achieve twice the result with half the effort. Sequelae often greatly affect people's living standards and quality of life, but as long as the active treatment, active exercise, the recovery effect is also considerable.

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