

From Nourishing Yin and Soothing Liver to Treat Gall Disease Indistinct Sleep

Cao Caili^{1,a}, Duan Yuhong^{2,b,*}, Peng Miao^{1,c}, Jian Yuxin^{1,d}

¹*Shaanxi University of Chinese Medicine, Xianyang, 712046, China*

²*Affiliated Hospital of Shaanxi University of Chinese Medicine, Xianyang, 712000, China*
^a644720773@qq.com, ^b1713153437@qq.com, ^cFCX_1130@163.com, ^d782000492@qq.com

**Corresponding author*

Keywords: Gall disease does not sleep, Nourishing Yin and soothing liver, Heart and liver Yin deficiency

Abstract: In recent years, with the increasing incidence of gall disease, it has become the second largest disease in the endocrine field [1]. The incidence of gall disease with insomnia was significantly higher than that of non-gall disease, gall disease does not sleep in patients with gall disease a day long. Depression damages the Yin of the heart and liver, liver loss Tiaoda, the author thinks that gall disease insomnia is based on Yin deficiency, related viscera dysplasia, desiccation heat as the standard. In view of this characteristic, from the Angle of nourishing Yin and soothing liver to treat female gall disease insomnia, to provide clinical treatment ideas.

Gall disease is a kind of disease syndrome characterized by lumps and swelling on both sides of the laryngeal apple in front of the neck, which belongs to the modern thyroid disease category [2]. Insomnia is also called "sleepless sleep" in ancient books, gall disease insomnia is often accompanied by sleep disorders in patients with this syndrome, characterized by a general inability to get a normal night's sleep, mainly manifested by the lack of sleep time and depth, it is difficult to fall into sleep, or to sleep without groaning, to wake up and sleep, or to wake up and sleep again, and to sleep all night. Has affected normal life, work, study, and health. Insomnia is a more common complication of gall disease. At present, Western medicine mainly uses sedatives to treat insomnia of gall disease, which is not only highly addictive but also difficult to be cured. Traditional Chinese medicine has a unique advantage in the treatment of this disease because of its remarkable effect and small dependence. This paper starts with nourishing Yin and soothing liver, hoping to provide new ideas for treating gall disease insomnia.

1. The Pathogenesis of Gall Disease Insomnia in Traditional Chinese Medicine

Modern medical scientists believe that gall disease is mainly caused by emotional and internal injuries, diet, and soil inappropriately, and has a close relationship with their own physique. The disease is mainly located in the liver and spleen, and the heart is also related. The liver is the master of drainage, the master of emotion, it like happy and hate depression. Disharmony between liver and breath, it is the basic pathogenesis of gall disease. Traditional Chinese medicine for gall disease

insomnia of the pathogenesis combined with the former doctors for gall disease understanding summarized as follows; the occurrence of gall disease is due to liver depression and gas stagnation, gas stagnation and jin stasis, spleen deficiency and phlegm dampness, spittoon and gas resistance, and blood obstruction, followed by qi stagnation, spittoon and blood stasis obstructing the neck [3]. Based on the previous experience and clinical observation, the author thinks that the insomnia of gall disease is due to the continuous progress of gall disease course. After the depletion of the body's gas, blood, and body fluid, the Yin fluid of the heart and liver is deficient, the liver is displaced and raised, the article is not smooth, the air is uncertain, and the gas is depressed or the gas is reversed. At this time, the evidence can be seen as five upset heat, irritability, night sweats, and insomnia.

2. The Theoretical Basis of Nourishing Yin and Soothing Liver for Treating Gall Disease Insomnia

In "Lingshu" once said: "the blood and spirit have been harmonized, the camp and guard have been connected, the god has given up his heart, and the soul is complete, and is to become a person."

There is a statement in the book of Jingyuequanshu: "Sleep is the Lord of Yin, God is the Lord, God is sleeping." Shen Jinao in the Qing Dynasty. In "The Origin and Flow of Miscellaneous Diseases Rhinoceros Candle" elaborated: Gall tumors, gas and blood stasis, years of profound, gradually growing disease.....All of its diseases are related to the five Zang Organs, and its origin is the liver fire [4]. This can be seen the cause of insomnia although complex, the reason is that the five gods can not be satisfied with the five zang, gall disease insomnia is by gall tumor day long, Yin qi depletion, dummy fire of the gods, this is the core pathogenesis of gall disease insomnia, heart and liver for the onset of the main disease position. Therefore, from the aspect of heart and liver and the disease sleepless relationship to elaborate.

Lingshu said, "The heart is the master of the five viscera and six viscera, and the house of the spirit." The spirit, will, and mind of the deceased are all hidden in the heart. Gall disease is caused by the long heart Yin blood deficiency, blood can not run normally, the mind lost, lost in the hidden God, then see trance, insomnia and other diseases. The liver holds the blood, the blood holds the soul, "Questions and Answers on Acupuncture and Moxibustion" mentioned that "the liver hides the soul, the soul travels to the eyes for sight in the day, and the soul returns to the liver with the eyes closed at night." Because "there will be outside" is the liver lost in the blood collection, also a restless, sleepless night. "Chinese Medical Dictionary" about the soul in the interpretation of the "human spirit" is the spiritual consciousness of people, the soul is not kept inside, there are spirit, malaise, irritability, insomnia and dreams and other manifestations. Recent clinical evidence shows that the disease is prone to female population, female liver for congenital, the disease is difficult to heal for a long time, the liver is not smooth, visceral gas machine disorders, and then Yin and Yang disorders appear gall disease insomnia. Visible gall disease, insomnia and heart and liver two viscera close relationship, two viscera to each other, the general of the official heart under the influence of the Lord God, so that the viscera to maintain normal life activities. Full of blood help liver qi relief, liver qi relief is normal, but also conducive to the mind. If two or one of them is abnormal, it is easy to appear irritable, upset, insomnia and other symptoms. The disease of insomnia of gall disease is mainly located in the "liver". Due to the prolonged duration of gall disease and the internal consumption of Yin and jin, there is the syndrome of Yin deficiency and fire flourishing mainly in the liver. Therefore, in terms of insomnia of gall disease, the clinical treatment should be based on nourishing Yin and soothing the liver [5].

3. Dialectical Treatment

3.1. Prevention before Disease, Disease Prevention

Gall disease is caused by emotional disharmony, worry, improper diet and the difference of individual physical factors, gall disease, and is more complex, lingering, according to the cause, dialectical treatment, keep the spirit of pleasure, and pay attention to diet. In addition, we should timely pay attention to the patient's mood and sleep status, in order to prevent the disease from lingering and caused by liver Yin deficit, upset, insomnia, repeated illness, easy to cause serious psychological burden to patients, timely and effective communication with patients, pay attention to the patient's psychological problems, in order to determine the root cause of the disease.

Gall disease repeated and combined with insomnia, at this time, the prominent liver in the "general of the officer" position, because of the heart, liver Yin fluid depletion, should comply with the physiological characteristics of the liver, when the treatment to nourish Yin and ease the liver for treatment.

3.2. Nourishing Yin and Soothing Liver

Gall disease insomnia treatment with nourish Yin and liver as the method in the treatment of insomnia in the ancient formula, nourish Yin and liver occupy an important position. Zhang Zhongjing "Golden Chamber Synopsis" mentioned: "virtual labor and boredom can not sleep, Suanzao Ren soup treat." Suanzao Ren soup to nourish the liver Yin blood deficiency, the deficiency of sleep as the main effect, clinical often used to treat insomnia, and achieved considerable results, in modern research, the mechanism of action of Suanzao Ren soup decoction is diversified, the frontal excitability of NG2 and 5-HT, GLu and GABAergic neurons can be adjusted to effectively improve sleep [6]. Zhao Yinmei and Wang Xu et al. believed that the treatment of gall disease should highlight the important role of liver and summarized the treatment method of nourishing Yin and soothing liver in the later period [7]." It is recorded in "Taiping Huimin Prescription" that Xiaoyao powder has been widely used in multisystem diseases in the future. In the treatment of insomnia, it can nourish the blood of the liver Yin, harmonize the liver and spleen, ease the liver, and relieve depression. In a study on the treatment of liver Yin, blood deficiency, and depression with Xiaoyao SAN, 50 patients with this type were selected, and the results showed that the sleep quality of patients with Xiaoyao SAN was significantly improved [8]. In addition, modern studies have shown that Yiguanjian has the effects of anti-anxiety, anti-depression, liver protection, and self-immunity improvement [9]. It was created by Wei Zhi, a famous doctor in the Qing Dynasty. The representative prescription for nourishing Yin and soothing liver has the effect of tonifying Yin of the liver and kidney. It is also often used in the clinical treatment of insomnia with the syndrome of liver Yin and blood deficiency, with good effect. The author thinks that this disease is the syndrome of the fire of the Yin deficiency of the heart and liver, so emphasize the treatment of the heart and liver, the disease prolonged for a long time, often hurt the Yin fluid, pay attention to the Yin blood deficiency of the heart, and highlight the liver as the "general officer" position, the treatment should be to nourish the Yin and nourish the liver, nourish the blood and relieve the depression as the treatment method, the choice is consistent decoction and Xiaoyaosan. It can be seen that the method of nourishing Yin and soothing liver has a significant effect on the clinical treatment of insomnia, and liver Yin and soothing liver blood deficit is commonly seen in the insomnia syndrome of gall disease. According to clinical experience, the treatment effect of nourishing Yin and soothing liver is satisfactory [10], as shown in the following cases.

4. Typical Cases

Ma, female, 66 years old, was first diagnosed on April 20, 2022. Chief complaint: History of hyperthyroidism for 2 years, accompanied by restlessness and insomnia for more than 3 months. Two years ago, the patient was diagnosed as "hyperthyroidism" in the outpatient department of our hospital due to bilateral cervical lymph node enlargement. During this period, I took the treatment regularly according to the doctor's advice. In the recent 3 months, I had trouble falling asleep and easily woke up after sleeping. In order to seek further treatment, I was treated again in our hospital. Evidence: difficulty in falling asleep, dreams easy to wake up, upset mood; Dry tongue, dry throat, mouth slightly bitter, eating Na still, dry stool, once every other day, urine normal, red tongue tip, thin white and less moss, pulse string number. (Figure 1)



Figure 1: Coating on the tongue (First diagnosis).

Western medicine diagnosis: hyperthyroidism; TCM diagnosis: gall disease, insomnia; Chinese medicine dialectical: heart, liver, Yin deficiency syndrome. It is advisable to nourish Yin and ease liver, nourish blood and relieve depression. Options: Always fried and easy to add or subtract. Prescription: 10g Shengdihuang, 10g Danggui, 10g Xuanshen, 10g ophiopogon, 30g Chinese wolfberry, 10g stir-fried Chinese melia chinabei, 30g stir-fried Chinese yam, 15g bupleurum chinensis, 15g vinegar turkujin, 20g jujube kernel, 15g preparation of Yuan-zhi, 30g stir-fried white peony root, 10g peppermint, 12g stir-fried white rhizome, 15g poria coia, 3g licorice. Decoction in water, 14 doses, one dose per day, divided into two doses.

Second diagnosis: June 17, 2022. After taking the medicine, the patient's sleep condition was preliminarily improved, the time to fall asleep was shortened, it was difficult to wake up after sleeping, and she had night sweats, reddish tongue, thin yellowish mass, and pulse strings. At present, the patient is dialectic and accurate, and the development of the disease is relatively stable and developing in a good direction. Now we should strengthen the method of nourishing Yin for the patient, modify the original formula, add 10g turtle shells, 10g vinegar schisandra seed, and reduce the amount of sauted jujube kernel to 15g, minus the preparation of Yuan-zhi. Decoction in water, 7 pay, 1 dose per day, divided into 2 times. (Figure 2)



Figure 2: Coating on the tongue (Second diagnosis).

Third diagnosis: On June 25, 2022, the patient reported overall improvement in sleep, occasional night sweats, dry stool, normal urination, red tongue, yellowish moss, and string pulse. At this time,

although the patient's sleep condition has been improved, but the symptoms of Yin deficiency still exist, Yin fluid loss is still serious, should subtract jujube kernel in the front, raw rehmannia added to 30g, angelica added to 20g, to mint. Decoction in water, 7 pay, 1 dose per day, divided into 2 times. (Figure 3)

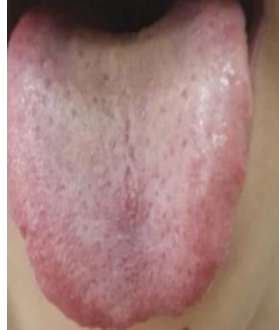


Figure 3: Coating on the tongue(Third diagnosis).

Fourth diagnosis: On July 05, 2022, the patient had good sleep, no night sweats, normal bowel movements, pale red tongue, thin yellow mass, and string pulse. The patient was instructed to continue the oral administration of the original prescription for half a month for consolidation, and was followed up for more than 3 months without recurrence. As shown in Figures 4 and 5.



Figure 4: Coating on the tongue(Fourth diagnosis).



Figure 5: Lingual frenulum.

According to: The patient is a middle-aged and elderly female, the disease is easy to repeat, recent history of emotional paralysis to gall disease onset, first visit, insomnia symptoms are serious, for the mind lost, the liver does not hide the soul. Yin blood deficiency, body fluid can not bear, so see dry tongue pharyngeal dry, because of body fluid deficit, dry stool every other day. This disease liver gas drainage disorder, crosses the stomach, visible mouth slightly bitter. The tip of the tongue is red and the moss is thin and white. With the course of the disease for a long time and the loss of gas, blood and body fluid, the Yin of the heart and liver is damaged, the treatment should be used to nourish Yin and ease the liver, nourish blood and relieve depression[11]. The prescription is always

Yiguanjie and mixed with Xiaoyaosan, and the patient is told to adjust diet, improve mood, and promote the recovery of the disease. Make the liver Yin blood Sheng and liver collaterals to nourish, wood qi strip and symptoms disappear.

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