

Discussion on TCM Treatment of Allergic Purpura Nephritis

Li Liu¹, Genping Lei^{2,*}, Yunna Ma¹, Boqiang Yu¹

¹*Shaanxi University of Chinese Medicine, Xianyang, Shaanxi, 712000 China*

²*Affiliated Hospital of Shaanxi University of Chinese Medicine, Xianyang, Shaanxi, 712000China*

**Corresponding Author*

Keywords: Allergic purpura nephritis, Chinese medicine treatment, Etiology and pathogenesis, Summary

Abstract: Henoch-Schonlein purpura is a systemic vasculitis syndrome characterized by small vasculitis[1]. Henoch-Schonlein purpura nephritis is a secondary renal disease secondary to Henoch-Schonlein purpura. In recent years, due to changes in people's lifestyles, environmental quality changes and other factors, the incidence of purpura nephritis has shown a trend of increasing year by year. The total number of cases continues to increase urgently requires nephrologists to develop fast and effective treatment programs to achieve early diagnosis and early treatment. Effectively alleviate the patient's clinical symptoms, shorten the hospitalization cycle, reduce the probability of recurrence, delay the process of entering maintenance treatment and end-stage renal disease, and improve the patient's viability. At present, modern medicine has not yet formed a unified medication plan for this disease. The main means are the application of glucocorticoids and immunosuppressive agents. It is symptomatic, rapidly relieves symptoms, improves laboratory indicators, and is also accompanied by easy recurrence and adverse reactions. Traditional medicine adheres to the pathogenesis, pays attention to the combination of disease and syndrome, and seeks treatment. Its toxic and side effects are small, the medication is safe, the price of Chinese herbal medicine is low, and it is widely used in clinical practice, which confirms the unique advantages of traditional Chinese medicine in the treatment of purpura nephritis. This article reviews the etiology, pathogenesis and treatment of allergic purpura nephritis in traditional Chinese medicine.

1. Introduction

Different courses of allergic purpura can involve different organs, and the degree of injury of each organ is also serious[2]. The lesions are manifested as subcutaneous petechiae and ecchymosis in the skin. Lesions in the joint mainly joint local swelling, pain ; lesions in the gastrointestinal tract, digestive tract symptoms, mainly for abdominal pain, hematochezia ; when the lesion involves the kidney, clinically known as purpura nephritis, often accompanied by hematuria, proteinuria, edema, and even progressive decline in renal function on the basis of purpura. The pathogenesis of Henoch-Schonlein purpura nephritis is still unclear. Modern medicine believes that it is related to immunology. Henoch-Schonlein purpura nephritis can occur in all age groups. Children are more

common than adults. The prognosis of children is still good. Adults often have multiple causes, complicated pathogenesis, and difficult diagnosis and treatment. If not timely and accurate medication will seriously affect the prognosis, and even directly into end-stage renal disease.

2. Overview of Traditional Chinese Medicine

The traditional medical literature does not clearly put forward the name of 'allergic purpura', but according to the symptoms of purple petechiae and ecchymosis on the skin of the disease, it can be classified into the category of 'purpura wind', 'purple spot', 'grape plague' and 'blood syndrome'. When accompanied by hematuria, urine turbidity, edema and other manifestations, it can be divided into the categories of kidney diseases such as 'hematuria', 'urine turbidity' and 'edema'. The earliest medical literature can be traced back to the "Emperor's Inner Canon." The "Emperor's Inner Canon" clearly expounds the physiological and pathological state of blood, and mentions blood overflow and hematuria. The theory of 'various diseases' also set up a blood disease chapter independently, and the theory of 'the heart is in the blood and is combined with the small intestine. If the heart has heat, knot in the small intestine, so the urine blood also. The lower pulse is urgent and stringy, the wind evil into the Shaoyin, the urine blood. The ulnar vein is micro and hollow, also hematuria. Detailed discussion of the etiology, pathogenesis, disease location, pulse changes; Chen Shigong described in 'Surgical Authenticity': 'grape epidemic disease, which affects many children, feels the four-season unhealthy qi, is not scattered in the skin, forms large and small purple spots, and the color is like grapes. It occurs all over the body, head and face', children's development is not yet complete, dirty qi has not yet flourished, and the body's defense system has not been established. Chen Shigong's classification of susceptible populations is consistent with the view that modern diseased groups are mostly children, and clarifies the relationship between feeling the four-season unhealthy qi and the disease. Based on the experience of many ancient medical books and famous doctors, it is now believed that purpura nephritis is a syndrome of deficiency in origin and excess in superficiality and mixed deficiency and excess. The etiology is closely related to heat evil, dampness evil, congestion and body deficiency.

3. Pathogenesis

3.1 Heat Evil is Disease

'Jishengfang' describes 'the blood of the husband is not caused by heat', which clarifies the relationship between abnormal blood operation and heat evil; 'Danxi Hand Mirror' also has the discussion of 'hair spots, hot and hot'. The reason for Zhu Danxi's bleeding is also that the heat evil is flourishing. Heat evil has the difference between real heat and virtual heat. Exogenous wind-heat evil enters the human body through the skin, mouth and nose. The lung is delicate, and it first invades the lung. If it is a yang-sheng constitution, the heat potential is more advanced after the exogenous evil enters the heat; Or usually addicted to spicy taste, excessive drinking lead to spleen and stomach damp heat; or emotional failure, liver qi stagnation in the body and fire; or it is usually yang-heat constitution, and each viscera has dryness-heat internal knot; or other hot diseases burn the body fluid and cause yin deficiency or prime yin deficiency fire. Evil heat or deficiency fire resides in the body, forcing the blood, burning the blood collaterals, resulting in blood flow, can not follow the meridian and overflow in the pulse, overflow and skin performance for skin purple spots; evil heat bets on the bladder, burning the bladder blood vessels can be seen urine blood; evil heat and dampness accumulate in the lower energizer, damage the kidney, kidney deficiency is lost in the opening and closing, disturbance of the seminal chamber, burning of the renal collaterals, and leakage of subtle substances, and visible urine turbidity; evil heat entraps feces down, or obstructs

the intestine, burns the intestine, and sees blood in the stool.

3.2 Evil Dampness Intrinsic

The cause of dampness has two ways: endogenous dampness and exogenous dampness. As ' synopsis of the Golden Chamber ' discusses: ' wet, also must first have inside wet, then feel outside wet... External and internal evil ' said. Endogenous dampness is mainly related to diet and constitution. Modern people's living standards have improved, and they have developed a habit of partial eclipse. They usually prefer fat and sweet taste or eat cold drinks in midsummer, resulting in spleen qi loss, spleen yang deficiency, fluid transportation and transformation loss, and endogenous dampness. External causes are mostly living in wet places for a long time or not carefully keeping warm in rainy seasons. The dampness evil accumulates in the body for a long time, the spleen qi is insufficient, the spleen yang is weak, the water and liquid are lost, and the water and dampness overflow is edema or diarrhea; dampness trapped spleen injury kidney, spleen does not rise clear, kidney does not store essence, subtle discharge, proteinuria; wet evil sticky, easy to clip heat evil, long wet more easy to heat, damp heat accumulation in the body, damage the kidney collaterals, hematuria. 'Dampness is the disease, and it is received first[3]. Clinically, it is often seen that the skin purpura occurs in both lower limbs. The dampness pathogen is difficult to transform, the condition is lingering, accompanied by spleen and kidney loss syndromes such as mental fatigue and low back pain.

3.3 Blood Stasis is Changed

Traditional Chinese medicine believes that 'the blood is stasis'. Once the blood leaves the vascular and remains in any part of the human body, it will become a new pathogenic factor. The deficiency of qi in the body, the weakness of the promotion, the stagnation of cold evil, the burning of body fluid by heat evil and other causes lead to the slow operation and block of blood in the veins, and even the accumulation of blood stasis. After the formation of blood stasis, the symptoms of the obstruction of the veins are aggravated, the vicious circle is aggravated, and the veins are finally damaged. On the one hand, it affects the operation of the new blood vessels. On the other hand, the blood overflows the veins. On the other hand, the skin ecchymosis and ecchymosis can be seen under the skin, and hematuria and proteinuria can be seen when the kidney and bladder blood vessels are damaged. 'Blood stasis ' has become both the cause and the pathological product. Most of them occur in the middle and late stages of purpura nephritis. This period is accompanied by the loss of healthy qi of the human body. Due to the duality of ' blood stasis ', the course of disease is often prolonged and repeated[4].

3.4 Body Deficiency Causes Disease

'Zhengqi cunnei, xie bugan'.Children are the body of childish yin and childish yang, and the five zang-organs and six fu-organs are not complete. The incidence is mostly due to insufficient congenital endowment, and the adult incidence is mostly caused by the acquired loss of regulation and maintenance.' Difficult to pass -42 difficult' : 'Spleen wrapped in blood, warm the five internal organs. The spleen is the foundation of the day after tomorrow, governing the whole body blood patrol. The disease is prolonged, and the loss of treatment and mistreatment all consume qi and injure yin. Qi deficiency and blood circulation are weak, and there is no right to control blood. Finally, the blood does not follow the meridians, and it overflows subcutaneously as purpura. The retrograde orifices are nosebleeds, vomiting blood, and the two negatives before and after are urine blood and blood in the stool.

The causes of heat injury of blood collaterals, dampness damage of spleen and kidney, blood stasis blocking blood circulation, body deficiency and other causes have dominated the occurrence and development of purpura nephritis from different mechanisms. At different stages of the disease, each cause can exist alone or combine with other evils and transform into each other. In short[5], in the early stage of the disease, the evil qi invades the body, the healthy qi is sufficient, the clinical manifestations are more empirical and heat syndrome, the disease is mild, and the prognosis is good ; in the middle stage of the disease, the struggle between healthy qi and pathogenic qi, the mixture of deficiency and excess of disease nature, become the turning point of disease prognosis; in the later stage of the disease, the loss of vital qi, mostly manifested as deficiency of qi and blood, yin and yang in different degrees, the disease was severe, and the prognosis was worse than that in the early stage.

4. Selection of Treatment Based on the Differential Diagnosis

4.1 Wind-Heat Accumulation

This type is mostly caused by exogenous wind-heat-dryness evil invading lung-defense, which is transmitted from mother to son, and the disease is located in the kidney[6].The onset is rapid and the transmission is fast. The symptoms are slight fever and aversion to wind, throat swelling and pain, systemic joint pain, followed by bright red purpura scattered on the head, face, limbs and trunk, with different sizes and shapes. A small amount of foam urine, microscopic hematuria, edema is more common in the eyelids, head and face, with or without abdominal pain, hematemesis, melena and other symptoms, pale red tongue, thin yellow coating, floating or stringy pulse. Treatment: dispelling wind and clearing heat, reconciling Ying and Wei, Yinqiao Powder addition and subtraction. If there is blood in the urine, Danpi, *Cirsium setosum*, *Platycladus orientalis*, *Rehmannia glutinosa*, lotus root can be added to stop bleeding. For those with obvious wind evil, cicada slough, windproof, *schizonepeta*, and *angelica* are added to dredge wind and collaterals.

4.2 Toxic Heat Flourishing

This type is mostly caused by the combination of exogenous heat evil and yang heat evil in the body, with rapid onset and rapid progression. The symptoms are high fever, headache, thirst and cold drinks, followed by bright red skin purpura, different sizes and shapes, mostly connected into flakes, foam urine, hematuria, with or without abdominal pain, hematemesis, melena, constipation and other symptoms, red tongue, yellow moss, stringy pulse. Treatment: heat-clearing and detoxifying, cooling blood to stop bleeding, *Xijiao Dihuang Decoction*. If the color of purpura is deep red and the site is extensive, add gypsum, *lithospermum*, *arborvitae* leaves ; if there are gastrointestinal symptoms, add *Sanguisorbae Radix*, *Flos Sophorae*, *Radix Paeoniae Alba*, *Radix Glycyrrhizae*.

4.3 Damp-Stasis Accumulation

Most of the traceable medical history of this type has a history of living in wetlands for a long time or a history of liking cool Symptoms include prolonged course of disease, repeated difficulty in healing, common head and body drowsiness, skin heartlessness, fatigue, chest fullness and stuffiness, followed by bluish purple or purpura, with different sizes and shapes, mostly in both lower limbs accompanied by foamy urine, hematuria, head and face edema, often accompanied by sticky stool, sore joints, discomfort, red tongue, yellow greasy fur, slippery pulse and petechia on the edge of tongue. Treatment: The prescription of clearing heat, promoting diuresis, removing

blood stasis and dredging collaterals is modified and subtracted from Xijiao Dihuang Decoction. If edema is obvious, increase the dose of Astragalus membranaceus and Poria cocos; If there are gastrointestinal symptoms, add elm, locust flower, white peony root and licorice; Gentiana macrophylla, mulberry branches and papaya are added for joint.

4.4 Loss of Temper

The course of this type of disease is more late, repeated disease. Disease see repeated skin scattered in purpura or dark red purpura, long illness is not healed, a small amount of foam urine, hematuria, edema, with fatigue, dizziness, pale or yellow, loss of appetite; The tongue is pale, the moss is white, the edge has tooth mark, the pulse is weak. Treatment: invigorating spleen and qi, dispelling dampness and colluding, Shenling Baizhu powder is selected. If edema is obvious[7], increase the dose of astragalus, big belly skin, poria cocos; For gastrointestinal symptoms, add ulmus officinalis, sophora sophora, paeony, and licorice.

4.5 Deficiency of Spleen, Kidney, Qi and Yin

This type of lesion is severe and the prognosis is poor. Symptoms see mental fatigue, skin occasionally see purpura or dark red purpura, long illness does not heal, a small amount of foam urine, hematuria, edema, with fatigue, dizziness, pale or yellow, loss of appetite; Pale tongue, white moss, edge tooth marks, weak pulse. Treatment: Tonifying the kidney and spleen, invigorating qi and nourishing Yin, the prescription of invigorating qi and nourishing Yin and activating blood Liu plus or minus[8]. Waist and knee sour soft plus dogwood, dodder, intermittent.

5. Argumentative Treatment Experience

5.1 The Application of Wind Medicine, Wind and Blood Treatment

“Wind evil, the cause of all diseases” “wind is the long of all diseases”, the occurrence and progress of purpura nephritis is inseparable from the effect of wind evil, based on this, many doctors put forward “from the wind treatment[9]”. Theory, when the clinical use of honeysuckle, forsythia, schizonepeta, ligusticum Chuanxiong and other wind medicine, light texture, enter the wei, relieve the surface and dispel wind, effect is significant. Wind medicine not only has the use of treating wind, but also has the nature of wind, can lead to the disease, purpura nephritis mainly damage the kidney, take wind medicine and disease treatment, wind and blood, lung and kidney treatment.

5.2 The New Method of Promoting Blood Circulation and Removing Blood Stasis is the Top Priority Throughout

“Blood stasis” is not only the cause of disease, but also the product of pathology, the dual nature of its status determines that the treatment principle should pay special attention to promoting blood circulation and removing blood stasis. “Synopsis of the Golden Chamber” said: “Dry blood, then evil out is prosperous”, old blood does not go, new blood is difficult to be born, healthy qi is difficult to recover. In the face of blood stasis, can not be ignored, the treatment should be equal emphasis on removing blood stasis and producing new, if only pay attention to “removing blood stasis”, while ignoring “producing new”, only use the medicine of removing blood stasis, although Qi and blood supply, but the viscera are not subject to, easy to consume pneumatic blood, but aggravate the condition, so “removing blood stasis” when also need to match “producing new”

medicine according to the patient's condition, such as angelica, red peony root, etc.

5.3 Tonifying the Day Has This, Spleen and Kidney with Nourishing

“Positive qi stored in, evil can not be dried”, “evil together, the qi will be deficient”, in a word, the root cause of disease occurrence, development attributed to the lack of human body positive Qi, zang fu deficit. Medical heart Wu said, “Spleen and kidney are the two viscera, both are fundamental, can not be neglected.” Kidney is the root of congenital, spleen is acquired, the two function mutual support, physiological mutual promotion, pathological mutual transfer. Strong temper, kidney Qi full, Zhengqi solid dense, resist external evil powerful. The course of disease for a long time, easy to entrapment spleen injury kidney, clinical syndrome should be added in the basic treatment with the spleen and kidney invigorating formula, spleen multi selected codonopsis, white rhizoma, astragalus, licorice, kidney multi selected yam, cooked rehmannia, wolfberry, herba medium, cuscuta seed[10].

5.4 Early Recuperation, Outstanding Credit

The prognosis of purpura nephritis is closely related to the lesions, turbidness of urine and the degree of blood in urine. In severe cases, the condition is lingering and easy to change, and it often develops into a clinical refractory disease. The traditional idea of curing diseases has a long history[11]. Treatment of allergic purpura, once found local skin lesions, on the one hand to relieve skin symptoms as soon as possible, on the other hand to actively protect the kidney, the ban on nephrotoxic drugs, to prevent kidney damage; In terms of diet, the “three white” diet is rejected to avoid malnutrition aggravating the disease, and the protamine diet is advocated to enhance the positive qi and root to resist evil; In terms of life, the acute stage is mainly bed rest, and the remission of the disease encourages appropriate participation in sports.

6. Conclusion

The TCM treatment of purpura nephritis has a long history and rich experience. Doctors of all dynasties have their own characteristics in the clinical treatment of this disease, and have a high degree of unity. Most of them think that the cause is related to dampness-heat stasis deficiency, and the disease location is mostly the lung, spleen and kidney three viscera. At present, TCM treatment of purpura nephritis has shown great advantages in relieving symptoms and improving prognosis, but the multiple effects of TCM are still worth our further exploration.

References

- [1] Lei Xiaoqin, Wang Xin. General situation of TCM research on Henoch-Schonlein purpura nephritis in children [J]. *Sichuan Traditional Chinese Medicine*, 2021, (01): 213-216.
- [2] Zhang Libo, Ren Xiongfei, Guo Tingting, Liu Guangzhen. Sun Yuzhi's treatment of Henoch-Schonlein purpura nephritis [J]. *Shi Zhen Chinese Medicine*, 2021, (10): 2561-2562.
- [3] Wu Erli, Lei Genping, Dong Sheng. Treatment of Henoch-Schonlein purpura nephritis from “dampness pathogenic factor first” [J]. *Shandong Traditional Chinese Medicine*, 2022, (01): 91-94.
- [4] Xie Li, Xu Hua. Professor Xu Hua treats children with Henoch-Schonlein purpura nephritis from blood stasis [J]. *Chinese Integrated Traditional Chinese and Western Medicine*, 2019, (08): 1012-1014.
- [5] Guo Xiangdong, Wang Xiaoqin. Discussion on TCM diagnosis and treatment of Henoch-Schonlein purpura nephritis [J]. *Guangming Traditional Chinese Medicine*, 2013, 28 (10): 2145-2146.
- [6] Li Jingjing, Ling Lu, Hu Linlin, Feng Xiaochun. Feng Xiaochun's treatment of Henoch-Schonlein purpura nephritis in children [J]. *Jilin Traditional Chinese Medicine*, 2023, (01): 29-32.
- [7] Wei Guoan, Dong Sheng, Lei Genping. Regenping uses large doses of drugs [J]. *Journal of Traditional Chinese Medicine*, 2020, (11): 2384-2387.

- [8] Liu Bin. *Observation on the therapeutic effect of Yiqi Yangyin Huoxue recipe on Henoch-Schonlein purpura nephritis with deficiency of both qi and yin [J]. Chinese Practical Medicine, 2022, (17): 21-24.*
- [9] Sun Chaofan, Xie Xuan, Guo Xiaoyuan, Cai Qian, Wang Baokui. *Treating unlicensed patients with Henoch-Schonlein purpura nephritis from wind [J]. Global Chinese Medicine, 2022, (03): 456-458.*
- [10] Sun Chaofan, Wang Baokui. *Wang Baokui treats Henoch-Schonlein purpura nephritis from wind [J]. Journal of Traditional Chinese Medicine, 2022, (07): 1473-1478.*
- [11] Zhang Wenhao, Lu Zhiling, Liu Peixin, Chang Ke. *Changkefang treats hematuria of Henoch-Schonlein purpura nephritis in children [J]. Chinese Folk Therapy, 2022, (23): 44-47.*