

# *Professor Huang Yahui's Experience in Treating Functional Abdominal Distension through Prescription*

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**Abstract:** Professor Huang Yahui has a unique view on the treatment of functional abdominal distention (FB) with traditional Chinese medicine. She believes that the etiology and pathogenesis of functional abdominal distention are mainly cold and dampness, heat stagnation in the stomach, diet stagnation, phlegm and water stagnation, qi stagnation, blood stasis and spleen and stomach weakness. The disease was located in the spleen and stomach and the large and small intestine. The disease is mostly the primary deficiency demonstration; Syndrome differentiation of deficiency and cold mainly lies in viscera (spleen and kidney), while heat mainly lies in fu-organs (stomach and intestine). Treatment in addition to the parting dialectical, treatment based on clinical commonly used by the party, take fine effect. This paper will gather Professor Huang's typical cases of treating functional abdominal distention from the Yang Ming Li Shi and Sun syndrome, Yang Ming Li Shi and Shaoyang syndrome, Taiyin spleen deficiency and qi stagnation syndrome, Taiyin spleen deficiency and stopping drinking syndrome, and analyze and summarize the treatment ideas and experience. At the same time, Professor Huang stressed that the treatment of the disease, health education and psychological counseling, is to prevent relapse and control the basic guarantee of the disease.

## 1. Introduction

Huang Yahui, chief physician, professor, master tutor, business director of the Spleen and Stomach Diseases Department of Xi 'an Hospital of Traditional Chinese Medicine, Shaanxi Province famous Traditional Chinese medicine, Shaanxi Sanqin talents, national famous old traditional Chinese medicine experience inheritance instructor. She is currently the business director and discipline leader of the Spleen and Stomach disease Department of Xi 'an Hospital of Traditional Chinese Medicine, a national key specialty. Professor Huang engaged in spleen and stomach disease clinical, scientific research and teaching for more than 30 years, the medical style is rigorous, the drug is precise, such as effect. It is the honor to learn from the tutor, and I hereby introduce Professor Huang's experience in treating Functional Bloating through prescription.

## 2. Overview of Functional Bloating (FB)

FB refers to recurrent abdominal fullness, pressure or gas bloating (functional bloating) and/or observable enlargement of abdominal circumference<sup>[1]</sup>. The incidence of FB is mostly related to the abnormal movement of gastrointestinal tract, abnormal psychological factors, high visceral sensitivity, intestinal flora changes, etc., and the specific mechanism remains to be further studied<sup>[2]</sup>. FB is a worldwide common disease commonly seen by women, with an incidence as high as 25% (reported in 2008). Moreover, most patients with FB symptoms do not go to the doctor, and the incidence is increasing year by year. Therefore, people should pay attention to it<sup>[3]</sup>. At present, modern medicine usually uses gastrointestinal motility promoting drugs for the treatment of FB, with poor curative effect and no exact curative plan<sup>[4]</sup>. Under the guidance of syndrome differentiation and treatment theory, TCM treats people as a whole, and the disease location involves multiple viscera organs such as spleen, stomach, liver, lung, large intestine and small intestine. Different treatment methods are adopted according to the differences of viscera, cold and heat, deficiency and fullness, Yin and Yang, and the clinical effect is exact<sup>[5]</sup>. Zhang Zhongjing's "On Typhoid Miscellaneous Diseases" has a lot of records on "full belly", and has achieved considerable curative effect in treating "functional abdominal distension" and "functional dyspepsia" with Jingfang<sup>[6]</sup>.

Etiology and pathogenesis of functional abdominal distension. In TCM, abdominal distention belongs to categories of abdomen fullness, abdominal distention, belly distention, swelling syndrome, and other categories<sup>[1]</sup>. The etiology and pathogenesis of FB are complex. Professor Huang believes that the etiology and pathogenesis of FB are as follows. The connotation of cold and dampness, the lack of spleen Yang of the plain body, or the evil of cold and dampness externally, or the cold and raw melons and fruits are caused by the so-called "dirty cold and full of disease"; Stomach stagnation heat, plain body Yang sheng, or excessive food spicy, tobacco and alcohol, thick flavor and food temperature dry drugs caused by the so-called "abdominal distension, all belong to the heat"; Diet stagnation, stop in the middle coke, block Qi; Phlegm water stop, the body of the spleen and kidney Yang deficiency, or because of other factors damage the spleen and stomach, water and wet endogenous, gather for phlegm, diaphragmatic qi does not fall; Poor mood, qi stagnation, or other factors affecting the rise and fall of the spleen and stomach qi; Blood stasis in stop, Fu Qi is not smooth; Weakness of the spleen and stomach, lack of congenital endowments, or improper diet, internal injury due to overthinking, or due to long-term illness, serious illness, injury of the spleen and stomach after surgery; Other diseases such as dry excrement, parasites, food poisoning and other viscera lesions can also cause abdominal fullness. Traditional Chinese medicine believes that the pathogenesis of functional abdominal distension is closely related to spleen dystonia, stomach dystonia and qi and qi disorder, and its disease is located in the stomach, spleen, large and small intestine, involving liver, lung, kidney and other viscera<sup>[7]</sup>. FB mostly belongs to the syndrome of deficiency in nature and deficiency in substance, which is closely related to the deficiency of spleen and stomach qi. The deficiency of spleen and stomach qi is unable to promote the operation of Qi machinery, and the middle-coke qi machinery is unfavorable, and the blockage of qi machinery will result in abdominal distension<sup>[8]</sup>.

## 3. Tested Case of FB Treated by Prescription

Clinically, Professor Huang flexibly uses Jing prescription to treat a variety of spleen and stomach diseases with remarkable effect. According to the different etiology and pathogenesis of FB, she applies the six Jing syndrome differentiation to treat FB. Now she lists several treatment cases including Yang Ming Li Shi Yang syndrome, Yang Ming Li Shi Xiao Yang syndrome, Taiyin spleen deficiency syndrome and Qi stagnation syndrome, Taiyin spleen deficiency syndrome and

stopping drinking syndrome, and analyzes and summarizes them.

### 3.1 Yang Ming Li Shi and Tai Yang Syndrome

Liu, male, 10 years old. Cold 2 days with cough, due to cold and cough, aversion to wind cold, nasal congestion flow clear nose, with abdominal distension discomfort, refuse to press, dry stool quality, two days a line, can, can, urination. The tongue is red, the moss is white and greasy, and the pulse is slippery. Syndrome: Evidence of exogenous evil and Yangming Fu organs. Treatment: dispelling cold muscle, purging full and removing distension. Hou Pu Qiwu decoction is used to add or subtract. Drug composition: Magnolia officinalis 8g, Fructus aurantii 6g, rhubarb 3g, cassia branch 6g, licorice 6g, almond 8g, platycodon 6g, aster 8g, 3 pieces of ginger, 3 jujube. Three doses of medicine, abdominal distension disappeared, stool day one line, quality, cough also basically disappeared. Houpu Qiwu Decoction consists of Guizhi decoction to peony and Houpu Sanwu decoction. Hopu Sanwu decoction empties abdominal accumulation, swelling and self-elimination, you take Hopu, with the qi of Fructus aurantii balustrata, Wuda Huang to relieve heat and defecation, Guizhi decoction to relieve muscle and surface cold, because of the obvious cough symptoms of children, add almonds, platycodon, and Radix astragalus, into Xuan lung cough, lung qi Xuan tong, fu Qi down, heat can be solved. The main certificate of Houpu Qiwu decoction is recorded, “Sketch Fang” contains: “The treatment of abdominal Qi is full, Hopu Tang Fang. Press: Use Houpu Qiwu decoction recipe <sup>[9]</sup>.” “The Secret of Outer Taiwan · Heart and abdominal Fullness and the Fourteen Songs of the Fullness Formula” contains: “Seven Flavors of Hopu Soup, the main belly fullness of the fullness of gas formula <sup>[10]</sup>. Houpu Qiwu Decoction in the treatment of abdominal fullness and superficial evidence, Professor Huang's clinical syndrome is often used in children with external symptoms and superficial evil, internal injury and food delay.

### 3.2 Yang Mingli Shi and Shaoyang Syndrome

Wang, female, 49 years old. Abdominal distension more than half a month. The patient suffered from abdominal distension and discomfort recently due to emotional fluctuations, especially after eating, frequent belching, bitter mouth, hot and sweaty afternoon, frequent bowel movements every two days, low quality and dry quantity, difficulty in defecation, and irregular urination. Dark tongue, yellow moss, string pulse. Syndrome: Yangming Shaoyang combination disease. Treatment: reconciliation Shaoyang, Xie Yang Ming heat knot, with big bupleurum decoction. Drug composition: Bupleurum 12g, Scutellaria 10g, Paeoniae paeoniae 15g, Pinellia pinellia 12g, rhubarb 10g, Fructus aurantii 12g, Zhu Ru 12g, Yu Jin 12g, 4 pieces of ginger, 3 jujube. After 6 doses of medicine, all symptoms are slow, abdominal distension relief, stool 1 day line, soft quality. “Treatise on Febrile diseases” Article 165: “Typhoid fever, sweat confused, heart ruffian hard, vomiting and the next benefit, big buplehu soup master.” The article discusses the condition of Shaoyang disease in Yang and Ming dynasties. The effect of the whole prescription playing together to reconcile Shaoyang, dissipating heat and guiding solid, and promoting ventilation <sup>[11]</sup>. Bupleurum and Radix Baicaleae reconcile Shaoyang, regulate the liver and gallbladder qi machinery, rhubarb and fructus aurantii break qi and dissipate heat and accumulate, so that Yangming qi machinery can be smooth and abdominal distension and fullness can be dissipated, pinellia and ginger can reduce Yangming and reverse qi and belch, peony is added to prevent damaging Yin, bamboo ru is added to clear heat and relieve botheriness and sweat, and Yujin can clear heat and relieve qi and depression. Professor Huang also commonly used this prescription to treat acute and chronic cholecystitis, cholelithiasis, nervous vomiting and other Shaoyangyangming disease, the effect is remarkable.

### 3.3 Taiyin Spleen Deficiency and Qi Stagnation Syndrome

Yang, female, 42 years old. Abdominal distension and epigastric distension lasted for 3 years and worsened for 1 week. The patient was usually unhappy and complained of abdominal and gastric distension caused by irregular diet, aggravated at night, belching was soothing, dry mouth and bitter mouth, limbs were afraid of cold, insomnia was restless, constipation lasted for a long time, and he relied on lactulose twice a week. Tongue body fat with tooth marks, yellow moss slightly thick, pulse sinking fine. Syndrome: spleen deficiency, obstructing Qi and machinery. Treatment: spleen and in the line of qi in addition to full. Prescription: Thick ginger half-sweet ginseng soup with small bupleurum decoction plus or minus. Recipe composition: *Magnolia officinalis* 20g, *Radix pseudostellariae* 10g, *Pinellia pinellia* 12g, *Coptis officinalis* 6g, *Radix Baicalensis* 10g, Licorice 6g, *Radix Bupleurum vinegarum* 12g, *Radix Foshou* 12g, *Radix aconitum* 15g, *Fructus officinalis* 20g, Coix seed 30g, 8 pieces of ginger. After taking 7 doses of the drug, abdominal and gastric distension was relieved, and the abdominal distension was relieved after rest at night. After taking the drug for 1 month, all symptoms were relieved and abdominal distension disappeared. The patient's spleen and stomach were damaged by irregular diet for years, and the spleen was deficient and the qi machinery was obstructed and swollen. There are signs of heat on his tongue, and he is afraid of cold and fine pulse, which is a mixture of cold and heat. "Treatise on Febrility" article 66 "after sweating, abdominal distention, Hopu ginger pinellia licorice ginseng soup main. In the prescription of king medicine to magnolia officinale, in the line of gas to reduce swelling full; With ginseng supplementing qi, eliminating and supplementing, eliminating more than supplementing, obtaining compound of mid-coke qi and removing fullness. Because the patient can see heat image, it is afraid to help its heat, so ginseng is easy to be *Radix pseudostellariae*. Ginger, *scutellaria scutellaria* and *Coptidis* can regulate cold and heat smoothly, disperse knot and eliminate ruffian, and restore the function of spleen and stomach. *Bupleurum*, *Radix Baicalensis* and Shaoyang, plus Buddha's hand to ease the liver and smooth its qi stagnation, the patient's tongue fat with tooth marks, yellow moss thick, so use raw coix seed, and the dosage is larger to strengthen the spleen and remove dampness, *fructus trichosanthes* Liqi machine to facilitate constipation, first *odifolia* to anshen to help sleep. The syndrome of Houpu Qiwu decoction is mainly characterized by qi stagnation and abdominal distention, followed by spleen deficiency, which is a syndrome of the combination of deficiency and substance. Therefore, the treatment method of eliminating and supplementing is given priority to the elimination method <sup>[12]</sup>. Professor Huang's clinical application is good for abdominal distension after repeated vomiting or mistaken treatment of injury.

### 3.4 Syndrome of Spleen Deficiency in Taiyin Combined with Discontinuation of Drinking

Zhang, female, 27 years old. Chief complaint: Abdominal distension with vomiting sputum salivary for more than 3 years. The patient had emaciation, complained of fatigue, abdominal distension, heavy weight after eating, warm and cold, nausea and vomiting, clear water, frequent bowel calls, one stool line a day, loose stool, and little food intake. Tongue light, tongue body fat, thin white moss, pulse sinking fine. Treatment: moderate temperature and dissipate cold. Prescription: external Taiwan poria cocos plus or minus. Recipe composition: *Poria cocos* 25g, *codonopsis* 15g, stir-fried *atractylote* 20g, roasted licorice 6g, *Fructus aurantii* 12g, Tangerine peel 12g, stir-fried *Paeoniae Radix paeoniae* 15g, *angelica sinensis* 15g, *Ligusticum Chuanxiong* 10g, Huanhuan flower 12g, *pinellia* 12g, dried ginger 8g, 4 pieces of ginger and 5 jujube. After 7 doses of medication, abdominal distension was greatly alleviated, vomiting did not occur, and loose stool syndrome was delayed. The original prescription was cured for two months with addition and subtraction, but no symptoms were detected after follow-up. The patient's constitution is weak, and because the vomiting for a long time, the injury of the middle qi, the lack of food, so see emaciation

and fatigue, spleen deficiency phlegm block qi stagnation, Yang deficiency for a long time, water stop, can cause vomiting sputum salivation. The outer Tai Poria drink is published in the appendix to the Jinjue Outline • Phlegm and Drink Cough for Diagnosis and Treatment, with the provision: “To cure the heart with phlegm and water, the heart is deficient after spitting the water, and the qi is full and cannot be eaten<sup>[13]</sup>. Fang Zhong Poria, codonopsis codonopsis and atractyloides play invigorating spleen and invigorating qi, helping to transport water and dampness, so that phlegm drink is purified; Fructus aurantii qi in addition to full, tangerine peel Qi and spleen; Paeoniae paeoniae, Angelica sinensis and Ligusticum Chuanxiong tonify blood and promote blood circulation, and take the effect of Siwu decoction to supplement its deficiency; Curl flowers, pinellia to reduce retching, dry ginger warm water drink, ginger disperse cold stop vomiting. The combination of various medicines can eliminate spittoon, fill its deficiency, eliminate swelling, stop its vomiting and make it eat. Wai Tai Poria drink is often used in clinical spleen Yang deficiency, phlegm drink stop and see vomiting, poor FB.

#### 4. Conclusion

According to Professor Huang, FB is a common and frequently occurring disease in the gastroenterology department. First of all, it is necessary to understand the etiology and pathogenesis of the disease, make a clear diagnosis with the help of modern medical examination is the key to treatment, and treatment based on syndrome differentiation is the fundamental of traditional Chinese medicine. Health education is to prevent recurrence and control the basic guarantee of disease, one should pay attention to diet and daily life, eat less or do not eat stimulating food, fat and greasy products, difficult to digest such as easy to cause flatulence food, timely increase or decrease clothing according to temperature changes. Two to adjust the mood, usually pay attention to the combination of work and rest, keep a happy mood, Qi to smooth, five viscera and six organs can maintain normal coordination relationship. Three, appropriate exercise, promote gastrointestinal movement, strengthen the body, consolidate their own healthy qi.

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