

Discussion on the Treatment of Chronic Pharyn-Gitis Based on the Theory of "Fire Depressing is Treated by Diffusing"

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Abstract: Chronic pharyngitis is a recurrent chronic inflammatory disease that belongs to the category of chronic throat obstruction in traditional Chinese medicine. "Fire depression" refers to the blockage of all visible or invisible evils, which leads to the stagnation of qi and changes into fire. The treatment should remove evil qi and regulate qi, that is, "Diffusing". Through the analysis of the etiology and pathogenesis of chronic pharyngitis in Chinese medicine, the article believes that this disease is a syndrome characterized by deficiency of viscera, depression of throat and stagnation of throat meridians, which is characterized by deficiency of the root and excess of heat. It also discusses the "Diffusing" method from four aspects, namely, pungent cool and clear, pungent warm and rising powder, phlegm and blood stasis elimination, and strengthening the right and benefiting the pharynx, focusing on the local treatment of throat, in order to expand the dialectical thinking and improve the clinical efficacy of chronic pharyngitis.

Chronic pharyngitis (CP) is a chronic inflammatory disease of the pharynx with a course of more than 2 months and repeated attacks, which is characterized by dry throat, itching, burning pain, foreign body sensation, or hyperplasia of lymph follicles on the posterior wall of the pharynx. Western medicine treats the attack period of the disease with antiphlogistic and anti-infective treatment, but there are adverse reactions such as pharyngeal flora imbalance and drug resistance. CP belongs to the category of chronic laryngalgia in traditional Chinese medicine (TCM) ^[1] and is one of the dominant diseases. The Guide to Chronic Throat Arthralgia, Practical Traditional Chinese Medicine Otolaryngology ^[2-3] and so on are all based on the treatment of viscera. However, the throat is connected with the viscera through the meridians, and it is also connected to the outside through the mouth and nose. The internal injury and external feeling lead to the visible and invisible evil depression in the throat, which is mostly caused by the cremation (also known as the deficiency fire throat arthralgia) [4], so the cure standard of chronic throat arthralgia should be based on the benefit of the throat.

1. Theoretical connotation of "Fire Depressing is treated by Diffusing"

"Fire depressing is treated by diffusing" refers to the syndrome of all visible and invisible evil blocking ^[5], which leads to the blocking of qi and the stagnation of qi and turns into fire (heat). "Fire depression" should be diffusing. In the era of the Huangdi's Cannon of Medicine ^[6], the first discussion on the method of fire depression should be diffusing. During the Sui and Tang dynasties, diffusing was considered as a method of sweat, as Wang Bing said, "diffusing is the method of sweat, so that it can be evacuated". During the Jin and Yuan dynasties, the medicine argued that the treatment of heat due to deficiency of qi was sweet and warm, and the heat was eliminated. The cold and cool school believed that the people with heat in the upper part used the emesis method, and the people with heat in the inner part used the clearing method, all of which were "diffusing". Doctors in the Ming and Qing dynasties pointed out that the method of "diffusing" is not limited to sweating. The method of heat stagnation is to sweat and disperse when the heat is on the surface, to spit and spread when the heat is on the top, and to clear and disperse when the heat is on the inside. As Zhang Jiebin said, "If you open the window, if you uncover the quilt, it's all called diffusing". Modern physicians, such as Zhao Shaoqin, inherit and develop the theory of the sages, and treat with the methods of resolving the external symptoms, promoting qi, removing blood stasis, and resolving phlegm. "All of these are based on the principle of smoothing the qi mechanism" ^[7], and put forward that all methods of guiding the evacuation of heat and depression according to the situation belong to the category of fire and depression.

2. CP is characterized by "deficiency in origin and excess in superficiality"

CP belongs to the category of chronic laryngalgia in TCM according to its location ^[1], clinical manifestation and recurrent attack. In the early stage, acute and chronic laryngalgia were treated together. Until the Ming Dynasty, the laryngalgia was distinguished from laryngalgia and winded laryngalgia, and the chronic laryngalgia has been used as a separate disease name. The Huangdi's Cannon of Medicine believes that the feeling of heat and other external pathogens can cause throat obstruction. The pathogenesis of throat obstruction is "Stagnation in one Yin and one Yang meridians". Wang Bing believes that one Yin and one Yang meridians are respectively Monarch Fire of Hand Shaoyin, and tri-jiao Phase Fire of Hand Shaoyang. Some doctors also believe that one Yin and one Yang meridians are four meridian phase fire burning of liver, heart, gallbladder, and tri-jiao meridians, but it is always hot and depressed in the throat. Zhang Jingyue inherited the theory of throat obstruction caused by phase fire, and proposed two syndromes: excessive yin refusing yang (true cold syndrome) and Qi stagnation. Although there is no laryngalgia in Treatise on Febrile Diseases and Miscellaneous Diseases, it provides an important reference for the differentiation and treatment of chronic laryngalgia, such as the stagnation of wind and cold to heat, the deficiency of viscera, and the inflammation of deficiency fire to cause "sore throat", "dry throat", and "dry throat". The Yuan Dynasty recognized that phlegm dampness and heat can lead to throat obstruction. For example, Zhu Danxi said bluntly, "throat obstruction is probably caused by phlegm heat". Doctors in the Ming and Qing dynasties believed that throat obstruction often combined with phlegm and blood stasis for a long time; Influenced by the School of Reinforcing the Earth, it is believed that the spleen deficiency generates heat, and the deficiency heat goes up along the foot Taiyin meridian, which can lead to slow throat obstruction; In addition, phlegm, the liver -fire, Deficiency of kidney yin and hyperactivity of fire can also lead to chronic laryngalgia. Modern doctors^[8] believe that the disease is always based on the deficiency of viscera, and external evil, qi stagnation, and phlegm and blood stasis stagnation. The "Guide to Chronic Throat Obstruction" classifies the disease into four syndromes based on the differentiation of viscera: deficiency of yin in the lung and kidney, weakness of spleen and kidney, deficiency of yang in the spleen and kidney, and accumulation of

phlegm and blood stasis; According to the Criteria for the Diagnosis and Curative Effect of Internal Medicine of TCM, the disease is divided into three types: yin deficiency, lung dryness, lung and spleen deficiency, and phlegm and blood stasis accumulation. The syndrome differentiation types of different schools are different, but they always belong to viscera deficiency (deficiency), visible (such as phlegm and blood stasis) or invisible evil block (standard and solid), and the deficiency and solid are mixed, and it is difficult to recover.

3. CP and "Fire Depressing is treated by Diffusing"

The throat is an important way for the body to eat, breathe, phlegm and blood stasis and other pathological products. In the circulation of meridians, 15 of the Twelve Meridians and Eight Extraordinary Meridians pass through the throat, including 12 meridians of hand and foot Taiyin, hand and foot Shaoyin, foot Jueyin, hand and foot Shaoyang, Ren, Chong, Yin Wei and Yin Qiao, which reach or pass through the throat from the lower part of the body, and the three meridians of hand and foot Yangming and Yang Qiao pass through the throat from the upper part of the body to the lower part, and the throat meridians are generally ascending. The throat is narrow. This place is easily blocked by diseases, and the meridians are unfavorable. The meridians are depressed and turn into fire^[9]. The six exogenous pathogens are in the throat, and the depression turns into fire^[6], which leads to CP: CP resensing wind and heat and other yang evils, and the evil pathogens are in the throat, and the heat turns into fire; Yin evil guests such as wind and cold are in the throat, and the throat meridians are depressed but not stretched, resulting in the syndrome of cold enveloping fire. The Medical Heart Comprehension says: "The throat disease, six or seven tenths of the patients suffer from heat, two or three tenths of the patients suffer from cold, and eight or nine tenths of the patients suffer from wind cold and fire". Phlegm and blood stasis block, depression and fire change lead to CP: Phlegm and blood stasis are both pathological products and pathogenic factors. CP is prolonged, causing phlegm and blood stasis, phlegm and blood stasis block, meridian blockage, depression and fire change. Deficiency of vital energy and deficiency of fire in the throat: CP is characterized by three syndromes: deficiency of vital energy, deficiency of yin and deficiency of yin. Deficiency of qi in the middle, heat due to deficiency of qi, and heat due to deficiency go up to the pharynx along the spleen meridian of the foot Taiyin, and heat due to depression; Deficiency of yin essence in lung, kidney and other organs, yin does not control yang, and deficiency of fire stagnates in the throat along the meridians; The true cold syndrome of excess of yin and deficiency of yang is mostly the syndrome of excess of yin in the spleen and kidney, and deficiency of yang in the outside, and the syndrome of heat depression such as sore throat. Deficiency of vital energy should be combined with syndrome differentiation of viscera, with the aim of strengthening the body and benefiting the pharynx.

4. CP and "Fire Depressing is treated by Diffusing"

4.1 Cool and refreshing method

Article 311 of Treatise on Febrile Diseases: "For those who suffer from Shaoyin disease for two or three days, they can be treated with licorice soup; for those who are not bad, they can be treated with platycodon soup". The external evil is introduced into Shaoyin, which is depressed and turns into heat, and the throat is sore. The raw licorice is pure and gentle, and the heat is not healed after it is full, and the platycodon grandiflorum is added to disperse it. "Shennong's Classic of Materia Medica" contains: "Licorice: sweet and smooth in taste, cure the cold and hot evil in the five viscera and six viscera", and "platycodon tastes pungent and warm". Glycyrrhiza uralensis is used to clear heat and detoxify, and tastes sweet and slow to relieve pain; Platycodon grandiflorum can be

diffused upwards and outwards ^[10]. In the Synopsis of the Golden Chamber, Platycodon grandiflorum decoction is used to treat lung carbuncle and blood stasis. It can be seen that Platycodon grandiflorum still has the function of promoting pharynx, dispersing lung, removing phlegm and discharging pus. You Zaijing said, "Licorice soup is sweet and urgent, and cold can eliminate the heat of the guests. If it is not even bitter, it must be spicy, and it must be mild. Licorice and platycodon grandiflorum can be used together, and sweet is better than bitter, and it can cure the heat of the guests with yin deficiency"^[11]. "Yin deficiency and guest heat" refers to the fever disease of Yin meridian and five viscera, where the root of Platycodon grandiflorum uses its pungent and warm nature. The dosage ratio of licorice and platycodon grandiflorum in this prescription is 2:1, which focuses on clearing heat and detoxifying to remove heat, and with the help of pungent temperature spreading upward and outward to give evil heat a way out. Acrid and cool is the most common clinical syndrome. At present, in addition to oral decoction, Acrid and cool aerosol inhalation also has obvious effect^[12].

4.2 Single-temperature rising dispersion method

Article 313 of Treatise on Febrile Diseases: "Shaoyin disease, sore throat, pinellia powder and the soup owner". The characteristics of this prescription are: small dosage (1g powder, 2g decoction), multiple frequency, and swallowing method. It is mainly used for the syndrome of cold enveloping fire^[13-14], which is caused by the cold evil in the throat, and the deficiency of Shaoyin meridian qi turns into fire and causes sore throat. "Shennong's Herbal Classic" records: "Cinnamomum cassia: spicy and warm... the main qi coughs up... throat obstruction. Pinellia ternate: pungent and flat... the cough reverses the upper qi, and is good at asthma and throat obstruction". The function of osmanthus twig to warm the meridians and unblock the meridians is that the osmanthus twig is pungent and warm. It has the power to dissipate the meridian qi upward and outward, and the emphasis is on the upward dispersion of the meridian qi; Although Pinellia ternata has the ability to reduce the adverse effects, its nature is pungent and flat, which can help the cassia twig to rise and disperse; the nature of licorice turns warm after being roasted. It is used to consolidate and protect the middle qi and harmonize various drugs. The whole recipe is pungent and warm, and can induce the depression and heat from the top. "The Collection of the Throat of Typhoid Fever" says: "The pain of the throat in Shaoyin cannot be relieved unless it is sweet, it must be dispersed with bitterness, and the cold cannot be eliminated unless it is warm..." The Internal Classic "is slightly contrary to it, and even the meaning of it is followed. Banxia powder and soup are combined with sweet and spicy, and the spicy is better than the sweet, and its qi is warm, not only can not relieve the cold of the guest, but also can relieve the heat of the sore throat", The Essence of Typhoid Fever says: "The pulse of Shaoyin is straight up the throat, the external evil enters the interior, the yang cannot be extended, the depression turns into fire, and the upper throat burns, but still uses the heat and heat to open up, so that the evil can be dissolved outside, then the internal fire is dispersed, which can be treated by pushing the root". In combination with this prescription, it is light and light, and the amount is small. It can be seen that Banxia powder and soup are not used for sweating and relieving the exterior, but to conform to its fiery and hot nature, and the heat and heat can rise, and the heat and heat can also be treated according to its nature. Zhu Jinzhong^[8] used Banxia Decoction to treat CP's misuse of cold and fire syndrome (sore throat, dry mouth, bloated stomach, acid reflux, chest distress and upset, etc.), which can be cured. It can be seen that this syndrome has mild exogenous cold and heavy throat stagnation and heat. The cold is bound in the throat, and the meridians are adverse, the meridians are depressed and the fire is turned into fire. The treatment is to take the light agent of Xinwen Shengsan frequently, and the throat is closed.

4.3 Method of resolving phlegm and removing blood stasis

Article 312 of Treatise on Febrile Diseases: "Shaoyin disease, pharyngeal contusion, sores... bitter wine soup is the main". This prescription is mainly used to treat the syndrome of phlegm and blood stasis obstructing the throat and transforming heat into sores due to depression^[15]. Phlegm and blood stasis are not only pathological products, but also pathogenic factors. They are blocked in the throat. The throat meridians and qi are unfavorable, and the depression turns into heat. When treated, the phlegm and blood stasis are eliminated, and the pulse channels are unblocked, the heat goes away. Pinellia ternate dissipates phlegm and nodules, and its nature is pungent; Bitter wine is similar to rice vinegar. The "Notes to the Classic of Materia Medica" says: "Sour taste... is mainly used to dissipate carbuncle, dissipate water and gas". Yan Minmin^[16] and other researchers believe that bitter wine is rice vinegar and has the characteristics of wine, so bitter wine can dissipate phlegm, carbuncle, promote blood circulation and remove blood stasis. The chicken is white and moist, reduces the irritation of pinellia ternate on the throat, eases the effect and has the effect of nourishing yin, and makes the evil go away and be at peace. The sore of the throat is due to the obstruction of phlegm and blood stasis. The most important thing is phlegm. If the phlegm and blood stasis go away, the meridians will be unblocked, the heat will stretch out, and the sore can be healed. The whole prescription focuses on eliminating phlegm, swelling and swelling. Pinellia ternate and bitter wine also have the character of channeling, eliminating and dispersing, so as to smooth the path of fire and heat.

4.4 Strengthening and pharynx

4.4.1 Replenishing qi and promoting pharynx

"Purple Treasure Collection of Laryngeal Medicine" contains: "To treat the deficiency of qi in the middle, the throat is slightly swollen and painful... This prescription is suitable for the deficiency of heat in the middle, and should be taken". The prescription is tonifying middle-Jiao and Qi to remove heat with sweet and warm. This is spleen deficiency and heat generation. Deficiency and heat go up along the meridian and stagnate in the throat. Codonopsis pilosula and radix astragali are sweet and warm to replenish the qi of spleen and lung; Atractylodes macrocephala is sweet and warm, helps Codonopsis pilosula to nourish the temper; Bupleurum chinense and Cimicifuga are spicy and cool. Lift up the spleen and soil while clearing the throat and throat; Qi is the mother of blood and blood is the handsome of Qi. Angelica Sinensis is warm and nourishing blood and promoting Qi; Tangerine peel is bitter, bitter and warm, regulating qi and strengthening spleen; Ginger and jujube can warm up your temper and not stagnate; Roasted licorice can consolidate and protect the qi, harmonize various drugs, and make the effect mild and lasting. In addition to "sweet and warm", our side also has the characteristics of "bitter and warm". Sweet and warm is to nourish the spleen and soil, and bitter and warm is to raise the temper. In addition, the spicy and cool nature can clear away the heat. The whole prescription is based on cultivating the spleen and soil, improving the temper, and clearing the throat and throat heat upwards and outwards. The symptoms and symptoms are treated together and the throat obstruction is cured.

4.4.2 Method of nourishing yin and promoting pharynx

Article 317 of Treatise on Febrile Diseases: "Shaoyin disease, lower benefit and sore throat... pig skin soup is the main". This prescription is mainly used to treat the following symptoms: excessive benefit, loss of kidney yin, inflammation of deficiency fire along the meridian, depression in the throat, sore throat, chest tightness and upset. Huang Yuanyu said: "Pig skin, benefit throat and

eliminate swelling and pain". Pigs are aquatic animals. The skin of pigs nourishes the kidney yin and clears the throat and throat heat, while the kidney yin and feet are passive; Honey is sweet and smooth, mainly enters the lung meridian, nourishes yin and moistens dryness, and has the function of detoxifying and relieving pain; Stir fried Rice noodles^[17] are fragrant, invigorate the spleen, strengthen the middle qi, and make it not greasy. Drink this soup from time to time, so that the medicine can reach the hospital directly. This prescription is based on nourishing kidney water and lung yin, and clearing throat and throat deficiency fire as the standard. If yin is replenished, the deficiency fire is passive, and if the deficiency fire is cleared, the throat obstruction can be cured. In Synopsis of the Golden Chamber, the syndrome of Maimendong Decoction with lung and stomach yin deficiency and inflammation due to fire deficiency and throat swelling and pain, and the syndrome of Lily Gujin Decoction^[18] with lung and kidney double tonifying in Medical Prescription Collection all follow the method of nourishing yin and benefiting the pharynx, based on nourishing the yin of lung, stomach and kidney, and clearing the throat heat from up to out.

4.4.3 The method of returning yang to save adversity and benefit pharynx

Article 317 of Treatise on Febrile Diseases: "For Shaoyin disease... or retching, or sore throat, or those who can't stop the pulse, the master of Tongmai Sini Decoction... for sore throat, remove peony and add one or two platycodon grandiflorum"; Huangdi's Cannon of Medicine said that: "The victory of Taiyin, the depression of fire and qi... even heartache and fever, headache and sore throat are strong," said the book. The spleen is cold and the benefit is not limited, and the kidney is affected by long illness. The spleen and kidney are cold, and it is easy to see the sign that the lower energizer is yin cold and the upper energizer is yang. Tongmai Sini Decoction plus platycodon grandiflorum is mainly used to treat the symptoms of hyperactivity of cold and hyperactivity of benefit, hyperactivity of yin and hyperactivity of yang, hyperactivity of yang, depression of throat and sore throat. It should be cured by returning to the yang to save adversity and benefit the pharynx. This prescription uses a large dose of spicy and hot dry ginger to warm the yang of spleen and kidney to unblock the pulse and produce aconite to warm the yang of kidney to save the adverse effects^[19]; The sweet and warm roasted licorice can protect the middle qi and harmonize various drugs, so as to consolidate the foundation; Platycodon grandiflorum radiates throat heat upwards and outwards to cure symptoms.

5. Summary

CP is based on the deficiency of viscera such as lung, spleen and kidney, and has the standard syndrome of cold, heat, phlegm, blood stasis and other evil qi stagnating in the throat, and the bad qi stagnating and transforming into fire (heat). Fire stagnation is actually a method of dispersing heat stagnation according to the situation. At different stages of CP, the degree of deficiency and substantiation is different. The treatment adopts the methods of Xin Liang Qing, Xin Wen Sheng San, resolving phlegm and removing blood stasis, and invigorating the pharynx to open throat obstruction. In addition, ancient physicians believed that chronic laryngalgia should not be attacked, sweated, or simply used cold and cold to prevent "the upper heat is not removed, and the middle cold is reborn"^[20], which shows the particularity of throat medication. In clinical practice, attention should be paid to both viscera syndrome differentiation to treat the root cause and local syndrome differentiation to restore the vital energy of the throat meridians. This standard should be treated together to expand new ideas for the treatment of this disease and improve clinical efficacy.

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