

Study on the Treatment of Vertigo Patients by Hu Jinming Named the Traditional Chinese Medicine Doctor in Guangdong Province

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Abstract: Hu Jinming named the traditional Chinese medicine doctor in Guangdong Province believes that most of the vertigo patients in Lingnan area are characterized by the combination of deficiency and excess, and the deficiency of the original and the excess of the original. The internal cause is "deficiency", mainly "qi and blood, liver and kidney", and the external cause is "wind, phlegm and blood stasis". In terms of dialectics, vertigo is divided into "wind and phlegm disturbance syndrome", "liver yang hyperactivity syndrome", "phlegm and blood stasis obstruction syndrome", "qi and blood deficiency syndrome", and "kidney essence deficiency syndrome". The treatment principle emphasizes reinforcing deficiency and reducing excess, and adjusting yin and yang. Those who are deficient should nourish qi and blood, nourish the liver and kidney, while those who are solid should calm the liver and subdue yang, clear the liver and purge fire, and dissipate phlegm and dredge collaterals. In terms of medication, Mr. Hu paid attention to the influence of emotion, took care of the spleen and stomach, invigorated blood circulation and unblocked collaterals, insisted on dialectical examination of causes, and gave consideration to both samples. The clinical effect was quite good.

1. Introduction

Vertigo refers to the symptoms and signs mainly manifested by dizziness and dizziness, dizziness refers to dizziness or blackness in the eyes, and dizziness refers to the feeling of self or external rotation. The light can be relieved by closing their eyes and taking a rest for a while, while the heavy can rotate around the clock, such as being unable to stand in the boat, or accompanied by nausea and vomiting, Even fainting and falling down [1]. In western medicine, benign positional vertigo, posterior circulation ischemia, Meniere's disease, hypertension and other diseases can cause vertigo. Professor Hu Jinming is the fourth batch of famous traditional Chinese medicine in Guangdong Province. He graduated from the Department of Traditional Chinese Medicine of Hunan College of Traditional Chinese Medicine in 1981. He has been practicing for 40 years, and is good at syndrome

differentiation and examination, and pulse and syndrome mutual reference. He believes that most of the vertigo patients in Lingnan area are the combination of deficiency and reality, the original deficiency and the actual deficiency, and the internal cause is "deficiency" "Qi, blood, liver and kidney" is due to "wind, phlegm and blood stasis". The treatment principle emphasizes reinforcing deficiency and reducing excess, adjusting yin and yang, and achieving good results every time.

2. Etiology and Pathogenesis

"Lingshu • Sea Theory" said: "If the marrow sea is insufficient, the brain turns to tinnitus, and the shin acid is dizzy". According to "Su Wen Zhi Zhen Da Lun", "all the wind and dizziness belong to the liver" [2]. Song Yan Yonghe first put forward the theory of six lusts and seven emotions causing dizziness. He pointed out in "Ji Sheng Fang • Vertigo Gate" that "the so-called dizziness... six lusts and seven emotions can cause internal injuries". Zhu Danxi advocated the theory of "no phlegm, no dizziness" in "Danxi Mental Skill • dizziness", and proposed that "phlegm should be treated first" [3]. Zhang Jiebin of the Ming Dynasty said in "The Complete Book of Jingyue - Vertigo": "Although dizziness belongs to upper emptiness, it can't be involved in the lower part. If the upper emptiness is covered, the yang deficiency in the yang is also; if the lower emptiness is... the yang deficiency in the yin is suitable to supplement its essence, such as... Zuo Gui Yin, Right Gui Yin, Siwu Tang and so on" [4]. Zhang Jiebin pointed out in "Jingyue Quanshu - Xuanyun" that "vertigo is one of the most common symptoms of vertigo, and those with both fire and phlegm are only one in ten or two ears", emphasizing that "no deficiency can make vertigo", and "deficiency should be treated" as the main treatment [5]. Ancient doctors have made a very important discussion on vertigo from liver and kidney, wind, phlegm, blood stasis, deficiency and other aspects. Hu Jinming named the traditional Chinese medicine doctor in Guangdong Province believes that the occurrence of vertigo is mainly related to factors such as emotional failure, old and weak, improper diet, long illness and fatigue, falling down and falling down, and feeling external evil. Endogenous wind, phlegm, blood stasis, and deficiency lead to wind vertigo, restlessness in clearing the orifices, or lack of clear yang, and sudden vertigo due to the loss of nourishment of the brain and orifices. Hu Jinming named the traditional Chinese medicine doctor in Guangdong Province believes that the deficiency of vital energy is an important basis for inducing vertigo, especially for patients with weak spleen and stomach, which are prone to vertigo attacks, and attaches great importance to taking care of the spleen and stomach in diagnosis and treatment.

3. Treatment Based on Syndrome Differentiation

Hu Jinming's famous traditional Chinese medicine divides vertigo into "wind and phlegm disturbance syndrome", "liver yang hyperactivity syndrome", "phlegm and blood stasis obstruction syndrome", "yin deficiency and yang hyperactivity syndrome", "qi and blood deficiency syndrome", and "kidney essence deficiency syndrome". Specific treatment is as follows.

3.1. Symptoms of Wind-phlegm Disturbance

The symptoms are as follows: Vertigo or dizziness, dizziness with sense of rotation or shaking, and stop immediately after closing eyes, even like taking a boat; It can also only be manifested as dizziness, with or without headache, nausea and vomiting, vomiting and saliva, lack of food, loose stool, white or greasy tongue coating, and smooth pulse. Hu Jinming named the traditional Chinese medicine doctor in Guangdong Province believes that wind and phlegm are important factors leading to the onset of vertigo. Wind is the chief of all diseases, and it is easy to attack the yang position; the head is the meeting of all yang, and is easily invaded by wind and evil.

Dizziness, no phlegm without dizziness, should be mainly treated by phlegm [6]. The prescription is pinellia atractylodes macrocephala and gastrodia elata decoction plus or minus alisma decoction. The prescription consists of 10 g of Gastrodia elata, 10 g of Pinellia ternata, 10 g of Atractylodes macrocephala, 15 g of Poria cocos, 10 g of Alisma orientalis, 10 g of calamus, 10 g of ginger, and 10 g of jujube. This prescription has the function of invigorating the spleen and resolving phlegm, reducing adverse reactions and preventing dizziness, which can make the dizziness light if the phlegm is reduced; Hu Jinming named the traditional Chinese medicine doctor in Guangdong Province believes that Gastrodia elata is the essential medicine for curing dizziness. Pinellia ternate, Poria cocos and Atractylodes macrocephala are the holy drugs of the spleen and stomach. The application of these drugs has a good effect on treating wind and phlegm.

3.2. Symptoms of Inflammation of Liver Fire

The symptoms are as follows: Vertigo or dizziness and pain, which is severe and stops immediately after eyes are closed, like riding a boat; It can also only be manifested as dizziness, headache with or without headache, difficulty in falling asleep, red eyes and bitter mouth, swelling and pain in chest and hypochondrium, irritability, easy to wake up and dream, yellow urine, dry stool, red tongue and yellow fur, and pulse string number. Hu Jinming named the traditional Chinese medicine doctor in Guangdong Province believed that, for example, Wang Kentang said in his Criterion of Syndrome and Treatment: "Those who turn from brain to dizziness are all caused by fire" [7]. From irritability to irritability, the liver is full of heat, the fever is caused by heat, and the fever is caused by wind and fire; Or liver depression and qi stagnation, dark consumption of yin and blood, deficiency of liver yin, inflammation due to deficiency of fire, liver yang transforming wind, upper disturbance of clearing the orifices, resulting in dizziness. It is appropriate to calm the liver and subdue yang, clear the liver and purge the fire. Add or subtract from the "vertigo number one formula". Prescription: Gastrodia elata 15g, Uncaria uncaria 12g, Cassia chinensis 15g, Eucommia ulmoides 15g, Morus parasiticus 15g, Gardenia jasminoides 15g, Peach kernel 10g, Poria cocos 15g, Ginger method summer 10g, Chinese date 10g. Hu Jinming named the traditional Chinese medicine doctor in Guangdong Province believes that the spleen is often accompanied by spleen deficiency when the liver is full of fire. Therefore, the spleen and stomach should be taken care of. This prescription is composed of Tianma Gouteng Drink plus or minus poria cocos, ginger water pinellia, jujube and other drugs, which play a role in treating the liver and spleen together.

3.3. Syndrome of Phlegm Stasis Obstructing Orifices

The symptoms are as follows: Vertigo or dizziness with heavy and confused head, which can stop when eyes are closed, like taking a boat Vertigo or dizziness stop immediately after eyes are closed, like taking a boat; It can also be manifested as dizziness, with or without headache, poor sleep, chest tightness and nausea, numbness or tingling of limbs, cyanosis of lip nail, wrong nail of skin, or skin like ants, or headache, dark ecchymosis of tongue, thin and white fur, smooth or thin or astringent pulse. Hu Jinming named the traditional Chinese medicine doctor in Guangdong Province believes that Ye Tianshi created the theory of "prolonged illness entering the collaterals", which is that phlegm turbidity stays in the body, enters the collaterals and forms blood stasis over time, and phlegm is easy to combine with other evils to get sick, so phlegm and blood stasis are common syndromes of refractory vertigo [8].

Phlegm and blood stasis affect each other. Phlegm is the initial stage of blood stasis, and blood stasis is the further development of phlegm. It is appropriate to activate blood circulation and collaterals, dissipate phlegm and open the orifices, and add or subtract Ditan Decoction and Tongqiao Huoxue Decoction. Prescription: Nanxing 12g, Pinellia ternata 10g, Fructus Aurantii 10g, Poria cocos

10g, Acorus tatarinowii 10g, Codonopsis pilosula 15g, Peach kernel 10g, Zhuru 10g, Licorice 6g, Red peony 10g, Chuanxiong 10g, Safflower 10g, Chinese jujube 10g. Hu Jinming named the traditional Chinese medicine doctor in Guangdong Province believes that the drugs such as Pinellia ternate, Poria cocos, Dannanxing, calamus can strengthen the spleen and remove dampness and phlegm. At the same time, on the basis of the above drugs, the drugs such as peach kernel, Chuanxiong, red peony, and safflower are used to promote blood circulation and remove blood stasis, dissipate phlegm, and unblock collaterals. At the same time, they pay attention to regulating the function of the viscera and the movement of qi, so as to transmit its blood and gas, so that it can be regulated and achieve peace.

3.4. Deficiency of Qi and Blood Syndrome

The symptoms are as follows: Vertigo or dizziness, stop immediately after closing your eyes, like taking a boat, like taking a boat; It can also only be manifested as dizziness, headache with or without headache, aggravation of movement, hair in case of fatigue, pale complexion, disgruntled claw and nail, fatigue and fatigue, palpitation and lack of sleep, anorexia and lack of food, loose stool, light tongue, thin white fur, and weak pulse. Hu Jinming named the traditional Chinese medicine doctor in Guangdong Province believes that the spleen is the foundation of acquired life and the source of Qi and blood biochemistry. If the spleen is weak due to worry and tiredness, the source of Qi and blood biochemistry is lacking, the deficiency of both Qi and blood, the deficiency of Qi and Yang cannot be expanded, and cannot reach the clear orifices, the deficiency of blood cannot be glorified in the brain, and the loss of nourishment in the brain can cause dizziness. It should replenish qi and blood, strengthen the spleen and stomach, and draw up "Dizziness No. 2 plus or minus". Prescription: 30g of radix astragali, 15g of radix pseudostellariae, 15g of atractylodes macrocephala, 10g of tangerine peel, 15g of huaishan, 10g of cohosh, 12g of paeonia rubra, 12g of angelica sinensis, 15g of ophiopogon japonicus. Hu Jinming named the traditional Chinese medicine doctor believed that the traditional Chinese medicine, such as Radix Astragali, Radix Pseudostellariae, Atractylodes macrocephala, tangerine peel, Huaishan, Angelica sinensis, and Ophiopogon japonicus, can well achieve the effect of tonifying qi and blood, and invigorating the spleen and stomach. Because the deficiency of qi and the clearing of yang do not expand, it cannot reach the clearing of the orifices. Therefore, patients with weak blood and qi are good at using Cimicifuga Qingsheng Powder to induce the rising of the qi of the spleen and stomach clearing of yang, and the curative effect is very good.

3.5. Syndrome of Kidney Essence Deficiency

The symptoms are as follows: Vertigo or dizziness lasts for a long time, hearing loss, tinnitus, lack of sleep and forgetfulness, mental fatigue, low back and weak knees, red tongue, thin coating, and weak pulse. Hu Jinming named the traditional Chinese medicine doctor in Guangdong Province believes that the kidney stores essence, which is the basis of the nature, and the main bone generates marrow and fills the brain. As the saying goes in "Simple Questions - Generation of Five Visceral Organs": "All marrow belong to the brain" [9]. If you are deficient in nature, weak in endowment, and lost in recuperation, you may cause deficiency of kidney essence, loss of brain recuperation and dizziness [10]. Or because of old age and infirmity, or injury to the kidney due to a long illness, or improper sex, or overwork, deficiency of kidney qi or kidney essence, and unstable essence can lead to void of the medullary sea, and loss of nourishment of the brain and orifices, resulting in dizziness. It is appropriate to replenish the kidney and essence, and nourish the brain marrow. Add or subtract the pills made by the river car. For square use, 20 g tortoise shell, 10 g eucommia ulmoides, 20 g achyranthes bidentata, 15 g cooked rehmannia, 10 g ophiopogon japonicus, 10 g epimedium, 10 g morinda officinalis, 10 g angelica, and 15 g wolfberry. Hu Jinming, a famous Chinese doctor, believes

that the liver and kidney are homologous, the liver stores blood, the kidney stores essence, and the essence and blood nourish each other. While tonifying the kidney, we should pay attention to nourishing the liver and blood. This prescription uses the ripe ground to nourish the yin and blood to nourish the liver and kidney, while ophiopogon japonicus, angelica sinensis, and wolfberry fruit nourish the yin and blood to nourish the body fluid to soften the liver. Together with tortoise shell, eucommia ulmoides, achyranthes bidentata, epimedium, and morinda officinalis, it plays the effect of treating liver and kidney together.

In addition, Hu Jinming named the traditional Chinese medicine doctor in Guangdong Province believes that the patients with mood disorder and liver depression often have spleen and stomach weakness, which is not conducive to the movement of water and moisture, and dizziness is not easy to relieve. Therefore, the patients with hyperactivity of liver yang should also take care of the spleen and stomach. Because some vertigo autonomic nervous symptoms are obvious, accompanied by palpitations, nausea and vomiting, and patients with recurrent vertigo attacks are also often accompanied by anxiety, tension, fear, sleep disorders and other psychosocial problems, Hu Jinming's famous traditional Chinese medicine pays special attention to psychological counseling while drug treatment. Hu Jinming's famous traditional Chinese medicine believes that "to cure the disease, first cure the heart, must be correct in the heart, is the way to cure it", and treat vertigo patients with soothing words, and if necessary, add acacia skin Chaihu, Gualou, Mint, Fructus Aurantii, Radix Paeoniae Alba and other products for soothing the liver, broadening the chest and regulating qi have achieved good clinical effects.

4. Examples of Medical Records

4.1. Example 1

Liu Mou, female, 75 years old, came to see us on October 8, 2021. The patient began to suffer from repeated dizziness 10 years ago, presenting a feeling of dizziness in the head, accompanied by tiredness and lazy speech, shortness of breath, and restlessness of sleep. He had a history of bloody stool half a year ago, and then dizziness and limb fatigue became worse than before, poor appetite, loose stool, light red tongue, thin white fur, and weak pulse. Diagnosis: dizziness, dialectics: deficiency of qi. Treatment: replenish qi and blood, regulate qi and blood. The prescription is added or subtracted with Dizzy No. 2 formula. The formula is: astragalus 30g, radix pseudostellariae 30g, atractylodes macrocephala 30g, tangerine peel 10g, Chinese yam 10g, Chinese herbal medicine 10g, red peony 15g, wine angelica 10g, ophiopogon 15g, poria cocos 30g, roasted licorice 6g, 5 doses in total, twice a day. Five days later, the patient returned to the hospital and found that dizziness and fatigue were significantly improved compared with the previous one, but the stool was loose and rotten as before. The tongue was light red, the coating was white and slightly greasy, and the pulse was moist. Considering that the appearance of spleen dampness is more obvious, and the original prescription is to remove angelica sinensis and ophiopogon japonicus to prevent greasy, and add 30g of fried lentils, 30g of coix seed, and 10g of alisma orientalis to strengthen the spleen and remove dampness. After taking 7 doses, the patient's stool is loose and rotten, but it is still difficult to fall asleep. Considering that the mind is not collected, add 5g of schisandra chinensis, 15g of acacia bark, and 15g of jujube seed to the front to calm the nerves. After taking another 10 doses, all symptoms disappear, and the spirit is good, and there is no relapse.

4.2. Example 2

Zhang Mou, male, 38 years old, visited on April 21, 2022. In the past year, the patient suffered from recurrent dizziness and tinnitus, occasionally accompanied by swelling and pain in the head and

eyes, and sometimes had a sense of heat on the face, dry mouth, bitter mouth, insomnia, dreaminess, high work pressure or bad mood, which aggravated the above symptoms. His temper was easily out of control, irritable and irritable, his tongue was red, his fur was thin and yellow, and his pulse was stringy. Last year's physical examination found hypertension, with the highest blood pressure of 206/110mmHg. The effect of taking Baxitone+Irbesartan was not good, and the blood pressure still fluctuated at 160/100mmHg. Head CT: no abnormality. The diagnosis was vertigo with hyperactivity of liver yang. Treatment: calming the liver and suppressing yang, clearing heat and suppressing wind. Select side: add or subtract the number one side of dizziness. Prescription composition: ginger, gastrodia elata, 15 g, uncaria, 20 g, stone cassia, 15 g, achyranthes bidentata, 10 g, mulberry parasitic, 15 g, gardenia, 15 g, Polygonum multiflorum, 30 g, calcined keel, 30 g, calcined oyster, 30 g, alisma orientalis, 10 g, black jujube, 10 g, 3 doses, 250 ml in the morning and evening. After 3 days of follow-up, the symptoms of dizziness, tinnitus and insomnia were significantly reduced, and the blood pressure could drop to about 150/95mmHg. However, the symptoms of bitter mouth and dry mouth did not improve, and the collaterals at the bottom of the tongue were stagnated. Therefore, 30g of Pueraria Pueraria and 15g of Ophiopogon japonicus were added to the upper part to nourish yin and moisten dryness, and 15g of fried peach kernel was added to activate blood circulation and remove blood stasis. After continuing to take it for 1 week, the symptoms of dizziness and headache disappeared, and the symptoms of bitter mouth and dry mouth were significantly improved, and the blood pressure could drop to 125/76mmHg, and there was no recurrence after continuing to take it for 1 week.

5. Conclusion

Hu Jinming named the famous traditional Chinese medicine in Guangdong Province, treats vertigo patients by scientific and dialectical treatment, which is fully in line with traditional medical theories and principles. After years of clinical verification, it has been proved that this method of treating vertigo patients is effective. In order to eliminate the pain of vertigo patients and treating vertigo patients faster and to benefit patients, the method is worthy of promotion and application and further research.

The basic view of the theoretical system of traditional Chinese medicine is the holistic concept and dialectical treatment, which can make the patients play their normal physiological functions by grasping the overall symptoms of the patients and focusing on local diseases, and by regulating and balancing the qi, blood, yin and yang of the viscera (liver, spleen, heart). Hu Jinming named the famous traditional Chinese medicine in Guangdong Province, pays attention to the overall concept in treating vertigo patients. He believes that the etiology of vertigo patients is complex, mostly due to the combination of deficiency and excess, the original deficiency and excess, the internal cause is "deficiency", and the external cause is "wind, phlegm and blood stasis". According to the clinical manifestations of patients, the differentiation and classification of syndromes are refined, and attention is paid to the identification of causes and the treatment of deficiency and the treatment of excess, and the treatment methods such as "invigorating the spleen and resolving phlegm", "tonifying qi and blood", "calming the liver and latent yang", "tonifying the kidney and filling the essence", and "activating the blood circulation and, These treatment methods are scientific and dialectical treatment, which fully conforms to the traditional medical theory and principle. After years of clinical verification, it has been proved that this method for treating vertigo patients has achieved good curative effect and is worthy of promotion and application. In order to eliminate the pain of dizziness patients faster and better, and benefit patients, we need to conduct more in-depth research.

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