

# *Treatment of coronary heart disease angina pectoris from the five internal organs*

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**Abstract:** Coronary heart disease angina is a common cardiovascular disease, which has seriously endangered human life and health, and traditional Chinese medicine has unique advantages and curative effects in the identification and treatment of this disease. Starting from the overall concept of traditional Chinese medicine, this article describes the physiological and pathological interrelationship of the five internal organs, and should be comprehensively considered in the treatment of chest paralysis and heartache, multi-organ co-treatment, multi-method simultaneous use, pay attention to the overall concept, take into account the specimens, in order to improve the clinical efficacy.

## 1. Introduction

Leading cause of death and loss healthy life, ranking first in the global burden of the top cause disease, and of cardiovascular disease Chinese death for residents, (CVD) is a chronic, that poses non-communicable illness, the greatest danger to human life and health globally [1]. Epidemiology indicates that the prevalence and mortality of coronary heart disease in China show a trend of increasing year by year, with rural areas gradually outpacing cities, and the mortality rate of men being higher than that of women. Coronary atherosclerotic heart disease (CHD), also known as coronary heart disease (CHD), is one of the most prevalent diseases in the cardiovascular disease system that seriously endangers human health [2]. In contrast to modern medicine, traditional Chinese medicine has a unique theory, special benefits, and extensive experience in treating coronary heart disease. This theory is based primarily on chest pain, including chest pain that radiates through the back and the heart, wheezing, and lying down as the primary symptoms of a disease [3]. The oracle bones discovered in Yin Wu recorded a number of disease names, and a reference to the word "heartache" can be found in the "Classic of Mountains and Seas" from the 16th to 11th centuries BC. The "heartache" was first described in the 500 BC books "Yin and Yang Eleven Pulse Moxibustion Sutra" and "Foot and Arm Eleven Pulse Moxibustion Sutra" discovered in the Mawangdui [4]. Heartache, control with the back, good (fistula), like stroking his heart from behind... Between heartache, action pain is very good, according to "Lingshu Sickness," which is comparable to angina pectoris in coronary heart disease in contemporary medicine. Traditional Chinese medicine identifies it as "chest palsy and heartache" based on its clinical features. This

diagnosis was first noted in the Neijing, and the "Outline of Jin Kuang" is where the particular discussion of its prescribed treatment first appeared.

## **2. Etiology**

### **2.1 Western medicine causative factors**

Myocardial ischemia, hypoxia, or necrosis are conditions brought on by coronary heart disease and are caused by atherosclerotic lesions of the coronary arteries that constrict or obstruct the arterial lumen. There are numerous risk factors for coronary heart disease, which are largely separated into classic risk factors and novel risk factors. Researchers discovered risk factors in the 1960s of the 20th century, including age, gender, genetic factors, smoking, hypertension, dyslipidemia, diabetes, overweight, and obesity, as well as a lack of exercise, mental stress, an unhealthy diet, and heavy drinking. The main risk factors are heavy drinking, smoking, and an unhealthy diet, as well as inadequate exercise and being overweight or obese[5]. These will cause varying degrees of damage to the function of the vascular endothelium, which will then further lead to the buildup of lipids, coagulation factors, inflammatory cells by increasing endothelial permeability, adhesion factor expression, etc., causing chronic inflammation of the vascular endothelium and ultimately resulting in the formation of atherosclerotic plaques [6]. Atherosclerosis (AS) is the pathological basis of coronary heart disease.

### **2.2 Etiology and pathogenesis of traditional Chinese medicine**

In the "Outline of Jin Kuang," Zhang Zhongjing formally proposed the term "chest palsy," particularly addressed it, and characterized the disease's process as "yang micro yin string," contending that this is proof of the original incorrect standard. Biao Shi is caused by sputum turbidity, blood stasis, cold coagulation, water dampness, and other yin and real evils caused by scorching weakness, and can be combined as diseases, together obstructing the heart pulse and resulting in the disease. This deficiency is insufficient Jiao Yang Qi and Qi and blood dysfunction. From the five internal organs on treatment.

## **3. Treat from the five organs**

Since TCM's "dialectical treatment" and "holistic concept" are its guiding principles, and since dialectical treatment is guided by the overall concept, chest palsy and heartache are not only related to the functional conditions of other internal organs but also physically and psychologically interact with one another. The saying goes, "Accumulation of yang is heaven, accumulation of yin is earth." [7] In relation to each other, above and below, are heaven and earth. The top region of the human body, known in Chinese medicine as the upper jiao, contains the center of the five internal organs and the lungs, and its nature is yang. Spleen, liver, and kidney are the three yin (middle and lower two focus points) natured organs that are situated in the middle and lower regions of the human body. The phrase "Yang Qi Formation, Yin Formation" Yang micro suggests that the lungs are weak and that the heart is not yang. The liver qi stagnation, blood stasis, and qi stasis are the first two variables in the yin string. The second is that the phlegm from a spleen deficit is hard to transport, and the third is the loss of kidney qi, weak gasification, and water consumption. Warm yang qi replenishment, qi and blood circulation, spleen and phlegm strengthening, and kidney cleansing are all appropriate forms of treatment.

### 3.1 Treat from the heart

The blood of the lord's body flows in the veins under the influence of the heart, reaching the entire body and nourishing the limbs and bones. The heart is the official of the king, regulating the twelve internal organs. The meridians throughout the lady's body are rooted in her heart, according to "Medical Yuan," and "Suwen Paralysis" said that "those with heart paralysis, the pulse is not connected," and "paralysis... In the vein, the blood coagulates and does not flow." Cardiovascular disease Angina is a condition that affects the heart and is treated by the heart organ. Qi stagnation, phlegm, cold coagulation, and blood stasis restrict the heart pulse, which makes angina uncomfortable if it is not passed. Angina is primarily caused by a deficiency in the yin and yang of the heart's qi and blood. According to Wang Qingren, "the vitality is empty, it must not reach the blood vessels, and the blood vessels are without qi, they must remain." This was mentioned in "Medical Forest Correction of Errors" by Wang Qingren. "Stasis," indicating that there is inadequate heart qi, which prevents the blood from pushing through the veins and cannot nourish the heart, resulting in chest paralysis; Chest paralysis happens if the heart is inadequate and lacks nutrition; Chest paralysis happens when the heart is weak and hard to warm up, the blood is not flowing easily, and the heart is hard to nourish; Chest paralysis happens when the heart's yin is insufficient and the yin and yang are out of harmony, which affects the heart's regular physiological function. The causes of those who are solid include stagnation, blood stasis, sputum turbidity, cold coagulation, etc. These conditions result in blood stasis, obstruction of the heart's blood flow, and chest yin, which leads to chest paralysis. According to Li Jing et al. [8], strengthening heart qi, energizing heart yang, and fostering circulation are all important components of the clinical treatment of angina pectoris in coronary heart disease. According to Xue Yitao [9], heart qi deficiency and blood stasis are the primary pathological changes that lead to the onset and progression of chest palsy and heartache. He proposed that the fundamental principle for treating chest palsy and heartache is to replenish qi, activate blood, and nourish the heart. Academician Wu Yiling devised a successful treatment for angina pectoris of coronary heart disease that replenishes heart qi, activates blood circulation, relieves spasm, and relieves pain. Wu Yiling used the "context theory" as his guidance. Clinical treatments include the usage of American ginseng, laurel branches, red peonies, Danshen, Xiangxiang, Chuanxiong, Yuanhu, leeches, entire scorpions, etc. [10].

### 3.2 Treatment from the liver

The liver's physiological role is to store blood; its draining role includes venting the qi machine, flirting with emotions, controlling the blood vessels, etc. The "Medical Heart Zhong Shen Xilu" stated: "Less for the liver qi can reach up, so it can help the publicity of the heart qi." The secret to controlling the ventilator and enhancing blood flow is the primary drainage of the liver. The liver controls the qi machine that runs throughout the entire body. When the qi machine is functioning properly, the qi line is bloody; however, if it is not, qi and blood stagnate, veins get clogged, and the chest becomes paralyzed and painful. According to "Xue's Medical Case - Seeking Sickness," the main blood of the heart and the blood of the liver have a mother-child relationship, cooperate with one another, and jointly complete the operation of the blood [11]. Liver qi is common to the heart qi, and liver qi is stagnant to lack of heart qi. If the liver does not secrete blood, there will be an irregular blood flow, which will starve the heart of nutrients and cause paralysis and grief in the chest. People in contemporary culture experience a variety of stressors, emotional despair, and weak qi frequently. Modern medical research demonstrates that long-term mental depression, impatience, and irritability can result in advanced neurological activity disorders in the body, increasing the release of catecholamines, increasing procoagulant substances, increasing platelet aggregation, increasing angiotensin, damaging endothelial function, etc. [12-13], This will result in myocardial

ischemia, hypoxia, chest paralysis, and grief. Guo Meizhen [14] proposes five treatment methods for angina pectoris in coronary heart disease, including liver relief and depression, flat liver latent yang, soft liver depression, liver relief and qi management, and warm liver and cold dispersion. According to Fengxian Wang et al. [15], the presence of angina pectoris in coronary heart disease is closely related to the dysfunction of liver function, and the treatment should be based on regulating the liver meridian qi and blood. They also propose the treatment guidelines of nourishing the yin and soft liver and loosening the liver and relieving depression. Chaihu, citrus husk, citron, and bergamot are clinically utilized to treat liver discomfort and balance qi [16].

### 3.3 Treatment from the spleen

The "Suwen Zhizhen True Theory" claimed that "all wet and swollen, all belong to the spleen," explaining that "all wet and swollen, all belong to the spleen" if the spleen's function to transport water is abnormal, this will cause water stoppage, produce wet turbidity, accumulate into phlegm, and cause phlegm to block stagnation [17]. The spleen and stomach are the sources of qi and blood metaplasia, and according to Li Dongyuan, "internal injuries to the spleen and stomach are born of a hundred diseases." If the temper is strong and the blood is full, the heart is full of blood and the blood is connected, and vice versa, a hundred diseases are born. The relationship between the heart and spleen is exemplified by the proverb "Suwen": "The heart gives birth to blood, blood gives birth to the spleen." The adage "Lingshu Jingbie" is true: "The proof of the entire yang ming... The upper section is attached to the heart, the lower part to the dispersed spleen, and it is a part of the stomach. The spleen and stomach are the source of qi and blood biochemistry. If the spleen and stomach lose their luck, the source of qi and blood biochemistry is lacking, the heart pulse is malnourished, and the normal physiological disorder of the main blood vein of the heart is chest paralysis and heartache. According to Lu Zhizheng [18], the treatment for chest paralysis and heartache should focus on stabilizing the center and regulating the spleen and stomach. He outlined various treatment options, including strengthening the spleen and enhancing the heart, transporting the spleen and eradicating turbidity, thinning the liver and managing the spleen, strengthening the spleen and nourishing the kidney, and strengthening the spleen and strengthening the kidney. According to Qihong [19], spleen deficiency is the root of chest palsy and heartache, and it's connected to a lack of sect qi, phlegm, and dampness. The remedy is warm to enliven the heart and yang, cultivate to benefit the heart and spleen, and transport the spleen to calm the heart pulse. Clinically, jiao sanxian, spin complex flower, baiju, kudzu, replacement ochre, and astragalus are utilized to control the qi machine and moisturize the spleen and stomach [20].

### 3.4 Treatment from the lungs

The function of the blood in the entire body depends on the stimulation of lung qi, and the qi and blood are united to nourish the entire body. The major qi of the lungs is four breaths, and they are confronting a hundred veins. According to the saying "the lung is the vessel for storing phlegm," when the lung's qi is abnormal, bujin fluid infusion is lost, jin fluid ceases to flow and results in endogenous sputum turbidity, sputum blocks the air machine, depresses lung qi, and the abnormal lifting of the gas machine causes chest paralysis and heartache. In "Lingshu Decisive Qi," it is stated that "Zhongjiao receives qi, taking juice changes and red, it is called blood"[21]; Zhang Jingyue stated that "The meridians flow because of the qi, and the qi is dominated by the lungs, so it is the meeting of a hundred veins"[22], which demonstrates the close relationship between the heart and the lungs. The heart and lungs are not separate, and the metaplasia of heart blood depends on lung qi. Blood is the mother of qi. Additionally, lung qi can help the heart and blood function properly; but, if the lung qi is insufficient or incapable of doing so, blood stasis will develop,

obstructing the heart's ability to beat and causing chest paralysis. The lungs are huge, so... Good sickness chest paralysis, according to "Lingshu Ben Organs." According to Sun Hao [23], pulmonary qi disorder is a major contributing factor to the onset and progression of angina pectoris in coronary heart disease, and the main goals of treatment should be to warm the lungs to dispel cold and paralysis, replenish lung qi, activate blood and veins, promote phlegm production and loosen knots, open depression, and reduce qi ventilation. According to Professor Feifei Wong [24], lung qi issues are directly associated to the formation and progression of chest palsy and heartache. He emphasizes that treatment should focus on regulating lung qi, promoting blood veins, and enhancing the function of the lungs to the heart. Medications including melon, xuebai, banxia, bellflower, peppermint, suzi, almond, and others are used in clinical settings to dissolve phlegm, clear the lungs, and control the ventilation machine.

### 3.5 Treatment from the kidneys

The kidney is the primary source of water and qi, serving as the body's intrinsic basis and holding both yin and yang. "Suwen" remarked: "Kidney patients... Weakness is anguish in the heart. It has been noted that kidney shortage is the primary cause of chest pain and cardiac palsy. If the kidney's qi is weak, the body's water vaporization, opening, and closing are lost, and the body stops, there is insufficient qi to encourage the blood to flow, stop, and stasis. If the kidney yin is insufficient, the heart yin is lacking, the heart pulse is denourished, the yin is weak and hot for a long time, the refining liquid is phlegm, the heart pulse is blocked, the chest is paralyzed and heartache. If the kidney yin is insufficient, the heart yin is lacking, the yin is weak and hot for a long time, the yin is weak and hot. The essence and the heart are concealed in the kidney. Gas and essence can both be produced by refined energy. The primary blood vessel of the heart, the primary kidney vein, the kidney water that is given to the heart fire and helps to keep it from becoming hyper, and the heart fire that assists the kidney water in becoming warm. In other words, because both fire and water are advantageous, the heart and the kidney intersect, and each root is employed to keep the body in a condition of dynamic balance, the two are physiologically tied to one another [25] and restrain one another. If the kidney qi is lacking, the heart cannot pump blood, which causes blood stasis to build up over time and eventually result in chest paralysis and sadness. The loss of other organs can also be impacted by kidney qi shortage, which can lead to Qi stagnation, blood stasis, cold coagulation, phlegm turbidity, etc. Professor Zhang Mingxue [26] adheres to the principle of tonifying the kidney and consolidating the essence during treatment and is skilled at using the methods of nourishing kidney yin, warming kidney yang, tonifying kidney qi, tonifying kidney and filling essence. He believes that kidney deficiency runs through the occurrence and development of chest paralysis. According to Lin Huihui et al. [27], it is essential to replenish the kidney and warm the kidney yang while treating chest paralysis and heartache so that the heart yang is active, water can be consumed, and the symptoms are treated simultaneously. Clinically, aconites, fairy spleen, goji berries, dodder seeds, mulberry parasites, raw soil, and velvet from deer antlers are used to feed the kidney's yin and yang.

## 4. Conclusion

With impressive curative benefits, traditional Chinese medicine has a long history of treating chest paralysis and heartache. It can dramatically improve patients' clinical symptoms and laboratory markers, decrease morbidity, and enhance quality of life. Chinese medicine holds that the human body is an organic whole, and the five internal organs as a whole cannot exist alone. One organ lesion can be connected to the other four organs, even though chest paralysis and heartache are located in the heart. "Medical Sect Must Read" declares that those who go against their nature

will experience pain and even death. Sex is desire, thus treating it in accordance with its five internal organs has a theoretical foundation, and it also demonstrates its high efficacy in practical settings. Because the lungs are sensitive and cannot withstand cold or heat, the body's normal jin fluid avoids its six bad qi by not condensing smoothly in cold weather and becoming burnt and sluggish in heat. The spleen prefers dryness and dampness, and by nature, it is dry and wet, making it robust and preventing phlegm from growing, so cutting off the source of phlegm; The Xin Santoda product is used to free the liver and regulate qi, allowing blood and fluid to flow normally without stagnation because the liver is both pleased and depressed; The method of warming is frequently used to make the kidney water cold and the water is normal since the kidneys are frequently inadequate and filthy. Therefore, when treating chest paralysis and heartache, we should approach the problem holistically, treat multiple organs, and primarily prevent and treat cardiovascular diseases. At the same time, we should pay close attention to the treatment principles of regulating liver qi, feeding the lungs and clearing phlegm, feeding the liver and kidney, and controlling the spleen and stomach. Taking the specimens into consideration, it is possible to achieve the same harmony of heart and liver, the same treatment of heart and spleen, the same treatment of heart and lungs, and the same supplement of heart and kidney while regulating the heart pulse.

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