

Study on the Clinical Experience and Medication Pattern of Professor Ma Zhanping in the Treatment of Chronic Obstructive Pulmonary Disease by Using the Method of Cultivating Soil and Generating Gold

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Abstract: Chronic obstructive pulmonary disease can be classified into the category of "lung distention" in traditional Chinese medicine, and the disease is mainly in the lung, which is related to the five viscera. Professor Ma Zhanping started from Li Dongyuan's theory of "one deficiency of the spleen and stomach and the first failure of lung qi", and according to the deficiency of the spleen and Yang in the stable period of COPD, it leads to the inability to transport water and humidity, and then a series of diseases of lung and spleen deficiency occur. Applying the method of soil cultivation and gold production to treat COPD, it is suggested that lung and spleen should be treated together, and the treatment of phlegm should not be limited to lung, but not forgotten in spleen. Professor Ma made good use of Shenling Baizhu powder to reduce the treatment, mainly cough antiasthmatic drugs, qi tonifying spleen drugs, dry dampness and phlegm, and achieved good clinical effect.

1. Introduction

Prof. Ma Zhanping is a famous traditional Chinese medicine practitioner of Shaanxi Province, chief physician, director of the Department of Respiratory and Critical Care Medicine of Shaanxi Provincial Hospital of Traditional Chinese Medicine, and master's degree supervisor of Shaanxi University of Traditional Chinese Medicine. He has been engaged in the prevention and treatment of pulmonary diseases by combining traditional Chinese and Western medicines for more than 30 years, and has a profound and rich experience in medical science.

Chronic obstructive pulmonary disease (COPD) is a group of lung diseases characterized by incompletely reversible, persistent airflow limitation, which is often clinically manifested by chronic progressive exacerbation of dyspnea, chest tightness, wheezing, and cough [1]. It is characterized by high morbidity and mortality [2]. Western medicine is mainly based on the

treatment of glucocorticoid or bronchodilator, which can effectively relieve the symptoms of patients, but there are problems such as adverse reactions and drug resistance, which cannot effectively delay the progressive decline of lung function and is easy to recur [3]. In the treatment of this disease, he is good at using the method of cultivating soil and generating gold, and the therapeutic effect is remarkable. The author has the honor to study with the tutor, and he has a deep feeling about it, and now his clinical experience is briefly summarized for the benefit of his colleagues in the same trade.

2. Etiology and Pathogenesis of COPD in the Stabilized Stage

2.1 Lung, Spleen and Qi Deficiency Is the Root Cause of the Disease

Suwen" said: "positive qi storage, evil cannot dry; the evil of the gathering, its gas must be weak", so the positive qi weakness is the premise of the onset of the foundation [4]. The lung disease is prolonged, the mother's qi is stolen by the child, and the disease is passed down from the mother to spleen deficiency. Spleen deficiency is offended, spleen deficiency is weak, the main function is lost and dispersed, and water dampness and phlegm are produced in the lung, affecting the lung function. The symptoms of spleen deficiency are aggravated, mainly manifested as deficiency of lung and spleen; Lung and spleen deficiency may lead to the symptoms of impaired function of the two viscera, improper transport of Qi-blood-body fluid, obstruction of phlegm stasis, and eventually COPD [5]. COPD occurs, so the deficiency of lung, spleen and qi is the intrinsic root of COPD.

2.2 Phlegm and Stagnant Stagnation as Pathogenic Mechanism

The pathogenesis of COPD is always characterized by deficiency of the root cause and the symptoms, and in the stable stage, the deficiency of the root cause is predominant, each other. In the stable stage, the lungs, spleen and kidneys are weakened due to prolonged illness, and the qi is not strong enough to produce phlegm and blood stasis due to the stagnation of water and fluid, and the blood is stagnant due to blood stasis when the veins are not flowing smoothly, resulting in the combination of phlegm and blood stasis that is difficult to be removed and makes the disease difficult to be cured [6]. Phlegm is a metabolic product generated by the imbalance of water-liquid operation in the body, and it is also its pathogenic material [7]. Lung is the source of water, there are transmission and dispersal of water and grain essence and fluid, dredging and regulating the efficacy of the operation of water and liquid; the spleen is the main operation, the role of water and grain essence; the kidney is the main water organ of the water, the efficacy of gasification and transpiration of water and liquid, so there are: "the spleen is the source of phlegm, the lungs are the storage of phlegm, and the kidneys are the source of phlegm," it said [8]. Therefore, the severity of the phlegm-phlegm-blood stasis interconnection determines the progression and prognosis of COPD.

3. The Theoretical Basis of the Method of Cultivating the Soil to Produce Gold

In the five elements theory of Chinese medicine, the spleen belongs to the earth, the lung belongs to the gold, the five elements in the birth of the earth to generate gold, the spleen is the mother of the lung, and the two can influence each other. "The child's disease and the mother's disease", the lung has been sick for a long time causing the spleen to be weak, through the To tonify the spleen qi to benefit the lung qi, according to the saying that "when there is deficiency, the mother should be tonified", many medical practitioners throughout the ages have applied the method of

"cultivating".Earth generates gold method", that is, "complementary mother can make the child solid" [9-10]. Chen Shiduo "Secret Records of the Stone Room" cloud: "the method of treatment of the lungs, the treatment is very difficult, when turned to treat the spleen, spleen qi have nourished, then the earth from the birth of gold" [11]. As documented in Jibian, "The splenic and gastric beautifully functioning qi is transfused into the lung first, which generates lung gold for the spleen, and the lung is influenced by the spleen." COPD patients are mainly related to lung qi deficiency, and lung qi deficiency is mostly related to spleen and stomach weakness [12-13]. Li Dongyuan also said: "a deficiency of the spleen and stomach, the lung qi first end", the spleen and stomach healthy is an important guarantee of lung qi sufficient "[14].

4. Clinical Medication Experience and Medication Patterns

4.1 Clinical Medication Experience

Ma Zhanping, according to the characteristics of the pathogenesis of the stable phase of COPD, believes that if the patient's diagnosis is that the spleen is deficient in the middle yang, resulting in the inability to transport water and dampness, which leads to a series of lung and spleen deficiencies, the treatment is to cultivate the earth to generate gold, and Professor Ma makes good use of the addition of ginseng and atracylodes macrocephalae to treat the disease. Drug composition: Codonopsis pilosula 15g, Poria 15g, Atractylodes macrocephala 15g, Lentinus edodes 30g, Pericarpium Citri Reticulatae 15g, Rhizoma Dioscoreae 15g, Radix et Rhizoma Dioscoreae 6g, Platycodon grandiflorus 10g, Semen Coix lacryma-jobi 30g, Glycyrrhiza Uralensis 6g, and at the same time, follow the principle of "identification of evidence-based treatment", and with the evidence of the additional subtractions: cough, dry throat plus loquat leaves, almonds, etc.; constipation of spleen deficiency can be added! For cough, dry throat, add loquat leaf, apricot kernel, etc.; for constipation of spleen deficiency, add honeysuckle, Quan Gua Pou, etc.; for lung infection, add honeysuckle, forsythia, etc.; for yin deficiency, add Dihuang, Dampi, etc.; for lung yin deficiency, add Lily, Maidong to nourish yin and promote fluid production; for poor appetite, add Jiao Shanzhaoshan, Chicken Nei Jin to strengthen the spleen, eliminate food and stomach; for chest tightness, add Gua Pou, Allium scallion, Sandalwood to broaden chest and regulate qi.

4.2 Medication Regimen

Table 1: Composition of high frequency prescription drugs (frequency \geq 15)

Medicine	Frequency	Frequency (%)	Medicine	Frequency	Frequency(%)
Licorice	57	6.3	Coixseed	31	3.4
Atractylodesrhizome	50	5.5	Chineseyam	27	3
Codonopsis	50	5.5	Platycodongrandiflorum	25	2.7
Tuckahoe	50	5.5	Gingerpinellia	23	2.5
Whitehyacinth	38	4.2	Radishseed	19	2.1
Tangerine	37	4.1	Inulaflower	18	2
Amomum	37	4.1	Agarwoodyeast	13	1.4
Friedgrainsprouts	36	3	Adenophorajaponica	12	1.3
Almond	33	3.6	Tangerinepeel	12	1.3
Perillaleaf	32	3.5	Parsnip	12	1.3

Office2016 was used to establish the database. Using office2016 for frequency statistics, the number of times each medicine was used was callat of romes lach medication aress a divid fray the total number of cases under the above conditions, i.e., the frequency of the medicine (frequency=frequency/number of cases X 100%). Table 1 and Figure 1 show that In this study, we

collected 60 cases of COPD and analyzed the frequency of medication use, and the total frequency of medication use was 900 times involving 87 Chinese medicines. The most frequently used drugs were Glycyrrhiza glabra, Rhizoma Atractylodis Macrocephalae, and Radix et Rhizoma Ginseng, Poria, white lentil, tangerine peel, sand nut, grain bud, etc. The 20 commonly used drugs with a frequency of use higher than 15 times were applied 613 times in total, accounting for 68.1% of the total frequency of use, among which cough suppressants and asthma suppressants, qi boosting drugs to strengthen the spleen, dampness-dissolving drugs to dissolve phlegm were used with a higher frequency.

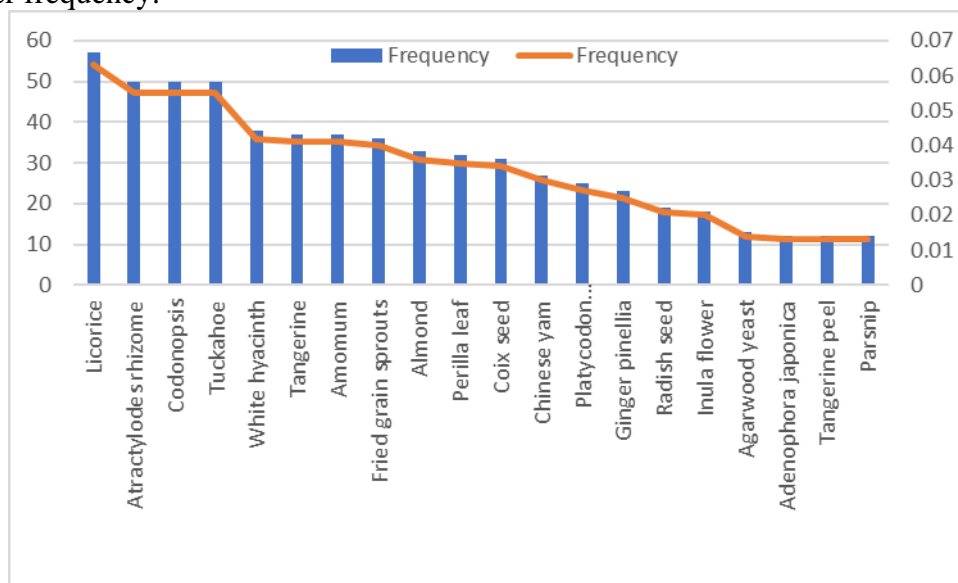


Figure 1: Frequency analysis of prescription high frequency drugs

5. Case Example

Guo Mou, female, 76 years old, first seen on July 10, 2022, complained of recurrent cough and sputum with asthma for more than 10 years. Complaint: Recurrent cough and sputum with shortness of breath for more than 10 years, aggravated for 3 months. History: The patient complained of coughing, sputum and shortness of breath with no obvious cause more than 10 years ago, and was seen in the outpatient clinic of Weinan Central Hospital, where he was investigated for "pulmonary function suggesting severe mixed ventilation dysfunction; chest CT suggesting emphysema in both lungs with multiple lungs", and was diagnosed with "pulmonary function suggesting severe mixed ventilation dysfunction; chest CT suggesting pulmonary emphysema with multiple lungs". Herpes; chronic inflammation of both lungs", diagnosed as "COPD", and was given budesonide formotide by inhalation. The patient took powdered inhaler for 1 year, and then stopped taking the medicine because of the poor effect. Since then, the above symptoms were aggravated by cold and winter, but no attention was paid to them. 3 months ago, the patient's symptoms were aggravated by cold, and she took medication (details unknown) to relieve her symptoms, so she came to the clinic of Prof. Dr. Ma Zhanping, Shaanxi Provincial Hospital of Traditional Chinese Medicine, sought further treatment with integrated Chinese and Western medicine. Present symptoms: shortness of breath, asthma, aggravated by movement, occasional cough, coughing up a small amount of white sputum, shangli, fatigue, heaviness of limbs, bloating of the stomach, generalization of the stomach, difficulty in falling asleep, easy to wake up, unshaped stools, 1 line a day, urination. Physical examination: barrel-shaped chest, low respiratory sounds in both lungs, phlegm sounds audible in both lungs, rales not audible, mild edema of both lower limbs. Tongue and pulse: red tongue, white

and greasy moss, slow pulse. Western medicine diagnosis: stable stage of chronic obstructive pulmonary disease; Chinese medicine diagnosis: Lung distension (deficiency of lung, spleen and qi). Treatment should strengthen the spleen and lung, drying dampness and resolving phlegm, the formula used is ginseng and *Atractylodes macrocephala* plus subtractions: *Codonopsis pilosula* 15g, *Poria* 15g, *Atractylodes macrocephala* 15g, white lentils 30g, chen pericarp 15g, Chinese yam 15g, sand nuts 6g, tangerine stalks 10g, Job's tears grains 30g, ephedra 10g, apricot kernel 10g, 10g, farnesol 10g, lotus seeds 15g, sour jujube seed 15g, licorice 6g, a total of 12 doses, 1 dose a day, pan-fried in water. Take 1 dose daily, decoct with water to 400ml, in the morning and evening. October 19, 2022, the second diagnosis: the patient complained of asthma after the activity is better than before, cough and sputum than before to reduce, there is still poor sleep, double lower limbs mild edema, nausea can be, two bowel movements, tongue red moss thin white, pulse is slow. Prescription: the original formula to almonds, ephedra, plus loquat leaves 15g, perilla leaves 10g, incense qu 3g. 12 doses, asked the patient to avoid the wind and cold, pay attention to warmth, avoid contact with irritating smoke. After the follow-up patients, coughing and sputum symptoms improved significantly, occasionally asthma after activity, but the degree of reduction compared with the previous obvious, no edema of the lower limbs. The patient's condition was stabilized during the medication period, and he insisted on taking traditional Chinese medicine for a long time, which was very effective. Commentary: The patient had a history of COPD for more than 10 years, and his symptoms worsened with cold and winter; Ma Lao The teacher synthesized the patient's symptoms and signs, combined with the tongue and pulse, following the theoretical basis of "a deficiency of the spleen and stomach, the lungs are first cut off", the treatment is to strengthen the spleen and benefit the lungs, i.e., cultivate the earth to generate gold, the formula is to use the ginseng, *Atractylodes macrocephala*, *Poria* to strengthen the spleen and seepage of dampness; Chinese yam, lotus seed can strengthen the spleen, and also astringent intestines to stop the diarrhea of the lungs and intestines, and the lungs and intestines, to help the ginseng, *Atractylodes macrocephala* strengthens the spleen and benefits qi; white lentil strengthens the spleen and resolves dampness; *Coix lacryma* strengthens the spleen and seeps dampness; the two medicines help *Atractylodes macrocephala* and *Poria* to strengthen the spleen and help transportation, seeping dampness and stopping diarrhea; sand nut is aromatic and awakens the spleen, and promotes the circulation of qi and the stomach, which not only helps to remove dampness, but also unimpeded qi. *Platycodon grandiflorum* declared open the lung qi, facilitate the waterway, and can carry the drug upward to benefit the lung qi and the birth of cultivation of the earth and gold. Licorice tonifying spleen tonifying, and the whole formula of medicinal harmony, play the role of tonifying qi spleen, dry dampness and phlegm.

6. Conclusion

In summary, Prof. Ma Zhanping advocated the treatment of stable COPD from the perspective of the spleen, lung and spleen together, reflecting the idea of "cultivating the earth to generate gold" in traditional Chinese medicine, and the use of traditional Chinese medicines in the treatment of COPD, with the flexible use of ginseng and ling. *Atractylodes Macrocephalae* can effectively improve respiratory symptoms such as coughing, sputum, wheezing and so on in patients with stabilized stage of COPD, and enhance the respiratory muscle function of the patients, so as to treat both symptoms and root causes of COPD. At the same time, patients are advised to pay attention to warmth, pay attention to life protection, avoid aggravation of the condition caused by environmental factors, and fundamentally reduce the frequency of COPD acute attacks and improve the quality of life of patients.

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