

A Case Study on the Treatment of Hypertension and Vertigo by Dr Ren Xiaofang from the Theory of "Phase Fire and Qi Mechanism"

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Abstract: With the development of the times and the continuous improvement of people's living standards, the number of patients with essential hypertension is increasing year by year. Hypertension is a prevalent disease with great harm and serious complications, which can lead to structural and functional changes in the heart, brain, kidney and other important target organs, and it has gradually become one of the killers of human health. Vertigo is one of the common symptoms of hypertension. In Chinese medicine, "vertigo" includes the vertigo caused by hypertension in modern medicine. Chinese medicine treats hypertension and vertigo from the theory of liver and wind, and often uses the method of calming the liver and submerging the yang, suppressing the liver and extinguishing the wind. Dr Ren Xiaofang, the chief physician, learnt from Professor Yang Zhen, the fourth ethnic group medical master, and made good use of Yang Zhen's theory of phasic fire and qi to diagnose and treat diseases. In the treatment of hypertension and vertigo, the "phasic fire and qi" theory is used to regulate qi, resolve phlegm and dispel blood stasis, which has achieved good therapeutic effects.

1. Introduction

Hypertension is a class of diseases defined by elevated blood pressure up to 140/90 mmHg [1], which is one of the risk factors for the development of cardiovascular and cerebrovascular diseases, and can lead to structural and functional changes in important target organs such as the heart, brain, and kidneys [2]. Vertigo is one of the most common symptomatic manifestations of hypertension, and western medicine treats hypertension mostly with antihypertensive drugs. A large number of studies have shown that there is no direct relationship between the increase in blood pressure and the improvement of the symptoms of vertigo in hypertensive patients, and that vertigo does not get much better after the patient's blood pressure is stabilised [3]. Therefore, relying only on antihypertensive drugs to lower blood pressure to treat hypertension and vertigo is sometimes not effective. Chinese medicine treatment of hypertension and vertigo is not limited to lowering blood pressure, but from the root of the disease, adjusting the balance of yin and yang in the human body,

which has its unique advantages.

Dr Ren Xiaofang, the successor of National Medical Master Yang Zhen's workshop, the national outstanding Chinese medicine clinical training talent, the national outstanding successor of the academic experience of the old Chinese medicine experts, has been engaged in the diagnosis and treatment of cardiovascular diseases for a long time, and has a wealth of clinical experience. When treating hypertension and vertigo, Chief Physician Ren Xiaofang starts from Professor Yang Zhen's "phase fire and qi mechanism", and regulates the qi mechanism in order to resolve phlegm and eliminate blood stasis, which provides a new way of thinking for the treatment of this disease.

2. Etiology and Mechanism of Disease

Chinese medicine does not have high blood pressure vertigo, the disease belongs to the Chinese medicine "vertigo", "headache" category, the cause of the disease is mostly related to emotional upset, dietary disorders, illness, body weakness, high age and kidney loss. The location of the disease is in the clear orifices, and has a close relationship with the liver, spleen and kidney [4]. The etiology and mechanism of hypertensive vertigo have been recognised differently by different medical practitioners at different times. The Yellow Emperor's Classic of Internal Medicine (HUNDI NEIJING) suggests that "all winds and dizziness belong to the liver", which means that the attacks of hypertension and vertigo are mostly related to liver winds. Zhang Zhongjing of the Han Dynasty put forward the theory of "phlegm-drinking causing vertigo", believing that phlegm-drinking is one of the causes of vertigo, and put forward the treatment of "warming it up". Zhang Jingyue's Jingyue Quanshu (The Complete Works of Jingyue) puts forward the theory of "no deficiency, no vertigo", suggesting that the causes of vertigo are mostly related to deficiency. Zhu Zhenheng, one of the later medical practitioners, believed that "no phlegm will not cause dizziness, and phlegm will be moved by fire", and blamed the disease on phlegm and fire. The Qing Dynasty physician Liu Mei thought that the phlegm of dizziness is the phlegm of depression and obstruction of qi, phlegm and dampness blocking the meridians, and meridian gas deficiency, but also overflowed outside the veins, forming a tangible phlegm [1].

On the basis of absorbing the academic characteristics of Zhu Danxi's phase fire theory and Huang Yuanwu's qi theory, and referring to his own accumulated clinical experience, Yang Zhen put forward a new academic point of view, namely, the "phase fire qi theory". The doctrine of "phase fire and qi" is a theoretical system that takes the normal physiological operation of the human body and the abnormal pathological changes of phase fire and qi as the main research content, and its proposal makes up for the insufficiency of the research on phase fire and qi in the Chinese medicine industry. The theory of "phase fire and qi" is the theory of studying the fire of human life and its movement changes, which can be linked to all the various understanding theories (such as: yin and yang, five elements, the theory of hidden images, meridian theory, the theory of five transport six qi, the theory of life, the San Jiao theory, the theory of qi) formed in Chinese medicine before, and then analyse them in depth. Researchers propose a brand new understanding model of Chinese medicine to explore the physiology and pathology of the human body [5]. Ren Xiaofang, Chief Physician, based on Yang Zhen's "phase fire and qi theory", believes that the occurrence of hypertension and vertigo is mostly based on the disorder of qi in the internal organs and the lack of smooth flow, and that qi does not spread and become phlegm, and qi and blood obstruction become blood stasis, and phlegm and blood stasis are intertwined to interfere with the orifices of the clear air and lead to vertigo. The liver is the main regulator, liver qi stagnation, qi does not spread the fluid, coagulation into phlegm, qi line, blood line, qi stagnation, blood stasis. Therefore, most of the treatments are to regulate qi and eliminate phlegm and blood stasis at the same time.

3. Selection of Clinical Prescriptions

Dr Ren Xiaofang, Chief Physician, chose the empirical formula Sangming Drink combined with Semixia Baijutsu Tianma Tang plus subtractions for the treatment of hypertensive vertigo. Recorded in "Medical Mind Understanding", Semixia Baijutsu Tianma Tang consists of Semixia, Tianma, Poria, Tangerine, Atractylodes Macrocephala, Glycyrrhiza, Ginger, and Jujube, and was selected in "Catalogue of Ancient Classical Famous Formulas (the first batch)" released by the State Administration of Traditional Chinese Medicine (SATCM) in 2018 [6]. Semixia has the effect of dredging the liver and regulating qi, descending the rebellious and calming the liver; Atractylodes macrocephala has the effect of strengthening the spleen and resolving dampness; Tianma has the effect of activating the blood to clear the channels and calming the liver to settle the alarm; and Glycyrrhiza has the effect of regulating all the medicines; the combination of the medicines can help to soothe the liver and regulate the qi, activate the blood to clear the channels and the channels [7]. Semixia, Atractylodes Macrocephala and Tianma Tang is a classic formula in the history of Chinese medicine, which is widely used in the treatment of hypertension [8]. Sang Ming Drink is an empirical formula of Professor Yang Zhen, a master of Chinese medicine, consisting of Sang Ye, Chrysanthemum, Cassia Seed, Xia Ku Cao, Cow Knee and Hawthorn, etc. It is used for treating steatohepatic liver disease in which the liver meridian is overheated and phlegm and blood stasis are intertwined. The meaning of this formula is taken from "Chaihu Liver Clearing Tang" contained in Wu Qian's "Medical Zong Jinjian - Essentials of Surgical Mind", which takes the meaning of clearing the liver and removing heat without using its medicines. The cassia seed in the formula belongs to liver and large intestine meridian, and the "Treatise on Medicinal Properties" recorded that it "benefits the five viscera and removes heat from the liver", and it is used to clear the liver and remove turbidity, lubricate the intestines and pass the bowels, and it is the king's medicine. Hawthorn: "Daily Use of Materia Medica": "dissolve food stagnation, move the stagnant gas, strengthen the stomach and broaden the diaphragm, eliminate blood plaque and gas block." Therefore, it opens up the stomach, resolves stagnation and eliminates stagnation, moves Qi and activates blood circulation and disperses blood stasis, and is the key medicine for eliminating the stagnation of greasy meat and food, and is the ministerial medicine. It is accompanied by hyssop to tonify the liver and kidney, expel blood stasis and promote menstruation, and induce blood to flow downward. Xia Gu Cao clears liver fire, disperses stagnation and lowers blood pressure; Mulberry leaf disperses wind-heat, calms liver yang, clears liver and brightens eyes, cools blood and stops bleeding; Chrysanthemum clears liver and brightens eyes, disperses liver qi, and takes the pungent, cooling and dispersing properties of Mulberry and Chrysanthemum to induce menstruation. The combination of all the herbs is mainly used to clear the liver and eliminate blood stasis, eliminate accumulation of blood and regulate qi, which has the efficacy of clearing the liver and promoting qi, resolving phlegm and lowering fat, eliminating accumulation of blood and eliminating blood stasis [9]. Therefore, combining Sang Ming Drink with Han Xia Bai Zhu Tian Ma Tang can clear the liver, regulate qi, remove phlegm and eliminate stasis, and can be used to treat hypertension and dizziness caused by phlegm and stasis interconnections. Dr Ren Xiaofang, the chief physician, selectively uses Sangming Drink combined with Semixia Baijutsu Tianma Tang as the base formula according to the patient's performance and tongue and pulse characteristics, and at the same time, adds the products of tonifying qi, activating blood, and clearing the channels based on the concomitant evidence, such as adding Astragalus and Xianhecao in the case of qi deficiency, Curcuma longa in the case of blood stasis, and Ge Ge Ge Gen and Dangshen in the case of incompetent meridian channels. Dr Ren Xiaofang, the chief physician, used Sangming Drink and Hanxia Baijutsu Tianma Tang as the base formula in the treatment process, and added and subtracted according to the clinical evidence, and achieved good results.

4. Sample Medical Records

Zhang Mou, female, 52 years old, came to the clinic with the chief complaint of "intermittent dizziness for more than 10 years, aggravated for 1 year". Ten years ago, the patient had intermittent dizziness with no obvious cause, no headache, and was diagnosed as "cervical spondylosis" after checking MRI and CT, which was relieved after massage and traction treatment, and was aggravated by dizziness one year ago, and was diagnosed as hypertension grade 2 after checking 24h ambulatory blood pressure, and was given "amlodipine" tablets. "Amlodipine" tablets, blood pressure control in general, recently self-measurement of blood pressure 150-143/100-95mmHg, sometimes dizziness, so came to the clinic. Present symptoms: intermittent dizziness, dry eyes, sometimes right occipital numbness, general, postprandial abdominal distension, acid reflux, belching, sleep, general, two bowel movements. The tongue is dark, the moss is white and greasy, with petechiae, and the pulse is dull and astringent. Blood pressure: 150/95mmHg. auxiliary examination: urine routine: (-). Lipids: LDL-C: 4.0mmol/L, TC: 5.64mmol/L. Cranial CTA: left vertebral artery slightly thin. Abdominal ultrasound: hepatic light spots are fine and dense. Neck ultrasound: right subclavian (0.6*0.16cm) and left common neck (0.32*0.67cm) plaque formation. Cardiac ultrasound: EF: 73%, left ventricular hypocompliance. Chinese medicine diagnosis: (1) vertigo (2) blood turbidity. Western medicine diagnosis: (1) hypertension (2) hyperlipidaemia (3) internal carotid artery plaque. Give Semixia Baijutsu Tianma Tang combined with Sangming Drink with the following additions and subtractions: 12g of Fajianxia, 15g of fried Baijutsu, 15g of Tianma, 10g of Chenpi, 15g of Poria, 6g of Roasted Glycyrrhiza, 15g of Mulberry Leaf, 15g of Chrysanthemum, 15g of Hyssop, 10g of Raw Hawthorn, 30g of Xia Kucao, 10g of Fried Chickweed, 30g of Salt Cortex Cumis, 12g of Salt Zedoar, 20g of Vinegar Curdled Rhizoma, 20g of Dangshen, 20g of Pueraria Root, 15g of Geldermint 15g, fried Cangzhu 20g. 7 doses, water decoction, 1 dose per day, morning and evening twice warm service. Second diagnosis: recent dizziness did not reoccur, Na can, sleep in general, two bowel movements. The tongue is dark, the moss is white and slightly greasy, and the pulse is thin and astringent. Give the above to go hook vine, fried atracylodes, add chicken blood vine 30 g. Serving method is the same as before. Third diagnosis: after taking the medicine, dizziness improved, sleep improved, natriuresis was possible, bowel movement was adjusted. The tongue is reddish, the moss is white and slightly greasy, and the pulse is fine and slightly astringent. Add Gui Zhi (10g) and Mother of Pearl (30g) to the above, and take the same as before.

Commentary: The patient was an elderly woman with poor mood and poor qi, stagnation of qi would result in blood stasis, coupled with poor diet, loss of spleen and stomach and phlegm-dampness, combined with the patient's symptoms and tongue and pulse, the patient was identified as having stagnation of qi, phlegm and stasis, so she chose Sang Ming Drink combined with Semen Hai Atractylodis Macrocephalae Tian Ma Soup as the base formula with addition of subtractions in order to regulate the qi, resolve phlegm and eliminate stasis. Patients are prone to abdominal distension after meals. To address this, practitioners add fried chicken inner gold to strengthen the stomach and eliminate appetite, fried atracylodes to dry dampness and fortify the spleen. Since the patient's stasis is more severe, they add vinegar-curcuma to invigorate blood and qi circulation, and salt-eucommia ulmoides to nourish the liver and kidneys, which can help alleviate dry eyes. Salt and purpury are used to reduce lipids, while salvia and kudzu are included to regulate the meridians. Hook vine and gastrodia must be used to improve the symptoms of vertigo. At the second consultation, the patient's dizziness was significantly improved, and the addition of chickweed vine was used to invigorate blood and tonify blood. In the third consultation, mother-of-pearl was added to calm the mind and improve sleep. The patient insisted on taking the medicine for more than two months. After monitoring, the blood pressure was mostly around

130/85 mmHg, indicating that the blood pressure, which was previously higher, has basically returned to normal. The symptoms of vertigo have basically disappeared, and the sleep has improved compared to before. During follow-up visits, the patient did not complain of any obvious discomfort.

5. Conclusions

The patient's hypertension and dizziness belonged to qi disorder, phlegm and stagnation, and upward disturbance of the clear orifices. So we used the empirical formula of Sang Ming Drink combined with Han Xia Bai Zhu Tian Ma Tang as the main formula, and added and subtracted according to the rest of the patient's symptomatic changes, and used the medicine appropriately, so that the patient's blood pressure was lowered, and the vertigo was also significantly improved. In conclusion, the treatment of hypertension and vertigo is mostly based on the theory of liver and wind, and this case was treated from the theory of "phase fire and qi mechanism", and achieved a certain degree of therapeutic effect, which can provide more ideas and methods for the clinical treatment of related diseases, and has a certain degree of reference significance.

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