

Treatment of Rheumatoid Arthritis Based on Wufu Maxin Guijiang Decoction of Huoshen School

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Abstract: Rheumatoid arthritis is a chronic disease with bone and joint erosion as the main clinical manifestation. It can be sick at any age, which can lead to joint deformity, bone and joint destruction, and even complications in heart, lung and other parts. The disease is called ' Wangbi ' or ' Bi syndrome ' in traditional Chinese medicine. It is believed that the disease is caused by the invasion of external pathogens such as deficiency of vital qi, wind, cold and dampness, which blocks the joints and bones and causes the stagnation of qi, blood and body fluid. In the middle and late Qing Dynasty, Zheng Shouquan created the ' Fire God School ', which was a unique leader of the Fire God School. Today, combined with the thought of helping Yang and the method of 'treating the god of fire', we relieve Yang and dampness is used to treat rheumatoid arthritis, in order to expand the clinical medicinal prescription for this disease.

Rheumatoid arthritis (RA) is a chronic autoimmune disease characterized by bone erosion. It can develop from the initial joint morning stiffness, swelling and pain to joint deformity and even loss of function. The main pathological manifestation is synovitis. In traditional Chinese medicine, RA is included in the category of ' arthralgia ', also known as ' Wangbi '. At present, the prevalence of RA in Chinese mainland is about 0.42 %, and the incidence rate still shows an upward trend ^[1]. At present, the treatment of RA is mainly to reduce the pain of patients, control inflammation, improve the quality of life of patients, and delay the course of disease. However, due to adverse drug reactions or high prices, the prognosis of patients is poor and the condition is easy to relapse ^[2]. Traditional Chinese medicine has gradually formed its own system in the treatment of RA, with unique insights and development ^[3]. Therefore, for the treatment of RA, the intervention of traditional Chinese medicine is particularly important. This article will combine the Fu Yang thought of the fire god school and the clinical application of Wu Fu Ma Xin Gui Jiang decoction to treat rheumatoid arthritis.

1. Fire God School of strengthening yang-qi Thought and Representative Physicians

Zheng Qin 'an, known as Shouquan, is the founder of the "fire god school." He is famous for his

emphasis on yang qi and his use of aconite, dried ginger and other pungent medicines. He is known as "Zheng Huoshen" and "Mr. Jiang Fu." The ancient books such as 'medical truth' and 'medical law' are still widely circulated^[4]. Zheng Qin'an attaches great importance to the theoretical basis of the fire god school. In his view, people must be based on vitality and advocate Fuyang in the process of illness, so a unique Fuyang theory has been formed. Take Yin and Yang as the general outline, in order to identify all diseases, Zheng's most basic academic thought is that 'Kung Fu is all about Yin and Yang'. He believes that 'Yang qi is not injured, all diseases are naturally not done, Yang is born, and no Yang is dead. It is proposed that the rise and The thought of supporting yang advocated by Zheng is not a regular symptomatic addition and subtraction, nor is it a blind abuse of yang-tonifying drugs, but 'treating but supporting its essence', with supporting yang as the starting point, but taking the essence as the foundation^[5]. Fall of yang qi is closely related to the degree of disease transformation. The thought of supporting yang advocated by Zheng is not a regular symptomatic addition and subtraction, nor is it a blind abuse of yang-tonifying drugs, but 'treating but supporting its essence', with supporting yang as the starting point, but taking the essence as the foundation^[5].

The fire god school was first born in the Tongzhi period of the late Qing Dynasty. Previous scholars called it the youngest school of traditional Chinese medicine^[4]. Physicians of Huoshen School mostly advocate that 'Yin syndrome is more common and Yang syndrome is rare'. Therefore, they are particularly good at using warming Yang prescriptions such as aconite, Chuanwu and Sini decoction in specific prescriptions and medications. The fire god school is almost inseparable from the aconite in the treatment of yang deficiency and yin cold syndrome, because in their view, 'all yang deficiency symptoms, such as less gas, lazy words, heavy body, aversion to cold.... How can non-Jiang Fu win his office and turn the corner? Zhang Zhongjing also mentioned the application of aconite in 'Treatise on Febrile Diseases', which emphasized that the main indication was 'fine pulse, but want to sleep', and thought that the disease must reach Shaoyin to use this medicine. On the basis of this, Zheng proposed that all yang deficiency symptoms can be treated with aconite, which is not necessary to be used in Shaoyin. This also reflects the principle of 'early use of aconite' advocated by Zheng, and at the same time expands the use conditions and scope of aconite. In addition to the leading figure Zheng Qin'an, Wu Peiheng, one of the four famous doctors in Yunnan, Zhu Wei ju, who is famous for using aconite, Tang Buqi and Dai Yunbo, who are known as 'Tang Huoshen' and 'Dai Wutou', and Fan Zhongjin, who is known as 'Mr. Aconiti Lateralis Radix Praeparata'^[6].

2. The relationship between Fuyang thought and the etiology and pathogenesis of RA

The production of RA is mostly due to the lack of healthy qi; external pathogenic factors such as wind, cold and dampness invade the joints and meridians of the whole body, cold qi stagnation, obstruction leads to pain. In the 'Suwen Bilun', it is mentioned that 'the pain is cold and there is cold pain. It shows that the influence of cold invasion on joint meridians is significant. In the 'endogenous cold evil diagram', it is also pointed out that: 'The life of cold in the husband, due to the lack of righteousness in the body. Where the yang qi is damaged, where the yin cold is born. Yang qi should have been circulating in the meridians. Due to the stimulation of various exogenous factors, the biochemical deficiency of Yang qi is promoted, and the cold pathogen is endogenous. Yang qi is the cold evil, the longer the Yang stagnation is, the heavier the cold evil is. In addition, there are countless RA patients with Yang deficiency constitution in real life^[7]. This may also be related to changes in people's lifestyles, such as the accelerated pace of work and life, like staying up late, like eating cold drinks, air conditioning and other factors, resulting in people's body yang is not full, unable to resist evil, and cold The main attraction of stagnation, mostly combined with

rheumatism and other evils to block joint muscles and bones, and over time will consume more yang. Guo Deqiang et al. ^[8] believed that the excess of yang qi belongs to the physiological basis, and RA patients have a long course of disease, which is easy to damage yang qi for a long time, and it is easy to breed anxiety and other adverse mental disorders, which may be related to the deficiency of kidney yang and spleen yang, and the inability of menstrual blood to metabolise. 'Medical law · stroke door ' cloud : ' arthralgia, not necessarily due to wind, cold and dampness, mostly due to congenital endowment of kidney qi decline..... It shows that the kidney is closely related to the occurrence of arthralgia. If kidney qi is insufficient, kidney yang cannot be produced. Jiao Shude, a famous old Chinese medicine doctor, also proposed that kidney governs bone marrow. The occurrence of arthralgia bone damage is related to kidney ^[9]. Studies have also found that kidney deficiency can affect bone metabolism and immune system ^[10]. Zheng Qin 'an also attaches great importance to yang qi, especially to kidney yang. Traditional Chinese medicine believes that ' kidney yang is the root of yang '. If you want to maintain a normal physiological state of the body, the idea of supporting yang is very important when there is stagnation or deficiency of true yang. In essence, the occurrence of arthralgia is caused by the deficiency of vital qi, the deficiency of kidney, and the invasion of joint meridians by external evils such as wind, cold and dampness. Therefore, it is necessary to explore the diagnosis and treatment of RA by using the theory of Fuyang.

3. Treats RA from the Fire God School

3.1 Treatment principle of RA

The key to the pathogenesis of RA is stasis. According to the statistical analysis of relevant data, it is concluded that the TCM syndromes of RA in 152 cases are mostly phlegm and blood stasis syndrome and rheumatism syndrome, accounting for 34.21 % and 19.08 % respectively ^[11]. Traditional Chinese medicine believes that phlegm dampness and blood stasis are yin evils. Nowadays, with the improvement of people's diet and living standards, excessive intake of tobacco, alcohol and fat, sweet and greasy products hurts spleen yang, causing spleen and stomach to be unable to promote the subtle operation of water and grain, thus accumulating in the body. For a long time, it becomes yin evils such as water and dampness, which consumes yang qi, and cold is endogenous. If it accumulates in the joints and meridians for a long time, it will form arthralgia. Zheng Qinan in the treatment of medication on the single knife straight into, not clip Yin medicine. He believes that ' all people with yang deficiency are mostly qi deficiency and blood... Never nourish the yin again. Wu Peiheng, a famous doctor, recorded in the medical records of treating rheumatism arthralgia syndrome, because of the nourishing and nourishing of Angelica sinensis and Atractylodes macrocephala, the door was closed, and it was replaced with the warm medicine of Guizhi and Asarum to solve the disease ^[5]. It can be seen that in the treatment of yang deficiency and cold syndrome RA, medication should be carefully considered. Zhang Zhongjing pointed out in the "Treatise on Febrile Diseases" that "eight or nine days of typhoid fever, rheumatism, physical pain... Guizhi Fuzi Decoction main '. It can be seen that Zhang Zhongjing also used the method of warming yang in the diagnosis and treatment of rheumatism. Professor Wu Shengyuan also believes that yang deficiency and cold coagulation, cold and dampness obstruction of meridians are the key to make the condition of RA patients not significantly alleviated. Therefore, in the process of treating RA, aconite, dried ginger and other pungent and warm medicines are used to warm yang qi ^[12]. Xiong Yongmei et al. ^[13] selected 153 patients with RA and treated them with Wufu Maxin Guijiang Decoction. The results showed that the clinical treatment effect of Wufu Maxin Guijiang Decoction was better than that of the control group Celecoxib Capsules, and confirmed that the treatment of Yang deficiency type RA patients had better clinical efficacy.

3.2 The origin of Wufumaxinguijiang decoction

Wufu Maxin Guijiang Decoction is the empirical prescription of the late Huoshen School famous scholar Dai Yunbo. It is a combination of Wutou Decoction in 'Synopsis of Golden Chamber' and Mahuang Fuzi Xixin Decoction in 'Treatise on Febrile Diseases'. "Synopsis of the Golden Chamber ·Stroke Lijie disease pulse syndrome and treatment of the fifth" chapter also pointed out that the 'medical section can not be flexion and extension, pain, Wutou Decoction'. The indications of Wutou decoction described here are similar to the symptoms of RA. When cold dampness obstructs the meridians and joints, pain can be seen, and the disease cannot be flexion and extension^[14]. Therefore, it can be seen that the use of aconitum is highly desirable for the treatment of cold-dampness arthralgia in RA. "Treatise on Febrile Diseases" mentioned in the "Shaoyin disease, anti-fever, pulse sinking, Mahuang Fuzi Xixin Decoction." It is often used to treat cold dampness stagnation and yang deficiency of cold dampness arthralgia, and in the course of treatment, it is also necessary to master the key of its pathogenesis,^[15]. Dai believes that 'all the wind and cold evils outside, non-hot and hot products can not be expelled'. Therefore, he is good at using warm drugs such as aconite and aconite and dried ginger to treat wind-cold arthralgia, and the dosage of aconite is large. However, from the previous medical records, the curative effect is very significant, especially for patients with 'chronic stubborn arthralgia', so he is known as 'treating arthralgia and fire spirit'^[16]. In addition to using this prescription to treat RA, Dai also used it to treat low back pain, sciatica and other cold-dampness block pain.

In the prescription, Daxin Dare Chuanwu and Fuzi are used to go straight into Shaoyin, and the cold of Shaoyin is solved from the root, so as to achieve the effect of warming the meridians and dispersing the cold, and removing the arthralgia of tendons and bones; guizhi takes into account the dual effects of warming and dredging, and at the same time warms the yang qi and dredges the meridians; dried ginger warms the spleen yang, disperses the cold and dampness for a long time, so as to relieve muscle paralysis; mahuang Xingxin powder, Xuantong lung yang to disperse skin paralysis, so that wind, cold and dampness from the orifices; asarum can eliminate the heavy cold, so that the true cold outside, layers of skin, meat, tendons, veins, bones of the cold. The two drugs of Wufu warm the body fluid, Magui warm the qi and blood, and then add the strong cold-dispelling force of Xixin, so that the stagnation of qi, blood and body fluid is warmed. We need to add licorice and honey to slow the tension of the veins, and at the same time can restrict the toxicity and dryness of the black attachment. Dai's good use of aconitum, dosage can reach 120 g, or more, he attaches great importance to the importance of yang qi to the human body, think 'cold dampness arthralgia when reuse warm medicine to remove it'. Yang Huating also said: 'Aconitum is extremely toxic, and the function of medicine is beyond the reach of various medicines.' As the 'first medicine to restore yang and save adversity', aconite is a commonly used medicine by doctors of the fire god school. They think that 'medicine can be done, and aconite is over.' For the aconite they respected early use, wide use, reuse, dedicated^[17]. Wu Tianshi said: 'Where the cold and cold syndrome, such as yin, non-fuzi can not drive yin back to yang'. It can be seen that various doctors are very keen on Wufu and other hot products. Although the prescription has not many flavors, it can warm the meridians from the root and eliminate the disadvantages, and take into account the acquired foundation. Only in this way can it be used to cure the disease.

3.3 Modern research of Wufumaxinguijiang decoction

In recent years, the experience of Wufu Maxin Guijiang Decoction in the treatment of RA is not much. The understanding of this prescription is mostly from ancient books or various medical cases, but there are also many clinical control statistics showing the effectiveness of this prescription. According to relevant data statistics, 58 patients with cold-dampness intrinsic RA were selected for

clinical control. The results showed that the total effective rate of patients using Wufu Maxin Guijiang Decoction was as high as 96.55 %, which was significantly higher than that of the control group^[18]. It is not only widely used in the treatment of RA, but also effective in the treatment of low back pain, knee osteoarthritis and other diseases. Studies have shown that when treating non-specific low back pain, the clinical efficacy of Wufu Maxin Guijiang Decoction combined with nimesulide sustained-release tablets is significantly better than that of the control group with western medicine alone, and the safety is better^[19]. Previous studies have found that Wufu Maxin Guijiang Decoction can effectively improve the WOMAC score of patients with knee osteoarthritis of cold-dampness obstruction type^[20].

The modern research on the application of Wufu Maxin Guijiang Decoction is not perfect, and its mechanism of action needs to be further explored. Studies have confirmed that the alcohol precipitation liquid of Mahuang Fuzi Xixin Decoction in Wufu Maxin Guijiang Decoction can significantly enhance the pain threshold of heat-induced pain mice, which shows that its analgesic effect is better, and the chemical components such as methyl pseudoephedrine and hyaconitine in the prescription also play a good anti-inflammatory effect^[21-22]. In addition, studies have found that aconitine in Wufumaxinguijiang decoction can reduce the expression of Ia antigen on the surface of macrophages in the abdominal cavity of mice with yang deficiency, thereby improving the immune response and enhancing immune function^[23]. It can also be seen that Wufu Maxin Guijiang Decoction has the pharmacological effects of analgesia, anti-inflammation and immunity enhancement, so as to achieve the effect of treating RA.

The clinical manifestations of morning stiffness, joint pain and even deformation in patients with RA are ultimately caused by the lack of yang qi in the early stage and the cold straight joint meridians of Shaoyin. Therefore, the treatment of RA should be intervened as soon as possible to delay the progression of the disease and reduce the occurrence of complications. At the same time, we should start from the root, seek the root, and take the principle of warming yang and eliminating disadvantages.

4. Summary

At present, the pathogenesis of RA in Western medicine is not clear, and it is believed to be related to genetic factors, immunity, environment and other factors. The fire god school has attracted many scholars' reference and learning with its unique academic thought, and has a good effect on the treatment of chronic diseases of yang deficiency type in clinic. In summary, on the one hand, there is still a lot of research space for the quality monitoring, pharmacology and mechanism of action of Wufu Maxin Guijiang Decoction, so the safety and effectiveness of the prescription need to be further explored; on the other hand, RA has a long course of disease. Although there are many syndromes of phlegm and blood stasis and rheumatism, the causes of the initial onset of the disease should be carefully sought in clinical practice. Most of them are caused by cold, and then combined with the current changes in people's physique to diagnose and treat RA. Therefore, the concept of Fuyang can run through the whole process, and at the same time protect the foundation of heaven. However, we should not blindly use Wufu and other hot and hot products, adhere to the principle of one disease and one syndrome, and add and subtract with the disease. Flexible combination of fire god faction of fuyang theory, can use wufu maxin guijiang decoction to warm the meridians and dispel cold, dehumidification xuanbi effect to treat RA, for clinical treatment of RA to provide ideas.

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