

Analysis of the advantages of treating heart failure from spleen based on spleen and stomach center theory

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Abstract: Heart failure is the end stage of a variety of chronic heart disease. Based on the theory of spleen and stomach center, the author expounds the mechanism of treating heart failure from spleen, and consults the relevant literature in recent years. Through the analysis and summary of the clinical application of traditional Chinese medicine in the treatment of heart failure from spleen by modern doctors, from the perspective of traditional Chinese medicine, heart failure and spleen and stomach symptoms and western medicine curative effect index three aspects respectively to explore its advantages, found that one is conducive to the optimization of heart failure pathogenesis and guide its prevention and nursing, two is conducive to the reduction of spleen and stomach symptoms (digestive system) in heart failure, three is conducive to the development of western medicine clinical curative effect index. In order to provide guidance for the clinical treatment of heart failure from the spleen, enrich the theory of heart failure treatment, and bring benefits to patients with heart failure.

Keywords: heart failure, spleen and stomach center theory, treatment from the spleen, pathogenesis, prevention and nursing, efficacy indicators, guidance basis

Heart failure is heart failure (HF), which is mainly manifested as insufficient tissue perfusion and pulmonary circulation and systemic circulation disorders. The incidence can increase with age and the extension of the course of heart disease^[1]. From the perspective of traditional Chinese medicine, HF can be attributed to the asthma syndrome of traditional Chinese medicine, palpitation, palpitation, heart paralysis, heart water, edema and other categories, and its name can be uniformly referred to as heart failure; manifested as palpitations, chest tightness, shortness of breath, heavy fatigue, upset insomnia, shortness of breath, thick, especially moving and so on. 'Spleen and stomach are the foundation of acquired constitution and the source of qi and blood. 'Spleen and stomach play a vital role in the human body. The theory of spleen and stomach center expounds that the human body is centered on spleen and stomach, and the diseases of various zang-fu organs of the human body can be treated from spleen and stomach. This theory has been gradually improved and applied by doctors of past dynasties. It has guiding significance for modern clinical practice. 'All the five internal organs cause heart failure, not only the heart. 'The pathological products of heart failure disease are blood stasis, phlegm turbidity, and water drink all related to the spleen. Some doctors have discussed that treating chronic heart failure from the perspective of spleen and stomach can produce better results^[2]. It can be seen that paying attention to regulating spleen and stomach in the treatment of heart failure can play a positive role in the improvement of heart failure.

1. Theoretical connotation and modern expansion

The existence of the theory of spleen and stomach center is based on the theory of five elements and the ideological theory of ancient doctors. The soil is the spleen, and the soil is in the central position, which can control and regulate the remaining four lines, known as the five-element model of the middle soil. 'Guoyu · Zhengyu ' has discussed: ' Earth and wood fire, gold and water mixed with hundreds of things '. At this level, the soil in the center can play a positive role in the generation and development of all things. In ' Neijing ', ' Suwen Linglan Secret Treatise ' has: ' Spleen and stomach, granary official, five flavors out '; the spleen and stomach are in the middle Jiao, and the chyme is absorbed and digested. 'Suwen · Yuji Zhenzang Theory ' has: ' The spleen is an isolated organ, and the

central soil is filled with four sides'; the spleen transfers and distributes fine substances to the whole body, nourishing the whole body^[3]. Based on the relevant description in 'Neijing', Zhang Zhongjing put forward the theory of 'Yangming centered' and 'everything belongs' in Article 184 of 'Treatise on Febrile Diseases', and explained the 'central' role of spleen and stomach in practice. Li Gao, a 'tonicist', proposed that 'internal damage to the spleen and stomach, all diseases are caused by', in his book 'Lanshi Micang', Zhong Yun: 'The source of all diseases is the dissolution of stomach qi due to tired diet, which can not nourish the veins, irrigate the lungs and protect the body^[4].

After analyzing the pathogenesis of heart failure, he proposed that 'phlegm and blood stasis, blood stasis and phlegm' should be treated by Yiqi Huazhuo Xingyu method, which has achieved good clinical results^[5]. Professor HUANG Wendong emphasizes that the human body should be based on stomach qi, and expand the theory of spleen and stomach center to head and face five senses and cough, asthma, edema and other clinical diseases and cure several patients^[6], Lu Yingjie treated elderly patients with chronic heart failure from the spleen. After using Guipi Decoction combined with amiodarone to treat elderly patients with chronic heart failure and atrial fibrillation, it was found that this method could effectively improve ventricular remodeling and ejection fraction in patients with chronic heart failure and atrial fibrillation^[7].

2. Discussion on Heart Failure from Spleen

Based on the holistic concept of traditional Chinese medicine and the theory of spleen and stomach center, the mechanism can be explored from the spleen and provide a basis for guiding clinical treatment.

2.1 The etiology of heart failure from the spleen

Heart disease repeated over a long period of time, the disease gradually formed heart failure, the repeated delay of the course of the disease damage the heart qi, the heart qi is dissipated for a long time, the heart is the mother of the spleen, the heart will hurt the spleen qi for a long time and then the spleen will be unable to promote the blood circulation and cause blood stasis, aggravate the development of the disease. The normal function of wei qi can play a role in resisting external pathogens^[8]. The heart disease lasts for a long time. The deficiency of heart qi leads to the weakness of spleen qi and the wei qi is biochemically passive, and the body senses external pathogens and aggravates heart failure. The injury of seven emotions can lead to the disorder of viscera qi activity and then affect the blood circulation, and the injury of seven emotions is most likely to injure the spleen. The spleen is thinking, and the spleen is sad and the qi can be caused by the stagnation of blood circulation and the loss of qi and blood; and then the heart is lost^[9]. Fatigue internal injury is the key cause of the development of heart failure. Overwork, overwork and diet fatigue can aggravate heart failure. Both overwork and overeating are easy to damage heart blood and spleen qi, and the spleen is the source of qi and blood biochemistry, and the spleen is lack of source and aggravates heart failure^[10].

2.2 The pathogenesis of heart failure from spleen

The pathological basis of heart failure is the deficiency of heart qi and heart yang. The central pathological link is blood stasis, phlegm turbidity, and water drink is the main pathological product. The whole condition gradually develops to the stage of decompensation with the degree of deficiency of heart qi and yang. The sign of decompensation is the progressive aggravation of blood stasis and water drink^[11]. The connotation of the theory of spleen-stomach center is that the spleen and stomach are the center of the five internal organs, and the formation of qi, blood and water is closely related to the spleen and stomach. Under physiological conditions, qi, blood and water have the effect of nourishing the human body. Under pathological conditions, qi, blood and water are the pathogenic factors of the human body. Therefore, the three can be differentiated from the relationship between spleen and stomach physiology and pathology and heart and spleen.

2.2.1 Spleen deficiency and then stop water deficiency

The spleen qi deficiency does not disperse the essence, and the heart and lung lose their support, then the lung's qi and yang are virtual to the child's mother's qi, then the spleen's qi and yang are virtual, the cause and effect cycle, the spleen deficiency does not transport and cause the stasis water to stop, and the deficiency of qi and yang is the cause of the heart failure disease^[12]. The spleen qi pushes the stomach to turn water into water essence (water essence is body fluid) and absorb it and transfer it

to the surrounding organs, that is, 'to irrigate the four sides' to nourish the surrounding organs. When the spleen is healthy, the body fluid can be normal biochemical. In the pathological state of the spleen, if the body fluid cannot be transferred and distributed normally, it will stop and become water drink, and finally turn into phlegm drink, which can lead to edema. There is a saying in 'Neijing': 'All dampness and swelling belong to the spleen'. Phlegm drink is the pathological product of heart failure, and edema belongs to the category of heart failure. Tang Zonghai mentioned that qi and water are not separated in 'blood syndrome theory'. Wang Yanlei analyzed Tang's theory of qi and water in TCM syndrome differentiation of chronic heart failure from the theory of qi, blood and water in 'blood syndrome theory', and clarified that qi can promote the distribution and excretion of body fluid. If qi deficiency is unable to promote, it can lead to poor operation of qi stagnation and obstruction of body fluid distribution and excretion^[13].

2.2.2 Heart and spleen disease can cause blood stasis

'Xue's medical case' puts forward: 'Heart governs blood, liver stores blood, and spleen can govern blood'. In the Qing Dynasty, Wang Qingren, Tang Rongchuan vigorously advocated the theory of blood stasis, and believed that 'blood vessels are not Qi, they will stop and become blood stasis'. Abnormal spleen will involve the heart, and vice versa. 'Qi deficiency of heart and spleen' is the pathological basis of heart failure and determines its outcome; wan Chanjun^[14]. The method of simultaneous treatment of heart and spleen was applied to the treatment of patients with chronic heart failure of qi deficiency and blood stasis and water drinking type. After dialectical treatment, Li Dongyuan Qingshu Yiqi Decoction was given to the patients, and the effect was obvious after treatment. Chen Qilan advocates consolidating the root and clearing the source, treating the heart and spleen simultaneously^[15]. On the basis of tonifying the heart qi and invigorating the spleen, he takes into account the treatment of heart failure caused by heart and spleen deficiency by promoting blood circulation and removing blood stasis, resolving phlegm and removing phlegm, and has achieved remarkable clinical efficacy^[16].

2.3 Treatment of heart failure from the spleen

Pei Yunfang selected patients with heart failure of qi deficiency and blood stasis type in clinic and treated them with Guipi Decoction. The composition of the prescription was as follows: Astragalus 30 g, Poria 30 g, Codonopsis 20 g, Angelica 20 g, Suanzaoren 18 g, Atractylodes 15 g, Polygala 15 g, Plantago 10 g, Cinnamon Twig 10 g, Licorice 6 g, systemic and lower limb edema plus Polyporus 15 g, Alisma 30 g, Longan 15 g; palpitation, severe palpitation plus Baiziren 15g, Wuweizi 10g, chest pain and phlegm and blood stasis plus Xiebai 15g, Gualou 30g, Honghua 10g, Yujin 15g. After treatment, the cardiac function indexes of the patients were significantly improved, indicating that Guipi Decoction had a good effect on the treatment of heart failure with qi deficiency and blood stasis^[17]. After treatment, the observation data showed that the effect of Guipi Decoction in the treatment of heart failure was much better than that of the control group, and the corresponding clinical efficacy indexes of Western medicine such as ejection fraction were improved^[18]. After treatment combined with clinical efficacy index analysis showed that Baoyuan Shipi Decoction can significantly reduce the clinical symptoms of patients with chronic heart failure and improve cardiac function, in order to improve the quality of life of patients^[19].

3. Discussion on the advantages of treating heart failure from spleen

Under the guidance of the theory of traditional Chinese medicine, the treatment of heart failure from the spleen has become the trend of clinical treatment of heart failure. Traditional Chinese medicine treatment of heart failure can reduce the side effects of patients' medication. Modern doctors' clinical practice and research show that the treatment of heart failure from the spleen is effective. In summary, the advantages of treating heart failure from the spleen are summarized, which can be discussed from four aspects: the dissipation of pathological products, the guidance of traditional Chinese medicine in preventing and regulating heart failure, the improvement of symptoms of heart failure complicated with digestive system, and the improvement of clinical efficacy indicators.

3.1 Conducive to phlegm, blood stasis, water line scattered

Professor Meng Dingshui proposed to use Yiqi Shengyang, Huoxue Lishui method to treat heart failure, and explained that in the treatment of heart failure, on the basis of Yiqi Wenyang, the method of

ascending and ascending can make Yang Qi rise to play its role. In the clinical treatment of chronic heart failure patients with blood stasis and water retention syndrome^[20], Wuling Powder combined with Tinglizi and Danshen can promote blood circulation and promote diuresis. And in the treatment of heart failure with Yiqi Huazhuo Xingyu method in the treatment of heart failure with Wendan decoction to add and subtract Yiqi Jianpi drugs such as: Astragalus, Codonopsis, yam and so on from the spleen and stomach and achieved good results^[21].

Qi and yang can be abundant and promote the operation of qi, blood and body fluid. If combined with atractylodes, poria cocos, coix seed, it is feasible to strengthen the spleen and reduce phlegm and dampness^[22].

Zhang Xingping, Liu Jingbiao, Deng Ning et al. in the discussion of Li Gao's Yiqi Shengyang method in the treatment of chronic heart failure that the fundamental pathogenesis of many clinical diseases is spleen and stomach qi deficiency, Yang qi does not rise, based on Li Gao's ' spleen and stomach internal injury theory ', the Yiqi Shengyang method is used to explain the treatment of heart failure and explain its ability to help heart failure diseases to remove phlegm and blood stasis^[23]. In the prescription, poria cocos is added to promote diuresis and detumescence, and guizhi is added to strengthen the spleen and calm the heart to warm water drinks and promote yang and promote diuresis^[24].

3.2 It is helpful to guide traditional Chinese medicine to prevent and treat heart failure

Pan Guangming, Sheng Xiaogang and Zou Xu selected 120 patients with heart failure as random groups in exploring the clinical efficacy and quality of life of patients with chronic heart failure treated by regulating spleen and protecting heart method. The patients were observed from eight dimensions: physiological function (PF), physiological function (RP), body pain (BP), general health (GH), vitality (VT), social function (SF), emotional function (RE) and mental health (MH). All patients were given basic treatment of Western medicine such as cardiac, diuretic and vasodilator. On this basis, the treatment group was treated with Nuanxin Capsule (composed of red ginseng, cooked aconite, coix seed, etc.) for 3 months. The results showed that the Nuanxin Capsule in the treatment group had more significant improvement in physical pain, overall health, emotional function and mental health of patients with heart failure^[25]. Ma Jin, Zhang Yan and Li Hai concretized the theory of prevention before disease in the three-level prevention of chronic heart failure in the thought of ' preventive treatment of disease ' in traditional Chinese medicine. After research and discussion^[26], Xing Dongmei, Li Bin, Zhu Mingjun and Wang Yongxia provided new ideas for the prevention of heart failure after acute myocardial infarction in traditional Chinese medicine. Its essence is achieved by regulating the spleen and stomach^[27].

3.3 Conducive to heart failure spleen and stomach symptoms improved

Pan Yulan explained that with the increase of age, human organs gradually aged, and patients with poor hearts were prone to heart failure. Some elderly people had symptoms of heart failure while gastrointestinal symptoms would cover up the symptoms of heart failure. The mechanism of spleen and stomach system diseases indirectly discusses the advantages of treating heart failure from the spleen and stomach^[28]. Zhao Jiaxin and Feng Lulu have a good clinical effect on the treatment of chronic heart failure with dyspepsia with Xiangsha Pingwei Granules, and show that the combined dyspepsia in heart failure is located in the stomach. It has the function of invigorating the spleen in drying dampness and warming, and can be used for dyspepsia^[29]. Dong Zhengyong analyzed the heart failure patients with acute gastrointestinal bleeding. The data showed that the treatment of heart failure should be added to the drugs of gastrointestinal symptoms, such as the drugs beneficial to the spleen and stomach, to prevent the occurrence of bleeding. In the clinical treatment of a patient with chronic heart failure complicated with intractable vomiting^[30], Lv Ruxi showed that the patient was injured by spleen yang due to long-term illness. During the treatment, the spleen was treated from the spleen to disperse the cold and transform the drink, and the stomach was lowered and the spleen yang was warmed. After the course of treatment, significant curative effect was achieved^[31].

3.4 Conducive to the improvement of clinical efficacy indicators

The increase of LVEF, SV, CO and E / A in the observation group was more obvious than that in the control group, and the difference was statistically significant ($P < 0.05$)^[32]. Huang Shumin, Yao Tao et al. used Meta-analysis to integrate the clinical data in the study of the clinical efficacy of heart and

spleen in the treatment of heart failure. The results showed that regulating the spleen and stomach while treating heart failure could improve the ejection fraction, left ventricular end-diastolic diameter, left ventricular end-systolic diameter and 6-minute walking test^[33]. Tiaopi Huxin Decoction has the effects of invigorating spleen and replenishing qi, nourishing heart and tranquilizing mind. The effect of treating heart failure through spleen and stomach is obvious^[34]. Yu Dongmei and Ren Guofeng used randomized controlled trials to observe the efficacy of Sijunzi Decoction and Shengmai Decoction in the treatment of chronic heart failure. The control group was treated with conventional western medicine. The experimental group was treated with Sijunzi Decoction and Shengmai Decoction combined with conventional western medicine. After several courses of treatment, the indicators were observed. The ejection fraction and cardiac function classification of the experimental group were significantly higher than those of the control group^[35].

4. Conclusion

The treatment and prevention of heart failure are facing challenges in clinical practice, and patients often take western medicine to treat heart failure, which not only injures the spleen and stomach but also has obvious side effects, which makes the rapid development of traditional Chinese medicine in clinical practice. Modern doctors treat heart failure from the perspective of spleen and stomach and use traditional Chinese medicine to treat heart failure patients. It has achieved good advantages and eliminated the basic pathogenesis of phlegm, blood stasis and water in patients with heart failure. Although the treatment of heart failure from the spleen can achieve good results, the root cause of this disease is always the heart. The road of treating heart failure with integrated traditional Chinese and Western medicine has a long way to go.

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