

# Differentiation and Treatment of Chronic Renal Failure Based on the Theory of "Peace and Balance"

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**Abstract:** Chronic renal failure is slow, the course of disease is long, and it is difficult to heal. At present, modern medicine is faced with many difficulties in treatment, and it is difficult to break through. The Chinese medicine treats the symptoms according to the whole concept and has obtained good curative effect. Although the pathogenesis of the disease is complicated, in the whole process of onset, deficiency in origin and excess in superficiality is still the most critical. It is often caused by deficiency of spleen and kidney, disorder of liver ascending and lung descending, combined with phlegm-dampness and stasis toxin, and the disturbance of internal and external wind. Consequently, it is necessary to treat multiple viscera at the same time, and treat both manifestation and root cause of disease. The theory of "Peace and Balance" fully interprets the overall concept of Chinese medicine, we advocate "aim for peace" and incorporate "balance" throughout the entire treatment, to reach the balance of yin and yang. Therefore, this article will discuss the treatment based on syndrome differentiation of Chronic renal failure by the theory of "Peace and Balance".

**Keywords:** Chronic renal failure; Peace and Balance; Dissipating old hydro-stagnation

## 1. Introduction

Chronic renal failure (CRF) refers to the slow progression of renal function until it is lost and eventually progresses to uremia based on various chronic kidney diseases (CKD), autoimmune disease-related renal damage or drug-related renal damage on top of varying degrees of renal parenchymal assault [1]. Clinically, CRF is characterized by a decrease in the "three major functions" of the kidney, resulting in systemic metabolic disorders and damage to various systems. There are several theories on the pathogenesis of CRF, such as the theory of surviving renal units, the theory of "three highs" in the glomerulus, i.e., progressive hyperperfusion, hyperpressure and hyperfiltration leading to glomerular injury and then further renal injury [2], and the theory of corrective imbalance, etc. Some scholars believe that it may be related to the phenotypic transformation of renal tissue epithelial cells, the pro-fibrotic effect of cells and growth factors, and the increase of vasoactive substances and aldosterone [1]. Pro-fibrotic effects of growth factors, increase in vasoactive substances and aldosterone [1]. If the kidney function progresses slowly for a long time, it will definitely cause metabolic acidosis, impaired endocrine function, electrolyte balance disorders and other metabolic abnormalities, which in turn will cause pathologies in the circulatory system, respiratory system, digestive system, blood and bone and other systemic systems. At present, modern medicine treats CRF mainly with symptomatic supportive treatment, dialysis and kidney transplantation, but still faces many dilemmas in the treatment of patients with no obvious symptoms in the early stage who have not reached the standard of renal replacement, as well as how to antagonize the side effects of drugs, delay dialysis, alleviate the complications caused by dialysis, and alleviate the sequelae of renal replacement therapy. In the treatment of CRF, ancestral medicine has the characteristics of combining deficiency and reality, balancing yin and yang, and taking a holistic approach, which can quite effectively delay the progression of renal function, alleviate early systemic symptoms and mitigate the complications caused by dialysis treatment.

CRF belongs to the category of "deficiency labor", "retention of urine", "Guange" and "kidney wind" in traditional Chinese medicine. CRF belongs to the category of "deficiency labor", "retention of urine", "Guange" and "kidney wind" in Chinese medicine, and is mostly caused by "edema", "gonorrhoea" and "blood in urine". The core cause of the disease is the dysfunction of the internal

organs and the gathering of dampness and stagnation of toxins in the body. According to the holistic concept of Chinese medicine, the internal organs are mutually reinforcing and co-prosperous, such as the cloud in "Lushan Tang Class Discernment": "The qi of the five internal organs are all connected to each other". CRF is caused by the deficiency of congenital yang, which cannot be transformed by the latter, and the loss of nourishment of liver and wood, which in turn insults lung and gold, and the lack of intercourse between heart and kidney, causing various complications, one glory and one loss. Therefore, the five elements of yin and yang should be harmonized to bring the body to a new balance. As early as in "The Great Treatise on the Supreme Truth", it was pointed out that "we should be careful to observe the disease mechanism, each of its own genus, those who have seek, those who don't, those who are strong are responsible, those who are deficient are responsible, we must first five wins, dredge its blood and qi, make it regulate and reach peace" as the general rule of treatment. "In order to achieve the balance of the internal organs, the balance of yin and yang, the balance of water and fluids, and the balance of the body's deficiency and actuality<sup>[3]</sup>, the disease will be cured by then.

## 2. Chronic renal failure etiology and pathogenesis

The etiology of CRF is based on the deficiency of the spleen and kidneys, and the imbalance of qi flow is the key pathogenic condition. "Four major pathological factors, namely, dampness, toxicity, stasis and wind, are involved in the entire pathogenesis of the disease, among which phlegm and dampness are the basic causes of the disease. The deficiency of spleen and kidney will easily cause phlegm-dampness and blood stagnation in the body, while the evil will aggravate the deficiency of the body, which will eventually present a deficiency of the essence and the symptoms, and will definitely involve other organs in the long term<sup>[4]</sup>. Therefore, the pathogenesis is often based on the deficiency of spleen and kidney as the origin and water-dampness and stagnation of toxins as the symptoms, and the deficiency and reality are both complex.

### *2.1. Deficiency of the root - loss of harmony between the five organs and deficiency of both qi, blood, yin and yang*

Chronic renal failure occurs mostly due to various renal diseases that do not heal and result in kidney deficiency<sup>[5]</sup>, with congenital damage that is linked to later life, or due to dietary fatigue and loss of spleen and kidney deficiency in later life. The kidney is not allowed to gasify, the spleen is not allowed to transport, and water is not discharged, which is mostly seen in the compensatory stage of CRF. Long-term disease and deficiency of qi eventually injures the yang of the kidney, which will definitely involve the spleen yang. Kidney qi from yang will open, from yin will close, and if yang is deficient and yin is strong, the door will always close, resulting in retention of urine<sup>[6]</sup>, mostly seen in the decompensated, failing stage of kidney function.

Chen Shiduo proposed in the book of "Discernment" that "the stomach is the gateway to the kidneys" and that kidney deficiency affects the flow and descent of gastric qi, making it difficult to transmit the essence of water and grain and dregs, which leads to dysregulation of the bowels<sup>[7]</sup>. When the spleen and stomach are out of harmony and the qi is out of balance, the dampness and toxicity will stagnate in the three jiao. Therefore, when the kidney water is deficient, the lung qi and yin are also insufficient and easily depleted, and the pronunciation and purification are not normal, resulting in the accumulation of water and dampness in the body<sup>[8]</sup>. Ming Dynasty doctor Wu Kun Yun: "The marrow gives birth to the liver, that is, the kidney gives birth to the liver, and water gives birth to wood." It can be seen that there is a close connection between the liver and kidney. The famous doctor Li Zhongzi also put forward the classical theory and treatment rule of "the same source of Yi and Xue, and the same treatment of kidney and liver" in his "Essential Readings in Medicine". The production of blood is based on the production of essence, while the filling of kidney essence also depends on the nourishment of Yin and Blood in the liver. Long-term disease injures Yin and involves Liver Blood, then Yin of Liver and Kidney is often deficient at the same time<sup>[9]</sup>, and if water does not contain Wood, then Liver Yang is hyperactive. At the same time, the deficiency of kidney water cannot be helped, resulting in imbalance of heart and kidney yin and yang, and non-interaction of heart and kidney. Both are mostly seen in the stage of renal function loss and failure.

The yin and yang of the kidney is the basis of the yin and yang of the internal organs, the base of the yin and yang of the body, and is the source of power for the functioning of the body. If both yin and yang are deficient, the internal organs will be deprived of nourishment and the functional activities of the body will be in a low state, which will eventually cause other organs to fail and endanger life,

mostly seen in end-stage renal disease, i.e. uremia. Yin and Yang are closely linked, coexisting and nourishing each other. As Wang Bing notes in *Su Wen - Anger Tong Tian Lun*, "Yang Qi is rooted in Yin, Yin Qi is rooted in Yang, without Yin there is no way for Yang to be born, without Yang there is no way for Yin to be transformed." If the disease is not effectively treated for a long time, it will aggravate the deficiency of kidney yang, and kidney yin will not be able to transform, or the use of hormones and immunosuppressive drugs will damage the true yin and suppress the true yang, resulting in the loss of both yin and yang, or even the separation of yin and yang, which is life-threatening.

## **2.2. The symptoms - dampness, heat, toxicity, stasis, wind**

Deficiency of the spleen and kidneys, clear yang in the lower, turbid yin in the upper, water stagnation, then the production of phlegm and dampness. Phlegm and dampness trap the spleen, the central state loses transportation, the kidney loses steam and gasification, and dampness cannot be discharged, forming a vicious circle. Dampness is heavy and sticky, the disease is prolonged and difficult to heal, easy to damage Yang Qi. Direct invasion of the lower jiao or transmission from the middle and upper jiao to the lower jiao, damage to the qi-chemistry of the three jiao, and occlusion of water channels<sup>[10]</sup>; The evil of dampness and turbidity can be affected by the body, external evil and other factors both heat into damp heat, but also cold into the formation of cold dampness, clinically from Yang heat is more common. Such as the use of diuretics to reduce swelling, depletion of yin, breeding internal heat; long-term use of hormones and immunosuppressants and other pure Yang warm and dry products, but also often generate heat, combined with damp to form damp-heat. Damp-heat contains the kidneys, depletes qi and injures yin, and cannot seal or injure blood channels, then protein, red blood cells, white blood cells, tubular cells and other organic components appear in the urine<sup>[11]</sup>; The formation of blood stasis has a close causal relationship with qi deficiency, qi stagnation, blood deficiency, yin deficiency, blood cold, blood heat, and dampness and toxicity. It is widely believed that stagnant blood is present throughout the progression of renal failure and is repeatedly aggravated by the stagnant blood in the body.

The wind is variable in nature, easy to attack the Yang position, and is the first of the six evil spirits, mostly combined with other diseases. External wind is an important factor in triggering and aggravating the disease. Patients with kidney failure are more likely to feel external evil than normal people because they feel external evil and thus become infected and aggravated. Internal wind arises from within, mostly because water does not contain wood, liver yang rises without control, hyperactivity turns into wind, and turbid toxicity reverses upward, which is seen as limb numbness and spasms, agitation and convulsions, dizziness and dizziness, and elevated blood pressure; wind moves and causes blood to rise with the wind, and blood is on top, which is seen as fainting<sup>[12]</sup>.

The kidney is an important organ for metabolizing waste in the body, and deficiency of the spleen and kidney makes it difficult to remove water and dampness, phlegm and blood stasis, which will accumulate in the body and become toxic and aggravate the deficiency of the internal organs; and the large intestine conducts dregs, which is an important link for excreting turbid toxins, and the stagnation of turbid toxins affects the conduction function, which in turn affects the qi of the spleen and kidney, resulting in a vicious cycle, leading to a sharp aggravation of the disease.

## **3. Dialectical treatment from "pingzhi in power and balance, remove wan Chen's stamina"**

The theory of "pacification in the power and balance, to go to the Wan Chen straw" from the "Su Wen", the book recorded that the emperor said: "There is not from the hair and raw, the five organs of Yang to exhaustion also, fluid filled Guo, ..... treatment of what? " Qibo said: "pacification in the power and balance, go to Wan Chen straw ..... open the ghost door, clean house, essence to the time to serve, five yang has been cloth, sparing the five organs." Clearly discussed the pathogenesis and treatment of edema disease, due to the deprivation of yin and yang in each organ, yin energy is hidden inside, yang energy floats over the outside, and water energy floods the skin. It is undeniable that "opening the door of ghosts and cleansing the house" is the most effective guideline for treating edema and is the most direct way out of dampness. However, it has certain limitations and is only applicable to Yang and actual evidence of edema<sup>[13]</sup>. However, patients with CRF not only present with edema, but also with stagnation and toxicity, and most of them have mainly positive deficiency of yin and water, and the whole course of the disease is deficient and real, which is complicated and changeable; "pacification in balance" is the embodiment of the holistic concept of ancestral medicine, that is, balancing yin and yang of the internal organs, balancing cold and heat, balancing qi and blood,

balancing water and fluid, so that the body is in relative balance and the internal organs are full. This is the method of treatment [14]. Chen Nong [15] summarized the views of several medical practitioners and considered that "removing the stagnant straw" is to get rid of the accumulation of water, blood stasis, and decay, which is the treatment of the symptoms. In modern medicine, it is to remove all pathological products and metabolic wastes of the body. The long-term storage in the body, damage the internal organs qi, aggravate the original deficiency. Prof. Zhou Enchao [16] believed that protecting the kidney energy and balancing the yin and yang of the internal organs are the criteria for diagnosis and treatment, but the "poisonous evil" always runs through the disease, and the combination of tonicity and detoxification should be used regardless of the stage of the disease. Therefore, we advocate that the treatment should follow the principle of "to be peaceful for a period of time", "balance" throughout the treatment, taking into account all organs, harmonizing yin and yang, treating both the symptoms and the root cause, and combining both the general and the astringent aspects, with tonicity as the mainstay and generalization as the use, complementing each other, in order to be effective.

### **3.1. Balance of power to rule**

Patients with CRF are mainly deficient in the spleen and kidneys, and almost all of them have hypoproteinemia in the late stage of the disease, which makes it difficult for recurrent edema to subside and greatly increases the risk of thrombosis; therefore, special attention should be paid to tonifying the spleen and kidneys, regulating the gastrointestinal function, enhancing dietary supplements, and improving the general condition. For example, Professor Duan Guangtang in the formula of Kidney Failure I [17], not only Epimedium, Baji Tian and Cistanches nourish the vital organs and benefit the essence and blood, but also combine with Astragalus, Radix Codonopsis, Atractylodes and Poria to tonify the qi and transport dampness in the spleen and kidneys; together, they can warm the spleen and kidneys and tonify the successive heavens.

The metabolism of water, fluid and essence are all based on the propagation and purification of the lung qi. Normal propagation ensures that the essence is infused into all tissues and organs, reaching the skin and hair couples and giving the evil a way out. The normal declination ensures that the metabolized waste fluid can be transferred down to the bladder, so we call the lung "the source of water above" and the kidney "the source of water below". Therefore, in the treatment, we mostly use the method of promoting the lung to promote water and lifting the pot to uncover the lid [18]. The upper orifice is open, then the water in the lower orifice will come out [19]. Treating qi is treating water, and treating water is treating qi. Then, in Yi Kidney Xuan Lung Drink [20], warming the kidney and strengthening the Yang is combined with Ma Huang and Chen Pi to promote the lung and regulate the Qi.

Qi and blood are the cornerstones of the normal functioning of the body's organs and tissues, so the spleen is abundant, the liver is unclogged, biochemistry has a source, blood vessels are open, the balance of Qi and blood, the function of the organs can be harmonious and vigorous. Most CRF patients are prone to combined renal anemia, qi can produce blood, also can move blood, mutual root and mutual use. Therefore, clinical treatment mostly applies Guei-Spleen Tang to nourish the kidneys, strengthen the spleen, and replenish Qi and blood, which can not only increase the level of erythropoietin, but also improve renal function [21]. In addition, the long duration of CRF tends to make the mood depressed and the liver qi unrestrained, so it can be combined with Chai Hu, Xiang Shen and Chen Pi to de-stress the liver and regulate the qi to achieve a state of calmness of qi and blood.

The yin and yang of the kidney are the essence of all yin and all yang. If the kidney yang is deficient, all the yang of the five organs will be deficient, and yin and cold will be generated internally. Yang deficiency leads to water and dampness overflowing and filling the skin. Yang loss and yin will eventually lead to deficiency of both yin and yang. Deficiency of kidney yin, water does not contain wood, which affects liver yin and disturbs the wind. The imbalance of yin and yang is the essence of the development of various diseases. Therefore, in the treatment, should focus on balancing yin and yang, such as liver and kidney yin deficiency, more Qiju Dihuang Tang to nourish the liver and kidney yin; yin and yang deficiency, more Jin Kui Kidney Qi Pills, not only three for the liver, spleen and kidney yin, but also add Gui Fu less fire, warming the kidney yang.

### **3.2. Removal of the stagnant straw to treat the symptoms**

Dampness is not only the most fundamental factor in the pathogenesis of the disease, but also a factor that aggravates the progress of the disease, throughout [22], the key to treatment is to balance the

water and fluid in and out, on the one hand, strengthen the spleen and warm the spleen, so that dampness can not be generated, water and drink can be transported, dampness can not be gathered; on the other hand, promote the lung and liver, move the qi and water, dredge the water channels, to give water and dampness to the "way out". Fei Bo Xiong once said, "Dampness is the qi of the earth, which is also slow to enter a person, but deep to enter a person", and in his "Medical Alcohol Teng Yi", it was recorded that Gui Ling Shen Zhu Tang was applied to treat overflowing drinks [23], and the whole formula was derived from Ling Gui Zhu Gan Tang, Er Chen Tang and Ping Gastric San, which together served to warm yang and promote water, strengthen the spleen and transform dampness, and regulate qi and dry dampness to transform phlegm.

In the Medical Formulas Examination, Wu P. suggested that "the disease of the lower jiao is blamed on dampness and heat". Modern studies have also confirmed that damp-heat evidence is closely associated with aggravation of proteinuria, inflammatory factor production, damage to endothelial cells, aggravation of interstitial fibrosis, glomerulosclerosis, and tubular atrophy [24-25]. Although the patient often presents a picture of yang deficiency and cold, dampness can easily turn into fire. In the "Danxi Xinfu", it is suggested that "blood subjected to dampness and heat will become turbid for a long time". Therefore, we should pay attention to correct the cold-heat bias, in the warmth of the tonic at the same time focus on clearing. According to the different locations of damp-heat disease, corresponding drugs can be selected [26]. For example, duckweed and patchouli stem can be selected when damp-heat is in the upper jiao. In the middle jiao can choose to choose patchouli, perilan, atractylodes, white art, etc. For dampness in the lower jiao, you can choose Che Qian Zi, Wang Bu Liuxing, Shiwei, Aviculare, and Qu Mai to balance cold and heat.

Blood stasis is present throughout the entire course of CRF, with dampness blocking the qi flow and poor blood flow; or dampness and heat decocting into clots and developing into blood stasis; it is both a pathological product and a pathological factor aggravating the disease, involving all internal organs [27]. Patients with CRF have a high risk of blood clotting at the end stage, especially those who enter hemodialysis, which is a category of "blood stasis" in Chinese medicine. Therefore, activating blood stasis is a must in the treatment process. Clinically, we mostly use Blood Mansions and Blood Stasis Tang with addition and subtraction, and the commonly used medicine group includes Dan Shen, Tao Ren, Red Flower, Chicken Blood Vine, Chuan Xiong, Angelica, Leech and so on. In addition, we can also use the renkang injection [28] to dilate blood vessels, improve renal ischemia, relieve glomerular hyperemia, protect the residual kidney, and delay the progression of renal function.

#### 4. Typical test cases

Patient Zhang, female, 75 years old. She has been suffering from "abnormal renal function for more than 2 years, and has been tired and nauseous for 1 year." She was admitted to the hospital with the chief complaint. Current symptoms: nausea and vomiting aggravated for 1 week, fatigue, waist and knee tenderness, back pain, mild edema of both lower limbs, poor eating, rest at night, urination with a small amount of foam, night urination 4-5 times, dry stool, poor spirit, facial appearance, dark white tongue, heavy and smooth pulse. History of hypertension for more than 1 year. Auxiliary detection: BUN 18.22mmol/L, Cre 428umol/L, UA 205umol/L, HGB 105g/L, ALB 39.9g/L. B ultrasound shows that right kidney: 89×34×40mm, and left kidney: 74×34×32mm. Blood perfusion in both kidneys was sparsed, and blood resistance index in the initial segment of both renal arteries was increased. TCM diagnosis: kidney failure (spleen-kidney Yang deficiency syndrome). Western medicine diagnosis: Chronic kidney failure CKD stage 5. Treatment: warm tonifying spleen and kidney, promoting blood circulation and removing stasis, detoxifying turbidity method. Addition or subtraction of Fuzheng Xueluo Huoxue recipe [29] (verified by chief physician Liu Chunying): Astragalus 40g, Codonopsis 15g, stir-fried Baiyi 20g, Poria 15g, Chuangxiong 10g, Angulae 10g, Dilong 10g, Radix rhuarb 15g, Radix Longma 30g, Radix Bupleurum 10g, Saltans Euzhong 15g, Herba mediae 30g, Cistanche 20g, Magnolia officinalis 10g, 15g golden fruit before stir-frying, 15g hot golden dog ridge, 6g sand after stir-frying, 10g orange peel, 10g perrin. 14, one dose a day, decocted 300ml in water, warm in the morning and evening.

Second diagnosis: self-reported nausea and vomiting, weakness and lumbago were reduced after taking the above, mild edema in both lower limbs, foam in urine, nocturia 3 times/night, dry stool, sweating, hot flashes, dark tongue with slight yellow coating, sunken and thin pulse. The prescription: continue with the above, add 15g of Radix et Rhizoma, 10g of dried ginger, 10g of citron, 10g of ginger and half asia, 10g of cinnamon, 6g of Huanglian, 21 doses, one dose per day.

Third diagnosis: Self-reported nausea and vomiting significantly improved, no fatigue, slight back pain. The hot flashes have subsided and the bowel movements are regulated. Tongue is light, coating is thin, pulse is sunken. The following is a follow-up of the above, removing the ginger, ginger and citron, adding 10g of cardamom and 15g of calamus. A total of 28 Chinese medicines, one dose per day.

After more than half a year of treatment, the patient reported a significant reduction in symptoms since taking the medication, and the BUN decreased from 18.22mmol/L to 11.98mmol/L; CRE decreased from 428umol/L to 320umol/L; HGB increased from 105g/L to 126g/L in the auxiliary examination.

## 5. Conclusion

In this case, the patient is old and frail, and has been ill for a long time, the spleen and kidney are already deficient in qi, and due to overexertion, the spleen and kidney are further injured, so that the middle jiao is not healthy, qi and blood are lacking, and the body is deprived of nourishment, The combination of Epimedium, Cistanches, Longmu, Eucommia, and Dog's spine also tonifies the liver and kidneys, strengthens the yang and waist; the combination of Chai Hu, Chen Pi, Citrus aurantium, and Hou Pu dredge the liver and promote the lung, so that the elevation is in order, and the balance of the five organs is achieved. Therefore, the combination of rhubarb, which is bitter-cold and diaphoretic, has the effect of pushing out the old and bringing in the new; Chuanxiong and Dilong, which invigorate the blood and remove blood stasis; Angelica sinensis, which both tonifies and invigorates the blood, also moistens the bowels and clears the bowels; rhizoma rhizoma, which is supported by rhizoma, removes blood stasis without depleting qi and blood, while rhizoma sinensis, which is supported by rhizoma, does not stagnate and calms qi and blood. In the second diagnosis, the patient had fatigue and lower back pain, nausea, sweating, hot flushes, dark tongue and yellow fur. Therefore, it adds dried ginger, ginger pinellia, and citron to the top after using to enhance warmth, dryness, and reduces the need for antiemesis. Afraid of dampness and turbid heat, Yang Qi is suppressed by dampness and evil, so Huanglian is added to clear heat and dry dampness. The third diagnosis shows that the patient's nausea and vomiting have basically subsided, with no hot flashes, fatigue, or bowel movements. Therefore, warming and moistening the body, adding cardamom and calamus can promote the Sanjiao gasification and stimulate the spleen and stomach.

Clinically, this case adopted the treatment of tonifying the spleen and supplementing qi, soothing the liver and moistening the lungs, and adjusting the gasification of Sanjiao. And its treatment principle is to achieve the balance of yin and yang, balance of qi and blood, and balance of cold and heat, so as to return the body to a state of "peace"; At the same time, it also pays attention to promoting blood circulation and removing blood stasis, detoxifying and removing turbidity to "remove the stagnant straw". The two aspects complement each other, so that the Central State is healthy, the Lower Jiao is warm, the Liver is restored, the elevation is restored, and the turbid toxins are cleared, resulting in significant clinical results.

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