

Clinical Research Progress of Chaihu Longgu Oyster Decoction

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Abstract: Chaihu Longgu Oyster soup is a classic famous recipe, which has the functions of reconciling Shaoyang, clearing Yang and relieving heat, and calming the nerves. It is mainly used to treat the syndrome of evil invading Shaoyang, diffuse Sanjiao, diseases on the outside and inside, and mutual recognition of deficiency and reality. In recent years, the party has been widely applied in various clinical departments, and can be used to treat neurological diseases (insomnia, anxiety, depression, epilepsy), circulatory system (coronary heart disease, arrhythmia, hypertension, cardiac neurosis), digestive system (chronic gastritis, irritable bowel syndrome), endocrine system (diabetes, metabolic syndrome), urogenital system (premature ejaculation, impotence, seminal emission). Surgery (cervical spondylosis, compression fracture, osteoarthritis), obstetrics and gynecology (climacteric syndrome, amenorrhea), pediatrics (infantile tic, febrile convulsion), tinnitus, urticaria and other facial and dermatological diseases. In clinical application, we should grasp the key points of syndrome differentiation, add and subtract with symptoms, which can further expand the scope of application.

Keywords: Chaihu Longgu Oyster soup; Clinical application; Research progress; Journals reviewed

1. Introduction

Bupleurum and longbone oyster soup comes from treatise on febrile diseases [1], which is based on Xiaochaihu Decoction. It is composed of bupleurum, longbone, Scutellaria baicalensis, ginger, plumbum, ginseng, Cinnamon Twig, Poria cocos, Pinellia ternata, rhubarb, oyster and jujube. The original prescription is used to treat chest hypochondriac pain, panic delirium, adverse urination, heavy body, non turning side, palpitation and other diseases. Later generations of doctors used syndrome differentiation and subtraction in various clinical departments, and often achieved satisfactory results. The author summarizes the clinical application of Chaihu Longgu Oyster Decoction in the treatment of various diseases in recent years, in order to provide reference for clinical diagnosis and treatment.

2. Prescription analysis

In the prescription, bupleurum reconciles Shaoyang and Xuanchang cardinals, and clears the exterior and interior with Scutellaria baicalensis; Cassia twigs can reach Yu Yang, smooth the flush and reduce adversity, Poria cocos can dilute the seepage and benefit water, calm the heart and calm the mind, and the combination of the two can transform Qi and benefit water; Rhubarb can clear away stomach heat and harmonize the stomach, so it can eliminate more evil in the body; Keel, oyster and plumbum can calm the mind to get rid of trouble and disturbance; Licorice tastes sweet, which can slow down the evil and die; Add ginseng and jujube to strengthen the healthy and dispel the evil. The combination of various medicines, cold and warm use together, attack and supplement at the same time, calm the inside and relieve the outside, so that the miscellaneous evil inside and outside can be quickly solved. In the long development process of traditional Chinese medicine, due to the different quality of medicinal materials and several changes in the unit of measurement, and the rigorous formulation, the quality of medicinal materials and the accuracy of dosage are the key to achieve curative effect, the dosage is converted into 60g bupleurum, 25g Shenglong, 25g Huangqin, 25g ginseng, 25g Guizhi, 25g Poria cocos, 32g raw Pinellia ternata, 30g rhubarb (lower back), 15g jujube, 25g raw oyster and 25g ginger [2]. Although the lead pill in the prescription has the effect of calming the nerves, it is easy to accumulate in the body and lead to lead poisoning. Now we should be cautious in clinical application. Especially when it needs to be

taken orally, it should not be taken for a long time or in excess. It can be replaced by other important calming products such as pig iron, magnet, mother of Pearl and so on.

3. Clinical research progress

Traditional Chinese medicine focuses on syndrome differentiation and treatment. The same syndrome can have different clinical manifestations. Therefore, even if different diseases have the same syndrome, the same prescription can be selected to achieve the purpose of treatment. Traditional Chinese medicine is summarized as "different treatment of the same disease and the same treatment of different diseases". With the increasing enrichment of clinical practice and the learning, inheritance and development of traditional Chinese Medicine Classics, some doctors believe that Chaihu jialongoyster Decoction also has the effects of calming shock and stopping palpitation, soothing liver and regulating qi, transforming drink, harmonizing Rongwei, helping rise and fall, harmonizing liver and gallbladder, regulating yin and Yang [3]. At present, this prescription has been widely used in the treatment of diseases in many fields, bringing good news to patients.

3.1. *Cinternal medicine*

3.1.1. *Vervous System*

Modern clinical pharmacology and experimental research show that Chaihu jialongoyster decoction has good antidepressant, anti anxiety, sedative hypnosis and anticonvulsant effects, and is safe and effective with few toxic and side effects. Therefore, it is widely used in neurological and mental diseases.

1) Insomnia

Traditional Chinese medicine believes that the harmony of yin and Yang, the smooth regulation of Qi and the normal circulation of Ying and Wei are the basis for maintaining sleep. The lack of harmony of Ying and Wei, the imbalance of Qi and Yang at night, and the lack of yin and Yang leads to insomnia. Chaihu Longgu Oyster soup can regulate Yin and Yang, harmonize Ying and Wei, and smooth Qi. The formula is based on Xiaochaihu Decoction, which harmonizes the Shaoyang axis to make the normal circulation of Qi and blood. In addition, it is combined with cassia twig, keel, oyster and other products that can calm the mind by immersing Yang into Yin to achieve the balance of yin and Yang, so as to ensure sleep. Shan Xiuying [4] used this prescription to treat insomnia and anxiety caused by hyperthyroidism, Yu Lihong [5] used it to treat intractable insomnia, and Mo Baiwei [6] used it to treat insomnia after stroke. All clinical studies believe that Chaihu jialongoyster decoction can improve insomnia caused by different diseases.

2) Depression and anxiety disorder

Chaihu jialongoyster decoction can inhibit the norepinephrine system under the thalamus by increasing the levels of dopamine and metabolites in different tissues, and then play the role of antidepressant and anti anxiety [7]. Wang Bo et al. [8] treated 200 patients with depression with two different treatments. After 8 weeks of treatment, the results showed that compared with 84% of the total effective rate of paroxetine control group, the observation group treated with Bupleurum and longbone oyster decoction was more effective, the total effective rate was 93%, and the score of HAMD depression scale was lower. It was also better than the control group in the improvement of TCM syndromes, which proved that the clinical effect of this prescription was significant. The clinical study of Li Yingmei [9] reached the following conclusions: after the addition and subtraction treatment of Chaihu keel oyster decoction, the scores of HAMD depression scale and self rating depression and anxiety scale were improved better than those in the paroxetine group, with less incidence of adverse reactions and more accurate curative effect. Sun Muyan et al. [10] divided 186 patients with generalized anxiety disorder into Chaihu jialongoyster granule study group and comfort control group. The results showed that the scores of HAMA anxiety scale, SAS and anxiety factor (SCL-90) in the study group were lower; The total effective rate of the study group was higher than that of the control group; The study group had significant effect on improving the symptoms of anxiety, palpitation and irritability ($P < 0.05$).

3) Mental / mental disorder

Chaihu jialongoyster decoction can also regulate serum NGF, serum IL-6, IL-8 and TNF- α And BDNF levels, which are also widely used in epilepsy, schizophrenia and other diseases. Liu Chao [11] conducted clinical research and found that Chaihu jialongoyster decoction can control seizures and reduce epileptiform discharges by reducing the concentration of neuron specific enolase in peripheral

blood. Qi Huan [12] found that Chaihu jialongoyster decoction combined with aripiprazole can improve the TCM syndrome of elderly female schizophrenic patients and reduce the score of the concise psychiatric rating scale. The results of Han Hui [13] show that this prescription can shorten and reduce the duration and frequency of seizures in patients with recurrent temporal lobe epilepsy, and improve their sleep. The effect is satisfactory.

In clinical work, according to the theory of TCM syndrome differentiation and treatment, this prescription can also treat common neurological and mental diseases such as vertigo [14], Parkinson's disease [15], cerebral infarction [16], withdrawal syndrome [17].

3.1.2. Circulatory system

1) Coronary heart disease

Adiponectin (ADPN) can reduce the adhesion of monocytes to the vascular wall, so it has a certain anti atherosclerotic effect. The level of ADPN can also predict the development of coronary heart disease. Studies have shown that [18] Chaihu jialongoyster decoction can significantly increase the level of ADPN, and its anti platelet aggregation can slow down the formation of thrombus and further eliminate thrombus, so as to increase coronary flow and improve myocardial ischemia. Lin Yanhong [19] used the self-control method for 30 patients with stable angina pectoris of phlegm and blood stasis type. After 2 weeks, the statistics of TCM syndrome, angina pectoris score, ECG, nitroglycerin reduction rate and other results showed that the effect of Chaihu jialongoyster decoction was positive. The clinical observation of Plateau [20] treating patients with stable angina pectoris with anxiety with conventional western medicine combined with Chaihu and Longgu oyster Decoction shows that not only each traditional Chinese medicine can carry out target treatment alone, but also the compatibility of monarchs, ministers and envoys can enhance the treatment intensity.

2) Arrhythmia

Clinical studies have found that [21] Chaihu jialongoyster decoction can improve various indexes of heart rate variability in patients with ventricular premature beats, reduce the number of ventricular premature attacks and improve the state of cardiac autonomic nerve imbalance. The research results of Wang Dongjian [22] on the treatment of arrhythmia patients show that the total effective rate of traditional Chinese medicine treatment group (93.88%) is significantly higher than that of Western medicine control group (73.47%), and the incidence of adverse reactions in the treatment group (2.04%) is lower than that in the control group (4.08%). The clinical observation conclusion made by Tao Yanli et al. [23] shows that Chaihu jialongoyster decoction can not only eliminate the etiology of patients with arrhythmia and prevent the progress of the disease, but also treat various other subjective symptoms caused by the disease with good curative effect.

3) Hypertension

Long term hypertension can affect the heart, brain, kidney and other important organs. Timely treatment and stabilization of blood pressure are of undoubted significance to the quality of life and control the progress of the disease. The level of Chaihu jialongoyster Decoction in the treatment of essential hypertension can be equal to the effect of Western medicine. Luo Peng [24] treated 20 patients with essential hypertension with Chaihu jialongoyster decoction, and compared the treatment effect, blood pressure score, HAMA score, TCM symptoms and other indicators with the western medicine control group. Conclusion: the application of traditional Chinese medicine decoction can reduce blood pressure and improve patients' anxiety at the same time.

4) Cardiac neurosis

The clinical syndrome dominated by cardiovascular diseases caused by mental and psychological problems or neurological disorders has become cardiac neurosis. The reason why Chaihu and Longgu oyster decoction can treat the disease may be that Longgu, oyster, dangshen and poria cocos can calm the nerves, calm the palpitations, replenish qi and nourish the heart, and Chaihu and scutellaria can reconcile Shaoyang, clear the liver and relieve depression, and can deal with the pathogenesis of adverse Shaoyang axis and stagnant heat of liver and gallbladder caused by social pressure. The research conclusion of Zhang Lili et al. [25] shows that the total effective rate of the observation group of traditional Chinese medicine (93.33%) is significantly higher than that of the control group (75.56%), and the number of clinical symptoms in the observation group decreases significantly; Sun Jing [26] et al. Reached the same conclusion in their clinical studies using similar methods.

3.1.3. Digestive System

Digestive system diseases are mostly closely related to pathogenic factors such as eating disorders and emotional failure. It is easy to form complex syndromes with mixed cold and heat, deficiency and reality with qi stagnation as the main pathogenesis. Chaihu Longgu Oyster decoction is based on Xiaochaihu Decoction, so it can also be used to treat cold and heat exchanges, chest and flank pain and fullness, upset, silent desire to eat and so on.

1) Chronic Gastritis

Guo Jinhua [27] treated 40 patients with chronic gastritis of disharmony between gallbladder and stomach with Chaihu and Longgu oyster decoction. After a course of treatment (4 weeks), the effective rate of the treatment group (95.00%) was significantly higher than that of the western medicine control group (81.58%). The of Chaihu jialonggoyster Decoction on the symptoms of epigastric fullness, bitter mouth, pantothenic acid, heartburn and stupidity in patients with chronic gastritis is related to the effects of various traditional Chinese medicines in the prescription on inhibiting gastric acid secretion, protecting gastric mucosa and anti-inflammatory.

2) Irritable bowel syndrome

Dang Jinsheng et al. [28] treated refractory irritable bowel syndrome (IBS) with Chaihu Longgu oyster decoction combined with venlafaxine for 4 weeks. The results showed that the TCM syndrome score was significantly lower than that in the control group, and the effective rate in the treatment group (84.0%) was significantly higher than that in the control group (68.0%). Mental and psychological factors are an important cause of irritable bowel syndrome, and Chaihu jialonggoyster decoction can indirectly improve gastrointestinal symptoms by regulating emotion, which may be related to increasing the content of monoamine neurotransmitters in the brain; Keel and oyster can relieve the spasm of smooth muscle, so they can regulate the intestinal spasm caused by gastrointestinal dysfunction, indirectly relieve pain and diarrhea, and directly treat the symptoms.

3.1.4. Endocrine System

The pathogenesis of diabetes is characterized by dryness and heat, which is originally Yin deficiency. With the further development of the disease, the pathogenesis in the later stage is Qi and Yin injury, both yin and yang deficiency, which can be complicated with insomnia, depression, limb pain, numbness and other diseases. Modern research also shows that the prescription can regulate blood glucose and blood lipid, calm nerves, improve depression and relieve pain. Liu wanwen et al. [29] applied Bupleurum and longbone oyster Decoction in the treatment of Shaoyang Xiaoke disease with insomnia. The results showed that this prescription can reduce blood glucose level, reduce Pittsburgh sleep quality index score, help patients improve sleep and improve traditional Chinese medicine symptoms such as dizziness, headache, dry mouth and fatigue. Song Yisheng [30] reached the following conclusions after treating patients with metabolic syndrome with Chaihu jialonggoyster Decoction: the combination of Chaihu jialonggoyster Decoction and Western medicine can significantly reduce the levels of total cholesterol and triglyceride ($P < 0.01$) and improve the levels of low-density and high-density lipoprotein ($P < 0.05$).

3.2. Surgery

Traditional Chinese medicine has unique experience in the treatment of surgical diseases with Chaihu jialonggoyster decoction. Chang Baoqin [31] dialectically identified a case of vertigo cervical spondylosis as stagnant heat in the liver and gallbladder and disturbing the mind by heat. After 21 doses of Chaihu and Longgu oyster decoction, all symptoms of the patient disappeared. Li Lifu et al. [32] identified the osteoporotic spinal compression fracture as different syndrome types and treated it with Chaihu prescriptions. For the cases that meet the syndrome differentiation points of Chaihu jialonggoyster decoction, the pain symptoms of the patients were significantly reduced after taking 14 paste decoction. After the addition and reduction of the third and fourth diagnosis adjustment prescriptions, the waist pain disappeared, and they can walk on their own, and there is no percussion pain in the spine. The clinical observation results set up by Zhang Qin et al. [33] show that the joint tenderness grade, joint stiffness grade in the morning, joint swelling degree, joint resting pain, flat walking pain and self rating anxiety and depression scale scores of the two groups are lower than those before treatment, and the two have the same curative effect in the treatment of osteoarthritis, but Chaihu plus keel oyster decoction can also treat anxiety and depression and achieve the good effect of simultaneous treatment of body and mind.

3.3. Obstetrics and Gynecology Department

3.3.1. Climacteric syndrome

Menopausal syndrome, also known as perimenopausal syndrome, refers to the physical and mental symptoms caused by the changes of sex hormone levels before and after menopause. Traditional Chinese medicine believes that the pathogenesis of menopause always belongs to the imbalance of yin and Yang and the deficiency of kidney yin and Yang, especially the deficiency of kidney yin. LV Qi [34] finally included 10 relevant RCT literatures after searching and screening. It was compared and analyzed that Chaihu plus Longgu oyster decoction can reduce clinical efficacy, TCM syndrome score, SDRs, HAMD, KMI score and other indicators, and its curative effect on perimenopausal syndrome is accurate. Li cuiju [35] observed the total clinical effective rate and the three indexes of E2, LH and FSH after 60 days of treatment. It was concluded that Chaihu plus longbone oyster decoction can not only treat climacteric syndrome, but also have a better effect when combined with conventional western medicine.

3.3.2. Amenorrhoea

Amenorrhea is a common gynecological symptom, which refers to the cessation of menstruation from the future or after the establishment of menstrual cycle. Liu Miao et al. [36] gave basic treatment to 60 patients with amenorrhea caused by antipsychotics. The control group and the observation group were added and subtracted with bromocriptine mesylate tablets and Bupleurum and longbone oyster Decoction respectively. The conclusion shows that Bupleurum and longbone oyster decoction can reduce prolactin (PRL) and increase the secretion levels of luteinizing hormone (LH) and estrogen (E2), so as to improve amenorrhea caused by antipsychotics, there were no serious adverse reactions during the treatment.

4. Epilogue

Chaihu jialonggoyster decoction can treat a wide range of diseases, from the most widely used nervous system, circulatory system and digestive system to other system diseases in internal medicine, to gynecology, andrology, pediatrics and even surgery. In addition, clinical evidence found that this prescription can also be used to treat restless legs syndrome, chronic fatigue syndrome and hyperprolactinemia. Other doctors used this prescription alone or dialectically combined with other selected prescriptions for some cases of acute infectious diseases, such as dengue encephalopathy and phantom smell, and achieved good results. Tutor Professor Yan Yongmei has worked hard in clinic for many years and has rich experience in treating a variety of nervous systems. Among them, he has unique experience in the treatment of insomnia. After dialectics, he often uses 30g of raw keel and 30g of raw oyster as the compatibility of drugs. After taking it, many patients respond quickly, sleep quality is greatly improved and getting better.

By sorting out the application system of Chaihu jialonggoyster Decoction in clinical practice, we hope that more doctors can pay attention to traditional Chinese medicine and classics, so as to make patients in the pain of disease recover their health as soon as possible. However, there is still a lack of standardized large sample and multi center modern clinical research, and the level of evidence is not sufficient. At the same time, researchers hope to carry out more medical research on Chaihu Decoction, so as to improve the reliability of the experiment.

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