

# Wang Jiehong's Experience in Treating Chronic Recurrent Ulcerative Colitis With Deficiency of Spleen and Kidney Yang

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**Abstract:** Ulcerative colitis (ULcerative colitis) is a chronic, non-specific inflammation with recurrent symptoms and a wide range of lesions. Clinical classification can be divided into initial type and chronic recurrence type. Chronic recrudescence sex ulcerative sex colitis is clinical go up to see most, show symptom appears again after alleviate. Wang Jiehong, chief physician, believed that spleen-kidney-yang deficiency was one of the main pathogenesis of chronic recurrent ulcerative colitis, which was accompanied by damp-heat and blood stasis. Based on years of clinical experience, Master Wang mainly uses invigorating spleen and warming kidney, permeating dampness and stopping diarrhea, as well as clearing dampness and heat, promoting blood circulation and removing blood stasis. The decoction of invigorating spleen, warming kidney and stopping diarrhea prepared by oneself is effective in treating this disease. At the same time, cooperate with the external treatment of traditional Chinese medicine, advocate both internal and external use.

**Keywords:** Spleen-kidney-yang deficiency tonifying spleen, warming kidney and stopping diarrhea decoction TCM external therapy famous doctor experience

## 1. Introduction

Ulcerative colitis (UC) is a chronic, non-specific inflammatory bowel disease with unknown etiology. It can occur at any age, mostly in 20-40 years old, but also in children or the elderly. The main symptoms are recurrent diarrhea, mucus, pus, blood and stool, and abdominal pain, and may be accompanied by some extra-intestinal and systemic manifestations. Most of the lesions start from the rectum, develop retrograde to the proximal segment, and may involve the whole colon or even the terminal ileum, with chronic inflammation and ulcer formation of colonic mucosa as the pathological characteristics<sup>[1]</sup>. The main clinical manifestations are recurrent diarrhea and bloody mucus stool with/without abdominal pain. Inflammation and ulcers can occur in all sections of the large intestine mucosa, mostly involving the rectum and sigmoid colon, occasionally in the ileum, with reflux ileitis, which can cause anemia, liver disease, joint disease, skin and mucous membrane disease, eye disease and other systemic diseases. Severe patients can be combined with toxic megacolon, intestinal perforation and canceration, together with Crohn's disease (CD), it is called inflammatory bowel disease (IBD), which is mostly seen in people who eat high-fat diet. Previous studies believed that the causes of UC mainly include heredity, environment, food and abnormal psychology. The pathogenesis mainly includes genes, imbalance of intestinal flora, immunity, imbalance of inflammatory and anti-inflammatory factors, abnormal signal pathways, hypercoagulability of blood, apoptosis of intestinal epithelial cells The theories of scorch death, long chain non coding RNA, proteomics, "autophagic cytokine - cytotoxic UC" and "toxic damage to intestinal collaterals". There is no record of the name of ulcerative colitis in Chinese medical literature, but according to its clinical characteristics, it can be classified into the categories of "diarrhea", "hysteresis", "enteropathy", "dysentery" and "intestinal wind"<sup>[2]</sup>.

## 2. Research Progress in Modern Medical Research

Family history of inflammatory bowel disease is the most important risk factor, and about 12% of patients have family genetic history<sup>[3]</sup>. Studies have shown that 15.8 kb upstream of ABCC4 and CLDN10 was deleted at 13q32.1, 119 kb duplication at 7p22.1, RNF216, ZNF815, OCM and CCZ1 overlapped, and 134 kb upstream of KCNK9 gene at 8q24.3. The deletion, mutation and overlap of these

genes may induce the occurrence of UC<sup>[4]</sup>. At the same time, racial differences also affect the incidence. The incidence rate of white people is higher than that of yellow people and black people, and the incidence rate of black people is only 1/3 of that of white people<sup>[5]</sup>. 1.2.2 Environmental factors with the improvement of living conditions, people's intake of high sugar, animal fat, egg milk products and other foods increases, while dietary fiber intake decreases. Dietary fiber itself can induce insulin resistance, regulate fatty acid imbalance caused by intestinal epithelial inflammation, change intestinal permeability, promote sulfate production, and change intestinal microbiota by promoting the growth environment of sulfate reducing bacteria<sup>[6]</sup>. At the same time, dietary fiber can also eliminate oxygen free radicals, so high dietary fiber diet has a certain preventive effect on UC<sup>[7]</sup>. In addition, smoking as a bad lifestyle can reduce the recurrence rate of UC, and its internal mechanism may be related to carbon monoxide<sup>[8]</sup>. CO can inhibit the production of IL-10 through HO-1 dependent pathway, thus achieving anti-inflammatory effect. Finally, the impact of environmental health plays an important role in any disease. The incidence of UC must be affected by the external environment, but it is not clear which substances in the environment are related to the incidence of UC.

### **3. Basic pathogenesis -- deficiency of spleen and kidney Yang, combined with damp-heat and blood stasis block**

The etiology and pathogenesis of chronic recurrent ulcerative colitis described by ancient doctors can be summarized as follows: injury from diet, feeling of wind evil, damp-heat accumulation in intestinal tract, emotional disorder, weakness of spleen and stomach, deficiency of kidney Yang<sup>[9]</sup>. Professor Wang believed that the disease was located in the intestine, and the diseased organs were spleen and kidney. The main pathogenesis was spleen and kidney Yang deficiency, and damp-heat and blood stasis block. The spleen is the main transport of rising qing, like dryness and dampness, spleen deficiency is internal injury and dampness stagnation, spleen Yang is repressed. The spleen Yang is closely related to the kidney Yang. The root of the spleen Yang is the kidney Yang, and the kidney Yang helps the spleen and stomach to mature and transport the water grain, but the kidney Yang also relies on the spleen Yang to transport the essence of the water grain to nourish its source. The two promote each other and complement each other<sup>[10]</sup>. The spleen and stomach are damaged, the transport of the loss of division, the small intestine is not secreted qingzhuo, the large intestine is transferred to the loss of division, the water is wet, the valley is stagnant, and the pollution is sent down, and the diarrhea is caused; For a long time the blood stasis block, then appear mucus pus and blood; General pain, so the patient repeated abdominal pain. If diarrhea days long, spleen and stomach Yang deficiency, water grain precision distribution disorders, will affect kidney Yang; Mingmen fire failure, can not help the spleen ripe shuigu, shuigu does not change, so long illness difficult to recover. Jing Yue Quanshu said: "Where the illness is acute and severe, it is at the bottom of the broad intestine, and the disease is not in the intestine but in the spleen and kidney...With the spleen and kidney this weak, then with the disease, do not have to be cold, also do not have to wait, especially easy to see."Therefore, clinical patients with chronic diarrhea are often accompanied by soft waist and knees, cold limbs, cold pain in umbilical abdomen, warm and happy to press, serious white face, less qi lazy speech, poor food and appetite, light fat tongue or tooth marks, white moss, fine or weak pulse.

### **4. Clinical treatment -- invigorating the spleen, warming the kidney, seepage wet diarrhea for the method, with Chinese medicine external treatment therapy**

According to years of clinical experience, Mr. Wang mainly focuses on invigorating the spleen, warming the kidney, permeating dampness and stopping diarrhea, and clearing away dampness and heat, promoting blood circulation and removing blood stasis. The decoction of invigorating spleen, warming kidney and stopping diarrhea prepared by oneself is effective in treating this disease. Drug composition: Codonopsis pilotii 10g, Poria cocos 15g, fried Atractylodes atractylodes macrocephala 15g, fried Coix seed 20g, amomum amomum 6g (bottom), prepared glycyrrhiza glycyrrhiza 6g, lotus seed meat 15g, fried Gorgon eurales 20g, psoraleae psoraleae 15g, fried white peony 10g, coptis chinensis 4g, cornus ruyu 4g. Party in codonopsis GanWenYi gas, health spleen and stomach, Fried atractylodes tonifying qi spleen dry wet, both for the gentleman medicine, altogether plays to fill gas, help operation effect. Fu Ling with Atractylodes atractylodes invigorates the spleen and replenishqi, and alleviates seepage and dampness, so that it is not sluggish. "Materia Medica Tong Xuan": "Atractylodes atractylodes, the medicine for nourishing the spleen and stomach, even without its right person....Soil is good and clear gas rise, and fine feng, turbid gas good fall, and dross under the loss, so diarrhea, not que also." Fried coix seed invigorates the spleen and soaks moisture, drains pus and muscles, eliminates the yong swelling

of the intestine that has disappeared and has not disappeared; Amomum fragrance xingpi, qi and stomach, dampness and diarrhea; The fire of psoraleae to warm and nourish the spleen soil, the combination of four drugs, invigorating the spleen dryness and dampness, warming the kidney and stopping diarrhea, a total of minister medicine. Accompanied by lotus seed meat spleen astringent intestines; Fried Gordon euryale seed tonifying kidney and spleen, dehumidification and diarrhea; Dogwood warms the kidney and the spleen to disperse Yin and cold, and treats the spleen and kidney with three medicines. The fire of mingmen can warm the spleen and soil, and the spleen is healthy and the intestine is solid and astringent, and the diarrhea can be stopped for a long time. Fried paeoniae paeoniae for dysentery and abdominal pain, with liquorice for pain relief, also as adjuvant. In order to prevent the internal heat of greasy medicine, the medium coke heat of rhizoma coptidis was prepared. Prepared glycyrrhiza supplementalqi, and reconcile the medicine, to make medicine. On the top of the shenling Baizhu powder on the basis of addition and reduction cut, at the same time contain the meaning of four god pills, the treatment of life door fire failure, fire is not warm soil caused by the five geng diarrhea, diarrhea. From the perspective of modern pharmacology<sup>[1]</sup>, Codonopsis can improve the adaptability of the body, regulate gastrointestinal movement, anti-ulcer, antibacterial, anti-cancer, anti-inflammatory, analgesic and other effects. Tuckahoe has sedative and anti-ulcer effect. Atractylodes macrocephala has the functions of strengthening, regulating gastrointestinal movement and dilating blood vessels. Evodia officinalis has anti - ulcer, anti - bacterial and anti - virus effects. The above drugs play the effect of invigorating the spleen and warming the kidney, permeating dampness and stopping diarrhea, and taking into account the effect of clearing dampness and heat and dispersing congestion. If the patient is more than long benefit, add red stone fat, Yu Yu grain, the two drugs are into the stomach and large intestine, with the effect of receiving astringent solid off, good treatment for long diarrhea long benefit, can not help the syndrome of slipage; If the patient with red and white pus and blood, red and white, plus angelica, with paeony to reflect the "blood will be pus self-healing", red and white, then add with Pulmonious heat detoxification, cool blood stop benefit; If patients with abdominal thunder, attack and pain, loss of air frequency, plus bupleurum, yujin, xiangfu liver qi pain relief.

External Treatment of TRADITIONAL Chinese Medicine In the treatment of chronic recurrent ulcerative colitis, Master Wang used the affiliated Hospital of Shaanxi University of Traditional Chinese Medicine to develop anti-diarrhea patches and analgesic patches, which were applied to shenque, Guanyuan, Qihai and other acupoints, so as to achieve the functions of healthy transportation in Zhongzhou, regulating qi and stomach, solidifying intestines and stopping diarrhea. At the same time, the retention enema of ulceration enema fluid, developed by Shaanxi University of Traditional Chinese Medicine, is used to direct the drugs to the affected area, which can be quickly absorbed by the intestinal mucosa, and at the same time, the harmful substances in the intestinal tract can be diluted, reduce intestinal inflammation, and protect the intestinal tract.

## 5. Life adjustment -- careful diet, free mood, frequent exercise

Chronic recrudescence ulcerative colitis is difficult to cure repeatedly, while treatment still should pay attention to diet, be like "natural ask · arthralgia theory" say: "diet self times, intestines and stomach is injury." Ask the patient to enter light digestible food, eat less and eat more, avoid hunger and satiety, avoid raw and cold greasy, spicy and irritating food. Keep a good mood, not depression, anxiety, rage. In addition, adhere to exercise, improve the body immunity.

## 6. Acupuncture and moxibustion therapy

Acupuncture, as a traditional treatment method of traditional Chinese medicine, uses acupuncture and moxibustion to stimulate the meridians and acupoints of the human body, which can regulate qi and promote blood circulation to achieve the function of strengthening fuzheng and dispelling evil spirits. At present, the treatment of UC multiple acupuncture stab in Tianshu, Zusanli, Guan Yuan, Shang Juxu, Jinhai, Shenque, Renyu and other acupoints. Among them, the previous 4 acupoints were applied with higher frequency than. Wang fei elected 80 cases of UC patients, give control group sulfasalazine coated, control group based on acupuncture and decoction treatment, the results found that the treatment group patients stool, serum inflammatory markers and clinical symptoms are better than the control group, namely the treatment group is 97.2%, the control group is 80.0%, and statistical significant, shows that acupuncture has curative effect on UC. Lin Sirui et al. treated UC mice with acupuncture and moxibustion Zusanli and Guan yuan. After treatment, the DAI score of mice in acupuncture and moxibustion group decreased significantly ( $P < 0.05$ ). HE staining of colon tissue showed that the intestinal gland destruction

and submucosal edema in the treated group decreased, and the infiltration of inflammatory cells decreased. Meanwhile, the expression of STAT3 and HIF-1  $\alpha$  proteins, which are closely related to inflammatory factors, decreased ( $P < 0.05$ ). Thus, it is seen that both acupuncture and moxibustion can improve the intestinal inflammatory response of UC mice, thus exerting a therapeutic effect on UC. To sum up, TCM corrects the balance state of the body through syndrome differentiation, and realizes the overall conditioning, strengthening the healthy and dispelling the evil, and treats both the symptoms and root causes. It not only improves the unbalanced state of gut microbes, provides energy for the proliferation of epithelial cells, but also suppresses inflammatory signaling pathways, promotes the release of anti-inflammatory factors, and realizes mucosal repair. Although it has the advantages of significant treatment effect, better recovery and low recurrence rate, there are still the disadvantages of unclear treatment mechanism due to the diversity and complexity of TCM components, which is questioned by some patients.

## 7. Medical records

Zhang, male, 49 years old, was first diagnosed on January 11, 2021.

Chief complaint: pus and blood stool for 3 years, recurrence for 4 months. The patient complained of pus and blood stools without obvious reason 3 years ago and went to the Affiliated Hospital of Shaanxi University of Traditional Chinese Medicine. Colonoscopy showed ulcerative colitis. After hospitalization, the patient was improved and discharged. Symptoms: stool 2-3 times a day, unformed stool, accompanied by mucus, pus and blood, occasionally left lower abdominal pain, fear of cold, fatigue, sleep, rest at night, normal urination. The tongue is dark red, the moss is white, and the pulse is heavy and slippery. Colonoscopy showed ulcerative colitis. TCM diagnosis of diarrhea, syndrome differentiation is spleen and kidney Yang deficiency combined with damp-heat, blood stasis stasis. The treatment is invigorating spleen and warming kidney, solidifying intestines and stopping diarrhea. Prescription: Codonopsis root 10g, Poria cocos 15g, Fried Atractylodes atractylodes atractylodes, fried Coix seed 20g, Amomum amomum 8g (bottom), roasted licorice root 6g, lotus seed meat 15g, fried Eurysochs seed 20g, psoraleae psoraleae 15g, fried White peony root 10g, coptis chinensis 3g, cornus ruyu 4g, herba persicum 20g, stewed terminalia chebula 12g, red stone fat 15g, Diyu charcoal 15g, purslaya 15g, 20 g cassia twig. A total of seven.

January 18, 2021 Second diagnosis: After taking medicine, abdominal distention in the left abdomen was relieved, dull pain was relieved, stool was still formed 3 times a day, and pus and blood decreased. Narmian can be, urine tone, dark red tongue, moss white, pulse heavy slippery. Take 7 doses as above.

January 25, 2021: After taking the medicine, left abdominal distension disappeared, occasionally there was a dull pain in the left abdomen, stool still took shape 3 times a day, pus and blood decreased significantly, and pus and blood occasionally appeared in the morning. Nameen, urine tone, dark red tongue, white moss, smooth pulse. In sanzhi prescription, 15g of platycladus orientalis leaves were added to enhance the hemostatic effect, followed by 14 doses. Afterwards, all the symptoms improved, left abdominal distension and abdominal pain basically disappeared, stool 1-2 times a day, basically formed, pus and blood stool significantly relieved, then slightly increased or decreased according to the symptoms, after six months of continuous treatment, no other obvious discomfort, re-examination colonoscopy showed: ulcerative colitis disappeared, the condition improved.

## 8. Conclusions

The patient has mucus, pus, blood and stool for a long time, accompanied by abdominal pain and abdominal distension, which is aggravated after catching cold. Patients with spleen and stomach weakness, chronic illness of kidney Yang damage, spleen loss of warm and warm, intestinal transfer loss of division, qi and blood stagnation, lipid membrane blood collateral injury, intestinal lipid collateral corruption into pus and blood. Professor Wang used Dangshen, Poria cocos and Atractylodes macrocephala to moisten and stop diarrhea. Supplemented by psoraleae, evodia ruyu, fried Gordon euryale seed warm kidney and spleen, intestines and diarrhea; Lotus seed meat, chebula astringent intestinal antidiarrheal; Red stone fat, crane grass convergence hemostasis; Ground elm charcoal, purslane cool blood hemostasis, heat and detoxification; Paeony and licorice to relieve pain; To prevent the zi greasy, add with amur aroma xingpi. The whole prescription cuts into the pathogenesis of spleen and kidney Yang deficiency, playing the effect of invigorating spleen and warming kidney, solidifying intestines and stopping diarrhea. The clinical emphasis is on supplementing astringent and assisting,

treating both spleen and kidney, cold and heat, so the curative effect is remarkable.

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