

Discussion on syndrome-differentiation of the six meridians in Hypertension

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Abstract: On the basis of syndrome-differentiation of the six meridians, the classification of hypertension is identified. The purpose of treatment is not simply to reduce blood pressure, but to improve the overall physiological state as the fundamental, flexible use of the formula, the clinical effect is better. The clinical manifestations of patients with hypertension are mainly vertigo and headache. Most of Taiyang syndromes were hypertension caused by cold evil attack. Most of Yangming diseases were hypertension caused by qi and blood hyperactivity. Most of Shaoyang diseases were hypertension caused by the cardinal lost. Most of Taiyin diseases were hypertension caused by weakness of the spleen and stomach. Most of Shaoyin diseases were hypertension caused by cold transformation and thermalization. Most of Jueyin diseases were hypertension caused by asthenia cold. Based on this, this article will discuss the progress of the six meridians and hypertension in order to provide reference for clinic.

Keywords: Syndrome-differentiation of the six meridians; Hypertension disease; Daily nursing care

1. Introduction

Hypertension is cardiovascular syndrome with the increase of systemic arterial pressure as the main clinical manifestation, and the incidence of hypertension is obviously increasing with the changes of modern social environment and people's life style and diet structure. Hypertension has become the most important risk factor for cardiovascular and cerebrovascular diseases, and it is an urgent problem to be solved. Although the name of hypertension is mentioned in ancient Chinese medical literature, according to its clinical manifestation, etiology and pathogenesis. According to its literature. It can be roughly classified as "vertigo, headache, apoplexy, pulse distension" and so on. And as early as "Inner Canon of Huangdi" also had similar symptoms, which has become a way for us to understand the disease. And we have different views on the etiology and pathogenesis of hypertension. Most doctors believe that the etiology and pathogenesis is deficiency of liver and kidney, insufficiency of vital energy and blood. "All the wind and dizziness belong to the liver" described in "Su Wen". "Brains are insufficient, body will appear vertigo with tinnitus, legs are pain with dizziness" and "Insufficient upper qi causes dissatisfaction in the brain, painful ringing in the ears, painful tilting of the head, and dizziness in the eyes" described in the Miraculous Pivot. "Ji Sheng Fang", written by Yan Yong, it is proposed that all six obscure and seven emotional qi can harm people to the point of dizziness. Zhu Danxi believes that many diseases are caused by phlegm. Zhang Jingyue advocates for "No emptiness, no dizziness". For a long time, traditional Chinese medicine has explored the etiology and pathogenesis of hypertension based on the above relevant theories.

The syndrome differentiation system of the six meridians was first put forward by Zhang Zhongjing in his book Treatise on febrile Diseases, which has a history of about 2000 years. It is a representative idea of diagnosis and treatment in traditional Chinese medicine. Sun Simiao once said, "All doctors in Jiangnan use Zhong Jing's prescription." It can be seen that ancient doctors attached great importance to Zhongjing's important prescription. "Golden Mirror of Medicine" regard Treatise on febrile Diseases as a kind of "holy book". "Treatise on febrile diseases" opened the legal process of various schools of thoughts in later generations.

2. Taiyang syndrome and treatment of Hypertension

2.1. Taiyang syndrome-Cold evil attack

The pathogenic cold attacks body, then evil qi invades the sun meridian. Next, the defendant will struggle with it, which causing discord between Ying qi and Wei qi and Meridian qi is disadvantageous. Pathogenic cold is stagnant. It is mentioned in the "Su wen" that "pathogenic cold is also in the vein, and the cold is blood and weeping"^[1].

In the introduction of Cold retraction, it is mentioned in the "Su wen" that "when the pathogenic cold is in the outside of the pulse, the pulse is cold, then the pulse cold shrinks. With the pathogenic cold staying, and from above, the pulse is large and the blood is chaotic." From the point of view of arterial vessels, "pulse cold shrinks" refers to the abnormal contraction of blood vessels and walls, resulting in changes in blood pressure. Through modern epidemiological studies, we know that the incidence of hypertension is closely related to winter, the north and high-altitude areas and other factors. If we look at it from the perspective of traditional Chinese medicine, we will find that "cold" is a common feature of it. When the Taiyang syndrome is about to be solved, from the beginning to the end. Ke Yunbo pointed out in the "Typhoid Fever" that: "it is no longer the yang in the yang, so the sun dominates." three hours before noon, the natural yang is at the peak of the day^[2]. The yang energy of the human body is also enriched on the surface, which helps to dispel the pathogenic cold on the surface and make the sun manifest. The sun is at 3 a.m., when the sun is overcast and cold, so winter, the north, and high altitudes can be the cause of high blood pressure, as we know from the text. When pathogenic cold stays in the veins, qi will be blocked, the pulse channels are blocked, and if they do not pass, they are painful.

2.2. Yangming disease-Exuberant qi and blood

The outline of Yangming disease shows that Yangming is a disease, and the stomach family is also, which has been summarized in the Treatise on febrile diseases. Yangming meridian is a meridian with many qi and blood, and the stomach family includes the whole digestive system, including the large and small intestines. The "Su wen" points out: "when evil qi flourishes, it is true." Evil qi is full of Yangming, and the qi is blocked, rising and falling out of order. Yangming disease is mainly caused by heat syndrome and positive evidence, which can be divided into tangible and invisible evil, but they all belong to the disadvantage of cardinals, and Yang qi can not be reduced^[3]. The "Typhoid Fever" points out: "where the pulse is large, floating, counting, moving, and slipping, this name is yang." Yangming meridian is large, hot and hot, hot and evil, encourage qi and blood in the veins, then Yangming meridian qi and blood are hyperactive. When Yangming disease is about to be solved, from 15 o'clock to 21 o'clock. At this time, the yang qi in nature enters a latent state, and the outer yang gradually declines. The yang qi of the human body also goes from the outside to the inside, the external yang qi gradually declines, and the inner yin qi is from the inside to the outside, which can just suppress the Yangming disease Yang fever, and the Yangming real heat can be reduced by four. The self-regulation of Yangming disease needs to be realized when Yang Qi is declining. From the side, it shows that Yangming disease is a state in which Yang Qi cannot be restrained and reduced, that is, a state of hyperactive qi and blood.

The "Inner Canon of Huangdi" mentioned that febrile disease begins with dizziness and heat, and qi exuberance leads to syncope. It shows that the symptoms of vertigo are closely related to heat, heat stasis in the organs, the movement of qi and blood is abnormal, and the heat evil disturbs the Qingqi and causes vertigo. The "Su Wen" mentioned that "Heat on top... Headache and fever". Heat evil internal knot, qi and blood movement is not smooth. The pulse of early patients with hypertension is surging or floatin. Based on the above, it can be seen that the qi and blood of Yangming will be blocked and it can not descend inward. Then, it reverses in the upper of body in yangming diseases. Filling in the meridians of body, blood will appear grand pulse. When it reaches a certain level, it becomes an objective indicator of hypertension. When pathogenic heat burns on the head, the body will appear headache and vertigo. At the same time, there will be a series of symptoms caused by the hyperactivity of yang qi. Even that will appear high blood pressure caused by stroke because of high heat^[4]. The occurrence mechanism of stroke is complex, there are deficiency and solid, and most of the symptoms of stroke are the organs of Yangming. Modern medicine considers dizziness to be one of the manifestations of hypertensive encephalopathy. Zhao Jiangbin proposed that Yangming is connected to the brain, and encephalopathy and Yangming are closely related in physiology and pathology, so we can treat encephalopathy from the perspective of Yangming. Yangming disease in the development

process of hypertension, more before and after stroke, and Yangming disease "urgent" and "middle disease stop" also shows this point, and the application of Yang Meiji method before and after stroke, for the prevention of hypertension caused by stroke, hemiplegia and even death is of great significance^[5]. Stroke and spleen and stomach function caused by the disorder of qi and blood has a close relationship, spleen and stomach conditioning help stroke recovery, smooth stool, the line of qi, heat diarrhea, reverse drop, blood pressure also decreased.

2.3. Shaoyang Disease - Cardinal failure

Shaoyang is the pivot of the Qi machine, the pivot of the exterior, the pivot of Yin and Yang. The phase fire is sent inside, and the channel for the operation of the water fire and Qi machine, then the evil offense Shaoyang, next, the cardinal is unfavorable. Shaoyang disease is in the time of Yin Mao when it wants to be solved, corresponding to spring. The viscera of spring is the liver, and the five behavior trees are corresponding. With the growth of all things in spring, the liver dominates the rise and fall, and the tone of joy reaches to the level of disgust and depression. All wind dizziness, belong to the liver. If Shaoyang cardinal disorder, ascension too much, Yin and Yang imbalance, Yang qi depression, also appear bitter mouth, dry throat, dizziness, headache and other symptoms, consistent with the early symptoms of hypertension. When Shaoyang becomes abnormal and Yang qi is deficient, the most common situation is mental insufficiency or low mood. Mood changes and the level of blood pressure have a close relationship. When people are angry, qi goes up and liver yang is reversed. Then it will disturb the head, and cause hypertension. So dizziness, headache, and emotional regulation are conducive to the stability of blood pressure in hypertensive patients^[6].

2.4. Taiyin disease - weak spleen and stomach

Harmful qi attacks Taiyin, causing the inactivation of spleen yang and invasion of cold-damp. Then, insufficiency of lung-spleen qi will appear. Next, water does not change. All that will appear with a series of symptoms. Such as vomiting, noxia, frequent micturition, dizziness and more spit. Spleen and stomach are the source of producing phlegm. If it does not transport nutrients, Spleen will generate the dampness. Then phlegm will be accumulated and disrupt the rise and fall of qi. Finally, phlegm can influence the head, causing dizziness, headache and other symptoms. At the same time, when wood is weak, earth will attack wood. Furthermore, when liver qi is reversed, vertigo can also occur. The main treatment is to nourish the spleen and stomach^[7].

2.5. Shaoyin disease - cold transformation: Yin cold excess, Yang qi decline

The healthy qi of Shaoyin is deficient. The yang qi of heart and kidney is deficient. Yang qi is weak, then Yin cold will be full of body. Yang Qi can not warm the body and can not nourish the mind. Or can not nourish the tendons, and the limbs are urgent, next, abdominal will be urgent. Or can not warm the spleen and vomiting diarrhea. Or can not strengthen the surface and even Yin qi is full but not allowed yang qi to go out. Finally, deficient yang qi enters outside too much, and blood pressure increased. In clinical practice, the aim of reducing blood pressure is to warm Yang and save inverse. In addition, Shaoyin changes to heat, and insufficient water is under the kidney. Then, excessive fire is above the heart. Next, upset, insomnia, dizziness, tinnitus, red tongue with less moss, fine rapid pulse and other syndromic will occur. When yang is deficient and yin is excessive, yin can not conserve yang. Finally, the fire of yin is hyperactive in the upper and blood pressure will rise. Nourishing the fire of yin is the main treatment in the clinic, so it can achieve the purpose of lowering blood pressure^[8].

2.6. Jueyin disease - deficiency

The organs of wind and wood, draining and excreting, can be related to the lifting and entering of qi. Excessive heat is in the upper body and excessive cold is in the lower of body. The fire of wood will inflate. The wood of liver will attack the spleen. Then, thirsty, heart pain and other symptoms will occur. The heat of jueyin will win excessively. Next, insufficient yang and excessive cold will appear. Both could alternate. Jueyin is full of too much yin qi and heat is filled with excess yang qi. More jueyin and less heat are sick seriously. The heat of jueyin is equal to cure. More heat and less jueyin are retreating, Jueyin is mainly yin and yang qi do not follow each other, and hands and foot will feel cold. The liver meridian of foot- jueyin and du meridian will converge in the head. When feels harmful qi, headache, center burner vacuity cold and the depression of spleen yang will occur. Finally, fear of cold and the cold of foot and hands will appear. The treatment is to heat liver and spleen and promoting

Qing and lowering turbidity,.So it could cure hypertension^[9].

3. Daily care

In fact, developing reasonable eating habits and maintaining the spleen and stomach can become an important factor in preventing hypertension. The importance of proper diet has been repeatedly emphasized in the classic works, "Su Wen" mentioned that "Eating too much, stomach and intestine will be injured". When the function of the spleen and stomach is declining, overeating could cause further damage to the spleen and stomach. At the same time, it needs to avoid eating foods that are too cold. Shaoyin is the root of the congenital. Paying attention to nourishing the congenital and avoiding the loss of congenital could be the best way to nourish the body. Kidney is the root of the seal.

4. Outlook

In clinical practice, there are many ways to temporarily lower blood pressure that can be effective. However, how to maintain the stability of blood pressure is a difficult problem. Blood pressure rebound is a common phenomenon, and the treatment of "hypertension" should also pay attention to its pathogenesis, so as to achieve the purpose of stable blood pressure. There are many factors that can affect the operation of qi and blood, including harmful qi, internal injury diet and seven emotions. The place where harmful qi attacks must have been weak. If the body is deficient, it provides opportunities for harmful qi. Finally, it will cause the change of blood pressure. The syndrome types of hypertension correspond to the six channels, so that the six channels syndrome differentiation system can be applied in hypertension, and the advantages of traditional Chinese medicine in the treatment of hypertension can be brought into full play.

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