

# Director Ruixia Pei's Experience in Identifying and Treating New Onset Type 2 Diabetes with the "Harmony Method"

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**Abstract:** This article summarizes Director Ruixia Pei's clinical experience on new-onset type 2 diabetes mellitus, the characteristics of prescription and medication, and analyzes the cases by collecting and organizing typical cases. Director Ruixia Pei believes that new-onset type 2 diabetes mellitus should be categorized as "thirst-quenching disease", and that the basic mechanism of new-onset type 2 diabetes mellitus is liver dysregulation and qi disorder. The essence of disease is deficiency syndrome, in which Yin deficiency is the essence and dry heat is the representation. In the process of treatment, nourishing yin and clearing heat throughout the process, and then take into account the evidence to dispel the pathogenic disease, and simultaneous treatment of both symptoms and root causes. The attached typical medical record is based on solid evidence, identified as yin deficiency and internal dryness, and the treatment is to regulate fluid, nourish yin and clear heat, together with lifestyle adjustments, to obtain satisfactory results. Director Ruixia Pei attaches importance to clinical diagnosis and treatment of new-onset type 2 diabetes mellitus by using the "Harmony Method", which emphasizes the root of yin deficiency and takes into account the symptoms and realities of the disease, and the clinical efficacy is very good, which is worthy of popularization and study.

**Keywords:** New-onset type 2 diabetes mellitus; Yin deficiency and internal dryness; TCM lowering of blood sugar; Medical case; Ruixia Pei

## 1. Introduction

According to relevant epidemiological surveys, the prevalence of diabetes mellitus in people aged 18 years and above in China is 11.2%, with type 2 diabetes mellitus accounting for more than 90% of the diabetic population<sup>[1]</sup>, as shown in Figure 1. type 2 diabetes mellitus is a group of diseases with a great deal of heterogeneity ranging from predominantly insulin resistance accompanied by a relative lack of insulin to predominantly insulin deficiency accompanied by insulin resistance<sup>[2]</sup>. Complications of the disease include fundopathy, peripheral neuropathy, cardiovascular disease and renal disease, which seriously jeopardize people's health, as shown in Figure 2 and Figure 3. Traditional Chinese medicine (TCM) can treat the disease from a holistic perspective, regulating the body's qi, blood, yin and yang, and treating both the symptoms and the root cause. Studies have confirmed<sup>[3-7]</sup> that TCM has significant advantages in the treatment of type 2 diabetes mellitus, which can effectively alleviate the occurrence of complications and improve the quality of patients' survival.

Ruixia Pei, chief physician, key specialist of traditional Chinese medicine in Shaanxi Province, Xi'an Hospital of Traditional Chinese Medicine, endocrinology discipline leader, the second batch of national famous old Chinese medicine academic experience successor, under the national famous Chinese medicine practitioner Mr. Gao Shanglin, national famous Chinese medicine practitioner Mr. Gao studio head, the fourth generation of the representative inheritor of the Gao's school of internal medicine in Qin and Jin. He specializes in diagnosis and treatment of diabetes and its acute and chronic complications, lipid metabolism disorders and other endocrine metabolic diseases and internal medicine difficulties. Director Ruixia Pei believes that new-onset type 2 diabetes mellitus is mainly characterized by real evidence, initially dryness and heat, stagnation of qi, blood stasis, phlegm and turbidity, and may be accompanied by deficiency (qi and yin deficiency), the treatment is to nourish yin and clear the heat and regulate qi, and so on. If the new-onset type 2 diabetes mellitus actively use traditional Chinese medicine glucose-lowering intervention, it is possible to realize "type 2 diabetes remission" to help patients regain

a healthy life, improve their quality of life, so that patients benefit for life. The author has the honor to learn from Director Ruixia Pei and follow the clinic, and now summarizes her experience in treating new-onset type 2 diabetes with the "harmonizing method" as follows.

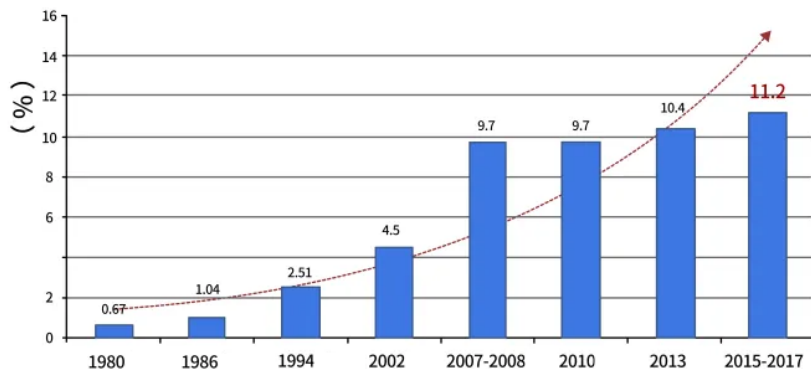


Figure 1: Incidence rate of type 2 diabetes

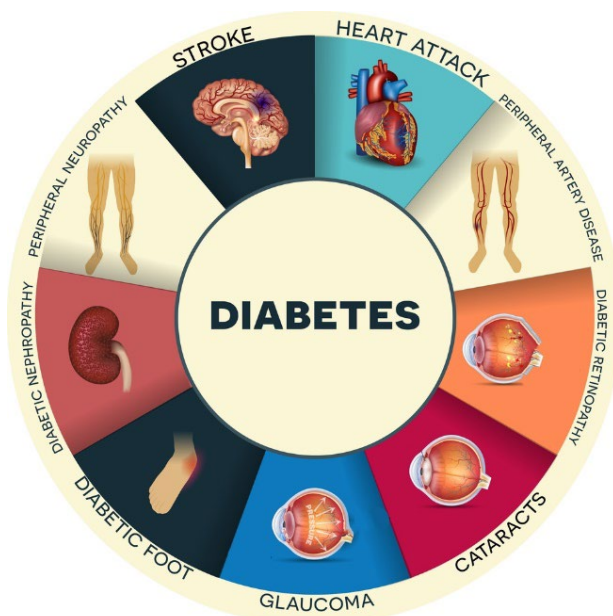


Figure 2: Diabetic complications

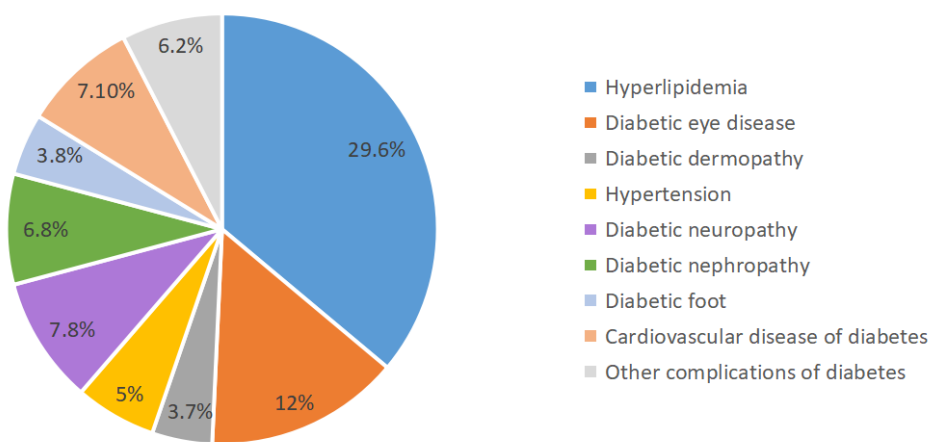


Figure 3: Incidence rate of diabetic complications

## 2. Chinese medicine etiology and pathogenesis

According to Prof. Tong Xiaolin, diabetes mellitus belongs to the category of "consuming thirst" in traditional Chinese medicine<sup>[8]</sup>. Chinese medicine's understanding of thirst originated from "The Yellow Emperor's Inner Canon", such as the "The Magic Pivot", "If the liver is fragile and prone to injury, it is prone to Xiaodan disease".

The relationship between consumptive diseases and liver was first proposed. "The Magic Pivot" cloud: "Its heart is hard, and hardness leads to excessive anger. Anger leads to Qi inversion, which accumulates in the chest. Blood qi accumulates in the chest, and the hip skin fills the muscles. However, if the blood vessels fail, it turns to heat, which then dissipates the skin. Therefore, it is called Xiaodan disease." HeJian Liu "HeJian six books - Three dispersion-thirst theories" said: "the dispersion-thirst. . . . is a disorder of the spirit. . . After going against his standards, we have achieved great success in dry and hot depression. This is the five extremes of ambition, which are all caused by the burning of heat and the excess of heat impairing yin, leading to the dispersion-thirst". Qing Dynasty Tianshi Ye in the "Clinical Guide Medical Records · Three kinds of dispersion-thirst" said: "the state of mind sadness and depression, the internal fire from the fire, is the dispersion-thirst of the disease. From the above discussion can be seen, the onset of thirst and liver and emotional changes have a close relationship. Director Ruixia Pei also believes that from the point of view of the etiology and pathogenesis of thirst, the pathological changes of the liver play an important role. The liver is the main excretory, like to organize and evil depression, the liver's excretory function is normal, then the lungs can be declared and purged, the spread of fluids, through the waterway; the spleen and stomach can be transported and liquids; the kidney can be sealed, the essence of the micro can be convergence. Jinao Shen "Origin and development of miscellaneous diseases" pointed out: "It is believed that the root cause of diabetes is Jueyin. But some people are often thirsty, some people will eat, some people will be thirsty, some people will be thirsty, but they will urinate more. In the future, people will have three levels: upper, middle and lower. Although the upper, middle and lower levels are different, his pathogen always belongs to Jueyin". It shows that liver loss of detachment is the initiating factor of thirst disease<sup>[9]</sup>. According to Mr. Pei, the main mechanism of xiphoid fever lies in "the liver is out of control and the qi is disorganized". Liver is the basis of excretion, liver qi and the coordination of qi elevation, liver meridian upward through the diaphragm into the lungs, liver qi depression is easy to fire, fire inflammation, burned in the lung, consume the lung yin, the drying up of fluids, then drink more than thirst; the stomach is the main receptive, the spleen is the main transportation, stomach qi to descend for the smooth, the spleen to rise for the health of the liver's excretion of the lifting of the machine for its liver, the liver depression can be caused by the elevation and lowering of spleen and stomach disharmony, qi unfavorable, depressed and turn into a fire, wreak havoc in the middle chamber, the stomach yin is burned, then the grain is eliminated, the food is transformed. Food into the chemical, the elimination of good hunger; liver and kidney of the same source, liver fire is under the hijacking of kidney yin, kidney yin depletion, lower Jiao deficiency, kidney gas loss of intake, the water injection into the urine, or even such as paste such as grease, and the elimination of its into. Three from its concomitant evidence and the theory, liver orifices in the eye, thirst liver injury, eye loss of nourishment into eye disease; liver main tendon, for the strike pole of this, thirst liver injury disorders, tendon loss of nourishment can be impotence; liver blood, the main excretion, liver stagnation and stagnation of blood stasis is easy to become a large evidence of carbuncle and gangrene. From this we can see that "liver disorder, qi disorder" is the basic pathogenesis of thirst, Yin deficiency and dry heat is only the pathological result of qi disorder, it is due to the liver disorder, qi disorder, gas depression, fire, fire injury to the yin caused by Yin deficiency and dry heat.

## 3. Identification and treatment

Director Ruixia Pei pointed out that the basic mechanism of thirst disease is "liver dysregulation, qi disorder", yin deficiency and dry heat is the pathological result of qi disorder, due to liver dysregulation, qi disorder, qi stagnation, fire, fire hurts yin, resulting in yin deficiency and dry heat. The nature of the disease is the underlying deficiency, which includes deficiency of qi, yin, qi and yin, yin and yang, and the underlying realities are dryness and heat, stagnation of qi, blood stasis, and phlegm. The disease is related to the five organs, but mainly in the lungs, spleen, kidneys, and closely related to the liver, the clinical manifestations are complex and variable, the deficiency is mixed with the real, the yin and yang are out of balance, the three elimination of both symptoms, and in the early stage of the disease often have no obvious symptoms, but in the late stage of the change of the evidence. Ruixia Pei, director of clinical emphasis on diabetes (thirst disease) early manifestations of real evidence-based, the initial more dry heat, stagnation, blood stasis, phlegm, both for the disease, can be combined with the deficiency (gas

deficiency, yin deficiency), the treatment of nourishing yin and clearing the heat, regulate the qi, blood circulation, phlegm and turbidity, clearing the heat of open and depression; stagnation of qi, phlegm, and depression of the heat of the fire over time to turn into a dry heat, dry heat must be injured yin and fluids, it is appropriate to moisturize the lungs and stomach to prevent the depletion of lungs and stomach of the yin. Clinically, it is categorized into four types: liver depression and spleen deficiency, yin deficiency and dryness, qi and yin deficiency, and yin and yang deficiency. It is often treated with Xiao Chai hu Tang, Chai hu shu gan San, Xiao Yao San, Sheng Mai San, and Six-Ingredient Rehmannia Decoction with additions and subtractions.

### ***3.1. Clearing and harmonizing, taking care of stomach qi***

Mr. Gao shanglin once said: there are eight methods of treatment, mainly the harmonious method, and other methods can run through the harmonious method. In clinical practice, we should examine the cause of disease, coordinate Yin and Yang, harmonize the Zang Fu organs, or clear and harmonious, or warm and harmonious, and strong energy will lead to the fullness of healthy qi. The spleen, or eliminate and harmonize, or supplement and harmonize, or dry and harmonize, or moisten and harmonize, or exterior and harmonious, or lower and harmonious, will be judged according to the syndrome, and the effect is good.

Director Ruixia Pei respected the theory of "all the excesses of the five wills are heat", and believed that in the process of disease, dry heat, stagnation of qi, blood stasis, phlegm and turbidity are mixed together, and early heat stagnation is in the interior, middle dryness heat is in the interior, and deficiency heat is endogenous in the middle and late stages. Its "heat" is the key to the transformation of pathogenesis, heat is the key to transformation of disease, and gas deficiency, yin deficiency, qi and yin deficiency, yin and yang deficiency at different stages of the severity of the clearing of its heat without harming its positive is difficult. Therefore, taking Mr. Gao's "harmony as the main principle among the eight methods" as the purpose, the method of "clearing and harmonizing" is adopted to strive for the use of tonic and purgative warming and cooling, reaching everywhere, leveling vitality, and not losing the value of neutralization. In clinical practice, Rhizoma Coptidis and Radix Scutellariae are used to clear the excess fire in the stomach, cortex moutan and Fructus Gardeniae are used to clear the stagnant heat, cortex mori and Rhizoma Anemarrhenae are used to clear the lung and stomach heat, Ophiopogon japonicus and cortex Rehmanniae are used to clear the deficiency heat, Peony bark, Scrophularia, Achyranthes bidentata clear floating fire, so as to avoid being too cold and realize the beauty of harmony. Director Ruixia Pei studied Zhongjing's science and understood its meaning, especially valued the academic idea of "preserving stomach qi and storing fluids" in "Treatise on Typhoid Fever". In particular, she attaches great importance to the academic idea of "preserving stomach qi and storing fluid" in "The Treatise on Typhoid Fever", and believes that human beings are based on stomach qi, and that if there is stomach qi, they will be born, and if there is no stomach qi, they will die. The spleen and stomach are the foundation of the latter day, the source of qi and blood, and the water and grain essence of the human body depends on the role of the "stomach qi" to be generated. Stomach gas is sufficient, the normal function of the spleen and stomach transport, the body of water and grain essence of the gas source is sufficient, the body plays a transport of nutrients, nourish the internal organs and bones, to protect the surface of the body, the role of resistance to the invasion of foreign evils. If the stomach gas damage, in the state of yang deficiency, the body of the gas is weak, viscera malfunction, reduced defense function, all diseases, changes in the evidence. Therefore, to protect the stomach gas to help the positive gas, adjust the function of internal organs, resist external evil, get rid of external evil, maintain the normal life activities of the human body has a very important significance. Ruixia Pei put the academic idea of protecting stomach qi throughout the syndrome differentiation and treatment of diabetes. Magnolia officinalis, Amomum villosum, fried Atractylodes macrocephala, roasted Glycyrrhiza and fried yam are used most, or they are used to regulate qi, moderate and sweet, or to tonify Qi and invigorate the spleen and stomach. The ultimate purpose is to protect stomach qi. All kinds of therapies do not damage the spleen and stomach.

### ***3.2. Combination of Chinese and Western medicines and streamlining of medicines***

Director Pei Ruixia has studied the classics of famous doctors to find a cure for thirst, and is experienced in the use of medicines and combinations for thirst. For example, the Chinese medicine Huanglian and Scutellaria baicalensis, which is bitter and cold, functions in clearing heat and drying dampness, is good at clearing dampness-heat in lung, stomach, gallbladder and large intestine, and is especially good at clearing dampness-heat in lung and stomach. It is especially good at clearing damp-

heat in the lungs and stomach, and is especially good at clearing damp-heat in the lungs and stomach. The "Record of Famous Doctors" says that it "treats phlegm-heat, heat in the stomach, colic in the abdomen, fast digestion, benefits the small intestine, women's blood closure, gonorrhoea, and pediatric abdominal pain." Huanglian is bitter and cold, clearing heat and drying dampness more than *Scutellaria baicalensis*, especially good at clearing heat in the heart and stomach, quenching thirst. The Famous Doctors' Alibi Record says it: "Maintains cold and heat in the five organs, stops thirst by excreting pus and blood for a long time, quenches thirst, frightens people, removes water and bone, regulates the stomach and thick intestines, benefits the gallbladder, and cures mouth sores." The Pearl Capsule" says it: "diarrhea of heart fire, heart under the plague." The two are often used in conjunction with each other to clear the real fire in the stomach and eliminate the lumps under the heart. Director Pei often uses this pair of medicines to treat the plumpness under the heart and the disease of thirst, and after clinical observation, when the ratio of the two medicines to the disease of thirst is 1:1, the effect is the best.

Director Ruixia Pei makes good use of Xiao Chai hu Tang and Xiao Yao San, and pays attention to the combination of traditional Chinese medicines to enhance the efficacy of the treatment and strives for streamlining of medicines. The efficacy of the medicines commonly used by Director Ruixia Pei in the treatment of thirst-quenching disease is also in line with modern pharmacological research, such as *Rhizoma Coptidis*, *Radix Scutellariae*, *Anemarrhena asphodeloides*, *Cortex Moutan*, *Cortex Lycii*, etc. Modern pharmacological research has found that berberine in Huanglian can activate the gene expression of insulin receptor in the liver and muscle cells, increase the sensitivity of insulin, increase the level of glucagonlike peptide-1 (GLP-1), the number of serum insulin and pancreatic  $\beta$  cells, and thus indirectly reduce the blood glucose concentration. and thus indirectly reduce blood glucose concentration [10]. Baicalin in *Scutellaria baicalensis* increases glucose consumption by a mechanism that may be related to the inhibition of the expression of key gluconeogenic genes such as glucose-6-phosphatase, phosphoenol carboxykinase and glucose transporter protein 2. It can also inhibit hepatic gluconeogenesis by activating the AMPK pathway, thus explaining the antidiabetic effect of baicalin [11]. The saponins, polysaccharides and polysaccharides of *Anemarrhena asphodeloides* have hypoglycemic effects [12]. Dangdanol in Mudanpi may have the effect of promoting the proliferation and differentiation of pancreatic  $\beta$ -cells and glucose metabolism, thus improving and treating diabetes mellitus [13]. The results showed that the ethanol extract of *Cortex Lycii* could promote the proliferation of INS-1 cells in high glucose environment, inhibit the apoptosis of INS-1 cells in high glucose environment, and protect the islet of Langerhans  $\beta$  Cells to reduce blood sugar [14].

### 3.3. The "four-pronged therapy" diagnosis and treatment thinking

Director Ruixia Pei puts forward the "four-pronged therapy" diagnosis and treatment thinking mode of "Chinese medicine as the mainstay, western medicine as a supplement, internal and external treatment, patient education". For new-onset type 2 diabetes patients, the bold use of traditional Chinese medicine intervention therapy, do not rush to add Western medicine sugar-lowering drugs, and always carry out lifestyle education for patients. While improving the clinical symptoms of the patients, it also improves the quality of life of the diabetic patients, reduces the psychological burden of the patients, and slows down the development of diabetes.

## 4. Typical medical records

Mr. Li, male, 51 years old, first diagnosed on May 8, 2023. 1 month ago, physical examination revealed fasting blood glucose: 6.43 mmol/L, blood pressure: 131/95 mmHg. The patient took "levamlodipine benzenesulfonate tablets" to control the blood pressure, and did not take hypoglycemic drug treatment: GLU: 7.07 mmol/L, OGTT0.5h: 12.72 mmol/L, OGTT 1 h: 14.78 mmol/L, OGTT 2 h: 8.91 mmol/L, OGTT 3 h: 4.81 mmol/L. He was diagnosed with type 2 diabetes. Insulin release assay: fasting insulin: 11.5  $\mu$ IU/ml, 0.5 h postprandial insulin 48.3  $\mu$ IU/ml, 1 h postprandial insulin 66.4  $\mu$ IU/ml, 2 h postprandial insulin 56.5  $\mu$ IU/ml, 3 h postprandial insulin 14.5  $\mu$ IU/ml. glycosylated hemoglobin: 5.7%. Lipids: total cholesterol: 5.66 mmol/L, LDL: 3.6 mmol/L. Liver and kidney functions were normal. Symptoms: fatigue, poor concentration, dry mouth, easy to get hungry, hand shaking when emotionally nervous, poor night rest, early awakening, night sweating, unformed stools, 1-2 times a day, urination. The tongue is dark red, the moss is white and thick, and the pulse is thin. Previously healthy. Western medicine diagnosis: type 2 diabetes mellitus; Chinese medicine diagnosis: dispersion-thirst disease, Yin deficiency and internal dryness. The first diagnosis was *radix glehniae* and Small Chaihu Tang plus subtraction, the specific formula is as follows: *Radix Glehniae* 15g, *Radix Bupleuri* 10g, *Rhizoma Pinelliae* 10g, roasted licorice 6G, *Radix Scutellariae* 12g, *Rhizoma Coptidis* 12g,

Magnolia officinalis 10g, Amomum villosum 6G, salt Anemarrhenae 15g, vinegar Curcuma 15g, cortex moutan 15g, Cortex Lycii 15 g. 6 dosages in total, one dose per day, boil in water, and taken warmly in two times in morning and evening. Meanwhile, the patient was instructed to take dietary control, moderate exercise and blood glucose monitoring.

May 18, 2023 Second diagnosis and treatment. The patient complained that his spirit was better than before, easy to be hungry, occasional dry mouth, two bowel movements, general night rest, dark red tongue, white moss, thin pulse. Glucose meter monitoring fasting blood glucose: 3.5 mmol/L -5.8 mmol/L, postprandial 2h blood glucose: 5.8 mmol/L -9 mmol/L. On the basis of the original recipe, remove the Peony bark and add 10g of Ligusticum wallichii. 6 doses, one dose per day, boil with water, divided into the morning and evening two times warm service. The patient was advised to continue dietary control and maintain good living habits.

On May 25, 2023, Third diagnosis and treatment. The patient complained of blurred vision, lumbar and back pain, sleep shallow and easy to wake up, Na can, two stools a day, dark red tongue with white moss, sunken string pulse. Blood glucose meter monitoring fasting blood glucose: 4.8 mmol/L -5.6 mmol/L, postprandial 2h blood glucose: 5.8 mmol/L -7.8 mmol/L. On the basis of the previous prescription, remove Magnolia officinalis and add 12g of Rehmannia glutinosa. A total of 6 doses, one dose per day, boiled in water, and warmed twice in the morning and evening.

On June 1, 2023, the fourth diagnosis and treatment. The patient complained of dizzy head in the afternoon, normal diet, moderate sleep, soft stool, 1-2 times a day, and normal urination. The tongue is red and coated less. Pulse string. Blood glucose meter monitoring fasting blood glucose: 4.8 mmol/L -5 mmol/L, postprandial 2h blood glucose: 5.2 mmol/L -8.5 mmol/L. On the basis of the previous prescription, Wolfberry root-bark and Rehmannia glutinosa were removed, and then 15g Gastrodia elata and 30g fried yam were added. A total of 6 doses, one dose per day, boiled in water, and warmed twice in the morning and evening.

On June 8, 2023, the fifth diagnosis and treatment. The patient complained of easy to hunger, average sleep quality, stools soft, 1-2 times, day, urine regulation. Red tongue with thin white coating. Pulse slippery. Blood glucose meter monitoring fasting blood glucose: 4.9 mmol/L -5.4 mmol/L, postprandial 2h blood glucose: 5.3 mmol/L -7.13 mmol/L. Monitor blood pressure 95/60-75mmHg. The patient was advised to suspend the antihypertensive medication, and Traditional Chinese medicine removed Gastrodia elata and added Asarum 3G on the basis of the previous prescription. A total of 6 doses, one dose per day, boiled in water, and warmed twice in the morning and evening. The patient was instructed to continue low-salt, low-fat diabetic diet and monitor blood pressure and blood glucose.

On June 15, 2023, the sixth diagnosis and treatment. The patient complained of easy hunger, shallow sleep, normal diet, normal stool and urination, red tongue, thin white tongue coating, and deep pulse. Glucose meter monitoring fasting blood glucose: 5.5 mmol/L -5.6 mmol/L, postprandial 2h blood glucose: 6.9 mmol/L -7.1 mmol/L. Continue to take the fourth prescription of traditional Chinese medicine to consolidate the curative effect. The patient was advised to have a low-salt, low-fat diabetic diet and to monitor her blood pressure and blood glucose.

Comment: This case is a purely traditional Chinese medicine to regulate sugar, the patient's blood sugar is stable, and at the same time to avoid the hypoglycemia and gastrointestinal symptoms that occur when taking western medicine. In this case, the patient came to the clinic with elevated blood glucose after physical examination, reached the diagnostic standard of type 2 diabetes mellitus after OGTT, and had a history of hypertension and high blood lipids, i. e. belonged to high-risk group. The patient did not see obvious "three more and one less" symptoms, with Yin deficiency and dry heat as the main manifestation. Director Pei Ruixia treats the patient by regulating fluid, nourishing yin and clearing heat, and chooses the classic formula Xiao Chaihu Tang plus subtractions. The patient is already fifty years old, yin fluid is weak, thirst disease also tormented fluid, coupled with emotional tension, liver loss of excretion, liver depression and fire, fire and injury to yin, dry mouth; yin deficiency coupled with liver depression and fire, so that dryness and heat is even worse, dryness and heat in the stomach is overeating and easy to eat; spleen and stomach is the source of qi and blood biochemistry, the spleen qi deficiency can't be for the stomach to perform its fluid, the limbs are not endowed with water and cereal qi, so the lack of energy and poor concentration; Yin deficiency leads to deficiency of fire and inflammation, which disturbs the gods, while the mind governs the gods, so sleep is poor at night. If the Yin is deficient, the deficiency fire will be inflamed, disturbing Shenming, and the heart is the master of Shenming. In the prescription, Radix Glehniae was selected to replace ginseng to replenish qi and nourish yin, Radix Bupleuri to suppress wood and strengthen spleen, evacuate and reduce fever, Rhizoma Coptidis and Radix Scutellariae to clear the stomach of excess fire, Cortex Lycii and Rhizoma Anemarrhenae to

enhance the function of nourishing yin and clearing heat, cortex moutan to clear liver fire, and Radix Curcumae vinegar to promote qi and relieve depression, and to clear the heart and cool the blood; Pinellia ternata, Magnolia officinalis and Amomum villosum are used to promote qi and stomach damp, and licorice is used to mediate various drugs. The combination of these herbs can harmonize the fluid and nourish Yin and clear heat. After six consultations, with strict dietary control and exercise and other comprehensive treatment, the patient's blood glucose level dropped to normal, and his symptoms improved significantly.

## 5. Summary

Director Ruixia Pei's treatment of new-onset type 2 diabetes mellitus emphasizes the prevention of the disease and focuses on lifestyle modification. She believes that the pathogenesis of this disease is "the liver is out of control and the qi is disturbed". Yin deficiency, dryness and heat are the results of its pathology. Therefore, in the diagnosis and treatment of new-onset type 2 diabetes mellitus, the idea of "clearing and harmonizing" is always carried out. The regulation of liver qi is the key to the treatment of this disease. To sum up, director Ruixia Pei kept in mind accurate identification and flexible addition and subtraction in prescription and medication according to different clinical etiology, pathogenesis and adaptation, and achieved significant clinical efficacy.

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