

Professor Qiao Shuzhen's Medication Experience in the Treatment of Vertigo with Liver-Yang Hyperactivity Syndrome

Yilan Shi^{1,a}, Yutang Liu^{2,b}, Shuzhen Qiao^{3,c,*}, Meng Zhang^{1,d}

¹First Clinical Medical College, Shaanxi University of Chinese Medicine, Xianyang, Shaanxi, China

²Thirteen Departments of Encephalopathy, Xi'an Traditional Chinese Medicine Encephalopathy Hospital, Xi'an, Shaanxi, China

³Encephalopathy Department, Shaanxi Traditional Chinese Medicine Hospital, Xi'an, Shaanxi, China

^a15681975201@qq.com, ^b18710820665@qq.com, ^c810590176@qq.com, ^d1094362843@qq.com

*Corresponding author

Abstract: With the change of modern lifestyle and the increase of life pressure, vertigo patients are gradually increasing. During the study with teacher Qiao Shuzhen, it was found that vertigo patients with liver-yang hyperactivity syndrome were more common. Professor Qiao Shuzhen is a famous Chinese medicine doctor and chief physician in Shaanxi Province. She pays attention to the patient's emotions in clinical practice. In the treatment of the disease, she mainly treats the disease from the liver. She treats the disease by calming the liver and suppressing yang, clearing liver fire, and at the same time attaches importance to soothing the liver and regulating qi. The prescription is mostly modified on the basis of Tianma Gouteng Decoction and Qiaos Jieyu Anshen Decoction. This article summarizes the clinical experience of Professor Qiao Shuzhen in the treatment of vertigo with liver-yang hyperactivity syndrome. She has unique thought and understanding, and the clinical effect is remarkable.

Keywords: Vertigo; Liver-yang hyperactivity syndrome; Qiao Shuzhen; Experience of famous doctor

1. Introduction

Vertigo is a kind of subjective sensory disorder, which is mainly manifested as feeling the rotation of oneself or the surrounding things, and it is difficult to keep stable when standing or walking. It can be accompanied by nausea, vomiting, blurred vision, eyebrows and other symptoms. Clinically, patients are mostly complained of vertigo or dizziness. With the change of modern lifestyle and the increase of life pressure, the disease tends to be younger [1]. Modern medicine divides vertigo into vestibular vertigo and non-vestibular vertigo according to the location of the lesion and the cause of the disease. Common diseases include benign paroxysmal positional vertigo, Meniere's disease, vestibular neuritis, cervical vertigo, and ocular vertigo. The etiology of vertigo is complex and can be induced by many diseases, often accompanied by other diseases [2]. The treatment of vertigo in western medicine is mainly based on conservative treatment of drugs, which can be combined with rehabilitation training. If the conservative treatment is not effective, surgical treatment can be considered [3]. In traditional Chinese medicine, vertigo is a separate disease, and the differences in etiology and pathogenesis are divided into different syndromes.

Professor Qiao Shuzhen is a famous Chinese medicine doctor and chief physician in Shaanxi Province. She has been engaged in clinical research on encephalopathy and mental illness in traditional Chinese medicine for more than 40 years, and is the leader of mental illness in Shaanxi Traditional Chinese Medicine Hospital. I was honored to learn from her. During the period with the teacher, it was found that vertigo patients with hyperactivity of liver-yang syndrome were more common. Professor Qiao Shuzhen has a good effect on the treatment of this type of disease, and has its unique thought and understanding. Therefore, Professor Qiao Shuzhen's medication experience in treating vertigo of this type of syndrome is summarized.

2. Understanding of the etiology and pathogenesis of vertigo

In traditional Chinese medicine, vertigo disease is located in the brain and is closely related to the liver, kidney and spleen. The nature of the disease is deficiency of qi-blood or liver-kidney yin deficiency as the essence, wind, fire and phlegm as the appearance [4]. In *Suwen Zhizhenyaodalun*, it is proposed that All dizziness, all belong to the liver. The liver belongs to the wood, liver qi main catharsis, main rising main activity. If the liver is out of harmony, it is easy to change the liver wind, disturb the brain orifices, and cause vertigo. The view of phlegm causing dizziness was first mentioned in *Zhang Zhongjings Synopsis of the Golden Chamber*, at the same time, Zhang Zhongjing put forward the treatment method of Phlegm, should be treated with warm medicine, which provided a theoretical basis for the treatment of phlegm in later generations. Later, Zhu Danxi said that dizziness is caused by phlegm with qi deficiency and fire, and phlegm should be treated mainly, and qi-invigorating drugs and fire-lowering drugs should be added. If there is no phlegm, there is no dizziness, he put forward the theory of phlegm and fire causing dizziness. Phlegm dampness block in the middle energizer, not unobstructed and heat, phlegm fire disturbs the head, so the head dizziness, treatment is mainly based on resolving phlegm, supplemented by clearing heat and lowering fire [5]. Jia Yuejin [6] inherited Zhu Danxi's thought of six depressions, emphasizing the treatment of vertigo from phlegm and blood stasis. In clinical practice, Pinelliae and *Atractylodis macrocephalae* and *Gastrodiae* Decoction is the basic prescription for treating vertigo. Spirit Pivot cloud Rising qi deficiency, the brain is dissatisfied, there will be tinnitus, dizziness, blinking. The brain is the sea of marrow, the essential qi is insufficient, and the sea of marrow is malnourished, which leads to tinnitus, dizziness, and blurred vision, laying a theoretical foundation for future generations to propose no virtual no dizziness. There are also theories such as no wind and no dizziness [2]. The etiology and pathogenesis of vertigo are different, vertigo can be divided into liver yang hyperactivity syndrome, phlegm turbidity syndrome, qi and blood deficiency syndrome, kidney essence deficiency syndrome and so on. Traditional Chinese medicine treatment of vertigo mostly adopts acupuncture, moxibustion, bloodletting therapy and other traditional Chinese medicine characteristic therapies [7-8].

3. Relationship between Vertigo and Liver

The liver controls the dispersion, the liver qi rises, and the whole body qi movement can be adjusted. On the one hand, the liver loses the dispersion, the qi movement is not smooth, the liver qi is depressed, the blood circulation is affected, so the blood stasis is formed for a long time, and it locks the brain orifices, which can cause vertigo; On the other hand, the liver catharsis is too much, the liver qi is upside down, triggering the internal wind, disturbing the brain orifices, so dizziness. The liver stores blood, plain question cloud: The liver receives blood and can see, the foot receives blood and can walk, the palm receives blood and can hold, and the finger receives blood and can take. Liver blood deficiency, blood deficiency leads to brain loss, so dizziness. The five elements of the liver belong to the wood, and the wood is straight. With the change of social environment, peoples work and life style change, the rhythm is accelerated, and the pressure in all aspects is higher than before. Research shows that the incidence of emotional diseases is gradually increasing [9]. Long-term worry or often angry, easy to qi stagnation, long time of fire damage Yin, liver Yin consumption, so the liver Yang hyperactivity, disturbance of the head, so dizziness appears. Or usually yang qi is exuberant, coupled with excessive anger, anger leads to qi rise, liver qi rise too much, liver yang hyperactivity, yang qi rise causes wind movement, then vertigo [10].

I found vertigo patients during the period with the teacher, liver yang hyperactivity syndrome is more common. Hypertension often appears vertigo. Decoction of *Gastrodia* and *Uncaria* has been confirmed by a large number of practices. This prescription has become a classic prescription for clinical treatment of hypertension with hyperactivity of liver yang [11]. In the treatment of this disease, Professor Qiao Shuzhen pays attention to the emotional changes of patients, and mostly adds and subtracts on the basis of *Tianma Gouteng* Decoction and *Qiaos Jieyu Anshen* Decoction [12], with good curative effect. The traditional Chinese medicines commonly used by teacher are *Gastrodia elata*, *Ligusticum wallichii*, *Fructus gardeniae*, *Radix curcumae*, *Scutellaria*, *Bupleurum*, *Poria* with hostwood, *Poria cocos*, *Atractylodes rhizome*, Kudzu vine root, Mother-of-pearl, Oyster-shell, etc, which are treated from the liver, calming the liver, clearing the liver and soothing the liver. If the patient has poor sleep, *Polygala tenuifolia-Acorus tatarinowii* schott is often used, the two drugs are combined to enhance the ability of calming the heart and tranquilizing the mind. If poor sleep worse, can be added with Seed of oriental arborviate, Spina date seed [13]; If the patients appetite is reduced, often with Medicated leaven, Roasted malt digestion appetizer; If spleen abdominal distension, often

with Official magnolia bark, Radish seed, Fructus aurantii to regulate qi and remove food retention. If the patients stool is dry, often add Largehead atractylodes rhizome, Immature bitter orange, Hemp fible seed to invigorate spleen and help defecation, severe constipation, can add a small amount of Betel nut. If the patient has loose stools or diarrhea after taking traditional Chinese medicine decoction, a small amount of Common ginger and Chinese date can be added to warm middle energizer to stop diarrhea.

4. Typical cases

4.1. Case 1

Zhang, female, 38 years old, chief complaint: Intermittent dizziness for 2 years. Present history: Two years ago, due to high work pressure, there was intermittent dizziness. There was no obvious abnormality in the cranial magnetic resonance examination. She was usually irritable, prone to thinking, light sleep and easy to wake up. She had a good appetite and normal urination. Present symptoms: Dizziness, with tinnitus, dry mouth, irritability, usually easy to think, sleep shallow and easy to wake up, have a good appetite, normal stool and urine. Red tongue with yellow fur, stringy pulse. Previously healthy. Western medicine diagnosis: Vertigo syndrome. TCM diagnosis: Vertigo, liver-yang hyperactivity syndrome. The treatment is to calm the liver and suppress yang, clear the liver fire, soothe the liver and regulate qi. Prescription: Gastrodia elata 15g, Kudzu vine root 30g, Scutellaria baicalensis 15g, Selfheal spike 15g, Radix curcumae 12g, Bupleurum chinense 12g, Poria cocos 15g, vinegar Rhizoma cyperi 12g, Polygala tenuifolia 10g, bran fried Atractylodes rhizome 12g, Bamboo shavings 10g, dried Orange peel 12g, Mother-of-pearl 30g (first decoction), Licorice 6g. 7 doses, 1 dose / day, water decoction, breakfast and dinner after taking 200ml. If there is loose stool after taking traditional Chinese medicine, add 5 pieces of ginger, 3 Chinese date, and self-regulation of emotions.

Second visit: The patients dizziness is reduced, there is still tinnitus, irritability, confusion, sleep is easy to wake up, have a good appetite, normal stool and urine. Red tongue with yellow fur, stringy pulse. On the basis of the previous traditional Chinese medicine, Poria cocos was changed to Poria with hostwood 15g, Bamboo shavings was added to 12g, and Magnetite 30g (first decoction) was added. 7 doses, 1 dose / day, water decoction, breakfast and dinner after taking 200ml.

Third visit: The patients dizziness was significantly reduced, the tinnitus was slightly reduced, the mood was improved, and the sleep was slightly improved, have a good appetite, normal stool and urine. Pink tongue with thin yellow fur, stringy pulse. Remove the Magnetite in front, add Polygala tenuifolia to 12 g, and add Platycladi seed 15 g. 7 doses, 1 dose / day, water decoction, breakfast and dinner after taking 200ml. After 1 month of follow-up, the patients dizziness did not recur, tinnitus was relieved, and mood and sleep were improved.

Comment: The patient had dizziness due to high work pressure, accompanied by tinnitus, usually irritable and thoughtless. The main etiology and pathogenesis is that high pressure leads to liver qi stagnation, long time of fire damage Yin, liver yin consumption injury, liver yang hyperactivity, disturbance of the head and eyes, resulting in vertigo and tinnitus; Emotional distress, qi depression into fire, fire disturbs the mind, so the mood is irritable, thinking, sleep is easy to wake up; Liver fire invades the stomach, so the mouth is dry and bitter. Treatment with calming the liver and suppressing yang, clearing liver fire, and soothing the liver and regulating qi. Gastrodia elata to stabilize liver yang, combined with Mother-of-pearl to enhance the function of calming liver and suppressing yang. Mother-of-pearl can also calm the nerves. Scutellaria baicalensis, Selfheal spike and Bamboo shavings can clear the liver fire, clear heat and remove annoyance, and jointly improve the symptoms of dizziness, tinnitus and bitter mouth. Bupleurum chinense, Rhizoma cyperi soothe the liver and regulate qi, Radix curcumae can not only soothe the liver and regulate qi, but also clear the heart and tranquilize the mind, Polygala tenuifolia can also tranquilize the mind, and jointly improve the patients emotions and sleep. Seeing the disease of the liver, knowing that the liver transmits the spleen, and the spleen should be firmed first'[14], therefore, the treatment of liver should first strengthen the spleen, plus fried Atractylodes rhizome, dried Orange peel, Poria cocos to strengthen the spleen. Liver fire invades the stomach, the patients mouth is dry and bitter, so Kudzu vine root can be used to relieve thirst. Finally, Licorice coordinate the drug actions of a prescription. During the second visit, the patients dizziness was less than before, but there was still impatience and poor sleep, so the Magnetite was added.

The Magnetite not only had the function of calming the liver and suppressing yang, but also had the effect of calming the nerves. Poria cocos changed to Poria with hostwood, more emphasis on tranquilizing the mind. During the third visit, the patients dizziness was significantly reduced, tinnitus and mood were improved, so the Magnetite was subtracted, because the Magnetite should not be taken for a long time or more, sleep was only slightly improved, so Polygala tenuifolia increased the amount,

and added Platycladi seed to tranquilize mind to help sleep. After follow-up, all symptoms of the patients were alleviated. The patients mood is not smooth, easy to qi stagnation, long time of fire damage Yin, liver Yin consumption, so the liver Yang hyperactivity, disturbance of the head, therefore, this disease appears. Treatment with calming the liver and suppressing yang, clearing liver fire, soothing the liver and regulating qi, and tranquilizing mind, the curative effect is very good.

4.2. Case 2

Cheng, female, 54 years old. Complaint : Intermittent dizziness for 4 months. Present medical history : 4 months ago, there was no obvious cause of dizziness. When the attack occurred, it was whirling, accompanied by nausea, body heat, plain emotional instability, eating well, poor sleep, and normal urination and defecation. There was no obvious abnormality in the head examination in the external hospital. Present symptoms: dizziness, turning around during the attack, accompanied by nausea, body heat, dry mouth and bitter mouth, emotional instability, eating well, poor sleep, and normal urination and defecation. Red tongue coating yellow greasy, pulse string. Previously healthy. Western medicine diagnosis: Vertigo syndrome. TCM diagnosis: Vertigo, liver-yang hyperactivity syndrome. The treatment is to calm the liver and suppress yang, clear the liver fire, soothe the liver and regulate qi, and tranquiliz mind. The treatment is to calm the liver and suppress yang, clear the liver fire, soothe the liver and regulate qi, and tranquilize mind. Prescription: Gastrodia elata 15g, Ligusticum wallichii 15g, Grass leaved sweetflag 15g, Radix curcumae 12g, vinegar Rhizoma cyperi 12g, Bupleurum chinense 12g, Polygala tenuifolia 12g, Seed of oriental arborviate 20g, Spina date seed 20g, Scutellaria baicalensis 15g, Frucus gardeniae 12g, Poria with hostwood 15g, Atractylodes rhizome 30g, Licorice 6g, Silktree albizia bark 15g, Kudzu vine root 30g, Mother-of-pearl 30g (first decoction), Oyster-shell 30g (first decoction). 7 doses, 1 dose / day, water decoction, breakfast and dinner after taking 200ml. If there is loose stool after taking traditional Chinese medicine, add 5 pieces of ginger, 3 Chinese date, and self-regulation of emotions.

Second visit: The patient 's dizziness was significantly reduced compared with the previous, nausea, body heat, dry mouth and bitter mouth were improved compared with the previous, emotional control was acceptable, poor sleep was slightly improved, sometimes physical pain, uncertain location, eating well, normal urination and defecation. Tongue pale red moss yellow, pulse string. Add vinegar Yanhusuo 15g, Danshen 15g in front. 7 doses, 1 dose / day, water decoction, sooner or later after dinner, warm 200ml. After 1 month of follow-up, the patient 's dizziness did not recur, and the mood and sleep improved. Red tongue with yellow, stringy pulse. On the basis of the previous traditional Chinese medicine, increase vinegar Corydalis Rhizoma 15g, Salvia miltiorrhiza 15g, 7 doses, 1 dose / day, water decoction, breakfast and dinner after taking 200ml. After 1 month of follow-up, the patient 's dizziness was not repeated, and the mood and sleep were improved.

Comment: The patients are usually emotionally unstable, long-term depression or anger, poor mood leads to liver qi stagnation, long-term qi stagnation turns into fire injury yin, liver yin consumption injury, liver yang hyperactivity, disturbance of the head, so dizziness; The liver belongs to the wood, the spleen belongs to the soil, the liver fire is strong, the wood takes the soil, the liver fire invades the stomach, so the attack is accompanied by nausea, dry mouth and bitter mouth ; Qi depression into fire, so see the body heat and poor mood, upset the mind, so poor sleep. The treatment is to calm the liver and suppress yang, clear the liver fire, soothe the liver and regulate qi, and tranquiliz mind. The treatment is to calm the liver and suppress yang, clear the liver fire, soothe the liver and regulate qi, and tranquilize mind. Among them, the same traditional Chinese medicine used in the previous medical record plays the same role. Oyster-shell and Mother-of-pearl have the same function and enhance the effect of calming liver and suppressing yang. Scutellaria baicalensis and Frucus gardeniae can clear liver and purge fire, and Kudzu vine root can relieve muscle and fever, and jointly improve the symptoms of dizziness, body heat and bitter mouth. Ligusticum wallichii ' qi medicine in blood ', its nature is ascending and dispersing, promoting blood circulation and qi circulation, and compatibility with Bupleurum chinense to enhance the function of soothing liver and relieving depression. Rhizoma cyperi, Silktree albizia bark, Radix curcumae, Grass leaved sweetflag, Polygala tenuifolia, Seed of oriental arborviate, Spina date seed jointly improve the patient 's emotional and sleep problems. Seeing the disease of the liver, knowing that the liver transmits the spleen, therefore, plus Poria with hostwood and Atractylodes rhizome to strengthen the spleen. Finally, Licorice reconciles all traditional Chinese medicines. When the second visit, the patient 's symptoms were significantly reduced during the diagnosis, but there was physical pain. It should be liver depression and qi stagnation, which leads to pain if it is not unobstructed. The previous prescription has traditional Chinese medicine for soothing liver, regulating qi and relieving pain, so add vinegar Corydalis Rhizoma to relieve pain. Qi stagnation, affecting blood circulation, plus Salvia miltiorrhiza to activate blood circulation and relieve pain. Using this prescription to treat the patient, the curative effect is remarkable.

5. Summary

With the change of social environment and the increase of peoples living pressure, the number of vertigo patients is increasing. Professor Qiao Shuzhen believes that today's people are prone to neuro-psycho-psychological abnormalities [15], so clinical attention is paid to the emotional changes of patients. She treats vertigo of liver-yang hyperactivity syndrome, starting from the liver first. In addition to calming the liver and suppressing yang, she also pays attention to regulating liver qi, nourishing the heart and tranquilizing the mind. At the same time, she attaches importance to the relationship between the five elements, and adds the traditional Chinese medicine of invigorating the spleen, which has a significant clinical effect.

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