

# Director Pei Ruixia Treats Thyroid Nodules from Six Depression

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**Abstract:** Thyroid nodule is one of the common and frequently occurring diseases of the endocrine system, but the treatment effect of modern medicine is not ideal. Director Pei Ruixia Zong Zhu Danxi's "six depression" theory, in terms of etiology, the depression of qi, blood, phlegm, fire, dampness, and food can all cause disease, among which the depression of qi is the first, and each depression is related to each other. In terms of treatment, while soothing the liver, regulating qi, and relieving depression, it is supplemented by the methods of promoting blood circulation, removing blood stasis, clearing heat and purging fire, strengthening the spleen, removing phlegm, dryness, and dampness, and eliminating digestion and accumulation. Director Pei Ruixia started from the six depression syndrome differentiation and treatment in clinical practice and achieved good results.

**Keywords:** Six depression; Thyroid nodules; Gall disease; Gall tumor; Soothing the liver and relieving depression; Experience of famous doctors; Pei Ruixia

## 1. Introduction

In recent years, the detection rate of thyroid nodules has been getting higher and higher. In the general population, the detection rate of palpation with both hands is 3%~7%, while the high rate of high-resolution ultrasound can be as high as 20%~76%. There is a higher prevalence rate of breast cancer in women than in men, with a ratio of 1.2 to 4.3, particularly among middle-aged women and the elderly. In modern clinical practice, the commonly used treatment methods for thyroid nodules include levothyroxine therapy, radiotherapy, surgery, and excimer photocoagulation[1]. A meta-analysis involving nine randomized controlled studies showed that thyroid hormone inhibition therapy could not make the nodules of patients with normal iodine intake smaller but might bring side effects such as heart and bone.[2] The treatment of traditional Chinese medicine is simple and easy, which can not only save patients from the pain of surgery and some side effects but also achieve the effect of removing blood stasis, eliminating galls, strengthening the body, and treating both symptoms and symptoms.

Professor Pei Ruixia is a famous Chinese doctor in Shaanxi Province. He studied under Gao Shanglin, a famous Chinese doctor in China, and has been engaged in clinical and teaching work for more than 30 years. She is good at the diagnosis and treatment of various internal diseases. The author has the honor of following Professor Pei to learn. Under the guidance of Professor Pei and the long-term follow-up clinic, the author summarized Professor Pei's relevant experience in treating thyroid nodules, combined with modern people's greater pressure and multiple theories of six depression to treat thyroid nodules. The summary is as follows, to provide the same experience.

## 2. Etiology and Pathogenesis

The name of the thyroid nodule is not clearly recorded in Chinese medicine, but it can be classified as gall disease and gall tumor according to its symptoms and characteristics. "Gall disease" was first seen in the book "Etiology of Various Diseases - Gall Symptoms", which also divided gall disease into blood galls, flesh galls, and air galls for the first time, which is the earliest classified record of gall disease. According to medical practitioners in previous dynasties, gall disease was caused by a lack of vital energy and dysfunction of the viscera, along with liver depression and stagnation of Qi, dysfunction of the spleen, endogenous phlegm and dampness, stagnation of blood and Qi, phlegm and dampness consolidated in front of the neck, resulting in a long period of blood stasis caused by a combination of phlegm, qi, and

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Its main pathological products and pathogenic factors are phlegm coagulation, qi stagnation, and blood stasis, and its pathological characteristics are the combination of deficiency and excess.[3] Its occurrence is mainly caused by long-term anger or anxiety, improper diet and water, and soil, natural constitution, six sexual evils, including radiation and surgical injuries, concurrent or secondary diseases, drug poisoning injuries, etc.

Professor Pei's Treatment of Thyroid Nodules from the Perspective of Six Depression. Professor Pei made a thorough study of ancient medical books and pointed out that Zhu Danxi's "Danxi Mental Method" put forward the theory of six depression, which not only includes the three aspects of qi, blood, and phlegm but also proposes that fire, dampness, and food can also cause disease. In clinical practice, six depressions affect each others, or phlegm and gas interact, or qi stagnates, and blood stagnates, or yin deficiency and fire flourish, providing a new idea for the pathogenesis and treatment of thyroid nodules [4].

### ***2.1 Among the six depressions, qi depression is the first, and it is better to soothe the liver, regulate qi and relieve depression***

Professor Pei believes that among the six depressions, qi depression comes first. When qi depression reaches its peak, all the depressions will succeed. The Danxi Mental Method says: "If qi and blood are in harmony, all diseases will not occur.[4] So many diseases of the body are born of depression. "Most patients with thyroid nodules have a history of emotional discomfort. The liver loses catharsis, and the movement of the qi is not smooth, leading to qi's stagnation. Nodules are formed in front of the neck. At this time, patients are more conscious of a slight neck swelling or feeling depressed, good at breathing, or chest and flank swelling. The tongue is red, the coating is white, and the pulse is thin. There are often no clinical symptoms for patients with a short course of the disease. At this time, the treatment should be used to soothe the liver and regulate qi, and the method of regulating qi and relieving depression should be used throughout the course of the treatment of thyroid nodules. In clinical practice, Xiaochaihu decoction is used as the base for the treatment: vinegar bupleurum root 10g, ginger pinellia root 10g, north ginseng 15g, licorice root 10g, vinegar turmeric 10g, amomum villosum 6g (lower back), magnolia officinalis 10g, etc. And according to the deficiency and excess of yin and yang cold and heat, use the product to soothe the liver and regulate qi. For the hot, use bupleurum, turmeric, green peel, and toosendanin; For cold weather, you can choose woody incense, cinnamon, citron, bergamot, etc.

### ***2.2 When qi is flowing, blood is flowing. When qi is stagnant, blood is also stagnant. It is better to regulate qi, promote blood circulation and remove blood stasis***

Qi is the beauty of blood, and the blood flow is not smooth, which can form blood stasis. This type of patient is often clinically manifested as swelling in the front of the neck or throat knot, palpable lump, and hard texture, often accompanied by chest tightness and chest pain, facial pigmentation, and poor appetite for food. Women are more likely to see breast pain, dysmenorrhea, black menstrual color, and blood clots. The tongue is dark red, the fur is white, and the pulse is stringed and astringent. At this time, it is necessary to soothe the liver and regulate qi, promote blood circulation and remove blood stasis, and then choose Chaihu Shugan Powder: vinegar north Chaihu 10g, white peony 15g, Stir-fried Fructus Aurantii 12g, licorice 6g, Ligusticum chuanxiong 10g, Cyperus Vinegar 15g, tangerine peel 12g, Pinellia ternate 10g, etc. Chest tightness and chest pain can be added with salvia miltiorrhiza, angelica, and red peony root. For women with irregular menstruation, add peach kernel and safflower.

### ***2.3 Excess qi is fire, which should be cleared away***

Professor Pei pointed out that Zhu Danxi once said, "if there is more than Qi, it is fire". The Qi stagnates for a long time, and the evil spirit is closed inside and turns into fire, which is fire depression. In patients with thyroid nodules, it can be characterized by irritability, accompanied by neck lumps, pain, dry stool, sleep at night, and early awakening; It is treated by clearing the liver and purging fire. The

prescription is Longdan Xiegan Decoction: 6g each for *Scutellaria baicalensis* and *Gardenia jasminoides*, 10g each for *Gentian*, *Bupleurum*, *Yujin* and *Licorice*, 15g each for *Prunella vulgaris*, *Angelica sinensis*, *Radix rehmanniae* and *Chinese yam*. In case of neck pain caused by qi stagnation, alloy bell powder, *Yuanhu* 15g, *toosendan* 10g; Those with palpitations and insomnia are added with sour jujube kernel, cypress kernel and polygala.

***2.4 If liver qi is accumulated by spleen and phlegm dampness, it is better to soothe the liver and strengthen the spleen, and dissipate phlegm***

The qi stagnates for a long time. The liver qi takes advantage of the spleen, and the spleen loses its healthy function. Its function of transporting water and moisture is damaged and becomes damp depression. When the phlegm dampness stays in the neck, it can form a thyroid nodule. At this time, the patient can see that the lump in the neck is soft, not hard, and can be palpable. With shortness of breath, poor appetite, loose stool, etc., the tongue is light red, the fur is white, and the pulse is thin or slow. It is appropriate to soothe the liver, strengthen the spleen, and dissipate phlegm. Professor Pei Ruixia often adds and subtracts the formula based on combination of Xiaoyao Powder and Banxia Houpu Decoction: vinegar bupleurum root 10g, white peony root 15g, fried *atractylodes macrocephala* 15g, *poria cocos* 15g, *angelica sinensis* 10g, *licorice* 10g, *ginger pinellia* 10g, *magnolia officinalis* 10g, dried tangerine peel 15g, mint 3g.

***2.5 The liver qi takes advantage of the spleen. If the yin is deficient and the fire is strong, it is better to clear away the liver fire and loosen the soft and firm knot.***

Nowadays, people's social life is under the pressure. The pace of work is fast, and their aspiration is not smooth. Long-term depression of qi turns to fire, and the remaining fluid is deficient, forming gall tumors. Patients with such thyroid nodules can be accompanied by irritability, restlessness, dry or loose stool, red tongue and yellow fur, and the number of pulse strings. For those with liver depression turning to fire, *Danzhi Xiaoyao Powder* can be added or subtracted, which is 10g of *Bupleurum chinense*, 15g of white peony root, 15g of stir-fried *atractylodes macrocephala*, 15g of tuckahoe, 10g of *angelica*, 10g of *licorice*, 3g of mint, *Danpi* 15g, *Jiaozhizi* 6g.

***2.6 If the diet is improper and the rise and fall are abnormal, the spleen and stomach should be in harmony and the accumulation should be eliminated to guide stagnation***

Professor Pei pointed out that with the continuous improvement of the quality of life, modern people often eat and drink without restraint. As a result of overeating or eating fat, sweet and greasy, the rise and fall of the spleen and stomach are abnormal, which affects the transport of the spleen and stomach, and gradually leads to food depression, which is manifested in the absence of neck lumps, acid regurgitation and belching, or abdominal distension and greasy coating. It can be served with incense, *atractylodes macrocephala*, dried tangerine peel, bamboo Ru, *evodia rutaecarpa*, *rhubarb*, *magnolia officinalis*, trifoliate orange, *Jiao Liuxian*, etc.

### **3. Rational use of Deconsolidation Drugs**

Professor Pei pointed out that the loose knot drugs have been used for a long time in "gall disease" and "gall tumor", such as seaweed, lamina, *prunella vulgaris*, *xanthospermum*, and mountain arrowhead. Modern pharmacological research shows that the effective ingredients of seaweed and lamina have a good effect on improving the endemic goiter caused by iodine deficiency.[5] However, if iodine intake is sufficient, drugs with excessive iodine should be used with caution. It is mainly used to attack evil. It is suitable for patients with excess evils. They should be careful about the deficiency and excess of yin and yang, cold and heat in the human body. They should be selected through drug compatibility. Li Zhongzi pointed out in the "Medical School Must Read" that when you see phlegm, you should stop treating phlegm. When you see blood, you should stop treating blood. When you see sweat, you should not sweat. If you have heat, you should not attack heat. If you know how interesting it is, you should be a good doctor [6].

### **4. Clinical Medical Records**

Wang, a female 72 years old, found thyroid nodules during the physical examination for 20 days.

Time of first diagnosis on June 23, 2020. Thyroid B ultrasound: solid nodule in the left lobe of thyroid (10.9 can be seen at the upper pole of the left lobe  $\times$  16.5mm solid nodules); Multiple cystic and solid nodules in bilateral thyroid lobes, follicular cyst considered (larger: left 3.1  $\times$  3.5mm, right side: 2.7  $\times$  1.9mm), TSH: 2.34uiu/ml (no obvious abnormality). Symptoms: I said that I had a feeling of suffocation in front of my neck, pain when swallowing, foreign body sensation in my throat, and I felt that I had a gas knot in it. I had phlegm in my throat, which was white in color and thin in texture. I could eat and drink, rest at night, and regulate my bowels and stools. The tongue is red, the fur is few, and the pulse is thin. Physical examination: Nodules can be touched in front of the neck, which is soft and painless. The reexamination of thyroid B ultrasound in our hospital showed that the left lobe of the thyroid was slightly hyperechoic nodule with calcification, TI-RADS category 4a; Thyroid right lobe nodule, TI-RADS type 2; Follicular cyst of the left thyroid lobe. According to the inspection results, the western medicine diagnosis, such as thyroid nodule, the traditional Chinese medicine diagnosis: gall disease (liver fire exuberance syndrome), the treatment principle: clearing the liver and purging the fire, eliminating gall and dispersing the knot, and the formula is Danzhi Xiaoyao Powder. The specific drugs are as follows: 15g peony peel, 6g Jiaozhizi, 12g Angelica sinensis, 10g vinegar bupleurum chinense, 12g white peony root, 20g fried atractylodes macrocephala, 15g poria, 6g roasted licorice, 15g vinegar turmeric, 15g raw rehmannia root, 20g black ginseng, 10g magnolia officinalis officinalis. 6 doses of traditional Chinese medicine, decoction, one dose per day, 30 minutes after breakfast and dinner.

Second diagnosis time on June 29: the neck is swollen, the pain is better than before, the throat is uncomfortable, the sputum is thin, the patient can sleep well, the stool is not shaped, 5-6 times/day, and the urine is normal. The tongue is red, the fur is few, and the pulse is thin. Remove gardenia from the top, add 6g amomum villosum (lower back), and then take 6 doses.

Time to the third diagnosis on July 7: The stool is basically formed 3-4 times/day, the neck is swollen, and the pain is obviously improved, the air knot in the throat is consciously dissipated, there is white sputum in the throat, and you can sleep and urinate. The tongue is red, with little fur, and the pulse is thin. In the front, remove paeonia, magnolia officinalis, amomum villosum and rehmannia glutinosa, add 15g of salt anemarrhena, 10g of ligusticum chuanxiong, 3g of mint (later), 30g of stir fried yam with bran, and then take six doses.

After three months of treatment, the patient returned to the doctor on September 1, 2020: the patient complained of discomfort in front of the neck, occasional dull pain, white phlegm in the throat, and other symptoms were significantly improved, often afraid of heat and sweating, fatigue, good sleep, normal stool, 1-2 times/day, urinating. The tongue is red, with little fur, and the pulse is thin. The reexamination of thyroid B ultrasound showed that the left lobe of the thyroid was slightly hyperechoic nodule with calcification, TI-RADS 3; Thyroid right lobe nodule, TI-RADS type 2; Follicular cyst of bilateral thyroid lobes. The syndrome differentiation is that gall disease (liver fire exuberance syndrome) is treated by clearing the liver, purging the fire, eliminating the gall, and dispersing the knot. The traditional Chinese medicine recipe is followed by the addition and subtraction of Xiaoyao Powder. The specific drugs are as follows: Angelica sinensis 12g, vinegar bupleurum chinense 10g, white peony 10g, fried atractylodes macrocephala 20g, roasted licorice 6g, rehmannia glutinosa 15g, vinegar turmeric 15g, ophiopogon japonicus 15g, scrophularia root 20g, scutellaria barbata 15g, salt anemarrhena 15g, gentian 6g, six doses of traditional Chinese medicine, decoction, one dose per day, warm after breakfast and dinner. The patient was satisfied with the effect, insisted on outpatient treatment all the time, and ordered regular reexamination.

## 5. Conclusion

Professor Pei Ruixia, the tutor, treats thyroid nodules from the theory of six depression and conducts psychological counseling for patients with thyroid nodules who are afraid of cancer. In addition, the patient not only has obvious improvement in symptoms but also can flexibly cut according to the deficiency and excess of yin and yang, cold and heat, and take harmony as the method to achieve the goal of strengthening the good and eliminating evil. With its unique overall concept and individualized diagnosis and treatment method based on syndrome differentiation, TCM aims to fundamentally improve the internal environment of stagnation of the body, pay attention to the root cause, and make thyroid nodules gradually disappear and disperse in the process of regulating the liver through a dynamic and comprehensive diagnosis and treatment model combining disease differentiation and syndrome differentiation.[7]

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