

Professor Liqin's TCM Experience in Treating Angina Pectoris of Coronary Heart Disease from Deficiency, Depression and Blood Stasis

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Abstract: angina pectoris of coronary heart disease is a common clinical disease with high paroxysm and mortality, which is a serious threat to human life and property safety. This disease belongs to the category of chest arthralgia in traditional Chinese medicine. A famous professor of traditional Chinese medicine in Shaanxi Province believes that the pathogenesis of the disease is based on deficiency and excess, based on deficiency of heart and spleen, qi depression, blood stasis and blocking heart pulse. The pathological process can be summarized as deficiency, depression and blood stasis. The treatment should be based on the principle of tonifying the heart and spleen, soothing the liver and relieving depression, promoting blood circulation and removing blood stasis, and patency of veins, so as to achieve the purpose of invigorating Sanjiao, harmony of qi and blood, and patency of veins. Professor Liqin provides experience and ideas for the treatment of this disease with the thinking of syndrome differentiation and treatment of traditional Chinese medicine and the addition and subtraction of the main prescription of traditional Chinese medicine, combined with the diagnosis and treatment of modern medicine. One attached medical case was corroborated.

Keywords: coronary heart disease; vocational Liqin; traditional Chinese medicine; experience

Coronary heart disease angina pectoris is due to coronary atherosclerosis, vascular stenosis or obstruction, coronary artery can not provide sufficient blood volume and normal blood flow, resulting in transient myocardial hypoxia and ischemia, and then lead to chest tightness, chest pain, chest discomfort clinical syndrome. Although conventional western medicine can dilate blood vessels, increase coronary blood flow and improve energy metabolism of cardiomyocytes, it is not effective in regulating prethrombotic state, thus affecting the effect of later treatment^[1]. Traditional Chinese medicine has certain advantages in the treatment of coronary heart disease and angina pectoris. In traditional Chinese medicine, according to the symptoms of this disease, it can be classified into the category of "chest arthralgia". Professor Liqin is the seventh batch of famous traditional Chinese medicine, first-class professor, graduate supervisor and expert who enjoys the special allowance of the State Council. He has been engaged in clinical work and research on cardiovascular disease in traditional Chinese and western medicine for many years. He has considerable experience and experience in the treatment of angina pectoris of coronary heart disease, and is good at using traditional Chinese medicine prescriptions as the basis for synergistic treatment with medicine pairs. The clinical experience of vocational teachers is summarized as follows.

1. Cause of syndrome differentiation

Angina pectoris of coronary heart disease belongs to the category of chest arthralgia in traditional Chinese medicine, and the pathogenesis always belongs to deficiency and excess, so the disease has a wide range of symptoms, many syndrome types, many syndromes, and sudden strong. Vocational teachers think that most of the disease are emotional internal injury, external evil internal invasion, eating disorders, overwork, lack of endowment and so on. The main pathogenic factors are deficiency, depression and blood stasis. Deficiency is mainly due to deficiency of both heart and spleen, which is caused by exogenous or internal injury, which leads to the obstruction of heart pulse with "blood deficiency and blood stasis" as the pathological product; depression occurs due to failure of emotion,

liver imbalance, loss of healthy movement of spleen, loss of nourishment of heart, deficiency of heart, qi and blood, and obstruction of external pathogen. Deficiency and excess are often seen in clinic. In the process of diagnosis and treatment, we must closely observe the condition, respond flexibly, and take care of it according to the primary and secondary priorities of deficiency and reality.

1.1 Evil disturbs the heart and vanity is its source

Vocational teachers believe that the external causes of chest arthralgia include the evil of wind, cold and dampness, and the evil of exogenous wind, cold and dampness, on the one hand, the evil qi of exogenous wind, cold and dampness impurities is first committed in the lung, because "the lung dominates the fur, the company opens and closes, and the fur is affected by it." the entry of evil qi from the lungs is also disadvantageous in resisting external evils, losing the function of Chao Baimai and attending the festival, so that the heart pulse loses protection and nourishment. On the other hand, the evil of warming poison is committed in the lungs, the lung is not solid, and is connected to the heart. For example, Ye Tianshi, a febrile pathologist, put forward the theory that "warm evil is suffered on the lung, and the pericardium is reversed." "Su Wen Bi Lun" recorded: "Qi reverse is the disease, Qi Shun is the more, not with the wind, cold and dampness, it cannot be arthralgia." Most of the adverse qi is the disharmony between Ying and Wei, and Ying Qi runs outside the pulse and goes to Zhongjiao, so the teachers think that the deficiency of spleen and stomach leads to the invasion of external evil and internal evil, and because the spleen dominates the movement and transformation of subtle, the qi and blood of the heart depends on the subtle help of spleen movement, spleen deficiency can not support the essence, so heart deficiency and palpitation is the root cause of chest arthralgia, especially the deficiency of heart and spleen.

1.2 Internal injury of emotion, depression blocking qi

The heart is the official of the monarch, the master of the internal organs, and dominates the whole life activities of human beings. Traditional Chinese medicine has had the theory of two hearts since ancient times, that is, the main blood and the main god^[2]. On the Secret Book of Linglan, as the saying goes, "he who has a heart is the official of the monarch, and the gods are out of the way." Emotional internal injury, the first to hurt the heart and spleen, where depressed, panic, emotional failure, sadness and excessive thinking, seven emotions and six desires to disturb the heart, can cause chest arthralgia^[3]. Melancholy hurts the spleen, the spleen loses health, the biochemical source of qi and blood is deficient, and the heart pulse is weak. Anger injures the liver, liver loss and catharsis, liver qi stagnation, and even qi depression into fire, burning fluid into phlegm. No matter qi and blood weakness or qi depression and phlegm turbidity, it can lead to poor blood flow, blocked veins, stagnation of qi, or obstruction of phlegm and blood stasis, chest yang depression, heart pulse obstruction, pain and chest arthralgia. "Taiping Sheng Hui prescription to treat heart arthralgia," said: "if the husband thinks and worries too much, he will lose his heart, and if his heart is empty, so he will take advantage of evil, and if evil accumulates and does not go away, he will sometimes harm his diet, and his heart will be full of pain, which is for heart disease"^[4].

1.3 Stasis in the heart and chest arthralgia

Vocational teachers believe that stasis in the heart pulse is an important cause of angina pectoris of coronary heart disease. Nowadays, people's diet is too thick and greasy, and eating grain does not damage the spleen and stomach, resulting in phlegm and dampness, such as "eating qi into the stomach, turbid qi returning to the heart." Instant food stagnates sadness^[5]. The evil of phlegm and blood stasis is cause and effect. On the one hand, the patient's phlegm-damp constitution changes into heat, damp-heat accumulation, causing phlegm-heat internal exuberance, recurrent external evil disturbing the mind, water drinking, causing palpitation, chest arthralgia, chest tightness, chest pain, and even edema and other symptoms. On the other hand, phlegm and blood stasis block the veins for a long time, make the heart pulse unsmooth, lose the treatment of the lung, re-encounter exogenous factors to form multiple pathogenic factors, more stagnant qi, gas consumption injury, so that the vein damage, heart and pulse obstruction. In the early stage of the disease, the disease is still shallow, the heart symptoms are not obvious, the disease enters, phlegm and blood stasis block the heart pulse, coupled with the evil of body deficiency and exogenous disease, the chest arthralgia is spontaneous.

2. Diagnosis and treatment experience

Vocational teachers are good at treating the disease from three aspects: deficiency, depression and blood stasis: tonifying the heart and spleen, nourishing blood and calming the mind; soothing the liver and relieving depression, invigorating the spleen and stomach; treating blood stasis focuses on invigorating the spleen and removing phlegm, activating blood circulation and removing blood stasis, while balancing the comprehensiveness of yin and yang of the five internal organs. Start with deficiency, restore righteousness, make the vein clear, Sanjiao unobstructed, go out with disease and evil, cure both the symptoms and the root causes^[6].

2.1 Treatment principle

2.1.1 Tonifying the heart and spleen, warming yang and dredging collaterals

In clinic, vocational teachers found that patients with chest arthralgia were mostly recovered and postponed after feeling evil or after treatment, at this time, the toxin was not exhausted, and the deficiency of qi, blood, yin and yang of the five internal organs was treated with Yangxin decoction combined with Guizhi licorice keel Oyster soup, and the effect was obvious. Vocational teachers think that Yangxin decoction can be used to treat angina pectoris of coronary heart disease, and it is easy to consume sad spleen because of external and internal injuries for a long time, resulting in deficiency of heart and spleen, lack of biochemical source, deficiency of qi, deficiency of qi and blood of heart, so attention should be paid to the importance of Guying Wei tonifying heart and spleen^[7]. Guizhi and licorice keel Oyster soup has a good curative effect on stable angina pectoris, cardiac neurosis, arrhythmia, depression, insomnia, dreaminess, deficiency of heart and timidity, and heart-yang stagnation syndrome type^[8]. Only in this way can we warm the yang, calm the nerves and calm the palpitation, give the evil way out, drive out the evil, and take the floating yang to calm the mind, Xinggan and to warm the heart yang, attack and tonify both. It has obvious effect on the obstruction of qi, vein and triple coke caused by the long course of disease in patients with chest arthralgia.

2.1.2 Soothing the liver and relieving depression, promoting qi and activating blood circulation

For chest arthralgia caused by emotional disorder, traditional Chinese medicine is unique. According to the Clinical Guide Medical record, "Gaiyu is all in the patient's transference." Vocational teachers believe that the root of the treatment of this kind of chest arthralgia lies in qi, liver depression by spleen, son stealing mother qi, and treatment of both heart, liver and spleen^[9]. If the liver is depressed, the temper will rise, and if the qi and blood are biochemically active, then the heart will be sufficient and the heart will be nourished. In the treatment, both specimens should be taken into account, soothing the liver and invigorating the spleen, nourishing the heart and tranquilizing the mind, using Chaihu Shugan Powder and Suanzaoren decoction. In the prescription, Bupleurum soothing the liver and relieving depression, harmonizing the surface, returning to the liver and gallbladder meridian, peony to relieve pain, nourishing blood and softening the liver, and Bupleurum can be used to nourish the liver and benefit the liver.

2.1.3 Activating blood circulation and removing blood stasis, removing dampness and dredging collaterals

For those caused by blood stasis and phlegm turbidity, phlegm-dampness endogenesis, qi stasis and the evil of phlegm and blood stasis are caused by eating grain and dampness and dampness of spleen and stomach. Commonly used Xuefu Zhuyu decoction combined with Gualou Xiebai Banxia decoction, peach kernel, safflower promoting blood circulation and removing blood stasis, promoting qi and relieving pain and temperature without dryness in Xuefu Zhuyu decoction, Radix Paeoniae Alba, Ligusticum chuanxiong and Achyranthes bidentata, draw blood down, so that blood stasis does not stay in the chest, turbid phlegm does not disturb the mind. Raw Rehmannia, Angelica sweet cold, clear heat and cool blood, nourish yin and nourish blood, so as to dispel blood stasis without injuring. In the prescription, the combination of Fructus Aurantii and Platycodon grandiflorum, wide chest and regulating qi, together with Bupleurum soothing the liver and relieving depression, rising to Qingyang, playing the function of promoting blood circulation and removing blood stasis and relieving pain can be eliminated.

2.2 Characteristics of drug use

Vocational teachers pay attention to the use of drug pairs in the treatment of this disease, in order to

achieve the purpose of synergistic treatment. The following lists some representative pairs of angina pectoris of coronary heart disease for reference.

2.2.1 *Poria cocos, Polygala tenuifolia-tonifying and strengthening the heart and spleen*

Poria cocos Ganping, with the effect of promoting diuresis and dampness, invigorating the spleen and calming the heart, often accompanied by drugs for invigorating the spleen and tonifying deficiency, is a commonly used medicine for diuresis and dampness, and is known as the magic medicine at 04:00. "Southern Yunnan Materia Medica" records: "nourish painstaking efforts, shock, peace of mind, dispelling phlegm and salivation." The record of 100 kinds of Shennong Materia Medica also says: "Poria cocos are very light, the five elements belong to the soil, and the water is sparse and washed away, so that the dampness comes out of the bladder, and the disease gradually goes away." "Shibuzhai Medical Book" also contains: "Poria cocos blindly, the main medicine for the treatment of phlegm." The root of phlegm, water, the movement of phlegm, dampness, *Poria cocos* can also remove dampness.^[10]

2.2.2 *Yujin and albizzia peel-soothing the liver and depression to reassure the mind*

Tulip bitter cold, with the effect of promoting blood circulation to relieve pain, clearing heart and relieving depression. "Materia Medica preparation" records "Qi, relieving depression, bleeding, cooling heart heat, dispelling liver depression". The study found that turmeric extract magnesium-potassium complex has an inhibitory effect on arrhythmia and myocardial contractility.^[11] *Albizia mandshurica* skin Ganping, into the heart and liver meridian, can relieve depression and calm the mind, promote blood circulation and relieve pain. "Materia Medica Huiyan" contains "albizzia bark, sweet and warm flat tonic, blooming up to the five gods, eliminating the wonderful response of the five aspirations".

In clinic, teachers use two kinds of medicine for chest arthralgia caused by emotional disorders, bitterness can release qi, cold can clear heat and dispel fire, and willing to nourish yin and slow, can prevent the malady of bitter cold too much to lose the stomach. The combination of the two drugs can clear the heat and cool the blood, soothe the liver and relieve depression and nourish the blood and calm the mind. Turmeric 15g and albizzia bark 15g are commonly used in clinic. If the liver qi is not comfortable and invades the stomach, it can be added or subtracted by Banxia Xiexin decoction. And because such patients have insomnia symptoms, teachers often add keel, oyster, wild jujube kernel, Yuanzhi and other products to frighten the blood and calm the mind, so as to achieve the purpose of curing the disease by regulating the patient's sleep.

2.2.3 *Bamboo Ru and Pinellia ternata-removing phlegm-heat and clearing residual evil*

The taste of bamboo is sweet and slightly cold, which has the effect of clearing heat and eliminating phlegm, eliminating annoyance and stopping vomiting. "Drug meaning" records "Bamboo Ru, light to solid, cool to heat, bitter to descend, specializing in clearing hot phlegm, which is a good product for opening depression and calming the mind". *Pinellia ternata* has antiarrhythmia and converts ventricular tachycardia caused by epinephrine into sinus rhythm. Turbid phlegm in angina pectoris of coronary heart disease obstructs the heart pulse, disturbs the mind, it is appropriate to clear heat and remove phlegm, disperse knots and stop panic, so that the qi is smooth and the pulse is smooth. The two medicines must be compatible with each other to relieve pain, clear heat and remove phlegm, and widen chest and disperse knots. Especially for obesity, phlegm, shortness of breath, fatigue, cough, sputum, greasy moss, pulse slippery syndrome belongs to phlegm turbid obstruction type, the effect is especially good. Bamboo rushes 6g and *Pinellia ternata* 10g are commonly used in clinic.

2.2.4 *Rhizoma Corydalis, Salvia miltiorrhiza-removing blood stasis to give birth to new blood*

Yanhusuo tastes hard and warms the heart, liver and spleen meridians, which has the effects of promoting blood circulation, promoting qi and relieving pain. The new edition of Materia Medica contains it as the treatment of "heartache, assistant in qi and blood". Studies have shown that *Rhizoma Corydalis* has a clear role in protecting the cardiovascular system, such as anti-arrhythmia and dilating coronary artery^[12]. *Salvia miltiorrhiza* polyphenol salt has a good effect in improving hemodynamics and protecting myocardium^[13].

Teachers believe that various pathogenic factors or pathological products remain in the body, which will cause qi and blood stasis, vein obstruction, and then blood stasis, so coronary heart disease belongs to the type of blood stasis and can be treated by activating blood circulation and removing blood stasis. Because the medicine for promoting blood circulation and removing blood stasis can dissipate blood stasis, unobstruct blood flow, improve hemorheology, hemodynamics, promote angiogenesis, anti-thrombosis and anti-platelet, so as to inhibit cardiomyocyte apoptosis and regulate the immune

system, therefore, the symptoms of patients with chest arthralgia can be effectively relieved, and the purpose of removing blood stasis and improving cardiac function can be achieved^[14].

2.2.5 Keel, *Sophora flavescens*, Gansong-- relieving palpitations for peace of mind

Keel into the heart, lung and kidney meridian, "Compendium of Materia Medica" cloud its warm and tonic, the main treatment of restlessness, liver and blood deficiency and other diseases. Shennong Materia Medica Sutra reads "carry *Sophora flavescens*" to treat the heat of the heart, with the heat of the heart and small intestine as the most, the main pursuit of water and bosom gas, in addition to carbuncle swelling. Oxymatrine contained in *Sophora flavescens* has obvious cardiovascular protective effect, such as anti-arrhythmia, anti-virus, anti-infection, protection of ischemic tissue and so on. Gansong relieves pain by relieving qi, invigorates the spleen, and its taste has the advantages of warm but not hot, sweet but not stagnant. "Rihuazi Materia Medica" contains its "treatment of heart and abdominal distension, lower qi", into the spleen and stomach meridian, can smooth the spleen and stomach, calm the mind and stop palpitation. Pharmacological studies believe that Gansong's treatment of arrhythmia can be summarized as "multi-pathway, multi-target, multi-component"^[15].

3. Problems and prospects

Through a large number of clinical observations and studies, it is found that under the guidance of correct TCM syndrome differentiation and treatment, the attack of angina pectoris of coronary heart disease can be controlled and treated. Treatment based on syndrome differentiation is not only the soul of traditional Chinese medicine, but also the magic weapon to win, but the clinic often lacks rigorous thinking of syndrome differentiation and treatment, and fails to "look at its external response in order to know its internal organs." If Yili Dazao Xiefei decoction is used in the type of blood stasis, or Xuefu Zhuyu decoction is used in the type of turbid phlegm, the natural effect is not ideal. Therefore, it is wrong to deny traditional Chinese medicine or even complain about the failure of traditional Chinese medicine to treat diseases. Therefore, for the treatment of coronary heart disease in traditional Chinese medicine, we must really achieve syndrome differentiation and treatment. In order to give full play to the real efficacy of traditional Chinese medicine in the treatment of diseases and achieve the positive role of serving patients.

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