

Explanation of the Connotation of Lei Zhongyi's Theory System of Chest Obstruction and Phlegm Stasis in Coronary Heart Disease

Chen Luofan¹, Zhang Tuowei^{2,*}

¹*Shaanxi University of Chinese Medicine, Xi'an, 712000, Shaanxi, China*

²*Xi'an Hospital of Traditional Chinese Medicine, Xi'an, 710016, Shaanxi, China*

**Corresponding author*

Abstract: According to Lei Zhongyi, most patients with coronary heart disease are middle-aged and elderly, with deficiency of Qi, deficiency of Qi and Blood, deficiency of Yin and Yang, deficiency of Qi to transport Blood, stagnation of Blood, imbalance of Qi, stagnation of Qi and Blood, invasion of Cold, stagnation of Cold and Blood, internal growth of Phlegm, mutual obstruction of Phlegm and Stasis, internal gathering of Heat and Poison, stagnation of Heat and Blood. The disease is characterized by deficiency of the root and the symptoms, with a mixture of deficiency and reality. The deficiencies include Qi deficiency, Qi-Yin deficiency and Yin-Yang deficiency, while the symptoms include blood stasis, cold clotting, phlegm stagnation, Qi stagnation and heat toxicity. Lei Zhongyi has devoted himself to the study of activating blood stasis and using the method of activating blood stasis to treat angina pectoris in coronary heart disease with remarkable results. Based on clinical observations, he proposed the theory of mutual integration of phlegm and blood stasis in the treatment of chest paralysis and heart pain. The theory of phlegm and stasis of blood is often combined, and the two are both pathological products and causative factors that intertwine and play a very important role in the development of coronary heart disease.

Keywords: *Lei Zhongyi; Chest arthralgia heartache; Coronary heart disease; Academic thought*

Lei Zhongyi, a master of traditional Chinese medicine, is a master of famous doctors. He has extensive medical books and is diligent in clinical practice. He has been engaged in coronary heart disease and angina pectoris for a long time (chest obstruction and heartache), pointed out that phlegm and blood stasis is an important pathogenesis of chest obstruction, from the phlegm and blood stasis argument is the basis of treatment of chest obstruction, clinical treatment of phlegm and blood stasis type of coronary heart disease angina pectoris significant effect [1], and never stop this theoretical innovation and exploration, and have put forward the chest obstruction and heartache phlegm and blood stasis and toxin theory, phlegm and blood stasis and toxin and wind theory, in clinical treatment have achieved very significant results.

1. Theoretical basis of chest obstruction and phlegm stasis system of coronary heart disease

1.1 *Metabolic disorder of qi, blood and body fluid and dysfunction of zang-fu organs are the root causes of phlegm, blood stasis and toxic wind*

The heart governs the blood vessels, and the heart-qi can promote the blood to run in the vessels, and play the role of nutrition and moisture. "The heart is the master of the five zang-fu organs". If the heart qi is abundant, the blood vessels will be unobstructed. If the heart qi is insufficient, the blood vessels will be blocked and blood stasis will be formed. The lung governs qi, promotes the circulation of heart blood, and the spleen governs blood, so that the blood is normal and does not escape outside the pulse; The liver governs the flow of qi, regulates the movement of qi throughout the body, and promotes the circulation and distribution of blood and body fluid; the kidney governs water, and regulates the distribution and excretion of water metabolism by the lung, spleen and liver. Lung, spleen, liver and kidney dysfunction, lung qi deficiency, spleen does not control blood, qi stagnation, body fluid metabolism disorders, resulting in blood stasis and phlegm endogenous, heart blood circulation is not smooth. Body fluid and blood have the same origin, and phlegm and blood stasis are related. Blood stasis and phlegm retention are both pathological products and pathogenic factors, which accumulate in

the body for a long time, accumulate heat and produce poison for a long time, further aggravate the metabolism disorder of qi, blood and body fluid, and the imbalance of yin and yang of zang-fu organs. Phlegm and blood stasis and toxin can cause wind change for a long time, and heat can produce wind, or it can consume qi and yin, and yin deficiency produces wind.

1.2 The formation of the theoretical system of phlegm and blood stasis is based on the discussion and research of chest obstruction and heartache by ancient and modern doctors

The understanding and experience of chest stuffiness and heart pain by doctors in past dynasties is the basis of putting forward the theory of phlegm and blood stasis. "Synopsis of the Golden Chamber: Treatment of Chest Bi, Heartache, Shortness of Pulse" puts forward "yang weak and yin string", namely "chest Bi and pain", and creates the effective prescription of resolving phlegm, dispersing obstruction and activating yang such as Gualou Xiebai Decoction, which is the first of its kind. Taiping Shenghui Prescriptions of Song Dynasty described "chest pain, phlegm in the chest, heart and diaphragm adverse", which are the development of "phlegm" theory. "Plain Questions: Arthralgia Theory" says: "Heart arthralgia, pulse obstruction." "Su Wen, Yin and Yang should be like a big theory": "The blood should be decided." "Establish the method of promoting blood circulation and removing blood stasis. Jin Zhou Hou Bei Ji Fang has used blood activating and blood stasis removing drugs to treat sudden cardiac pain for many times. In the Qing Dynasty, Wang Qingren's "Medical Correction" recorded: "Sudden chest pain, no response from the front. Use Blood Mansion Stasis Removing Decoction to stop the pain immediately." "Tang Rongchuan's "Blood Syndrome Theory" records: "Heart disease and blood should be rushed to the sputum." Guixiong Shixiao San was used to remove blood stasis. The understanding of phlegm and blood stasis appeared in Jizitang Medical Records of Qing Dynasty, which said: "This disease is not only phlegm turbid, but also blood stasis blocking the diaphragm. The prescription is Quanguai, Allium macrostemon, Inula flower, Peach kernel, Honghua, Zizi, Xuanhu powder and Heerchen Decoction." It is the embryonic form of the theory of phlegm and blood stasis.

1.2.1 Phlegm-dampness and coronary heart disease

Liu Yanjiao [2] believes that the generation of phlegm-dampness is closely related to the transportation and transformation function of the spleen and stomach. Generally, excessive satiety and thick taste of plaster beam will damage the spleen and stomach, lead to endogenous phlegm-dampness, block qi, block heart vessels and become phlegm-turbid coronary heart disease. Yuan Jiaji [3] thinks that diseases caused by atherosclerosis are mostly related to "phlegm", and the generation of phlegm is due to long-term mental tension, overeating fat and sweet, affecting the function of spleen and stomach, resulting in endogenous phlegm-dampness, abnormal ascending and descending of qi, resulting in chest stuffiness and heartache. Xu Jimin [4] proposed that the increase of low-density lipoprotein-cholesterol is an important biochemical material basis of phlegm-dampness type of coronary heart disease by analyzing the relationship between coronary heart disease patients with different syndromes and blood lipid level, and low-density lipoprotein can form insoluble complex with aminodextran, which becomes the main component of atherosclerotic plaque. Lu Zhizheng [5] used Gualou Xiebai Banxia Decoction or Zhishi Xiebai Guizhi Decoction combined with Xiaoxianxiong Decoction to treat chest arthralgia due to phlegm obstruction. If phlegm stagnates for a long time and turns into heat, Huanglian Wendan Decoction is used to relieve the disease, Xiangsha Liujunzi Decoction and Jiawei Yigong Powder are used to regulate the spleen and stomach to eliminate the source of phlegm.

1.2.2 Blood stasis and coronary heart disease

Zhang Mingxue etc. [6] pointed out that blood stasis is due to the weakness of vital qi and blood circulation, resulting in blood stasis or stagnation of various evils for a long time, blocking collaterals and blood circulation; Even blood stasis for a long time into fire, aggravating cold, phlegm, gas and other superficialities caused by mutual fighting knot, more damage to healthy qi, so that the virtual person more virtual, due to virtual reality, deficiency and excess mixed, so blood stasis throughout the whole process of coronary heart disease is one of the important syndrome elements. Hu Shiyun et al. [7] pointed out that its pathological essence is related to hemorheology, hemodynamics, microcirculation, platelet function lipid metabolism, vasoactive peptides, fibrinolytic system, antithrombin system and immune function through the analysis of relevant literature on the study of heart blood stasis syndrome of coronary heart disease. Luo Yaoyue et al. [8] studied the effect of blood-activating and stasis-removing prescriptions on blood lipid in atherosclerotic rabbits, and found that Xuefu Zhuyu Decoction, Huoluo Xiaolingdan, Danshen Decoction and Taohong Siwu Decoction could reduce the contents of serum C, TG and LDL-C to varying degrees, with significant differences compared with the control group.

1.2.3 Toxins and coronary heart disease

^[9] And he that is in the midst of the fire, shall be put to death, and shall not be put to death. Endogenous toxin is closely related to the dysfunction of zang-fu organs. The dysfunction of zang-fu organs produces toxin, which seriously interferes with the normal operation of qi and blood of zang-fu organs as a cause of disease, which not only aggravates the original condition, but also produces new diseases. Some scholars have proposed that the excessive release of coagulation and fibrinolytic products, microthrombus, blood lipids, inflammatory mediators and vasoactive substances in modern medicine can be regarded as toxic pathogens in traditional Chinese medicine ^[10]. Studies have shown that infection, inflammation and atherosclerosis and coronary heart disease occurrence and development have a certain correlation, chronic latent infection induced a variety of cytokines production, adhesion factor expression, may be to stimulate atherosclerosis inflammatory response one of the initiating factors ^[11]. Guo Lai et al. ^[12] believe that atherosclerosis belongs to heat and toxin, phlegm and blood stasis in Yang collaterals, and the compound Qiancao mixture is selected to clear away heat and toxic materials, promote diuresis and dredge collaterals, reduce lipid peroxidation, anti-inflammatory, inhibit immune damage, etc., and play a role in resisting atherosclerosis endothelial cell injury. Invasion of the body by toxin causes dysfunction of the zang-fu organs, abnormal distribution and metabolism of body fluid, which condenses into phlegm, or body fluid is decocted into phlegm by heat and toxin. If that pathogenic toxin is decoct and fumigates the blood, the blood will coagulate into blood stasis, or the pathogenic toxin will injure the collateral and cause blood overflow to form blood stasis, or the pathogenic toxin will injure the fluid and consume yin and injure the blood stagnation to form blood stasis, or the toxin will impair the qi movement and cause blood stasis, or the heat toxin will injure the zang-organs and cause the blood circulation to be disordered. On the contrary, as the pathological product of body fluid metabolism, phlegm and blood stasis can transform toxin into phlegm toxin and blood stasis toxin. Poison, phlegm and blood stasis promote each other to form a vicious circle, with poison as the key to trigger, phlegm and blood stasis as visible lesions, which is consistent with atherosclerosis caused by inflammation in modern medicine ^[13]. Chinese medicine on the formation of atherosclerosis, in general, it is "innocent is not toxic, heat from the poison, change from the poison, blood stasis from the poison knot"^[14].

1.2.4 Wind evil and coronary heart disease

^[11] The Qur'an states that the Qur'an is a sign of the resurrection of the dead. "Wind in the ground ... heartache epigastric pain, Jue Ni diaphragm obstruction." The description of "cold qi invading outside the pulse leads to cold pulse, cold pulse leads to contraction, contraction leads to tight and urgent pulse, leading to external small collaterals, so sudden pain" in Suwen·Jutong Lun is very similar to angina pectoris caused by coronary spasm. "Taiping Shenghui Fang" also said: "The heart pain caused by the weakness of the zang-fu organs, the cold and hot qi of wind evil, guest in the collaterals of hand Shaoyin", clearly pointed out that the heartache is caused by the weakness of the zang-fu organs and the invasion of wind evil. "Miscellaneous Diseases Origin Rhinoceros Candle·Heartache" also said: "Heartache leading to back is mostly due to wind-cold", which clearly points out that wind-evil invasion is an important factor in the pathogenesis of heartache. "Suwen·Four Seasons Theory of Qi Storage Method" says: "Heart disease in the middle of the day Hui, the night is very", this night by the liver qi master; He said, "The Lord is the Lord of the Rings, and the Lord of the Rings." A and B belong to the wood liver and gallbladder, the wind is prosperous, chest stuffiness and heartache often occur at this time, indicating that chest stuffiness and heartache are related to liver and wind. Chest stuffiness and heartache are often of wind nature in both symptoms and time of onset, which is closely related to wind wood getting order and qi easily deviating disorder. Jingyue Quanshu records the theory of internal wind causing spasm due to the deficiency of qi and blood and the loss of dampness of tendons and vessels. All the internal factors must form all the external factors, chest stuffiness and heartache are mostly wind, which reveals that wind evil plays an extremely important role in the pathogenesis of chest stuffiness and heartache. Wang Zhentao and others also believe that wind evil blocking collaterals is also an important pathological link of coronary heart disease, and wind is not only the cause of disease, but also the pathological factor. The clinical manifestation of coronary heart disease is consistent with the basic characteristics of wind disease. Although there is no obvious inducement in clinical practice, the important position of wind pathogen should be considered from the angle of examining syndrome and seeking cause. Wind is the chief of all diseases, accompanied by phlegm, blood stasis, obstruction of heart collaterals ^[15], coupled with the previous analysis of wind evil causing spasm, these two aspects are consistent with the pathogenesis of angina pectoris in modern medicine. Modern medicine believes that coronary heart disease is partly caused by coronary artery spasm, which is mainly manifested as variant angina pectoris in clinic. Severe spasm can cause myocardial infarction, which is in common with the theory of "wind evil causing spasm" in traditional

Chinese medicine. Huangdi Neijing thinks that exogenous wind-cold-dampness invades the human body, blocks the meridians and collaterals, and can cause spasm of tendons and vessels; "Jing Yue Quan Shu·Jing Zheng" said: "Where the generation of Yin deficiency and less blood, can not raise the camp tendons, tendons and tendons loss of moisture and cause spasm also"; Thus, wind evil is the direct cause of coronary spasm. Therefore, as a pathogenic factor of coronary heart disease, wind evil still has modern pathological basis.

1.2.5 Phlegm, Blood Stasis and Toxin and Coronary Heart Disease

Hu Shiyun^[16] et al. proposed that the inflammatory reaction of coronary heart disease and the feeling of traditional Chinese medicine External blood stasis and toxin blocking collaterals are the basic pathological changes of coronary heart disease. Chen Cangshu^[17] et al. believed that toxin and endogenous toxin are consistent, and the dense, viscous, coagulated and aggregated state, oxygen free radical injury, lipid metabolism disorder and endothelial function impairment in arteriosclerosis of coronary heart disease can be attributed to obstruction of phlegm and blood stasis, long-term accumulation of heat into toxin, injury of venation, thus forming the pathogenesis of mutual entrapment of phlegm, blood stasis and toxin. Yu Junsheng et al.^[18] pointed out that atherosclerosis is closely related to blood stasis, phlegm and toxin. To treat atherosclerosis from phlegm, blood stasis and toxin, it is necessary to correctly select the prescription according to the different severity of blood stasis, phlegm and toxin in different pathological stages of atherosclerosis. Secondly, we should put atherosclerosis in the relationship network of liver, spleen, kidney and other "viscera disorders", and understand its pathogenesis and syndrome differentiation and treatment rules from the contradictory relationship of interaction. Third, the treatment of phlegm, blood stasis and toxin should not be limited to heat toxin, but should pay attention to the role of yang deficiency and cold coagulation in its pathogenesis, pay attention to the internal relationship between TCM syndrome types and histomorphological changes under pathological conditions, and find out the law of cold and heat syndrome differentiation, so as to improve the clinical therapeutic effect. With the theory of phlegm and blood stasis, many doctors have used heat-clearing and detoxicating, detoxicating and activating blood circulation, activating blood circulation and resolving phlegm and detoxicating to treat angina pectoris of coronary heart disease, and achieved certain curative effect. Zhang Cuiying^[19] et al. observed 45 cases of unstable angina pectoris of coronary heart disease treated by Huatan Quyu Jiedu method with self-made Tongmai Jiedu Decoction (Gua Wei, Banxia, Danshen, Sanqi, Huanglian, Lianzixin, etc.), and compared with 30 cases of control group treated with isosorbide dinitrate. The results showed that the treatment group was superior to the control group in symptom efficacy and ECG improvement, with significant difference. Wang Shaoying^[20] randomly divided 72 patients with coronary heart disease of spleen deficiency and phlegm accumulation and blood stasis and toxin obstruction type into treatment group and control group. The treatment group was treated with Tonga Decoction, Flos Chrysanthemi Indici, Flos Lonicerae, Fructus Forsythiae, Herba Hedyotis Diffusae and other heat-clearing and detoxifying drugs, while the control group was only treated with Dadiaozhong Decoction. Results The markedly effective rate was 76.5% in the treatment group and 42.1% in the control group ($P < 0.05$). Conclusion: The heat-clearing and detoxicating drugs can increase the curative effect of coronary heart disease. Duan Liping et al.^[21] treated 26 cases of coronary heart disease of phlegm-heat stasis type with Huanglianwen Decoction, and compared with 26 cases of control group treated with western medicine. The total effective rate of treatment group was 92.3%, and that of control group was 53.8%, with significant difference.

1.2.6 Phlegm, blood stasis, toxic wind and coronary heart disease

Phlegm and blood stasis syndrome, long-term heat into toxic wind, wind has the characteristics of good behavior and frequent changes. Phlegm and blood stasis toxin can not only hinder qi movement, but also consume qi and injure yin due to phlegm and blood stasis toxin itself, resulting in wind due to yin deficiency. Under the condition of restlessness, restlessness, palpitation and uneasiness, pulse acceleration and generation, manifested as chest pain, chest tightness, palpitation, palpitation, fatigue, shortness of breath, aversion to wind, hyperhidrosis and other symptoms. Phlegm, blood stasis, toxin and wind are intermingled with each other, and the wind is popular and internal movement, the mind is uneasy, and the deficiency and excess are mixed. Professor Lei first put forward the theory of phlegm and blood stasis and toxic wind, and used it to guide clinical practice. He treated hundreds of patients with sympathetic storm, ventricular tachycardia and ventricular fibrillation by expelling wind and detoxifying, promoting blood circulation and resolving phlegm. Combined with clinical observation, associated with the TCM theory of "wind initiative, wind movement and number change", coronary heart disease, rheumatic heart disease, heart failure, cardiac electrical conduction diseases, sinus node dysfunction, cardiomyopathy, electrolyte disorders, ion channel abnormalities, endocrine diseases,

neurohumoral factors, sympathetic parasympathetic imbalance and other diseases will cause varying degrees of arrhythmia. Tachyarrhythmia of arrhythmia is very similar to "wind-induced walking and number change". Lei Zongyi summed up his experience that traditional Chinese medicine in the treatment of such diseases, based on the basis of syndrome differentiation and treatment can be added to the trial of a little anti-spasmodic drugs, excellent curative effect.

2. Lei Zhongyi TCM master coronary heart disease chest stuffiness phlegm stasis theory system pathogenesis treatment

2.1 Treatment of Coronary Heart Disease with Phlegm and Blood Stasis

2.1.1 Pathogenesis analysis

Lei Zongyi pointed out that phlegm-blood stasis is the important pathological basis of chest obstruction and heartache, which runs through the occurrence and development of this disease. ① Dietary emotional disorder: The living habits of contemporary people have undergone great changes, such as emotional disorder, liver-qi stagnation, change of eating habits, overeating fat and sweet food, damage of spleen and stomach, mostly manifested as liver depression and spleen deficiency. Stagnation of that liver-qi can not transport qi, blood and body fluid, and deficiency of the spleen can not distribute body fluid, resulting in phlegm and blood stasis obstruct the chest and chest, obstruction in the chest, resulting in chest obstruction, often manifested as qi deficiency or stagnation of qi and phlegm and blood stasis. ② Old and weak body: chest stuffiness occurs in middle-aged and elderly people. The Yellow Emperor's Internal Classic has already pointed out: "Men's kidney qi decline, hair fall teeth withered", kidney qi deficiency can not nourish acquired spleen yang and heart and kidney yang qi. Spleen and kidney yang deficiency, resulting in phlegm turbidity, the heart is yang viscera, heart yang loss in warm blood circulation stagnation. Phlegm and blood stasis block blood vessels and heart vessels are blocked, so chest tightness and discomfort, even chest pain and other symptoms can be seen. Such patients often show yang deficiency and phlegm and blood stasis syndrome. ③ weak body and congenital deficiency: spleen qi deficiency is easy to produce phlegm turbidity, heart qi deficiency is easy to produce blood stasis. Deficiency of qi in the heart and spleen, deficiency of blood production and lack of blood circulation will lead to stagnation of qi and blood circulation, resulting in blood stasis, phlegm and blood stasis sticking to each other, thus forming the potential of qi deficiency and phlegm and blood stasis. ④ Yin deficiency of liver and kidney caused by chronic illness, excessive fire due to water deficiency, phlegm caused by burning body fluid, blood stasis caused by blood training, phlegm and blood stasis blocking qi movement, blood vessel obstruction, resulting in yin deficiency and phlegm and blood stasis. And Yin deficiency and phlegm and blood stasis can cause and effect each other, the more serious the Yin deficiency, the more serious the deficiency fire, aggravate the generation of phlegm and blood stasis, phlegm and blood stasis each other, consume body fluid, aggravate the potential of Yin deficiency. ⑤ When the body is deficient in yang, the evil of yin and cold invades the heart and chest, and the cold coagulates the blood vessels, affecting the circulation of qi, blood and body fluid to produce phlegm and blood stasis, so the syndrome shows the combination of cold coagulation and phlegm and blood stasis. Phlegm and blood stasis combined type of chest pain is more serious, phlegm and blood stasis of these two pathological products can affect the operation of qi and blood, and qi and blood circulation can produce phlegm and blood stasis, so phlegm and blood stasis is mutual transformation, mutual promotion relationship, further aggravate the development of the disease.

2.1.2 Treatment based on syndrome differentiation

Lei Zongyi proposed the dialectical key points of syndrome type of chest stuffiness and heartache with phlegm and blood stasis of coronary heart disease as follows [22]: Chest pain, chest distress, suffocation, epigastric fullness, dull limbs, greasy fur, dark purple tongue, wiry, slippery or astringent pulse. The treatment method is to dredge as tonic, dissipate phlegm and relieve arthralgia, promote blood circulation and remove blood stasis, and the basic prescription [22] is: the Leilao create prescription Shuxin tablet is composed of fructus Trichosanthis, radix Salviae Miltiorrhizae, radix astragali, radix Puerariae each 30g, Bulbus Allii Macrostemis 13g, rhizoma Alismatis, rhizoma Chuanxiong, radix Curcumae, rhizoma Drynariae, radix Paeoniae Rubra each 15g. It is pointed out that the application of addition and subtraction according to individual patient differences [22]: This type of patients are mostly caused by qi deficiency and yang deficiency, and blood circulation is weak. The clinical medication does not forget to help yang qi, and yang qi circulation is helpful to eliminate phlegm and eliminate blood stasis; Qi deficiency and Yang deficiency can be added with Jilin ginseng

10g, Codonopsis pilosula 20g; For patients with obvious chest pain and severe blood stasis, 6g of leech, 3g of notoginseng powder and 10g of zedoary were added; Spleen-qi deficiency plus Sijunzi Decoction, phlegm heavy blood stasis light can be added Erchen Decoction; if that mouth is bitter and sticky, the vexation is impatient, the tongue is red, and the coating is yellow and greasy, the coptis root is added; Cold taste light sticky greasy, cold like warm, easy to occur in cold, add cinnamon 6g, asarum 3g, long 10g; Combined with hypertension, Gastrodia elata 10g, Uncaria hook 15g, Raphani seed 30g; in combination with ventricular premature beat, herba Artemisiae Scopariae, concha Margaritifera and plumula Nelumbinis are added.

2.2 Treatment of Coronary Heart Disease with Phlegm Stasis and Toxin

2.2.1 Pathogenesis analysis

Professor Lei believes that phlegm and blood stasis are endogenous, long-term love does not go, phlegm and blood stasis are turbid, accumulate in the body, block the collaterals, stagnate for a long time, accumulate heat into poison, phlegm and blood stasis poison knot in the veins, eventually cause vein injury, form the pathological situation of phlegm and blood stasis poison mutual knot, poison damage veins, damage blood vessels, promote the formation of chest stuffiness and heartache. Toxin can be the pathological product accumulated in the body when suffering from disease, and can also be used as a pathogenic factor to cause the occurrence and transformation of diseases. As the saying goes in the Golden Chamber Synopsis: "Innocence is not poisonous ... Change begins with poison." The long-term action of toxin on human body leads to dysfunction of viscera, abnormal metabolism of qi, blood and body fluid, phlegm and blood stasis induced by toxin, and then damage heart vessels, dysfunction of venation function, stagnation of heart vessels, loss of nourishment of heart, pain due to impassability, pain due to lack of glory, and finally chest stuffiness and heartache.

2.2.2 Treatment based on syndrome differentiation

Teacher Lei put forward the theory of syndrome of phlegm, blood stasis and toxin in the chest. The main points of syndrome differentiation^[23] are: chest tightness and pain, burning sensation, vexation, irritability, dizziness, insomnia, five vexation heat, dry stool, yellow or yellow turbid urine, dark red tongue, yellow greasy fur, wiry and slippery pulse or astringent. Treatment^[23]: removing phlegm and turbidity, promoting blood circulation and removing blood stasis, clearing away heat and toxic materials. The basic prescription^[23] red peony root, cortex moutan, salvia miltiorrhiza, astragalus root, trichosanthes kirilowii bark, red yeast rice, leech, kudzu vine root, ginkgo biloba leaves, huanglian, etc. in that formula, red peony root and cortex moutan cool blood and promote blood circulation, trichosanthes bark and red koji regulate qi and reduce phlegm, salvia miltiorrhiza, leech, kudzu vine root and ginkgo leaf promote blood circulation to remove blood stasis and dredge collaterals, coptis root clear away heat and toxic materials, and angina pectoris of coronary heart disease is a syndrome of deficiency in origin and excess in superficiality, so astragalus root is used for tonifying heart qi, and qi exuberance leads to blood circulation, blood circulation leads to self-elimination of phlegm and blood stasis, and heat-toxin self-dispersion. Heat toxin is easy to damage yin and turn into dryness, so it can be added with nourishing yin products such as rehmannia root and dwarf lilyturf root. If that chest distress and pain is obvious, safflower, notoginseng powder and Szechuan lovage rhizome can be added. Szechuan lovage rhizome is a medicine for qi in blood and can help the heart to move blood; Those with heavy phlegm are combined with Erchen Decoction or Wendan Decoction; in case of excessive heat toxicity, fructus Gardeniae, radix Scutellariae and radix scrophulariae are added.

2.3 Treatment of Coronary Heart Disease with Phlegm Stasis and Toxin

2.3.1 Pathogenesis analysis

Lei Zongyi pointed out that phlegm and blood stasis syndrome, long-term heat into toxic wind, wind nature of good and frequent changes.^[24-25] Phlegm and blood stasis toxin can not only hinder qi movement, qi movement is not smooth and reverse disorder, heat extreme generates wind, but also consume qi and injure yin due to phlegm and blood stasis toxin itself, and generate wind due to yin deficiency. Under the condition of restlessness, restlessness, palpitation and uneasiness, pulsation promotes knot generation, which is manifested as chest pain, chest tightness, palpitation, palpitation, fatigue, shortness of breath, aversion to wind, hyperhidrosis and other symptoms of chest obstruction and heartache. And they are in the midst of the darkness, and the darkness, and the darkness, and the darkness. With the guidance of the theory of phlegm and blood stasis and toxic wind, Lei Zongyi cured hundreds of patients with sympathetic storm, ventricular tachycardia and ventricular fibrillation by

expelling wind and detoxifying, promoting blood circulation and resolving phlegm. Combined with clinical observation, associating with the theoretical viewpoint of "wind initiative, wind movement and frequent change" in traditional Chinese medicine, coronary heart disease, rheumatic heart disease, heart failure, electrocardiographic conduction disease, sinus node dysfunction, cardiomyopathy, electrolyte disorder, ion channel abnormality, endocrine disease, neurohumoral factors, sympathetic parasympathetic imbalance and other diseases can cause arrhythmia of varying degrees. Tachyarrhythmia of arrhythmia and "wind-like walking number change" are very close. Mr. Lei summed up his experience and believed that in the clinical treatment of such diseases in traditional Chinese medicine, on the basis of syndrome differentiation and treatment, we can add a little anti-wind and anti-spasmodic drugs, which is very effective.

2.3.2 Treatment based on syndrome differentiation

The main points of syndrome differentiation are chest pain, chest distress, shortness of breath, palpitation, severe palpitation, syncope, aversion to wind, spontaneous sweating, fever, drowsiness, anorexia, fatigue, dry mouth, thirst, dark red tongue, thick greasy fur or cracks, thin string or thready pulse. Treatment to tonic qi and yin, wind Xuan Bi or phlegm line blood stasis, calm the wind palpitations [25-26]. In that common prescription for treat chest obstruction, wind-expelling drug such as stiff silkworm, uncaria, nardostachyos root, paniculate swallowwort root, leech, cnidium fruit, coptis root, lightyellow sophora root, calamus rhizome, polygala root, cortex moutan, red peony root, etc. are added. Professor Lei, based on his long-term clinical experience, made Yangxin Huoxue Decoction to treat deficiency of both qi and yin, phlegm and blood stasis syndrome, which has been effective. According to this theory, Lei Zongyi had treated 1 case of myocarditis III° atrioventricular block [26] and 1 case of malignant arrhythmia sympathetic storm after acute myocardial infarction of coronary heart disease, which were recorded emphatically.

3. Conclusion

Lei Zhongyi, a master of traditional Chinese medicine, is familiar with classics and is good at diagnosis and treatment of coronary heart disease. Clinical syndrome differentiation and treatment attaches importance to TCM theory, emphasizing syndrome differentiation and treatment; Chinese and Western medicine, disease combination; good use of classical prescriptions, flexible treatment; Pay attention to the whole, viscera syndrome differentiation; highlight the characteristics of traditional Chinese medicine, pay attention to prevention before disease. The theoretical system of "chest stuffiness and phlegm stasis" put forward by Lei Zhongyi, a master of traditional Chinese medicine, has been proved to be accurate and effective in syndrome differentiation and treatment of chest stuffiness and heartache through long-term practice and clinical experiments. It has also been recognized by medical peers and experts. It is one of the main academic characteristics of Lei Zhongyi. It is a scientific proposition with complete principles, prescriptions, exact clinical curative effect and supported by a number of scientific research projects. In the future, this theoretical system will be enriched and improved through continuous clinical practice and experiments.

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