

# Clinical Experience of Liang Junzhao in the Treatment of Premature Ventricular Contractions

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**Abstract:** Premature ventricular contraction is a common disease of cardiovascular diseases, its incidence increases with the age of the current western medicine treatment of premature ventricular easy to produce bradycardia heart block, aggravating heart failure and other side effects, while traditional Chinese medicine for the treatment of premature ventricular has definite curative effect, small side effects, good prognosis and other unique advantages Liang Junzhao, the name of traditional Chinese medicine combined with many years of clinical experience, that the disease because of Qi deficiency and blood stasis, mind loss, clinical to Yi qi and blood circulation, fumaianshen prescription and curative effect is significant for the treatment of ventricular premature beats to provide a new dialectical thinking.

**Keywords:** Premature ventricular contractions; Famous Chinese medicine experience; Qi deficiency blood stasis, mind loss; Fumaianshen prescription

The most common manifestation of idiopathic ventricular arrhythmias is premature ventricular contractions (PVCs), which have a focal mechanism and usually have no structural heart disease [1]. PVCs are usually asymptomatic, with chest tightness, shortness of breath, palpitations and other discomfort, and even fatigue, syncope, hypotension and shock, and in severe cases sudden dizziness or a feeling of dying. Such symptoms are generally not caused by PVC itself, but after PVC, the ventricular filling time is prolonged, causing a strong heartbeat sensation, which leads to an increase in stroke volume along the Frank-Starling curve and enhanced calcium release [2]. With the increase of age, the incidence increases gradually, and the prognosis is poor. Caffeine intake, smoking, sedentary lifestyles and other factors may contribute to the occurrence of premature beats. For most patients with premature ventricular contractions with symptoms or reduced left ventricular ejection fraction, drug therapy or catheter ablation is the current first-line treatment, and blockers and non-dihydropyridine calcium channel blockers are considered as first-line drugs for PVCs [3]. However, non-dihydropyridine calcium channel blockers can produce relatively obvious side effects, such as bradycardia heart block and even exacerbation of heart failure. Generally speaking, catheter ablation as the final method of PVCs has been proved by modern studies that traditional Chinese medicine has definite efficacy, small side effects and good prognosis for PVCs.

Liang Junzhao, a famous TCM doctor in Shaanxi Province and Xi'an, a cardiovascular expert in Xi'an Hospital of Traditional Chinese Medicine, and a master tutor of Shaanxi University of Traditional Chinese Medicine. Engaged in medical treatment, teaching, scientific research work for more than 30 years, the treatment of ventricular premature contractions has unique insights and remarkable curative effect, the experience is summarized as follows.

## 1. Understanding of Premature Ventricular Contractions in Traditional Chinese Medicine

Looking back to the traditional Chinese medicine literature, there is no record of premature ventricular contractions. According to the common clinical symptoms of patients with premature ventricular contractions: "palpitations", "chest tightness", "shortness of breath", etc., physicians of different dynasties classified it as "palpitations" and "chest numbness" in traditional Chinese medicine. Huangdi Neijing does not have the name of palpitation, but describes its cause, thinking that shock, the leakage of qi, feeling of external evil and other causes of heart pulse obstruction and palpitation. Plain question-Pingren Meteorological Theory says: "under milk, its movement should be clothes, living air discharge also". The simple question-the theory of pain cloud: "panic, the heart has no dependence, God has no return, worry is not determined, so the gas disorder." Plain

Question·Arthralgia Theory says that the heart palpitations caused by external evil are: "The pulse is full of numbness, the heart is full of numbness, the heart is lost in the heart", "the heart is full of numbness, the pulse is blocked, and the heart is beating with annoyance".The name of heart palpitations is first seen in Zhang Zhongjing's Treatise on Febrile Diseases·Distinguish the Pulse Syndrome of Sun Disease and Treat It : "Air in the right, can not be down... Dryness of throat, dry nose, dizziness, palpitations."and Synopsis of the Golden Chamber·The Treatment of blood and blood Stasis of epistaxis with convulsion and vomiting: "An inch is pulsating and weak. Movement means shock, and weakness means palpitations."The main causes of palpitation are fatigue, disturbance, drinking water and perspiration. Wang Qingren, a physician in the Qing Dynasty, advocated the theory of blood stasis. He believed that the disease of heart palpitations was caused by blood stasis and heart loss. The representative prescription Xuefuzhuyu Decoction was commonly used to treat it.Liang Junzhao, the name of traditional Chinese medicine combined with the understanding of the disease and years of clinical experience, that the disease because of body deficiency fatigue, feeling exogenous evil, emotional stasis, clinical Yiqi Huoxue, Fumai Anshen ding palpitation for the treatment of the rule and with the disease. The etiology, pathogenesis and medication experience of Professor Liang Junzhao in treating premature ventricular contractions caused by qi deficiency and blood stasis are summarized as follows.

## 2. Etiology of Premature Ventricular Contractions in Chinese Medicine

Liang Junzhao, the name of traditional Chinese medicine, thinks: healthy qi is stored inside, evil can not be dried.Kidney for the innate, endowment shortage, congenital deficiency of vitality, resulting in the acquired growth and development disorders, physical weakness, qi deficiency is susceptible to evil air invasion, heart hidden god, for the Lord of the dirty, evil perturbation of mind, uneasy hair palpitations; Or long illness consumption injury Yin, heart Yin deficiency, heart loss and cause palpitations; Or impure diet, fatigue injury to the spleen, spleen main transport, and the spleen and stomach is acquired, the source of qi and blood biochemical, spleen loss of transport, qi and blood biochemical insufficiency, qi and blood deficiency loss, the mind is weak, wind evil deficiency and easy to invade, so the shock and throbbing.Golden want SUSPENSION SOLUTION: "Frightened home, wind wood Yu move, camp blood loss, often overflow and leakage, not overflow not leakage, the accumulation of knot and internal stasis".Qi machine rise and fall is abnormal, the qi of zang Fu organs and meridians is not smooth, and over time, Qi machine block; Qi can produce blood, Qi is insufficient blood, Qi can also blood, Qi stagnation is weak blood operation, blood is not blood stasis; The heart is the master of blood and blood, promoting the operation of the whole body blood, blood supply disorder will damage the heart, the heart is not master and upset, induced by palpitations.

## 3. TCM Pathogenesis of Premature Ventricular Contractions

Liang Junzhao, a famous TCM doctor, based on years of clinical experience and experience accumulation, believed that the disease was a combination of deficiency and reality, deficiency of qi, blood and Yin and Yang, in fact, Qi stagnation, blood stasis, spittoon and resulting in the closure of the heart and veins, the heart was lost to nourish, and the mind was restless. The disease is located in the heart, often involving the lung, liver, spleen and kidney. Treatment is often Yiqi Huoxue, Fu Mai Anshen Ding palpitations for the method, to "cure the disease for its" principle, "damage more than, and fill the shortage", both Chinese and Western treatment, curative effect.

## 4. Traditional Chinese Medicine Treatment of Premature Ventricular Contractions

Based on the knowledge and understanding of the etiology and pathogenesis of premature ventricular contractions, combined with clinical research [4] and curative effect observation, Liang Junzhao, a famous traditional Chinese medicine, took Yiqi and Huoxue, fumaianshen and calm palpitation as the methods to treat premature ventricular contractions, which has a good curative effect, and self-designed Anshen and Fumai formula to treat premature ventricular contractions with symptoms.This recipe is mainly composed of He Huanpi, Fu Shen,Shi Changpu,Gui Zhi,Fa Banxia,Chuan Xiong,Xiang Fu,Bai Zhu,Cang Zhu.

Jun medicine He Huanpi, taste Gan Ping, into the heart and liver two meridian. It has the function of relieving liver depression, reassuring God, and promoting blood circulation and reducing swelling.Medicinal songs are 400 flavours words: He Huan sweet taste, benefit people's mind, a dirty

eyes; *Materia Medica* Harm Benefits : smell peaceful, and disease without pestle. The Fu Shen, taste sweet and calm, enter the heart, lung, spleen and kidney meridian. It can calm the heart and mind. Medicinal songs are 400 flavors said: the Fu Shen strengthens the heart, dispels fright, absent-minded, and removes anger; Liang Junzhao effectively suitable, says professor can enhance calming nerves sedative effect, nor zi bored with spleen and stomach, affect the operation Reason for the treatment of palpitation common medicine to modern pharmacology study shows that: the cortex *albiziae* to god all contains eight triterpene sterol and other chemical composition [5] [6], wei-yi tian and other research has shown that extracts of cortex *albiziae* with RBC immune activity [7], can strengthen immune function.

Minister medicine to Gui Zhi, Shi Changpu warm Yang, Tongmai, wake up. Among them, Shi Changpu, taste hard warm, into the heart, and can awaken the mind, phlegm, wisdom. New Edition of *Materia Medica* says: "The mind is closed, But rely on *calamus* already understand ". Gui Zhi, taste lukewarm, can warm Yang, Tongmai, still can flat down the inverse. Feng's Book of Secrets: 'GUI is 100 medicine long, good through blood'. Modern pharmacological studies show that *Acorus calamus* has the effect of slowing down the heart rate [8].

With Xiang Fu, Fan Banxian, Chuanxiong Sanjie, blood circulation and qi. Banxian, taste Xinwen, phlegm dryness; Chuanxiong, taste Xinwen, feasible Qi Huoxue and pain relief. Xiang Fu, Xin Ping taste, the liver Jieyu, regulating the pain, Qi wide in the work. Liang Junzhao, a famous traditional Chinese medicine, believes that *Ligusticum Chuanxiong* is the qi medicine in the blood and Xiang Fu is the blood medicine in the qi. The combination of the two can strengthen the circulation of blood and qi and make the blood and qi run smoothly.

Make medicine to Baizhu, Cangzhu spleen qi. Baizhu can strengthen the spleen and qi; Cangzhu can strengthen spleen, dryness and dampness. Liang Junzhao, a traditional Chinese medicine, often says: Baizhu is the key to temper medicine, Cangzhu is the key to wet home medicine, spleen and stomach for the acquired this, and the characteristics of the spleen is like dryness and evil dampness, the two share, can be trained to fill the day after tomorrow, strengthen the body movement force.

## 5. The heart of evidence

Premature ventricular beats belong to the category of TCM palpitation and weak weak. For ectopic beats and tachyarrhythmias, "Replacement of pulse, palpitation, the main treatment of sunburn liquorice soup" are the common treatment. At the same time, we should learn the results of modern pharmacology. For example, researchers have found that Ku shen is effective for a variety of tachyarrhythmias. Pharmacodynamics have shown that Ku shen can reduce myocardial contractility, slow heartbeat, delay atrial conduction and reduce automaticity.

For obvious Qi deficiency is used to add Tai zishen or Xi yangshen and Huang qi 30g; spleen deficiency used Fu ling 15g and Bai zhu 10g; Yang deficiency used Ba jitian 10g, Sang jisheng 15g and Bu guzhi 15g; Turbid phlegm used Gua lou 10g, Xie bai 10g and Qing banxia 10g; Chest tightness and tightness plus Zhi qiao 6g; Stuffy tongue plus Yan husuo 10g, Yu jin 10g and Chuan lianzi 10g.

Clinical attention to the heart, because the heart is the God, anti-arrhythmia, god is a must use. Suan zaoren and Bai ziren are commonly used to soothe the mind and calm the mind, as well as Long gu, Mu li, Long chi, Zhen zhumu and other important soothing drugs; Impatient people, often add He huanpi, Ye jiaoteng and so on to calm the god, God An is palpitating stop.

## 6. Traditional Chinese medicine

Ku shen: ① The direct effect on cardiomyocytes may be a non-specific "quinidine" -like effect, that is, the potassium and sodium ion delivery system of cardiomyocytes can reduce myocardial stress, prolong the absolute refractory period, and inhibit the effect of ectopic rhythm points. ② Matrine injection injected into the isolated hearts of toad and rabbit can slow down the heart rate, reduce cardiac output, and improve myocardial ischemia to some extent.

Chuan xiong: ① Intravenous injection of ligustrazine can strengthen the heart and increase the heart rate. ② It can expand coronary blood flow and reduce vascular resistance, have the effect of anti-acute myocardial ischemia, reduce myocardial oxygen consumption, better improve cerebral blood flow and microcirculation, increase the blood flow of nourishing myocarditis, and narrow the scope of myocardial infarction.

Yan husuo:① The quaternary amine base component of Yan husuo is an effective component in the treatment of coronary heart disease, and deoxycorydalis is the main component of quaternary amine base, accounting for about 84%, which has the effect of anti-arrhythmia.② It has a good therapeutic effect on atrial premature beat and can control the onset of atrial fibrillation.

Dang gui:① It has certain antagonism to arrhythmia caused by adrenaline, which can slow down the heart rate and reduce the ventricular and supraventricular tachycardia.② Ethanol extract of angelica sinensis water extract has obvious anti-effect on epinephrine and calcium chloride, which can induce a variety of animal arrhythmia drugs, and has therapeutic effect on experimental atrial fibrillation.

## 7. Conclusion

Professor Liang Junzhao has devoted himself to the clinical work of traditional Chinese medicine for many years, reading classics and paying attention to the inheritance and innovation of traditional Chinese medicine. It is suggested that disease differentiation should be combined with syndrome differentiation and the four qi and five flavor should be combined with pharmacological research. In the treatment of premature ventricular contractions, it is necessary to examine the disease, seek the cause, and treat the disease according to syndrome differentiation. The basic method is to benefit qi and activate blood circulation, restore pulse, calm spirit and calm palpitation, and create Anshen Fumai formula, which provides a new syndrome differentiation idea and prescription compatibility for the treatment of premature ventricular contractions, which is worthy of further study.

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