

An Exploration of the Medicinal Characteristics of Xuan Shen in the Book of Discernment

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Abstract: Objective: To analyze the characteristics of the use of Xuan Shen in the Book of Discipline by Chen Shiduo. METHODS: A database of prescriptions containing Xuan Shen was established by using Excel to collect and collate the prescriptions in The Book of Discipline; the data on the main symptoms, doses (high dose, common dose and small dose) and combinations of Xuan Shen were analyzed, and the directions of the efficacy of Xuan Shen at different doses were explored. Results: In the Book of Discernment, Xuan Shen is most commonly used for treating blood, fire and heat, spring temperature, impotence, acne and thirst, and other diseases with a high level of fire and heat and a deficiency of yin. The common combinations of Xuan Shen are Mai Dong, Gan Cao, Shu Di, Sheng Di, Fu Ling and Ginseng, etc. According to Chen Shiduo, the functions of Xuan Shen are reflected in the words "clearing" and "nourishing", with clearing being the main purpose of clearing heat and cooling the blood. Chen Shiduo believed that the functions of Xuan Shen were reflected in the words "clearing" and "nourishing", with the main purpose of clearing heat and cooling the Blood, and the dosage being small. Conclusion: Chen Shiduo's experience in the use of Xuan Shen is worthy of study and reference.

Keywords: "The Book of Discernment", Xuan Shen, Dosage, Compounding, Efficacy, Quantity-Effect Relationship

It is bitter, salty and slightly cold in nature, entering the lung, kidney and stomach meridians. It has the effect of clearing heat and cooling the blood, detoxifying the toxin, nourishing Yin and lowering fire, and is used for treating warm diseases in which heat enters the blood, body heat, irritation and thirst, descending tongue, hair spots, bone steaming and consumption, insomnia, constipation, sore throat, scrofula and phlegm, carbuncles and sores, etc.[1]. Ma Lizheng[2] Ma Lizheng et al. have shown through a review of ancient literature that there are two species of *S. ningpoensis* and *S. buergeriana* (*S. oldhami*), the former being the source of *S. ningpoensis* used in the prescriptions.[3] The genuine genkoshen is the rhizome of *Scrophularia ningpoensis*, which contains mainly cyclic enol ether terpenes, phenylpropanoid glycosides and sterols. Modern research[4-7] Modern research has shown that *Xanthopanax* has anti-inflammatory, anti-oxidant, anti-atherosclerotic and hepatoprotective effects, and is widely used in the treatment of cardiovascular, cerebrovascular, renal, hepatitis, diabetes and neurological diseases.

The Book of Dialectical Evidence [8] the book is a collection of 15 volumes, divided into 126 categories of diseases, and is a collection of the best of internal and external medicine, women and children. The entire book is divided into 15 volumes, divided into 126 categories of diseases.[9] The book contains 215 formulas, all of which are based on the theory of water and fire. In the book, there are 215 formulas with xuan ginseng, which is widely used in the treatment of fire and heat in all diseases, treating both deficiency and actuality, and placing more emphasis on the function of xuan ginseng in reducing the deficiency fire of the kidney, in order to maintain the balance of true yin and true yang.[8] It is also used in the treatment of all cases of fire and heat, treating both actual and actual conditions.

1. Information and Methods

1.1 Sources of Information

The present study was conducted from the Discriminatory Record published by China Chinese

Medicine Publishing House in 2018[8] The study selected formulas from the Chinese Medicine Publishing House's New Compilation of Materia Medica, published in 2019, and combined them with the Chinese Medicine Publishing House's New Compilation of Materia Medica, published in 2019.[10] to explore their drug efficacy.

1.2 Inclusion and Exclusion Criteria

Inclusion criteria: Formulas containing Xuan Ginseng with complete records of formula name, drug dosage, drug composition and main treatment, including soup, dan, paste and powder; only the main formula is included, excluding additions and subtractions.

Exclusion criteria: formulas with incomplete content; drugs with units of measurement that are difficult to document and measure, such as bamboo leach, ginger juice, leek juice, horse urine, etc., which are measured in bowls, teapots and spoons; drugs with units of measurement that are less commonly used in modern times and difficult to measure, such as tiger's eye, sea dog's kidney, eel, etc., which are measured in quantity.

1.3 Data Specification

Uniformity of drug names: The original book of "The Book of Evidence" did not have uniformity in the names of herbal medicines, and there were multiple names of one drug, such as Yuan Shen and Ru Shi; there were cases of concoction methods in the drug names, such as fried and scorched gardenia and steamed rhubarb in wine, etc. The present study did not investigate the concoction methods, so the drug concoction methods were deleted. The names of the drugs are not uniform in ancient and modern times, therefore, according to the Chinese Dictionary of Traditional Chinese Medicine, Chinese Materia Medica, Traditional Chinese Medicine (9th edition)[11] The names of the herbs in the prescriptions were standardized according to the Chinese Dictionary of Traditional Chinese Medicine, the Chinese Materia Medica and the 9th edition of Traditional Chinese Medicine, e.g. "jujube kernel" was unified as "sour jujube kernel", "hemp seed" was unified as "fire hemp kernel The name of the herbal medicine in the prescription is standardized as "Zizao Ren", "Ma Zi" is standardized as "Huo Ma Ren", "Su Zi" is standardized as "Zi Su Zi", and "Xiang Bei" is standardized as "Zhe Bei Mu". "Xiang Bei" is unified as "Zhe Bei Mao", etc.

Metric unification: reference to Zhang Zhiguo et al. published in the journal 'A study of the metrics of Chinese medicine through the ages' in 2018[12] , converting ancient and modern weights and measures. In the Qing dynasty, 1 catty=16 taels, 1 tael=10money, and 1 money = 10 cents, which translates into a modern measure of 1 tael of 37.3 g, 1 money of 3.73 g, and 1 catty of 596.8 g. The Qing dynasty measure translates into 1 litre of 1035 ml and 1 contract of 103.5 ml, but there are some units of measure for medicines that cannot be verified, such as bowls, teapots, spoons, etc., which are not included in the calculation.

1.4 Data Entry

In accordance with the above criteria, a total of 215 prescriptions were obtained, including 2 with the same name and 2 with different names, containing 130 flavours of drugs, and their names, drugs, dosage, main treatment and provenance were entered using Excel.

1.5 Data Analysis

The article focuses on the use and combination characteristics of the single-flavoured drug Xuan Shen in the Book of Discipline. Therefore, EXCEL was used to calculate the frequency of Xuan Shen in the Book of Discipline, the dose of Xuan Shen, the percentage of the single-flavoured dose (common dose, high dose and small dose) in the prescriptions, and the combination of Xuan Shen. Finally, this database was analysed to explore the different effects of Xuan Shen in Chen Shiduo's Records of Discipline, the doses of Xuan Shen used in different effects and the rules of its common combinations.

2 Results

2.1 Statistics on the Main Symptoms of Xuan Ginseng in the Dialectical Record

Table 1 shows that Chen Shiduo in his New Compilation of Materia Medica praised Xuan Shen as "a pivotal agent, leading all qi up and down, purifying without causing turbidity, curing the dense qi in the air and dispersing the rootless floating fire, which is the best." The rootless fire is the deficient fire in the kidney.[13] illustrates that Xuan Shen is good at clearing fire and heat, and is known for its ability to subdue deficient heat. The main symptoms of Xuan Shen in the Book of Discernment are listed below. From the data in Table 1, it can be seen that Chen Shiduo most often used Xuan Shen in the clinical treatment of blood, fire-heat, spring temperature, impotence, pox and thirst, and other diseases where fire-heat is strong and yin is insufficient.

Table 1: Table of the provenance of Xuan Ginseng in the Book of Discernment (top 20 in frequency)

Disease provenance	Frequency	Frequency (%)	Disease provenance	Frequency	Frequency (%)
Blood Disorders	13	6.07	Sore Throat	5	2.34
Hot Door	11	5.14	Stroke Gate	5	2.34
Spring Temperature Gate	11	5.14	Earache Gate	4	1.87
Impotence	11	5.14	Internal injury door	4	1.87
Typhoid	11	5.14	The door of summer evidence	4	1.87
Dry Evidence Gate	9	4.21	Toothache Gate	4	1.87
Mad Evidence Gate	9	4.21	Cough Gate	4	1.87
Pox Gate	7	3.27	Phlegm Evidence	4	1.87
The Dreaming Gate	6	2.80	Thirst	3	1.40
Inappropriate bowel movements	5	2.34	The Vain Trouble Door	3	1.40

2.2 Statistics on the Dose of Genistein Used

Table 2 shows that Chen Shiduo believed that the dose of Xuan Shen should follow the principle of "the amount should be more", as in the New Compilation of the Materia Medica, "Besides, Yuan Shen is originally a gentleman's medicine, so it is easy to succeed with more use, but less use will lead to ruin, so it is better to use from one tael to five or six taels, in order to surprisingly win".[10] The table shows that the Chinese medicine was used for the first time. According to the table, the doses of Xuan Shen in the Book of Evidence range from 11.19 g to 596.8 g. The top 4 doses in terms of frequency of use are 37.3 g, 74.6 g, 18.65 g and 11.19 g. The doses are now set as the common doses, with doses greater than 74.6 g being large and less than 11.19 g being small.

Table 2: Dosage table for the use of Xuan Ginseng in the Book of Discernment

Dose (g)	Frequency	Frequency (%)
37.3	90	41.86
18.65	43	20.00
11.19	34	15.81
74.6	20	9.30
111.9	18	8.37
7.46	3	1.40
586.8	2	0.93
298.4	2	0.93
149.2	1	0.47
14.92	1	0.47
5.595	1	0.47

2.3 Statistics on the Percentage of Doses in the Formula when Using Different Doses of Xuan Ginseng

Chinese herbal formulas are based on the relationship between the ruler and the subject, which is mainly reflected in the efficacy and dosage of the drugs. Chen Shiduo's application of Xuan Shen also follows the principle of combining the drug with the subject, and the dosage percentage of Xuan Shen in a single formula reflects the status of Xuan Shen in that formula to a certain extent. Here, the percentage of dose of Xuan Shen in a single formula is used to explore the status of Xuan Shen in a

formula.

Table 3 shows that the percentage of common doses of Xuan Shen used by Chen Shi ranged from 1% to 40% accounting for 84.7%, with the highest percentage of Xuan Shen in Black Tiger Soup reaching 92.49% with a dosage of one catty, about 596.8 g. The lowest percentage of Xuan Shen in An Lung Soup was 1.41% with a dosage of five catties, about 18.65 g.

Figures 1 to 2 show that when genistein is used in large doses, the percentage of doses in the formula is mainly between 60% and 80%, which is a very high percentage. When the common dose of Radix et Rhizoma Ginseng was used, the percentage of prescription doses was mainly between 10% and 40%, which was a high percentage. When Xanthan Ginseng was used in small doses, the percentage of doses in the formula was mainly between 1% and 20%, which is low and not shown. In general, when the dose of Xuan Shen was high, the percentage of the prescription dose was higher; when the dose of Xuan Shen was small, the percentage of the prescription dose was lower, showing that there was a clear quantitative-effect relationship between the use of Xuan Shen by Chen Shiduo.

Table 3: Percentage (%) of doses of genistein in individual prescriptions

Percentage band (%)	Frequency	Frequency (%)
0 to 20	86	40.0
20 to 40	96	44.7
40 to 60	21	9.8
60 to 80	9	4.2
80 to 100	3	1.4

Note: Percentage of dose of Xanthan Ginseng in a single prescription = dose of Xanthan Ginseng used in a single prescription / total dose of a single prescription

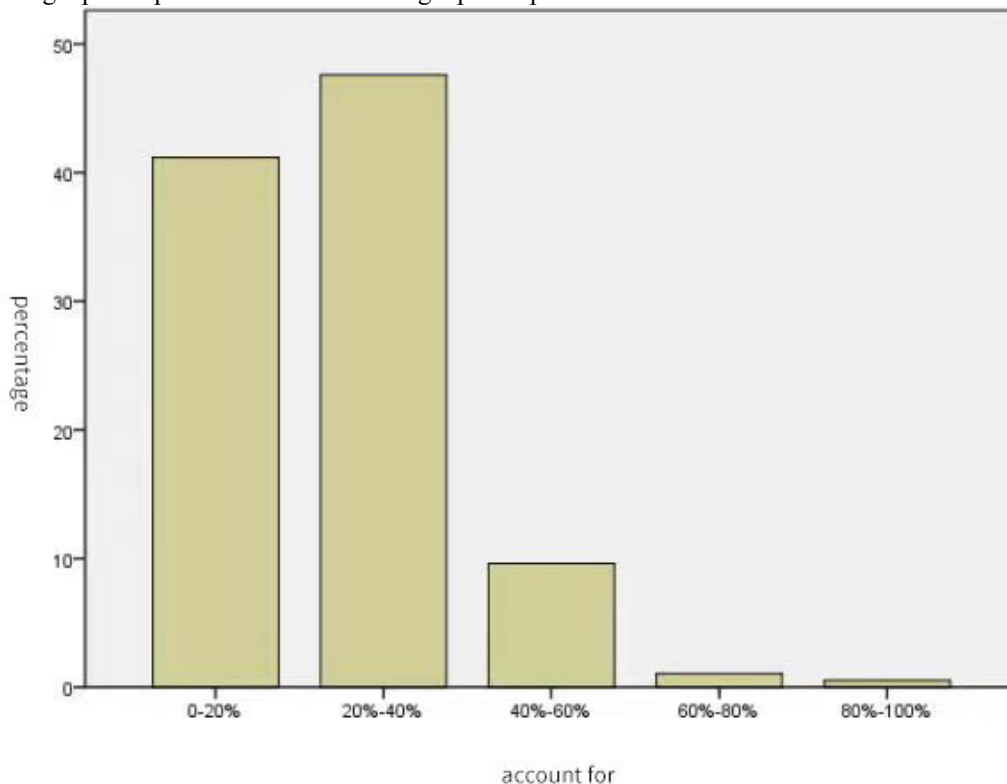


Figure 1: Percentage (%) of common doses of genistein used in individual prescriptions

Note: Percentage of dose of Xanthan Ginseng in a single prescription = dose of Xanthan Ginseng used in a single prescription / total dose of a single prescription

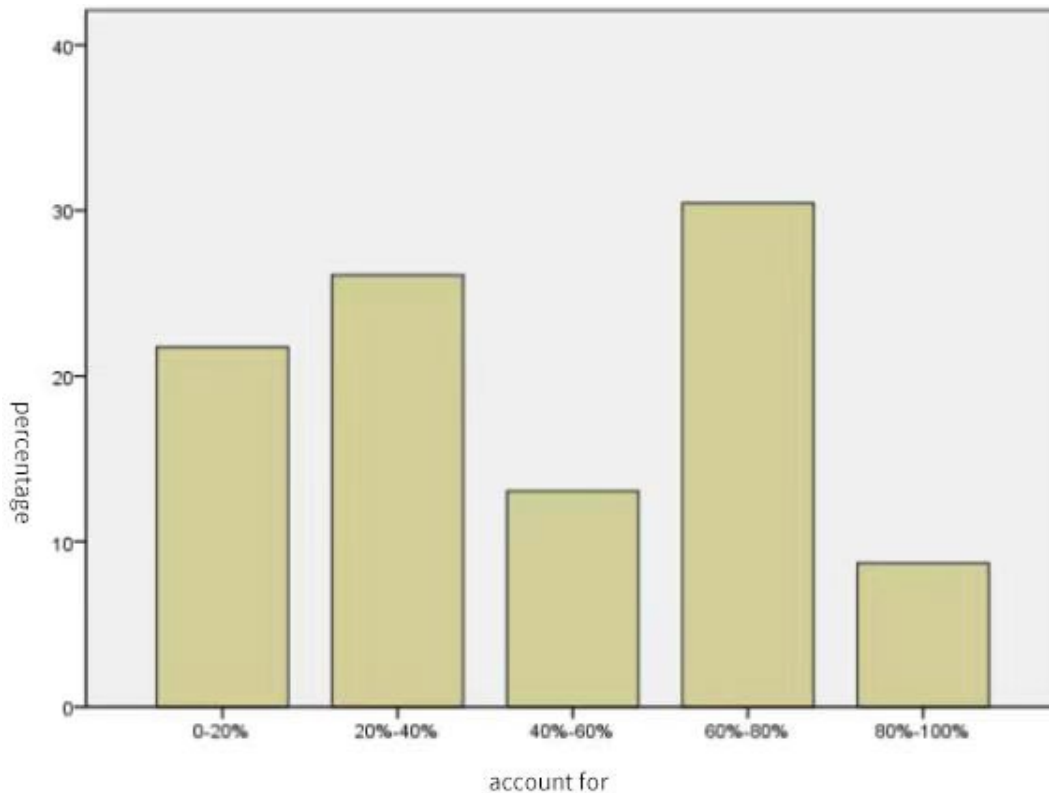


Figure 2: Percentage (%) of high dose use of genistein in individual prescriptions

Note: Percentage of dose of genistein in a single prescription = dose of genistein used in a single prescription / total dose of a single prescription

2.4 Genkoshen Compounding Statistics

The 18 with a frequency of >10% are listed here. Since all the formulas in this study contain Xuan Shen, the drug frequency table and the Xuan Shen combination frequency table are consistent and are not listed separately. Table 4 shows that among the common combinations of Xuan Shen, there are 9 tonic herbs, 2 antiphlogistic herbs, 4 heat-clearing herbs, 1 astringent herb, 1 tranquilizer and 1 water-relieving herb. The most frequent drug used with Xuan Shen was Mai Dong, which was used 123 times, in 57.21% of all prescriptions using Xuan Shen. The top 10 drugs in terms of frequency were Mai Dong 123 times, Glycyrrhiza glabra 82 times, Radix Rehmanniae 65 times, Radix Rehmanniae 61 times, Poria 55 times, Ginseng 52 times, Radix Angelicae Sinensis 51 times, Smallpox Powder 69 times, Mudanpi 44 times and Paeonia lactiflora 34 times.

Table 4: Comparison of Xuan Ginseng Compounding in the Book of Discernment (Frequency > 10%)

Medicine for	Frequency	Frequency (%)	Medicine for	Frequency	Frequency (%)
Xanthopanax-Medlar	123	57.21	Radix et Rhizoma Ginseng-White Peony	38	17.67
Xanthopanax-Glycyrrhiza glabra	82	38.14	Ginseng-Thornbush	34	15.81
Radix et Rhizoma Ginseng -Radix Rehmanniae	65	30.23	Xuan Ginseng-Chai Hu	28	13.02
Radix et Rhizoma Ginseng-Raw Earth	61	28.37	Ginseng-Attractylodes Macrocephala	26	12.09
Ginseng-Poria	55	25.58	Ginseng-Schisandra	25	11.63
Ginseng-Ginseng	52	24.19	Xanthopanax-Cornu Cervi Pantotrichum	23	10.70

Radix et Rhizoma Ginseng -Angelicae Sinensis	51	23.72	Xanthopanax-Yam	22	10.23
Xanthium Ginseng-Smallpox Powder	49	22.79	Xuan Shen-Fu Shen	22	10.23
Xanthan Ginseng-Peony Skin	44	20.47	Xanthium Ginseng-Huang Lian	22	10.23

3 Discussion

3.1 The Main Medical Conditions Treated By Chen Shiduo with Xuan Ginseng and Related Effects

According to the "Record of Discernment", Chen often used Xuan Shen in clinical practice to treat surgical, internal, and five official diseases, covering a wide range of conditions, such as various surgical diseases such as haemorrhage, pox, rashes, and fire pox, external diseases such as typhoid, spring temperature, plague, and internal injuries such as insomnia, forgetfulness, dream loss, and consumption, and five official diseases such as swelling and pain in the ears, eyes, throat, and teeth. According to the main symptoms of Xuan Shen listed in Table 1, the top three are blood, fire and heat, spring temperature, impotence and other diseases caused by fire and heat in the blood and yin. It can be seen that Chen was good at clearing heat, cooling the blood and nourishing yin to subdue fire-heat, whether it was the depletion of fluids due to actual heat or the deficiency of yin due to deficiencies in biochemistry caused by deficiencies in the internal organs, Xuan Shen could be applied. The original text of the New Compilation of Materia Medica says that Xuan Shen: "Bitter, salty, slightly cold, non-toxic enters the lung, kidney and stomach meridians. It strengthens yin and enhances essence, tonifies the kidneys and brightens the eyes." [10] Xuan Ginseng is a salty, cold, nourishing and tonic product, which is relatively calm in nature and is also a clear tonic. The function of Xuan Shen lies in the words "clear and tonic". It is mainly used for clearing real heat and reducing deficiency heat, and for nourishing Yin and Blood; the dosage is also different, with a small dosage for clearing real heat and a larger dosage for nourishing Blood and Yin.

3.1.1 Clearing the Real Fire

Xuan Shen is a calm product, slightly cold in nature, and its power to clear heat is weak, unlike that of Baicalin, Huang Lian and Gypsum, which are severe. It is true that bitter-cold medicines have the disadvantage of injuring the righteousness and are afraid of violating the precept of deficiency. Chen's view is that Xuan Shen, with its softness and strength, can not only help the bitter cold genus to clear heat, but also clear the lung and stomach, preventing the harm of Yin and stomach. For example, in the New Compilation of the Materia Medica, it is said that "after the gypsum, the ginseng should be renewed with the genetic ginseng, then the Yang fire will be pacified, and the Yin fire will grow, so there is no fear of losing Yang. In terms of dosage, it does not overwhelm the main medicine. For example, in the "Dialectical Record - Sore Throat and Swollen Throat [8] In the case of a person with a sore throat caused by an unclean diet, alcohol consumption, or overworking the heart, Xie Yan Tang (Huang Lian, Glycyrrhiza glabra, Scutellaria baicalensis, Mai Dong, Tian Dong, Sheng Di, Xuan Shen, Aster, Smallpox Powder, Gypsum, Bamboo Leaves, Chen Pi) was used to treat the swelling and pain in the throat caused by the fire in the stomach and the fire in the heart disturbing the lungs.

3.1.2 Cooling the Blood

In addition, Xuan Shen is good at going through the Yin Branch and entering the Blood Branch, and can clear the heat of the Blood Branch. In the Dialectical Record, Xuan Shen is frequently used in the Blood-Heat and Bleeding Diseases, such as Blood Disorders, Fire Dan and Haemoptysis, and it accounts for the highest proportion in the Blood Disorders, reflecting its effectiveness in cooling the Blood and stopping bleeding. There are two characteristics of Xuan Shen in cooling the blood: firstly, it cools the blood without leaving stasis. Unlike the genus Shu Di, which is guarded but does not go away, Chen makes it clear in his book that Xuan Shen is a pivotal agent, and therefore has the characteristics of dispersal and circulation. In the treatment of nodules and lumps caused by blood-heat, he used Xuan Shen to cool the Blood and disperse the nodules, which was very effective. For example, in The Book of Dialectical Evidence - Fire Dan Gate [8] The amount of Xuan Shen is three coins, which helps to cool the Blood with Sheng Di and Dan Pi, and to disperse the Blood with Niubizi and Red Peony. Secondly, cooling the Blood and tonifying it at the same time. Radix et Rhizoma Ginseng is a Yin tonic, and is also a blood tonic. Therefore, in the case of prolonged vomiting of blood or bleeding in the faeces, Chen's view of stopping the bleeding and at the same time tonifying the Blood was clear, and a large amount of Xuan Shen was combined with Sheng Di, Mai Dong, Bai Shao and Angelica to cool

the Blood and tonify it. For example, in *The Book of Dialectical Evidence - Blood Evidence*[8] It is recorded that people with bleeding from the nose, which does not stop after years and months, are treated with stopping epistaxis soup (Sheng Di, Mai Dong and Xuan Shen), which uses Xuan Shen as the ruler, with a dosage of two taels, and the products of Sheng Di and Mai Dong to cool the blood and stop the bleeding, but also to nourish the blood which is greatly injured. Si Miao Yong An Tang is a clinically useful formula for the treatment of peripheral vascular lesions.[14] This formula is used to treat peripheral vascular lesions. Studies have shown that in Si Miao Yong An Tang, Xuan Shen plays its role in clearing heat, cooling the Blood, tonifying the Blood and clearing blood stasis, together with the other three herbs, it plays a multifaceted role in treating vascular diseases such as antibacterial and anti-inflammatory, antioxidant, lipid-lowering, protecting blood vessels and preventing plaque detachment.[15] It is also used to treat vascular diseases.

3.1.2 Nourishing the Yin of the Kidney and Reducing Its Deficiency Fire

The main reason for the use of Xuan Ginseng in the treatment of inflammation caused by deficiency fire is its effect of nourishing kidney yin. Although the manifestation of deficiency fire is mostly heat, the root cause is deficiency of kidney yin, with deficiency as the cause. Evidence of deficiency fire is manifested by redness, swelling, heat and pain, but the heat and pain are not prominent, the mouth is not very thirsty, the tongue is red with little fluid or little moss, and the heat does not show, and there is no sign of great sweating. Chen Shiduo's treatment of fire is based on the principle that water rises and fire falls.[16] Kidney water is the true water, which is the root of the body and can help the fluids of the organs. Therefore, to fill the true yin water is to restrain the yin fire from going up to the clan, and also to save the organs from tissue injury. Xuan Shen is slightly cold, clear and tonic at the same time, guard and go, is the ruling medicine of the kidney, especially good at nourishing the kidney to strengthen water and clear the deficiency fire in the kidney. The most popular treatments for deficiency fire are found in the *Book of Discernment*. Chen advocates the view that "a slightly cold taste is appropriate for deficiency fire to induce it to return to the path of astringency", and uses large doses of Xuan Shen to strengthen the main body of water to eliminate Yin fire.[8] The formula uses one catty each of Shu Di and Xuan Shen, together with Sang Ye, Bai Shao, Mai Dong and Sha Shen, which Chen said "tonifies Yin without the risk of floating". Professor Wang Yue[17] The formula uses Xuan Shen as the ruling herb, which is bitter, salty and cold in nature, to clear heat, nourish Yin and generate fluid, and to energize kidney water to nourish lung fluid, which is similar to Chen Shi's method.

3.2 Chen Shiduo's use of Xuan Ginseng in Dosage and Application of Combinations

3.2.1 Common Dosage of Genistein

The average dose of xuan ginseng used in *The Book of Discernment* is about 46.63 g, which is a large dose; the top 4 doses in terms of frequency of use are 37.3 g (90), 74.6 g (43), 18.65 g (34) and 11.19 g (20), which account for 86.97% of the total frequency of use, indicating that Chen Shiduo's common doses of xuan ginseng range from 11.19 g to 74.6 g. When the common doses of xuan ginseng are used, they account for a high percentage of the doses between 20% and 40%. When xuan ginseng was used in common doses, it accounted for a high percentage of the doses in the range of 20% to 40%, which reflects Chen Shiduo's view that "it is advisable to have more than one dose of yuan ginseng to nourish the body".[10] All of these reflect the view of Chen Shiduo that "when genkoshen is nourishing, more is better".

3.2.2 High doses of Genistein

The large doses of Xuan Shen used by Chen Shiduo ranged from 111.9 to 596.8 g, a wide range. When Xuan Shen was used in large doses, the percentage of the formula dose was mainly between 40% and 80%, a very high proportion. It is salty and slightly cold in nature, and is mainly used in the kidney meridian to nourish kidney water and nourish stomach yin, which is good for treating the evidence of kidney and stomach yin deficiency. The kidney fire is also a yin fire.[10] "Large doses of Xuan Shen can be effective in sinking the disease. The dosage of Xuan Shen in such formulas as Qing Hai Wan, Zhen Yang Tang, Hei Hu Tang and Xuan Shen Sheng Ma Tang all amounted to half a catty.

3.2.3 Small doses of Genistein

The small doses of Xuan Shen used by Chen Shiduo were 5.595g and 7.46g. When Xuan Shen was used in small doses, the percentage of doses in the formula was mainly between 10% and 20%, which was a low percentage, and this was more often reflected in the treatment of actual heat. According to Chen, "to treat Yang fire, a small amount is appropriate". Therefore, under the guidance of a holistic

view, the combination of heat-clearing and yin-nourishing herbs can achieve the effect of a small amount with specific power.

3.3 The Combination of Genistein

According to Table 4, the common combinations of Xuan Shen are Mai Dong and Di Huang. The dosage of Xuan Shen and the three is mostly in the ratio of 1:1, indicating that the dosage of Xuan Shen in the same formula is the same as the dosage of the other, and the dosage is larger. In terms of efficacy, all three are aimed at clearing heat and nourishing yin, which also indicates Chen's tendency to clear the tonic, and to use diarrhoea as a tonic to clear yin fire. Wu Jutong's Zengliang Tang is based on his experience in using the medicine, using Xuan Shen, Sheng Di and Mai Dong in a ratio of 1:1:1 to increase the liquid and move the boat, clearing and moistening the fire.[18] Chen Shiduo's experience in the application of Xuan Ginseng Chen Shiduo's experience in the application of Xuan Ginseng provides a reference for modern clinical application. For example, Zhang Qi[19] He believes that Ig A nephropathy is based on the deficiency of liver and kidney yin, with evil heat and stagnation of toxins as the symptoms, so he uses Xuan Shen with Sheng Di Huang and Mai Dong to treat Ig A nephropathy haematuria. Huang Huang[20] Huang Huang often uses Xuan Shen with Mai Dong to treat diabetes mellitus with heat and yin damage with good results.

In conclusion, Chen Shiduo makes good use of Xuan Shen to clear the fire, treating both the deficiency and the reality, with the effect of positive and positive. From the point of view of dosage and combination, it is worth studying and learning from, as it does not fall into the usual pattern and has frequent variations.

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