

Summary of Clinical Experience of Wu Caixia's Application of Chaihu Longgu Muli Decoction in the Treatment of Intractable Urticaria

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Abstract: *Objective* To explore the clinical experience of Director Wu Caixia in the treatment of intractable urticaria. *Methods* Through the study of the literature of ancient and modern medical practitioners, cases of stubborn urticaria treated by Director Wu Caixia's clinic were collected, and relevant treatment experience and medication characteristics were analyzed and summarized, and finally further evidenced by analyzing typical cases. *In the treatment of persistent urticaria, Director Wu has achieved good clinical results by using evidence-based treatment, based on Chaihu Longgu Muli Decoction, combined with his rich clinical experience, and adding and subtracting with the symptoms.* *Conclusion* Director Wu Caixia believes that the treatment of intractable urticaria must be based on the whole body, and the treatment should be based on draining the liver and strengthening the spleen, and treating both the symptoms and the root cause.

Keywords: Chaihu Longgu Muli Decoction, Intractable Urticaria, Wu Caixia, Clinical Experience

As one of the most common allergic skin diseases, urticaria is characterized by generalized itching, as well as recurrent wind masses, which can be accompanied by multisystemic symptoms, and although it can heal spontaneously, it is very persistent in some patients for months or years [1]. In recent years, the number of patients with intractable urticaria has gradually increased, but most of the etiology is unclear [2], so Western medicine is generally effective in the treatment of intractable urticaria, and Chinese medicine has advantages in the treatment of intractable urticaria after continuous development, the author summarizes the outpatient cases of intractable urticaria treated by our teacher and analyzes them from the perspective of evidence-based treatment, which is summarized below.

1. Etiology and Pathogenesis of Intractable Urticaria

Ancient Chinese medical texts refer to urticaria as "addiction rash", commonly known as "wind rash", for example, "Shaoyin has a surplus, the skin is paralyzed and addicted to rash", according to Su Wen - Four Times Stinging from the Treatise. Professor Zheng Bangben believes that persistent urticaria is caused by the disorder of the internal organs and the inability of the body qi to resist external evil, which is induced by the external wind evil, so he used cooling blood and eliminating wind drink as a treatment to clear heat and cool blood, eliminate wind and relieve itching, and achieved good results in the treatment of persistent urticaria [3]. Professor Li Yuanwen believes that chronic urticaria is mostly caused by liver qi stagnation due to emotional disorders or spleen injury due to uncontrolled diet, which leads to internal wind due to the loss of spleen health, and should be treated by adding allergy decoction to nourish the liver and remove dampness to treat stubborn urticaria at the root [4]. Therefore, TCM believes that intractable urticaria can be divided into two types, one with external sensation of evil and the other with internal injury to wind. Those with external sensation may be unable to defend against external evil because of the loss of harmony between Ying and Wei, while those with internal injury may injure the liver and damage the spleen due to emotional or dietary triggers, resulting in dysfunction of the organism and the onset of disease in the skin, and different prescriptions are taken according to different causes to achieve cure.

2. Knowledge of Ancient and Modern Medical Practitioners on Chai Hu plus Long Bone Oyster Soup

2.1 Introduction to Chai Hu plus Long Bone and Oyster Soup

The evidence of Chai Hu plus Long Bone and Oyster Soup is from Article 107 of the Treatise on Typhoid Fever. The original text reads: "If the typhoid fever lasts for eight or nine days, and is followed by chest fullness, irritability, urination, delirium, and a heavy body that cannot be turned around, Chai Hu plus Dragon Bone and Oyster Soup is indicated" [5]. The main pathogenesis is that the pivot of Shaoyang is unfavorable, the circulation of Sanjiao is not smooth, and Yangming is disturbed by heat and the heart and gallbladder are restless. The original formula is derived from Xiao Chai Hu Tang, with twelve herbs, which has the effects of relieving heat, calming the mind, and regulating yin and yang; it is characterized by both attacking and tonifying, and regulating both cold and heat. Since Zhang Zhongjing founded Chai Hu plus Dragon Bone and Oyster Soup, ancient physicians have gained a lot of experience with this formula. For example, Zhang Yitian, a famous doctor in the Qing Dynasty, used this formula to treat patients with fever, chest congestion, poor urination, constipation and palpitations. From ancient times to the present, this formula has been studied in depth by successive generations of physicians, and the scope of treatment has far exceeded the treatment scope of Zhongjing's original treatise on typhoid.

2.2 Modern Medical Practitioners' Understanding of Chai Hu plus Dragon Bone and Oyster Soup

There are also many modern medical practitioners who use Chai Hu plus Long Bone and Oyster soup in various disciplines, such as the treatment of brain diseases, heart diseases, gastroenterology, male diseases, etc. There are also a few literature reports on the application of Chai Hu plus Long Bone and Oyster soup in the treatment of skin diseases.

Liu Aimin et al. used Chai Hu and Long Bone and Oyster Soup to treat chronic urticaria, which was identified as a type of disharmony between Ying and Wei and hyperactivity of Liver Qi, with remarkable results. He believed that modern people are often worried about the spleen, eat poorly, and have impaired spleen and stomach functions because of chronic diseases, so the original formula is often used without rhubarb and lead pills to avoid too much medicine to hurt the spleen and stomach [6].

Zhang Jingfang et al. randomly divided 80 patients with persistent urticaria into a treatment group and a control group, and the treatment group was treated with Chai Hu plus Long Bone Oyster Soup with addition and subtraction, while the setting of the control group was treated with western medicine Ebastine tablets. The duration was 2 courses of treatment, and the clinical efficacy after drug intervention and the change of symptom score before and after treatment were used as observation indexes. The results showed that the efficacy of the treatment group of Chai Hu plus Long Bone Oyster Tang was significantly better than that of the control group [7].

Luo Renhua et al. randomly divided 46 patients with intractable urticaria into the observation group and the control group, and the control group was treated with the antihistamine Ebastine tablets, while the observation group was treated with the Chinese herbal medicine Chai Hu plus Long Bone Oyster Tang plus reduction, and compared the changes in the symptoms of skin lesions and morbidity during the episodes before and after the treatment process, and concluded that the recurrence rate of urticaria in the observation group was significantly reduced, so the application of Chai Hu plus Long Bone Oyster Tang for the treatment of patients with intractable urticaria patients with good results [8].

2.3 Case analysis by Professor Wu on Chai Hu plus Long Bone Oyster Soup for Intractable Urticaria

The patient is a female, 22 years old, first diagnosed in June 2020. She has a history of urticaria for more than 3 years, with recurrent episodes and frequent episodes in the past 1 month, with intense itching, and no significant improvement in symptoms with oral antihistamines in external hospitals. On examination: pale red wind clusters, moderate scratch marks, blood scabs, intolerable itching, pronounced at night, dry mouth, sweating, irritability, insomnia, nagging, dry stools, urine regulation, light fat tongue, white greasy coating, thin pulse. Western medicine diagnosis: urticaria, Chinese medicine diagnosis: addiction rash (liver depression, spleen deficiency), prescription: Bei Chai Hu 15g, Qing Han Xia 10g, Scutellaria Baicalensis 10g, Radix Codonopsis Pilosulae 10g, Glycyrrhiza Glabra

10g, Ginger 10g, Gui Zhi 10g, Paeonia lactiflora 10g, Bai Xian Pi 20g, Stir-fried Silkworm 10g, Fang Feng 10g, Cicadelle 10g, Calcined Dragon Bone and Oyster 30g each (first decoction), Ai Ye 10g, Fried Sour Date Palm 20g, 7 doses, decoction in water, 1 dose daily. 2 Diagnosis: After taking the medicine, itching was reduced, dry mouth and sweating, emotional irritability was relieved, and the condition improved significantly. 7 doses were continued in front to consolidate the efficacy.

The ancient text "Suwen - four times stinging rebellious from the theory" recorded: "Shao Yin has surplus, disease skin paralysis addiction rash". The disease is caused by the lack of harmony between the Ying and the Wei, so that the external can not be reached, the internal can not be drained, depressed in the skin between the couples and become, the condition is prolonged for a long time, seriously affecting the life and work of patients. The patient has a long duration of illness and is prone to impatience, deficiency of heart and gallbladder qi, Qi Qi is blocked, disturbing the heart and mind, hence dry mouth in the morning, insomnia, stringy pulse, abnormal drainage of liver, liver wood over spleen earth, resulting in deregulation of spleen and stomach transportation, hence dry stool, white and greasy tongue coating; the formula selects Chai Hu plus Dragon Bone and Oyster Soup to reconcile Shao Yang and regulate qi, adding Bai Xian Pi, Fried Silkworm, Fang Feng 10g, Cicada Jelly to dispel wind and relieve itching, Gui Zhi and Ai Ye to warm Yang and ventilate the veins, Bai Shao and Sour Jujube. Astringent to help sleep. The combination of all these drugs harmonizes the liver and spleen and removes internal evil.

3. Conclusion

Although it is not a formula specifically established for dermatological diseases, it is effective in treating persistent urticaria, improving the symptoms of itching and wind masses, and suppressing the related allergic reactions. There are still many shortcomings in this paper, firstly, the author is still shallow in experience and cannot fully summarize the clinical experience of the supervisor and understand the deep meaning of his prescription; secondly, he has not done experimental studies on various drugs in Chai Hu plus Long Bone and Oyster Soup, and the specific modern mechanism of action of each drug in Chai Hu plus Long Bone and Oyster Soup is not deep enough. However, I believe that after continuous efforts to study and strengthen the way forward, I will be able to have a deeper understanding of the essence of my mentor's prescriptions and medicines.

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