

# Discussion on the Treatment of Reflux Pharyngitis Based on "Xinkai Kujiang Method"

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**Abstract:** Reflux pharyngitis is an otolaryngology disease, which refers to the reflux of gastric contents to the throat, resulting in extraesophageal syndrome. Although the disease is a common and frequently-occurring disease, it is often misdiagnosed as common chronic pharyngitis in the past for a long time due to the lack of understanding and unclear diagnostic criteria. Western medicine treatment is mainly based on antibiotic drugs, with no obvious relief of symptoms, and seriously reduces the quality of life of patients. Traditional Chinese medicine believes that the pathogenesis of reflux pharyngitis is the dysfunction of the middle energizer and the inverse of the qi. The pungent opening and bitter lowering method addresses the physiopathological characteristics of the rise and fall of the spleen and stomach, using bitter and pungent to harmonize the rise and fall, the use of cold and heat together harmonizes its yin and yang, tonic and diarrhea are used to regulate the deficiencies and realities. The patient was treated with the combination of Han Xia Di Xuan Xin Tang and Xuan Yi Dai Ochre Tang, which was combined with the patient's specific symptoms to achieve the goal of regulating the qi mechanism and treating both the symptoms and the root cause.

**Keywords:** Xinkai kujiang method; Laryngopharyngeal reflux disease; Pinelliae decoction for purging stomach-fire; Decoction of inulae and haematitum

## 1. Introduction

Laryngopharyngeal reflux (LPR), also known as laryngopharyngeal reflux, refers to the reflux of gastric contents (mainly gastric acid and pepsin) into the esophagus and further upward reflux to the throat. LPR can cause a series of related symptoms and mucosal damage, known as laryngopharyngeal reflux disease (LPRD), including hoarseness, pharyngeal foreign body sensation, globus hystericus, chronic cough, frequent pharyngeal clearance and other symptoms and posterior laryngitis, pharyngitis, epiglottis stenosis, vocal nodules, vocal cord polyps and even laryngeal cancer and other diseases [1]. The literature reports that 10% of otolaryngology outpatients have signs and symptoms of reflux, and 10% to 50% of patients with laryngeal discomfort are associated with gastroesophageal lesions [2]. Modern medicine believes that the pathogenesis of laryngopharyngeal reflux disease (LPRD) is related to gastroesophageal reflux disease (GERD), in which gastric juice or gastric contents reflux upward through the gastroesophagus into the oral cavity, directly damaging the pharyngeal mucosa or causing chronic inflammation of the pharyngeal mucosa and submucosa through nerve reflexes. Laryngopharyngeal reflux disease (LPRD) and gastroesophageal reflux disease (GERD) are related to each other, but they are not the same. They can occur together or independently [3]. In recent years, the clinical incidence of laryngopharyngeal reflux disease showed a significant upward trend [4]. The causes of the disease are considered as follows: with the improvement of people's living standard, the change of diet structure, or the disorder of emotion and mood, the abnormal operation of chakra and qi that offend the stomach and throat, or the existence of patients' own poor living habits and history of digestive diseases, which increase the incidence of the disease. When it comes to the diagnosis of LRPD, there is still a lack of specific and diagnostic methods for the diagnosis of LPR symptoms, which increases the difficulty of clinicians' diagnosis and treatment [5]. For the treatment of reflux pharyngitis, acid suppression therapy is the most commonly used medical treatment strategy in clinical practice, often combined with low-acid diet therapy. However, there are still cases where the treatment effect is not significant and the recurrence rate is high.

We found in clinical practice that "Xinkai Kujiang method" has achieved good results in the treatment of patients with "reflux pharyngitis". It is widely used in modern clinical practice. It is used to treat various illnesses caused by mismatch of cold and heat and malfunction of Qi flow, and has achieved remarkable results. Therefore, this paper discusses the theoretical ideas and clinical application of "pungent opening and bitter descending method" in the treatment of reflux pharyngitis by regulating qi movement.

## 2. Tracing the source of "Xinkai Kujiang method"

The method of "Xinkai Kujiang", also known as "Xintong Kuxie", belongs to the category of "harmony" in the eight methods of traditional Chinese medicine treatment. It is clearly pointed out that pungent medicines are Yang, capable of dispersing and moving, and have the effect of ascending and dispersing Yang energy and developing the couples; bitter medicines are Yin, capable of descending and draining, and have the effect of clearing and dispersing, and sinking and moving downward. Suwen - six micro purpose of the great theory" said: "in and out of the waste is the divine machine extinction, lift rest is gas stand alone dangerous. Therefore, non-in and out, it is not to birth, long, strong, old, has, non-lift, it is not to birth, long, transformation, collection, hiding. Is to lift the in and out, there is no tool." It can be seen that the vital activities of the human body depend on the movement of Qi from the internal organs, and drugs of different flavors have different effects on the movement of Qi. The Su Wen - Zhi Zhen Yao Da Lun, "Yang Ming"s recovery is treated with pungency and warmth, complemented by bitter and sweet, drained by bitter, lowered by bitter, and supplemented by acid." It reveals that the pairing of drugs with different medicinal properties can regulate the qi flow and restore the qi to normal.

Based on the theory of medicinal properties and the theory of ascending and descending of qi movement, the method of pungent opening and bitter descending is based on the theory of medicinal properties and the theory of ascending and descending of qi movement. By distinguishing the properties and taste characteristics of the drugs, the compatibility of the drugs of pungent-warm ascending and dispersing and bitter-cold descending and dispersing is used to adjust the operation of qi movement and the harmony of yin and yang, so as to ensure the normal circulation of qi movement in the human body, so as to make the ascending and descending proper and the harmony of yin and yang.

## 3. Pathogenesis analysis of reflux pharyngitis

Traditional Chinese medicine believes that "reflux pharyngitis" should be summarized as "throat paralysis" category, throat paralysis is a disease, the disease is in the throat. For the understanding of the throat, ancient Chinese medicine and modern medicine are different, and the two are often not distinguished in modern clinical terms. However, doctors in the past dynasties have recognized the difference between the throat and the throat in practice, so there is a broad and narrow sense of "throat". In a broad sense, it refers to the throat and even the mouth. In the narrow sense, the throat and throat perform their duties respectively.

Firstly, according to the concept of throat, the function and characteristics of throat are clarified. As stated in "Ling Shu - anxiety and rage without words", "The throat is the path of water and grain. The throat is the reason for the up and down of qi." The "throat" is equivalent to "pharynx", which is the path of water and grain; the "throat" is equivalent to "larynx", which is the path of exhalation. The path of exhalation. "The Yellow Emperor's Inner Diameter · Plain Question" said: "Heaven eats people with five qi, earth eats people with five flavors, five qi into the nose, hidden in the heart and lungs, so that the five colors are bright and the timbre can be bright. Five flavors entrance, hidden in the stomach, stomach has hidden, to raise the five gas, gas and born, body fluid phase, God is born." The natural qi and water valley enter the human body through the throat under the mouth and nose, and are transformed into the qi of clearing yang through the transformation of the five zang-organs and six fu-organs, and then reach the head and face through the throat to clear the orifices, so as to achieve the functions of diet, respiration and sound production. The function of the zang-fu organs promotes the function of the throat, and the throat also completes the communication with the inner zang-fu organs through the meridians. It can be seen that the throat has a very close relationship with the five zang-organs and six fu-organs. It is the key channel for the circulation of meridians and the entry and exit of clear and turbid qi. It is based on the fact that the throat is related to the weight of human life, with patency as the use and congestion as the disease.

Next, the connection between the pharynx and the internal organs is further analyzed from an anatomical point of view. The throat is located in the middle of the neck. It is divided into two and combined into one. It is an important part connecting the head and trunk of the human body. It is the junction of many meridians in the twelve main meridians and the eight extra meridians of the human

body. Throat is the portal of diet and respiration, and the main way of vocalization. It is connected with the mouth and nose, and the lung and stomach. The throat is in front of the nose, the upper is connected with the nasal orifice, the lower is connected with the airway, and the lung is connected with the lung. After the pharynx, it connects the mouth, the lower esophagus, and the stomach, which is the stomach system [6]. The pharynx has a swallowing effect, which is the only way for the water valley to enter the stomach; stomach is the sea of water valley, the main receiving and rotten water valley; The spleen governs the transportation and transformation of grain essence: pharynx, spleen and stomach belong to the same one. The transformation of grain essence depends on the reception, digestion and distribution of pharynx, spleen and stomach, thus forming an axis [7]. "Yanshi Jisheng Fang · Throat Door" said: "Pharynx, words can swallow, also known as the mouth, the gas to dredge the bad place, the stomach. It can be seen that the relationship between pharynx and stomach is the closest. Therefore, the stomach is the root of the pharynx, and the normal function of the stomach qi is the key to the throat.

Furthermore, the pathogenesis of reflux pharyngitis was elucidated based on the characteristics of the pharynx itself and its connection with the internal organs. Su Wen - Tai Yin Yang Ming Lun said, "The throat is the master of the weather, and the throat is the master of the earth's energy." The larynx is connected to the sky and is the gateway to breathing, and the larynx is responsible for receiving the qi of the clear yang of nature; the pharynx is connected to the earth and is the gateway to the stomach, and the pharynx is responsible for receiving the qi of water and grain produced by the land. The throat should be the weather, the main gas and belongs to the sky, the reason why the upper gas down; throat main ground gas, belongs to the stomach and the main ground, the reason why the lower gas up. However, if the upper qi is opposite, the throat is unfavorable and the throat is not attached. If the lower qi is opposite, the throat is unfavorable and the throat is not harmonious. The upper and lower are impermanent, the access is not harmonious, and the throat is sick.

#### **4. "Xinkai Kujiang method" and reflux pharyngitis**

In summary, for the treatment of reflux pharyngitis, consider starting from the smooth air machine. Here, special emphasis is placed on the importance of the mediation function of the middle energizer, which plays a major role in the ascending and descending movement of qi, and cannot be ignored in the application of the pungent opening and bitter descending method.

As "Chonglou Yu Key" says: "pharynx, swallowing. Mainly through the water and grain, for the stomach of the system, for the passage of stomach gas also." The pharynx mainly swallows the water valley, and the stomach mainly accepts the rotten water valley. The stomach qi is open to the pharynx, and the stomach qi should not rise. If the stomach qi does not fall but rises, the stomach qi will go up, and it is blocked in the throat. Therefore, the occurrence and development of reflux pharyngitis are most closely related to the stomach. The spleen and stomach are inside and outside, the stomach is mainly accepted, and the spleen is mainly transported; the stomach is smooth with descending, and the spleen is healthy with ascending. As the center of transportation and transformation, the spleen and stomach are the pivot of ascending and descending, and the spleen mainly ascends the clear and the stomach mainly descends the turbidity. The stomach qi drops, so that the diet has the following line, and the preliminary digestion of the water and grain essence is supplied to the spleen for transportation and transportation; the spleen qi rises, and the grain essence is slightly lost to the heart and lung. The heart and lung complete the transformation of qi and blood and nourish the whole body. The throat dredges the six fu organs and the stomach governs it, and the throat dredges the five zang organs and the spleen governs it. It can be seen that the regulation of the function of the spleen and stomach directly affects the dredging of the throat. Tang Hashan, a famous doctor of the Qing Dynasty, said, "The best way to treat the spleen and stomach is to refine the ascending and descending." Those who are good at treating the spleen and stomach should take the regulation of the spleen and stomach qi up and down as the fundamental. The formula used in the method of pungent opening and bitter lowering focuses on the use of cold and warm, pungent opening and bitter lowering to harmonize the stomach qi, and sweet warming to tonic the spleen to transport the four sides, the spleen ascends and the stomach descends, the up and down mediates, so that the qi can be regulated and yin and yang can be harmonized, in order to achieve the effect of eliminating the evil and eliminating the disease, which is applicable to the treatment of reflux pharyngitis.

#### **5. Prescription and medication selection**

##### **5.1. Pinelliae decoction for purging stomach-fire**

Banxia Xiexin Decoction is derived from Article 149 of the classic book of traditional Chinese medicine "Treatise on Febrile Diseases ". It is the expansion of Xinkai Kujiang method by Zhong Shicheng 's theory of "Neijing". "Five or six days of typhoid fever, vomiting and fever, Chaihu Decoction

evidence, and to his medicine... But full but not pain, this is fullness, bupleurum not with it, should be Banxia Xiexin Decoction. " This article focuses on the ruffian syndrome of " but full but not painful ", which is a kind of disease in which patients consciously feel upset and uncomfortable in their hearts, and press them soft and without tenderness. "Under the heart " is the stomach, and the pivot of ascending and descending is also. Article 158 of " Treatise on Febrile Diseases " says : " This is not a hot knot, but it is deficient in the stomach, and the guest qi is upside down, so it is hard. " The pathogenesis of distention and fullness syndrome is deficiency in middle energizer, disorder of qi movement, deficiency in origin and excess in superficiality, which can be summarized as qi movement blockage in the heart. The disease of Pi syndrome is in Shaoyang, " the pivot of Shaoyang " is unfavorable, the heart is stuffy, involving the spleen and stomach, " the pivot of ascending and descending " is also unfavorable, the movement of qi is abnormal, and all evils accumulate <sup>[8]</sup>. The typical representative prescription of pungent opening and bitter descending method is Banxia Xiexin Decoction. The prescription contains Xinkai Banxia, Dried Ginger, Kujiang Huangqin, Huanglian, Gantiao Renshen, Gancao, Dazao seven drugs. "Shennong Herbal Classic · Pinellia " pointed out : " Pinellia ternata, pungent flavor, can open the knot, can be reduced to the inverse. " With Pinellia ternata as the monarch drug, pungent and dry to open knots, and stomach descending inverse, both the power of opening and descending ; dried ginger acrid heat to disperse stomach cold, warm in order to lift the spleen, the combination of the two drugs, Xinsan more powerful ; scutellariae Radix and Coptidis Rhizoma are all bitter and purgative. Bitter diarrhea is used to purge the heat of stomach qi, and clearing and descending is used to descend the inverse and open the ruffian. The three flavors are ministerial medicines. The above four drugs are combined with the ruler and the minister, and the cold and heat are used together to open and lower and harmonize each other, in order to achieve the function of lifting and regulating, so that the pivotal mechanism can be facilitated <sup>[9]</sup>. The unique medication thinking of traditional Chinese medicine " giving up nature and taking use " is reflected in it. In addition to the warm nature of Pinellia ternata, the dry ginger with heat nature and the Qinlian with cold nature are taken. The real intention is not cold and heat, but the " acrid " of dry ginger and the " bitter " of Qinlian. Pungent opening and bitter lowering are used to purge the heart and eliminate distention <sup>[10]</sup>. In addition, ginseng and jujube are sweet, warm and qi-invigorating, which are used as adjuvant drugs to vibrate the middle energizer and help the spleen to rise and the stomach to fall ; licorice reconcile the various drugs, mediate in the coke air machine, so that the coke operation as usual, use it to make. This is the method of pungent opening, bitter lowering and sweet tuning, which together can remove the lumps and disperse the knots, smooth the qi flow and harmonize yin and yang.

## 5.2. Decoction of inulae and haematitum

Xuanfu Daizhe Decoction is designed for the Pi syndrome caused by the weakness of stomach qi and the obstruction of qi by phlegm. It originates from Article 161 of " Treatise on Febrile Diseases · Syndrome Differentiation and Treatment of Taiyang Diseases and Pulses " written by Master Zhong : " Treatise on Febrile Diseases and sweating, if vomiting and vomiting, after relieving the distention and hardness of the heart, and the gas is not removed, Xuanfu Daizhe Decoction is the main one. " The theory of " ancient and modern famous doctors " called Xuanfu Daizhe Decoction as " the holy prescription of the upper and lower " <sup>[11]</sup>. This article discusses that after the mistreatment of exterior syndrome, although the external evil has been solved after sweating, vomiting and purgation, the treatment is not as good as the law, injuring the qi of spleen and stomach, endogenous phlegm dampness, phlegm blocking qi stagnation, and abnormal rise and fall. The belching is not removed, that is, the belching or hiccup is not stopped, which is caused by the weakness of stomach qi, the upside of phlegm qi, and the disharmony of ascending and descending. When belching, it is often done, and the heart is hard to solve. In order to tonify the stomach deficiency, resolve phlegm turbidity, and reduce the inverse of qi, the application of phlegm and inverse, Yiqi Hewei Xuanfu Daizhe decoction. The prescription is composed of seven drugs : Inulae Flos, Ochre, Pinelliae Rhizoma, Ginger, Ginseng Radix et Rhizoma, Glycyrrhizae Radix et Rhizoma and Jujube. The original scripture of " Shen Nong "s Herbal Classic " classical Chinese : " Inula flower, salty, warm. The main knot is full of gas ; palpitation ; water removal ; to remove the cold and heat between the five internal organs ; complementing ; breathe in. " Inula flower is the sovereign medicine for eliminating phlegm and purging qi, descending adverse qi and removing belching. The bitter and cold quality of ochre is the minister "s medicine." Medicine is based on the records of Chinese and Western medicine " has a saying : " It can produce blood and cool blood, and its quality is heavy, and it is good at suppressing adverse qi, reducing phlegm and saliva, stopping vomiting, and clearing dryness. " It is the main medicine for the treatment of adverse qi by taking its nature of the town, calming the liver and lowering the adverse qi, resolving turbidity and harmonizing the stomach, and combining with Inulae Flos. Pinellia ternata taste pungent and warm, dry dampness and phlegm, which can not only Xinkai Sanjie Xiaopi, but also Hewei Jiangni ; ginger Xin San Wen Tong, not only can warm water drink to help dispel phlegm, but also can reduce the inverse and to increase the effect of antiemetic. Although the two are Xin Wen Sheng San, they both have the function of reducing the inverse and stomach, and both have the nature of ascending and descending, which can be described as the cause

of ascending and descending, and as the ministerial medicine <sup>[12]</sup>. In addition, attention should be paid to the dose ratio of ginger to ochre. The ochre is heavy cold and the dosage is slightly small, so as not to go straight down the coke and hinder the recovery of the disease; the nature of ginger is pungent and warm, and the dosage is unique, which can restrict the coldness of ochre, so that it can calm down the qi and not hurt the middle qi. Ginseng, licorice and jujube are sweet in taste, benefiting qi and tonifying deficiency, helping the injured middle qi, and regulating the middle qi. The combination of the three makes the clear qi of the spleen rise and the turbid qi of the stomach fall, which is used as an assistant. Looking at the whole prescription, bitterness and acridness are used to regulate its ascending and descending, and reinforcing and reducing are used to take care of its specimens, so that the stomach deficiency is restored, the phlegm saliva is eliminated, and the ascending and descending are restored to normal. It can be described as a typical representative of Zhongshi "s application of the theory of "ascending and descending of spleen and stomach qi ".

## 6. Summary

Patient Tang, female, 46 years old, was first diagnosed on October 7, 2022. Chief complaint: repeated dry throat, sore throat for 2 years, aggravated for 1 week. The patient had a history of reflux esophagitis for more than 2 years. Initially taking acid-suppressing drugs and antibiotic drugs (specific unknown), the improvement was not obvious, and the drug was discontinued half a year ago. Since then, the symptoms of acid reflux and heartburn have occurred occasionally, and the patients have not received attention and special treatment. One month ago, after a dispute with others, the stomach was distended and uncomfortable so far, accompanied by belching, anorexia, abdominal distension, sometimes bowel sounds, thin stool and other symptoms. During this period, the patient took the gastric motility drug mosapride orally, which began to improve significantly, and then was ineffective. The patient did not receive other treatment after stopping the drug. One week ago, the patient ate spicy food at night, and after the work was tired, the throat was dry and the sore throat was aggravated, and the swallowing was significant. With the pharyngeal foreign body sensation, the throat was always cleared. The patient took anti-inflammatory drugs, pharyngitis containing tablets and other drugs (specific unknown) on his own, but the effect was not significant, so he was treated in our hospital. Physical examination: the pharyngeal mucosa was obviously congested, the posterior pharyngeal wall mucosa was wet and slippery, dark red, and there was no obvious abnormality in the rest. The tongue is light, the tip of the tongue is red, the tongue is fat and has teeth marks, the tongue coating is yellow and greasy, and the pulse is stringy. Auxiliary examination: blood routine showed white blood cell count  $WBC 12.18 \times 10^9 / L \uparrow$ . Laryngoscopy showed mild congestion of the laryngeal mucosa, scattered lymphoid follicular hyperplasia at the root of the tongue, no significant enlargement of the tonsils bilaterally, good movement of the vocal folds bilaterally, and good closure. Western medicine diagnosis: reflux pharyngitis; Chinese medicine diagnosis: laryngeal paralysis, identified as cold-heat syndrome. Prescription: Han Xia Di Xuan Xin Tang combined with Xuan Bu Dai Ochre Tang plus reduction. Drug composition : Inula flower 12g, Daizheshi 9g, Banxia 12g, Shengjiang 9g, Dangshen 6g, Gancao 6g, Dazao 9g, Ganjiang 9g, Huangqin 9g, Huanglian 9g, Baizhu 9g, Fuling 9g. A total of 7 pay, 400ML water decoction, 1 pay a day, two times in the morning and evening after meals.

At the second week of the second diagnosis, the patient "s self-reported at the second visit : after taking the medicine 4, the sore throat was relieved, the symptoms of acid reflux, gas and bowel sounds were improved, and 7 still felt loss of appetite and abdominal distension. Physical examination showed that the pharyngeal mucosal congestion and edema were significantly reduced, the tongue coating was thick and the pulse was stringy. Considering " earth deficiency wood ", Chaihu, Yanhusuo, Jiaoshanzha, Jiaoshenqu and Jiaomaiya are added to soothe the liver and strengthen the spleen. After the prescription was adjusted, 7 pay was taken.

In the third week of the third diagnosis, the patient complained to himself when returning to the clinic, and took 5 doses after adjusting the prescription. All symptoms were significantly improved : dry throat and sore throat were significantly improved, diet and swallowing were as usual, no acid reflux, belching, abdominal distension and other symptoms occurred, and the stool was formed.

The above has been effective, will continue to take. The symptoms disappeared completely after 2 weeks. Physical examination : there was no obvious abnormality in the throat mucosa, and the yellow greasy coating had receded. The tongue is pale red, with a few teeth marks on the edge of the tongue, thin white fur, and thin pulse.

Comment : The patient "s dry throat and sore throat look like pharyngitis, which is actually caused by reflux esophagitis, reflux stimulates inflammation in the pharyngeal mucosa. In clinical practice, it is easy to be misled by the appearance, so it is necessary to draw the silk and peel the cocoon, and combine the four diagnostic methods. The patient "s tongue and pulse suggest that the stomach is weak, the spleen

is weak, the yang is not transported, resulting in phlegm blocking the middle energizer, and the lower energizer is cold. In case of improper diet incentives, antibiotics and other cold drugs are mistreated and mistreated, resulting in evil in the body, stagnation and heat, cold and heat, loss of harmony of qi movement, uprush of qi, and injury of throat. As the patient's sore throat suggests heat evidence, but the bowel movement suggests cold evidence, this is a typical cold-heat mixed evidence type.

The Banxia Xiexin decoction combined with Xuanfu Daizhe decoction is based on the treatment criterion of acrid opening and bitter descending, regulating cold and heat, tonifying deficiency and descending adverse qi, and regulating qi movement. In addition, it is supplemented with products for clearing heat and promoting pharynx, nourishing yin and promoting body fluid, which can be used to treat the disease.

## 7. Complimentary close

Xinkai Kujiang method is aimed at the treatment of reflux pharyngitis cold and heat mixed syndrome type. For this complex syndrome, it is difficult to take effect with cold medicine alone or heat medicine alone [13]. Banxia Xiexin Decoction combined with Xuanfu Daizhe Decoction inherits the meaning of pungent opening and bitter descending method, follows the principle of positive treatment " cold is hot, hot is cold ", combines pungent and bitter, cold and hot drug pairs, and prescription pairs, and treats from regulating the qi movement of middle energizer, resulting in the overall function of simultaneous application of cold and heat, and consideration of both deficiency and reality.

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