

Experience of Tianlong Tongluo Decoction in Treating Essential Hypertension Summary

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Abstract: With the deepening of aging in China, cardiovascular diseases have become the number one killer endangering people's health, and primary hypertension is a high-risk major factor inducing cardiovascular diseases. The role played by traditional Chinese medicine in the treatment of hypertension is becoming more and more prominent, and the treatment is mostly based on calming the liver, removing blood stasis, resolving phlegm, and calming the wind. Due to modern lifestyle changes, phlegm and blood stasis have become the Main pathogenesis of vertigo. In his clinical practice, Dr. Fan Hong has formulated Tian Long Tong Luo Decoction for the treatment of primary hypertension, which mainly focuses on eliminating phlegm and freeing channels, supplemented by regulating other organs and emphasizing on prevention, and has gained good results in every case.

Keywords: Tianlong Tongluo Decoction; phlegm and blood stasis; essential hypertension; resolving phlegm and opening the channels

1. Introduction

Primary hypertension is one of the most common circulatory diseases, which is both an independent disease and an important risk factor for other cardiovascular and cerebrovascular diseases. According to the latest epidemiologic survey, in 2018, China's adult hypertension knowledge rate, treatment rate, and control rate were 41.0%, 34.9%, and 11.0%, respectively, still at a low level. The prevalence of hypertension in China has increased from 5.1% in 1959 to 23.2% in 2015 and 27.5% in 2018, showing a year-on-year increase [1]. The results of China's hypertension survey show that the crude rate of adult hypertension in China is 27.9%, and the difference between urban and rural areas in the prevalence of hypertension is obvious, with the prevalence of hypertension among urban residents being higher than that of rural residents in all age groups. And heredity and lifestyle habits such as high salt diet, heavy smoking, alcohol consumption, obesity and so on are important factors triggering high blood pressure. Statistical data are shown in Figure 1.

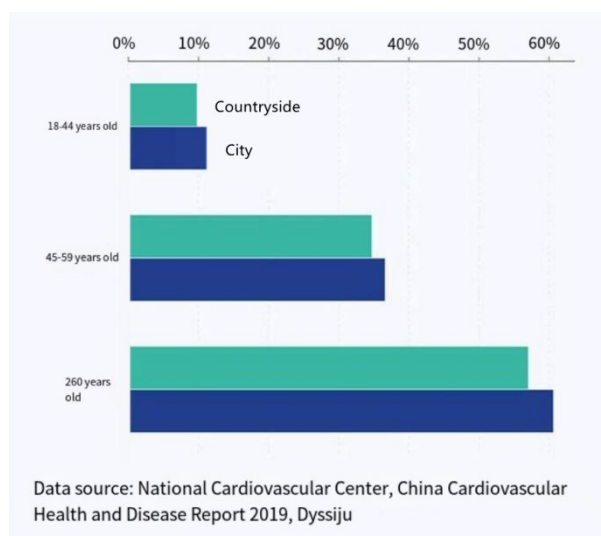


Figure 1: Incidence rate of hypertension in China

Suboptimal control of blood pressure can cause damage to target organs such as the heart, brain, and kidneys, which in turn can lead to serious complications such as myocardial infarction, heart failure, stroke, and chronic kidney disease. The dangers of high blood pressure are shown in Figure 2. Thus, in a single-disease sense, the "cardiovascular and cerebrovascular crisis" caused by hypertension poses a significant threat to the health of individuals and societies in contemporary civilization.

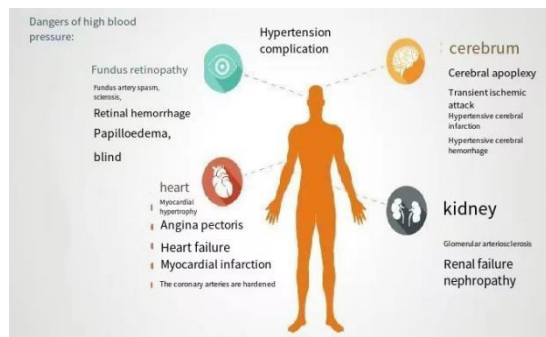


Figure 2: The major complications of hypertension

Hypertension belongs to the Chinese medicine "vertigo", "dizziness" and other categories, its main pathogenesis for Dysfunction of liver and kidney yin and yang, Internal disturbance of wind, fire, phlegm, and blood stasis^[2]. Vertigo is blurred vision, dizziness is dizziness, the two are often seen at the same time, so collectively referred to as "vertigo". In mild cases, the eyes are closed and the symptoms are not present. In severe cases, it is like riding in a car or boat, rotating and not being able to stand up, or accompanied by nausea, vomiting, sweating, or even fainting. Prof. Fan Hong is the director of Chinese Medicine Master Lei Zhongyi Research Institute and the deputy director of the Cardiology Department of Shaanxi Provincial Hospital of Chinese Medicine, the academic successor of Chinese Medicine Master Lei Zhongyi, one of the first batch of excellent Chinese medicine clinicians in Shaanxi Province, and the tutor of master's degree of cardiovascular clinic of Shaanxi University of Chinese Medicine. She has been practicing medicine for more than 20 years and specializes in the diagnosis and treatment of cardiovascular diseases by combining Chinese and Western medicine, and has accumulated a lot of clinical experience in diagnosis and treatment of primary hypertension, and her clinical experience is summarized as follows.

2. Seeking the Source and Exploring the Pathogenesis of Diseases

2.1. The understanding and experience of medical practitioners throughout history regarding dizziness are the breeding ground for the theory of phlegm and blood stasis

Throughout the ages, various medical practitioners and canonical books have recorded in detail the understanding of the etiology and pathogenesis of vertigo. Vertigo was first seen in the "Inner Canon of Huangdi", "Su Wen - to the true to the Great Lecture" mentioned that "all the wind and dizziness belong to the liver", explaining that vertigo is closely related to the liver, Upward inversion of liver qi, Disturbing-up of wind and yang, qi and blood uprush will lead to vertigo; from the meridian, foot Liver Meridian of Foot-Jueyin connected to the eye system, and reaching the pinnacle through the forehead, which is the beginning of the theory of "no wind, no dizziness". Chao Yuanfang mentioned in "Various pathogenic designate theory" that "wind and dizziness are caused by deficiency of blood and qi, and the wind enters the brain"^[3], which believes that if the blood and qi are weak, then the wind can take advantage of it and enter the brain to cause dizziness. Ye Tianshi uses the term "internal wind"^[4] to argue that "internal wind is the change of yang qi in the body", and that dizziness is caused by the internal movement of the liver wind and the hyperactivity of liver yang, which is why Hua Xiuyun's "Clinical Guidelines for Dizziness" states that "all winds and dizziness are due to the liver, and the head is confluence of all yang-channels. And the ears, eyes, mouth and nose are all clear and empty orifices. Vertigo is not a external evil, but the wind and yang of the liver and gallbladder rise upwards, and there is a risk of fainting.

Miraculous Pivot · Hai lun" mentions that "the brain is marrow-sea", "if marrow-sea is insufficient, then the brain turns to tinnitus, tibial acid and dizziness, the eyes cannot see, slackness and lying down", so there is a loss of blood and qi in the sea of the medulla oblongata of the brain and lead to dizziness.

Miraculous Pivot · Kou wen" mentioned that "If upper qi is Insufficient, there will be dissatisfaction in the brain, tinnitus in the ears, bitter tilt in the head, and dizziness in the eyes" [5]. Qi deficiency is the Qing Yang does not rise, the brain loses the nourishment, with dizziness in the head. Miraculous Pivot · Wei Qi mentions that "if the upper part of the body is deficient, it will become dizzy", which is the prototype of the theory of "no deficiency, no vertigo". Zhang Jiebin of the Ming Dynasty pointed out in *Jingyue Quanshu - Vertigo Transportation* that "Eight or nine out of ten people with physical weakness will suffer from dizziness, and one or two out of ten people with fire phlegm will suffer from dizziness" [6]. It emphasizes that "dizziness must be due to deficiency", and that the treatment should be based on the treatment of the deficiency.

Zhang Zhongjing mentioned in "Synopsis of the Golden Chamber - Phlegm Yin Cough" that "there is phlegm under the heart, fullness in the chest and hypochondrium, dizziness. It is suitable for treating with Poria cocos, Cinnamon twig, *Atractylodes macrocephala* and licorice decoction". And "there is phlegm under the heart, and the person suffers from dizziness, which is suitable for treating with *Alismatis Rhizoma* Decoction." It indicates that phlegm is one of the main factors leading to dizziness, laying the foundation for the later theory of "no phlegm, no dizziness". General Treatise on the Cause and Symptoms of Diseases- phlegm and drink disease symptoms" also clearly pointed out that "the accumulation of phlegm and water are in the chest and internal organs it causes breath uneasiness, dizziness and darkness of the eyes" [7]. It shows the importance of "phlegm and drink cause dizziness". Zhu Zhenheng in the "Danxi Xinfa - head vertigo" mentioned "Phlegm leads to qi deficiency with fire, so tonic medicine and fire-reducing medicine are often used to treat phlegm. No phlegm does not due to vertigo, phlegm is due to fire movement. And excessive phlegm often combines with dampness or fire" [8]. Thus it can be seen phlegm often coexist with its evil, excessive phlegm will be transformed into heat and fire for the disease. He also created his own formula for treating phlegm-fire, by clearing phlegm and heat, and lowering fire Decoction. Therefore, "Medical Conformity Record - Vertigo" says, "Zhang Zhongjing discusses phlegm, Zhu Danxi discusses phlegm and fire".

Liu Wansu of the Jin Dynasty is good at using cold medicines. His argument on "fire and heat", "The Six Books of Hejian - The Main Disease of Five Movements" pointed out that "Because the liver wind that belongs to wood is too strong, the declined gold cannot control wood. And wood generates fire, wind and fire are both belong to yang. Most of them are concurrent, both yang are active for fight, which will cause dizzy. It is believed that fire and wind in vertigo are often seen in combination, and should be treated with "wind and fire". According to Wang KenDecoction of the Ming Dynasty, "the fire is dynamic, and the flame is naturally rotating when it gets wind" [9].

Yang Renzhai in "Renzhai Zhizhi Fang Lun" [10] mentioned that "stasis and stagnation can cause dizziness". He believed that stasis blocked the veins and channels, the blood could not reach brain, causing brain to lose nourishment and dizziness. Wang Qingren of the Qing Dynasty is good at treating strange diseases from the theory of blood stasis, and he believes that dizziness is caused by the deficiency of qi and blood transportation, blood stagnation and blood stasis. And the treatment is Tongqiao Huoxue decoction.

Qing Dynasty Li Zhongzi's "Evidence for Vertigo" made a preliminary overview of the etiology and pathogenesis of vertigo. He advocated that vertigo should be divided into deficiency and excess elements, including internal causes, external causes, phlegm-dampness, liver-wind, renal deficiency, blood deficiency, spleen deficiency, qi depressions, stopping drinking, and exogenous sensations, etc. The treatment of vertigo is considered as "Firstly, we should treat phlegm and replenish qi to treat symptoms, dissipate phlegm and dissipate fire to treat external pathogens, and tonify deficiency to treat internal deficiency". During the Ming and Qing Dynasties, many medical doctors had a complete and systematic understanding of the pathology of vertigo. As Chen Xiuyuan said in the "Record of Medicine from the crowd", "Those who speak falsely speak their root causes, while those who speak truthfully speak their symptoms, which is always the same principle".

In the 1970s, the theory of "Phlegm and Blood Stasis Interaction" put forward by Master Lei Zhongyi was widely recognized in the field. And Dr. Fan Hong, the Chief Physician, studied the theory of "Phlegm and Blood Stasis Interaction" under the guidance of Dr. Lei.

2.2. Modern Chinese medicine practitioners' understanding of hypertensive disorders

Prof. Liu Jingxia suggested that hypertension starts from the meridians in the qi, and over time, it can enter into the blood, and its pathology mainly involves the liver, spleen, and kidneys [11]. According to the clinical symptoms of hypertension, wind, fire, phlegm and blood stasis are the more important

pathological factors. Wind originates from the liver, fire originates from the kidney, phlegm is born in the spleen, and blood and fluids are of the same source, so phlegm and turbidity can generate blood stasis over time. Wang Lei, Sun Yankang and others [12-13] believe that phlegm is not only a pathological product of spleen dysfunction, but also generates different pathogenic factors that lead to new variations. Phlegm is a decoctionable fire, fire is an invisible phlegm, phlegm depression generates heat, generating phlegm-heat variations. Phlegm also belong to yin, sticky and greasy, and easy to stagnation of veins, affecting the turnover of qi, blood, and body fluid, resulting in stasis and blood, wet together into phlegm. Phlegm and blood stasis adhere to each other, aggravating the condition. Modern research has also shown [14] that phlegm and blood stasis are inextricably linked with hypertension, not only permeating all stages of the development of hypertension, but also being an important stage in the process of the disease's occurrence and development.

Wu Fang et al. [15] divided 166 eligible hypertensive patients into two groups. The control group only used western medicines, and the experimental group added the traditional Chinese medicine soup formula for resolving phlegm and activating blood circulation (Poria, *Atractylodes macrocephala*, Chinese yam, hyssop, Chen Pi, Jiang Zhu Ru, Safflower, *Paeonia lactiflora*, Qing half-sia, peach kernel, Dilong, Tianma, *Glycyrrhiza glabra*, all in the regular dosage), which was taken for 8 weeks. After treatment, the total effective rate, blood pressure, symptoms and examination indexes of the test group improved compared with those before treatment, and the improvement was better than that of the control group ($P < 0.05$). It indicates that the addition of the traditional Chinese medicine formula for transforming phlegm and activating blood on the basis of conventional treatment with western medicine can significantly improve the blood pressure, clinical symptoms and the levels of all relevant indexes in patients with phlegm and stasis interconnected hypertensive disease. Huang Zhihui [16] divided 80 patients with hypertension into two groups. The control group was only given western medicine to lower blood pressure, and the experimental group was given the Chinese herbal soup to dispel phlegm and activate blood circulation (drug composition: tianmu, hemixia, poria, *atractylodes*, coix seed, peach kernel, safflower, rhizoma ligustici Chuanxiong, dahuric dahuric root, angelica sinensis, Decoctionerine peel, caltrop, ginger, jujube, licorice, all in regular doses) for 1 month. The total effective rate and blood pressure improvement of the test group were better than that of the control group ($P < 0.05$). It is suggested that when treating hypertension with phlegm and blood stasis, taking expectorant and activating blood circulation soup combined with western medicines to lower blood pressure is not only safe and effective, but also can regulate blood lipids to a certain extent. The above medical practitioners have shown through their respective clinical studies that Chinese herbal tonics for the treatment of phlegm and stasis hypertension have the characteristics of improving clinical symptoms and effectively controlling blood pressure. Although they choose different formulas, basically they all take removing blood stasis and lowering turbidity as the main method of treatment, and therefore they have similarities and differences in the use of medicines.

2.3. Modern medicine's understanding of essential hypertension

From the perspective of modern medicine, the pathogenesis of essential hypertension is relatively complex and has not yet been fully elucidated. However, the mainstream viewpoints include genetic theory, increased sympathetic nerve activity, altered cardiac output, renin-angiotensin-aldosterone, and increased vascular tone and tubular wall remodeling [17]. The neurohumoral mechanisms of hypertension development are shown in Figure 3. Adverse lifestyle habits are also recognized as major causative factors, such as smoking, lack of exercise, late nights, mental stress, easy to eat spicy and stimulating foods, and other metabolic abnormalities, such as hyperlipidemia, hyperuricemia, and obesity, which accelerate arterial vascular sclerosis, and become an important and independent risk factor for the occurrence of cardiovascular events in patients with hypertensive disease [18].

Modern medicine does not have an excellent cure method for primary hypertension, which is mainly through medication treatment. It play a role by controlling blood pressure levels and reducing the incidence of disease, disability, and mortality. The commonly used antihypertensive drugs include β -receptor antagonists, angiotensin-converting enzyme inhibitors, diuretics, calcium channel blockers, angiotensin II receptor antagonists. According to the situation, doctors can use one or more medications to lower blood pressure to the desired level [19]. Western drugs are convenient to take and fast in lowering blood pressure, but there are a series of side effects, and long-term use of drugs may cause complications such as hypogonadism, electrolyte disorders, and hyperuricemia, which are the main triggers affecting adherence to medication [20]. Overall, the advantages of western drugs are centered on the clear target of action, strong action, a variety of dosage forms, and reversible pharmacological effects, and the defect is that there are more adverse reactions.

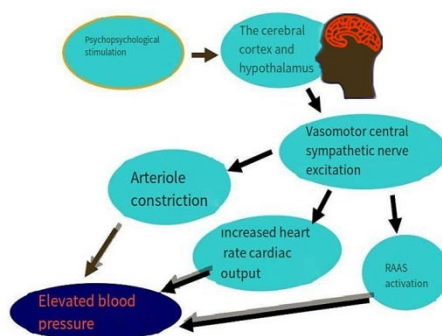


Figure 3: Neurohumoral mechanism of hypertension

3. Guardianship and innovation, phlegm and blood stasis theory

3.1. Phlegm and stasis pathology products are the key to the pathology of vertigo disease

When qi and blood are injured for a long time, phlegm and stagnation are easily formed. And when stagnation does not work, all illnesses will arise. The modern fast-paced life, diet, irregular work and rest, emotional disorders and seven emotional injuries, these all can cause retrograde transmission of the liver meridian, resulting in dizziness [21]. Or due to excessive drinking, improper diet, the spleen and stomach get damage, it can cause spleen dysfunction, resulting in accumulation of dampness to turn into phlegm [22]. Or due to the lack of exercise, obesity, fat people have excessive phlegm and dampness, while the spleen likes to be dry and evil dampness. It can result in malfunctioning of the spleen and stomach to transport, prone to phlegm and turbidity. Then the Qing Yang does not rise, obscures the clear orifices for vertigo. Phlegm is heavy, turbid and sticky, causing a wide range of diseases, easy to block the veins and channels. And the poor transport of qi, blood and fluids, can result in blood stasis. The Origin and Criteria of All Diseases - Phlegm Criteria" says: "Phlegm is caused by congestion of the blood vessels and the accumulation of body fluid that does not dissipate, so it becomes phlegm". When fluid and blood have the same origin, fluid gathers and condenses into phlegm. And phlegm and blood stasis obstruct each other, the mind and spirit are shaken and confused, resulting in dizziness.

Decoction Rongchuan in the Qing Dynasty in the "blood evidence theory" put forward that the phlegm and fluid congestion are due to the blood stasis, "blood accumulates for a long time, it can also turn phlegm into liquid" [23]. It shows that phlegm and blood stasis transformed into each other, resulting in complex condition, prolonged course, and difficulty in cure.

3.2. Key points of dialectic treatment for vertigo disease with phlegm and stagnant stasis

Points of dialectical: dizziness, head drowsy, chest tightness, nausea, tiredness, pantalgia, eat less, dark red tongue, white and greasy fur, moistened and slippery pulse need attention.

Treatment: Treatments include resolving phlegm and calming wind, eliminating blood stasis and clearing channels, strengthening the spleen and inducing dampness.

Basic formula: Tianlong Tongluo Decoction: 10g of Tianma, 10g of Dilong, 9g of Fahaxia, 9g of Atractylodes macrocephala, 15g of Poria, 10g of Chenpi, 10g of Calamus calamus, 10g of Yujin, 15g of Stir-fried Ledebouriella, 30g of Dangshen, 10g of Paeonia lactiflora, 10g of Ligusticum Chuanxiong, 30g of Pueraria lobata, 10g of Angelica sinensis, 30g of Coix lacryma, 30g of stir-fried white lentil.

Formula Meaning: This formula is based on Banxia Baizhu Tianma Decoction, with the addition of qi regulating herbs, blood stasis activating herbs, and dampness eliminating herbs. Banxia Baizhu Tianma Decoction originated from Cheng Zhong Ling's "Medical Insight" in the Qing Dynasty, which said, "For those who have dampness and phlegm congestion and curbing, dizziness and blurred eyes, which cannot be eliminated without Tian Ma and Banxia, Suitable for Banxia Baizhu Tianma Decoction" [24]. "Spleen and Stomach Theory" recorded: "Phlegm obstruction of headache cannot be treated without Banxia. Fainting, dizziness and internal deficiency wind cannot be treated without Tianma". Banxia can dry dampness and resolve phlegm, reduce nausea and vomiting. Tianma can calm endogenous wind and relieve spasm, suppress liver-yang, dispel wind and dredge collaterals. Both of them are key drugs for the treatment of wind and phlegm dizziness. Pberetima can calm endogenous wind and relieve spasm, dredge collaterals and relieve pain. Atractylodes macrocephala can invigorate

the spleen and replenish qi, dry dampness and relieve diuresis. Poria is sweet and bland in flavor, which can strengthen the spleen, induce diuresis and seep dampness, assist Banxia in resolving phlegm. It can keep the spleen healthy, without accumulation of dampness or phlegm. Chen Pi can regulate qi and strengthen spleen, dry dampness and resolve phlegm. Acorus tatarinowii can induce resuscitation and expel phlegm, remove dampness to restore normal functioning of the stomach, move qi to eliminate flatulence. Uljin can operate qi and relieve pain, blood-activating and stasis-eliminating. It can also relieve depression and induce resuscitation. Semen Raphani can promote the movement of qi and eliminate flatulence, descend qi to eliminating phlegm. The combination of the four medicines means that "For treating phlegm, it is necessary to first treat qi, and if qi is unobstructed, it will dissolve phlegms". Angelica sinensis is pungent and warm, nourishes and invigorates blood and is good at circulation. Red peony can invigorate blood, remove blood stasis and relieve pain, and also clear away heat and cool blood. Salvia miltiorrhiza can invigorate blood, and regulate meridians, remove blood stasis and relieve pain. And it can also clear away heat and nourish the heart, remove vexation and tranquilize the mind. Rhizoma Ligustici Chuanxiong can invigorate blood and promote qi circulation, reach to the head and eyes, and travel down to the sea of blood, which is a qi medicine in blood medicine. The four of these are paired together to have the effect that "The flow of qi leads to the flow of blood, while the flow of stagnation leads to the elimination of blood stasis ". Pueraria is used to activate the meridians and relieve pain. Coix Seed is used to clear damp and promote diuresis, strengthen the spleen and stop diarrhea. And fried white lentils are used to strengthen the spleen and dissolve dampness, clear summer-heat and harmonize the spleen and stomach. The combination of all the medicines have the effects of resolving phlegm, diuresis, blood stasis, and awakening the brain.

Application of addition and subtraction: For heavy dampness, we can add Yin Chen, Plantago Ovata, Zedoaria, Rhizoma Atractylodis Macrocephalae, Lentinus edodes, Semen Coix lacryma, Lotus leaf. For severe dizziness, we can add Tianma, Crochet, Stiffener, Calcined Cassia, Tribulus terrestris. For headache and heaviness, we can add Bauhinia, Morus alba, Ligusticum, Ligusticum chuanxiong. For poor sleep and insomnia, we can add Jujubae Radix, Cyperus rotundus, Vitex nocturnus, Poria cocos. For fatigue, we can add Astragalus membranaceus, Codonopsis pilosulae, Cortex europaea, Rhizoma Polygonatum, Rhizoma Rhizoma Dioscoreae. For stagnant Liver-Qi, we can add Radix Bupleurum Chinense, Rhizoma Polygonum, Rhizoma Polygonum, Rhizoma Piperitiae, hiccups, hiccups, eructation, qitric distention. For those with hiccups, eructation and stomach distension, we can add caulis perillae acutae and fried hedgehog shells. For those with Galls and polyps, we can add Xia Gu Cao, Zhe Bei Mu, cuttlebone, orange kernel and oyster.

4. Clinical practice, classic medical cases

Patient Zangmou, female, 60 years old, first consultation time: August 1, 2022, complaint: intermittent dizziness for more than 20 years. History: The patient complained of hypertension for more than 20 years, the highest blood pressure: 180/120mmHg, now taking "amlodipine benzenesulfonate, olmesartan ester tablets", recently the blood pressure is controlled at 130-160/95-110mmHg. Present symptoms: dizziness, head heavy as a wrap, accompanied by cerebral tinnitus, precordial tightness, pain in the back and shoulder, dry mouth, fatigue, night sweats, stomach bloating, hiccups, and the back and shoulder pain. Pain, dry mouth, fatigue, night sweating, qitric distension, hiccups, lumbago, poor appetite, insufficient sleep, bowel movement. Past history: "coronary heart disease, hyperlipidemia, lacunar cerebral infarction". Examination: dark red tongue, white greasy moss, dull and smooth pulse. Diagnosis: Chinese medicine diagnosis: dizziness (phlegm and blood stasis certificate), western medicine diagnosis: (1) Hypertension grade 3 (very high risk). (2) Coronary atherosclerotic heart disease, stable angina pectoris, cardiac function grade I. (3) Cavernal cerebral infarction. (4) Hyperlipidemia. Treatment: we adopted dissolving phlegm and inducing diuresis, removing blood stasis and opening the channels, strengthening the spleen and benefiting the kidney. Prescription included Tianlong Tongluo Decoction Plus Reduction, Tianma 15g, Dilong 10g, Fahaxia 9g, Atractylodes macrocephala 9g, Poria 15g, Pericarpium Citri Reticulatae 10g, Yujin 10g, Fried Ledebouriella 20g, Salviae Miltiorrhizae 30g, Paeoniae Lactiflora 10g, Rhizoma Ligusticum Chuanxiong 10g, Puerariae Roots 30g, Radix Angelicae Sinensis 10g, Coix lacryma Seed 30g, Salt Cortex Eucommiae 10g, Sambucus Mulberries 15g, Radix Qiangwu 10g, Psyllium Hederaceae 30g. The patient continued to take oral western medicine to reduce blood pressure, and was also given oral danpao tablets, which is a self-produced preparation of our hospital.

Second Consultation: September 28, 2022, The patient's main complaints were dizziness, night sweating, and cerebral tinnitus relieved after taking medication, precordial constriction lessened than before, and blood pressure control stabilized. The patient still had fatigue, heavy in both lower limbs, occasional dizziness, pain in the top of the head and occipital region, pain in the back of the shoulder, qitric distension, hiccups, lumbago, poor appetite, sleep, and regulation of bowel movement. On the basis of the above, we changed Yu Jin, Lycopodium, Semen Coicis, Plantago Ovata, Atractylodes

Macrocephala 9g to Fried Atractylodes Macrocephala 15g in order to remove dampness and dispel phlegm. We changed Poria 15g to Poria 20g in order to increase the function of seepage of dampness and liquefaction of the orifices, added caulis perillae acutae 10g, Bei Chai Hu 10g in order to promoting qi and reducing bloating, soothing the liver and relieving depression. And we added Astragalus 30g to benefit qi and strengthen the spleen, added saffron 10g in order to chase the blood stasis to open the meridians. The patient was instructed to have a light diet with low salt and low fat and appropriate exercise, take medication on time and monitor blood pressure and have regular checkups and follow up for any discomfort.

Press: the patient is an elderly woman with deficiency of vital energy, deficiency of spleen and kidneys, dysfunction of fluid metabolism, which results in accumulation of dampness and production of phlegm. Phlegm congestion obstructing upper, internal disturbance of zongqi, and unfavorable zongqi vortex can result in tightness in the anterior region of the heart. Phlegm obstructing venation, generating stasis of blood and blockage of the meridians, those can result in pain in the back of the shoulder and lumbar. Phlegm obstruction in the middle Jiao and disturbance in ascending and descending of qi can result in qitric distension. When the thin yang qi does not rise, it can result in dizziness and the head will be as heavy as a bundle. If the spleen is imbalanced and the appetite is poor, insufficient nutrition in the limbs can lead to weakness. The dark red tongue, white and greasy fur, tortuous veins under the tongue, and a dull and slippery pulse are all manifestations of phlegm and blood stasis stagnation. As Zhang Shanlei said, "If phlegm accumulates in the meridians, the blood in the collaterals will be stagnant." It is advisable to treat phlegm and stasis together. In this formula, Banxia dries dampness and resolves phlegm, reduces nausea and vomiting. Tianma expels wind and relieves spasm, suppresses liver-yang. Baijiao and Poria invigorate the spleen and promote dampness. Chen Pi regulates Qi and resolves phlegm. Uljin invigorates blood, promotes Qi circulation and relieves pain. Semen raphani reduces Qi, eliminates flatulence and resolves phlegm. Angelica sinensis, Radix Paeoniae Alba, Salvia Miltiorrhizae, Rhizoma Ligustici Chuanxiong invigorate blood to dispel blood stasis and clear the meridians to relieve pain. Pueraria Mirifica, Qianghuo and Dilong promote meridians and relieve pain. Eucommia ulmoides and mulberry parasitoids nourish the liver and kidney, strengthen muscles and bones. Coix seed and plantain grass clear damp and promote diuresis, invigorate the spleen and stop diarrhea. The patient complained of dizziness, head heavy relief and weak, so we removed Yu Jin, Lai fu zi, Coix seed, plantain, added Astragalus to replenish qi and promote Yang, increase the amount of Atractylodes macrocephala and Poria to invigorate the spleen and diuresis. We added caulis perillae acutae Chai Hu to regulate qi, safflower to enhance the efficacy of the elimination of blood stasis and collaterals. The combination of all the herbs can help to resolve phlegm and clearing damp, dispel blood stasis and promote circulation, invigorate the spleen and benefit the kidney.

5. Summarize experience and enhance the essence

Vertigo is a common clinical condition, although the etiology of vertigo is very complex, but it can be summarized into five aspects: wind, fire, phlegm, deficiency, stasis. Various types of vertigo can appear alone or in conjunction with each other. Recognizing the complexity of the etiology of vertigo, mostly due to phlegm and stasis, Master Fan proposed the treatment of resolving phlegm and quenching wind, eliminating stasis and clearing collaterals, and invigorating the spleen and inducing dampness. Clinical diagnosis and treatment of this disease should be based on the separation of deficiency and realities, and the combination of symptoms and symptoms; taking into account both the symptoms and the root cause, and adding and subtracting according to the evidence. As the saying goes: "there is no fixed formula, there is no fixed method", the real clinical evidence-based treatment is the essence of Chinese medicine. Meanwhile, Master Fan emphasized the importance of prevention and treatment, including smoking and drinking cessation, scientific exercise, maintaining emotional stability and etc. He also suggested patient to pay attention to controlling weight, limiting salt intake, and eating more vegetables and fruits.

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