

Professor Ren Xiaofang's Clinical Experience in Treating Essential Hypertension

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Abstract: This paper introduces professor Ren Xiaofang's clinical experience in treating essential hypertension. Professor Ren Xiaofang believes that regulation of qi can relieve the clinical symptoms of patients and effectively regulate blood pressure. This paper discusses professor Ren Xiaofang's experience in treating essential hypertension from the aspects of the association between essential hypertension and qi activity, clinical prescription selection and mechanism of action, and medical records.

Keywords: essential hypertension, Qi activity, Ren Xiao-fang, Clinical experience

1. The association between essential hypertension and qi activity

Essential hypertension and qi theory Primary hypertension refers to hypertension without a clear cause, the initial general symptoms are not obvious, mostly people without any obvious discomfort, but let its development, not timely treatment will cause serious damage to the heart, brain, kidney, retina and other important organs. There is no name of this disease in traditional Chinese medicine, according to the common clinical symptoms of primary hypertension, can belong to the scope of "vertigo". the "Internal Classics" that liver, spleen, kidney disease changes can lead to vertigo. According to Traditional Chinese medicine, the etiology and pathogenesis of the disease are mainly caused by the injury of seven emotions, the loss of diet, internal injury and deficiency, resulting in the imbalance of Yin and Yang balance ^[1]. On the treatment of the later doctor choose more Longdan Xiegan Tang, Tianma Gouteng Yin, Zhenganxifeng Decoction, Buzhong Yiqi Decoction, Spleen-invigorating soup, Yiguan Decoction, wendan tang, fill in the spleen yiqi soup, always Fried by the party ^[2, 3], supplemented by acupoint sticking method, scrapping, bloodletting therapy, acupuncture and auricular application pressure, erjian bloodletting, moxibustion etc in combination ^[4, 5]. Qi is the operating mechanism of qi. The movement form of qi machine can be summarized as up, down, out, into four basic forms. The movement of qi machine is the fundamental guarantee of human life activities. Such as the Emperor's Inner Canon said: Goes up and down, it goes in and out, and all objects have it.

Professor Ren Xiaofang believes that the essence of essential hypertension is the weakness of the body and the hyperactivity of evil spirits. All kinds of emotional disorders, evil qi stagnation or dysfunction of viscera meridians and collaterals can cause qi activity dysfunction, leading to the disorder of viscera meridians qi activity, affecting the coordination and balance of functions of viscera meridians, qi, blood, Yin and Yang, forming substances such as dampness and turbidness, phlegm and blood stasis. In the clinical treatment of hypertension, the visible evil should be solved from qi mechanism first, and then the corresponding drug addition or reduction should be carried out according to different people, so as to achieve the effect of treating both symptoms and root causes.

2. Clinical prescription selection and mechanism of action

In the clinical treatment of essential hypertension, Professor Ren Xiaofang used the four diagnosis and treatment techniques of looking, smelling, asking and cutting, on the basis of regulating qi activity, according to different concurrent syndromes, the corresponding drug addition and subtraction. The main prescription is Sisang Yin, specifically: chrysanthemum 15g, Prunella subtilis 15g, Hawthorn 15g, Achyrantes bidens 15g, Mulberry leaf 12g, vinegar bupleurum 12g, cassia seed 10g, Fructus aurantii 10g, paeonia alba 10g, prepared glycyrrhiza 6g. If spleen deficiency is not transported, add chicken gold, burnt hawthorn; If Yin deficiency is obvious, add Radix Ophiopogonis, Radix Adenophorae; If the stool

is dry, add Fructus Cannabis, Semen Pruni ;If the qi stagnation is obvious, add Dalbergia wood, Curcumae; If phlegm dampness is obvious, add Poria cocos, Atractylodes and Tangerine peel;Sublingual choroid tortuous jiazeran, peach kernel;For those with obvious Yang deficiency, Epimedium and Morinda officinalis were added.If qi deficiency is obvious, add Dangshen, Astragalus; Blood deficiency is obvious, add Angelica, Astragalus membranaceus;Usually like to drink, add Fructus galangae, Semen hoveniae.

Sisangyin consists of Sangming Tang and Sini Powder.In this prescription, Bupleurum has the functions of lifting and invigorating, that is, lifting the subsidence of liver and spleen, lowering the inverse of gallbladder and stomach, and guiding the normal operation of qi activity in the body.Fructus aurantii belongs to the spleen and stomach two meridians, and bupleurum used together, a rise and a fall, regulating qi activity.White peony root has the effect of nourishing Yin and regulating the meridian, softening the liver and spleen, nourishing the liver body and benefiting the liver, convergence the liver Yin and suppressing the liver Yang, nourishing liver blood and helping liver qi.Mulberry leaf, chrysanthemum already clear liver bright eye, thin reach liver qi, make liver heat is evacuated from outside, can also develop cool and divergency action to serve as the medicine of classics.Cassia seeds to the liver, large intestine two meridians, can qinggan Mingmu, runchang laxative;Hawthorn can appetizer and digestion, blood circulation and blood stasis, phlegm, stagnation and elimination.Summer withered grass to the liver and gallbladder meridian, with clear fire, bright eyes, dissipation of nodules, swelling effect. Achyranthes bidentata guides the drug down.All the medicines in the prescription are used together to regulate qi activity.Modern pharmacology believes that flavonoids and rutin contained in mulberry leaves have antihypertensive effects ^[6]. Apigenin and flavonoids contained in chrysanthemum can dilate blood vessels and be used in the treatment of hypertension patients ^[7]. The Experimental results showed that Prunella sativum could decrease systolic and diastolic blood pressure in spontaneously hypertensive rats.The mechanism of lowering blood pressure is related to the decrease and inhibition of angiotensin II, endothelin-1 and calcium ions ^[8]. Hawthorn can inhibit the vasoconstriction caused by the increase in extracellular Ca²⁺ influx induced by norepinephrine, thus reducing blood pressure ^[9]. Experimental studies have proved that Achyrantha bidentata has a transient hypotensive effect, and its hypotensive mechanism may be related to histamine release ^[10]. Animal experiments have proved that anthraquinone glycoside and other substances in Cassia seed can reduce blood pressure in rats, and its water extract can significantly reduce systolic and diastolic blood pressure in rats ^[11]. Studies have proved that the total glucosides of paeoniae paeoniae contained in paeoniae paeoniae have a definite effect on lowering blood pressure ^[12]. Glycyrrhetic acid in glycyrrhiza glycyrrhiza can interact with 11 β -hydroxysteroid dehydrogenase-2 to significantly reduce blood pressure ^[13].

3. Examples of medical records

(1) Zheng mou, male, 51 years old, with "intermittent dizziness for 6 years, aggravation for 1 month" as the chief complaint came to see a doctor.Six years ago, the patient developed dizziness after fatigue and went to the community hospital. The blood pressure was measured at 176/108 mmHg. After repeated blood pressure tests, I found that blood pressure was still high, so I went to a local hospital and received oral "amlodipine besylate" to relieve blood pressure, and the symptoms were slightly relieved. One month ago, the above symptoms occurred again due to fatigue, self-measured blood pressure was 168/102 mmHg, and there was no improvement after increasing the antihypertensive drug dose, so I came to our department for further diagnosis and treatment.Present symptoms: dizziness, heavy head, occasional white sputum, indigestion and loss of appetite, normal sleep, urine and feces.The tongue is dark, the moss is white and thick and greasy, And the pulse is sink, string and thin.Give sisang drink plus or minus: chrysanthemum 15g, mulberry leaf 15g,selfheal 30g, achyranthes 20g, raw hawthorn 15g, fructus aurantii 10g, endothelium corneum gigeriae galli 12g, Vinegar radix bupleuri 10g, paeony 10g, cassia seed 15g, amomum 3g, fried coix seed 30g, cardamun 10g , bran fried rhizoma atractylodis 15g, lotus leaf 15g.14 doses, 1 dose a day, decocted to 400ml, morning and evening to take warm.During the second treatment, the patient complained of dizziness, head weight significantly relieved, tongue dark, white moss slightly greasy, pulse is sink, string and thin.On the basis of the above, 9g chuanxiong and 10g herba lycopi were added.30 doses, methods of taking medicine same as before.Third treatment: dizziness, head weight almost disappeared, occasionally a small amount of sputum.The recent blood pressure was 136-119/90-80 mmHg, the tongue was reddish, the moss was white, and the pulse wassinkand thin .Continue to take 30 doses of the above drugs.During a telephone follow-up six months later, the patient say no discomfort and stable blood pressure control.

Note: The patient is a middle-aged male, usually do not control diet, like to eat greasy, sweet and strong taste of food, damage the spleen and stomach, spleen loss of health, phlegm dampness and turbidities blocked in middle warmer , can not nourish the head, so visible dizziness, head weight, cough

and other discomfort, combined with the patient's symptoms and tongue pulse, syndrome differentiation for the phlegm and blood stasis resistance. Ren Xiao-fang professor said at the time of treatment from the aspects of the replenishing spleen qi and dispelling phlegm and stasis, therapy in patients with only, can only alleviate symptoms of patients with temporary, in the long term, should pay attention to the characteristics of each of the zang-fu organs, harmonize each viscera qi activity, make it run normally, that's the key to cure disease, so not only pay attention to spleen and stomach in treatment, pay more attention from the whole, the harmonic qi activity, make its normal operation. Give si Sang drink plus or minus. Patients complain of occasional expectoration, expectoration to eat sweets and greasy food after the most obvious, because spleen deficiency is the source of phlegm, so add amomum, coix seed, cardamun, rhizoma atractylodis, lotus leaves to spleen dehumidification. During the return visit, the patient complained of dizziness, head weight, expectoration and other phlegm-dampness symptoms were alleviated, but there was still blood stasis block, so chuanxiong and herba lycopi were added on the basis of above to promote qi and blood circulation to remove stasis. At the third visit, the patient's symptoms disappeared and the effect was better, so he continued to take the drugs to consolidate the treatment.

(2) Wang mou, male, 16 years old, with "intermittent dizziness for 2 years, aggravation for 1 week" as the chief complaint came to see a doctor. The patient developed dizziness and discomfort without obvious causes 2 years ago, and found that his blood pressure was high when he measured his blood pressure at home. So, he took "Luobuma leaf" to relieve his blood pressure, but no significant improvement was found. His blood pressure was still high when measured by himself. He then went to the Fourth Military Medical University for ambulation of blood pressure: the average blood pressure was 161/109 mmHg, and the blood pressure drop rate at night exceeded the standard. He came to our hospital for further TCM treatment because worried about dependence on antihypertensive drugs. The present symptoms are: occasional dizziness, bitter mouth, stomach distension, eating, sleeping, defecation and urination are normal. Tongue qualitative red moss is white, pulse sink string. Examination: double kidney and adrenal CT, double kidney and renal artery B ultrasonography, head CT, cardiovascular series, blood homocysteine examination showed no abnormality. Treatment with Sisang drink plus or minus: chrysanthemum 15g, selfheal 20g, Hawthorn 15g, endothelium corneum gigeriae galli 10g, eucommia ulmoides 10g, Alisma rhizoma 15g, Achyrantes bidentata 15g, Mulberry leaf 12g, vinegar bupleurum 12g, cassia seed 15g, Fructus aurantii 10g, Ligusticum chuanxiong 10g, Paeoniae paeoniae 10g, danshen 20g, cassia cassia 20g. 7 doses, 1 dose a day, decocted to 400ml, morning and evening to take warm. When seeking medical treatment for the second time, the patient complained of bitter mouth and stomach distension in the morning after taking the medicine, which was alleviated somewhat and still had dizziness. Tongue red edge with teeth marks, thin yellow moss, pulse sink string. Add 10g gastrodia, 10g uncaria and 20g oysters to the previous prescription. 14 doses, 1 dose a day, decocted to 400ml, morning and evening to take warm. On the third visit to the doctor, the patient complained that dizziness basically disappeared, and the mouth was bitter in the morning, and the stomach distension was relieved, and there was no discomfort. The tongue is light red, the moss is thin and slightly yellow, the pulse is sink string. The patient's symptoms improved significantly and her previous medication was continued. Give 30 doses, methods of taking medicine same as before. At the fourth visit, the patient complained of 140-127/90-70 mmHg blood pressure in the recent month, and no special discomfort. The tongue is pale red, the moss is thin and white, and the pulse is sink. Chinese decoction same as before, 30 doses. During the telephone follow-up six months later, the patient reported that his self-measured blood pressure was 133-125/85-65 mmHg in the last six months, without any special discomfort and without oral medication.

Note: patient is young male, usually stay up late, irregular work and rest, combined with the usual irritable temperament, angry injury liver, stagnation of the circulation of vital energy stagnation into fire, fire consumption of liver and kidney Yin, causing excessive rising of liver-yang, so visible dizziness, bitter mouth and other discomfort. The patient's usual diet is not proper, the stomach is disharmony, qi activity is blocked in the stomach, so the stomach distension can be seen. Combined with the patient's symptoms and tongue pulse, the syndrome is excessive rising of liver-yang and obstruction of phlegm and dampness in middle jiao. Professor Ren Xiaofang believes that the excessive rising of liver-yang and obstruction of phlegm and dampness in middle jiao is only the form of its expression. In the treatment, we should start from the adjustment of qi activity and follow the characteristics of their respective zang-fu organs, which is the fundamental principle of treating diseases. Give si Sang drink plus or minus. Patients self-complaints of stomach distension discomfort, to endothelium corneum gigeriae galli to consumer food healthy stomach; Dizziness, to concha halitidis, salvia miltiorrhiza, Ligusticum wallichii, eucommia ulmoides to Tonifying liver and kidney, calming liver Yang, promoting qi and blood circulation. On the second diagnosis, the patient still had dizziness and discomfort, and gastrodia elata and Uncaria were applied on the upper basis to calm the liver and suppress yang. The symptoms improved

significantly. After two months of adherence to medication, the blood pressure was stable and now the blood pressure has returned to normal without any discomfort.

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