

# The Generation and Treatment of Diabetic Nephropathy are Discussed from Deficiency, Blood Stasis, Dampness and Turbidity

Xingzhou Wang<sup>1</sup>, Jiaying Fu<sup>2</sup>, Niuniu Men<sup>2</sup>, Yun Tian<sup>2,\*</sup>

<sup>1</sup>Shaanxi University of Chinese Medicine, Xianyang 712046, Shaanxi, China  
<sup>2</sup>Shaanxi Provincial Hospital of Chinese Medicine, Xi'an 710003, Shaanxi, China  
 \*Correspondence Author

**Abstract:** *Deficiency, stasis, dampness and turbidity are common clinical pathogenic factors, which have been confirmed in many fields for years, and many studies have shown that diabetic nephropathy is associated with the upper four diseases. This paper demonstrates the correlation and treatment with the occurrence of diabetic nephropathy from four aspects of deficiency, stasis, dampness and turbidity, as a clinical reference.*

**Keywords:** Qi deficiency of spleen and kidney, Blood stasis, Dampness, Rising qing and reducing turbidity, Diabetic nephropathy.

## 1. Introduction

Diabetic nephropathy is a common microvascular complication of diabetes, and has become one of the main causes of chronic kidney disease in China, and its prevalence is higher than that of chronic kidney disease caused by glomerulonephritis [1]. Inflammatory factors secretion, oxidative stress response, endocrine disorders and other factors are closely related to their occurrence. With the development of DKD disease, the urinary protein remains positive, and the glomerular filtration rate gradually decreases, eventually leading to late renal failure, and the pathological damage of the kidney has been irreversible [2]. And TCM has rich treatment methods and intervention means for such chronic metabolic diseases.

From the perspective of western medicine, in the current patients, recommended DN treatment, including blood sugar control, active treatment of hypertension, reduce urinary albumin, etc., the application of drugs mainly angiotensin converting enzyme inhibitor (ACEI), angiotensin linked receptor antagonist (ARB), calcium channel blockers (CCB), insulin, etc., although these treatments can delay the progress of DN. This lesion [3-5].

Traditional Chinese medicine has unique views on such chronic metabolic diseases, and the treatment methods tend to be diversified. In the field of kidney disease, Professor Zhang Daning, a master of traditional Chinese medicine, put forward the famous theory of "kidney deficiency and blood stasis", believing that the pathogenesis of all kidney diseases follows this basic theory, including DKD. He believes that "deficiency, blood stasis, dampness and turbidity" are the four major pathological factors of DKD, and the method of tonifying kidney and promoting blood circulation is the fundamental treatment of DKD [6]. This theory coincides with the pathogenesis of DN believed by modern medicine.

## 2. "Deficiency, Stasis, Dampness, Turbidity" and the Production of Diabetic Nephropathy

### 2.1 Explain the Emergence of Thirsty Disease and Kidney

### Disease from the "Deficiency"

In traditional Chinese medicine, "diabetic nephropathy" is also called "thirst disease nephropathy", and believes that this disease is essentially "deficiency", the lack of healthy qi, leading to "phlegm, stasis, dampness, heat" and other evil stagnation, and eventually lead to this disease. We believe that spleen loss is the key to thirst elimination, and the deficiency exists in the disease; with phlegm, internal heat and blood stasis, and put forward the view of "spleen transport" for the treatment of thirst [7]. Thirst kidney disease early to temper deficiency, and see kidney deficiency. This disease is a complication of thirst, so its etiology must be separated from thirst. Most doctors believe that the loss of spleen health is the key to the loss of thirst. And thirst kidney disease is from the disease progression, so thirst kidney disease and thirst have a common pathogenesis, that is, the spleen loss of health, the disease by the spleen and kidney. Therefore, thirst nephropathy is more with spleen and kidney deficiency, mainly spleen deficiency, and kidney deficiency. At the same time of the spleen deficiency, the function of the spleen must be affected, resulting in the poor intake of water and grain essence, and the discharge of the spleen and kidney, that is, the microalbuminuria in the early stage of diabetic nephropathy. "Medical students must read" said: "only the spleen soil vanity... stasis into phlegm". The spleen is the dirty of transport, the kidney is dirty water, if both dirty loss, water metabolism loss, can cause water moisture, phlegm and other evil to stay for a long time, overflow skin and edema.

### 2.2 Explain the Emergence of Thirst Elimination Disease and Kidney Disease from the "Blood Stasis"

As a common pathological product in traditional Chinese medicine, "blood stasis" plays a vital role in the emergence and development of a variety of diseases. It is recorded in "Synopsis of the Golden Chamber" that "the patient is hot, tired, dry and thirsty, and its pulse is not hot, which is Yin and blood stasis". Ye Tianshi said: "the disease of a long period of blood and blood, there must be stasis in the blood collateral, so the disease qi lingering can not go", blood stasis leads to the extension of the disease. Ringland [8] It is believed that DN

develops on the basis of diabetes deficiency, which affects the spleen and kidney for a long time, the spleen loses transportation, the water and valley, the seal and loss, which causes the adverse gasification, water and fluid distribution, enters the disease for a long time, and has blood stasis for a long time. It is proved that "blood stasis" is a key element of thirst disease. In clinical practice, the method of "promoting blood circulation and removing blood stasis" to deal with diabetic nephropathy is also applied by most doctors. Even if the disease is still in the early stage, it is necessary to increase blood circulation drugs in the prescription to improve the hypercoagulation state of the body. Clinical many doctors think there are four reasons: the pathogenesis include, for the liver loss in drainage, lead to gas, eventually lead to qi stagnation and blood stasis, for congenital deficiency after loss in wei, lead to gas deficiency, blood weakness, blood cannot and blood stasis, three for jin fluid, is the so-called Tianjin blood homology, jin fluid deficiency can make blood stasis, four for Yin, Yin deficiency, and lead to blood suffering, pulse arteries loss in caring and blood stasis.

### **2.3 Explain the Emergence of Thirsty Elimination Disease and Kidney Disease from the "Wet" Stage**

The kidney is "dirty water", the main water, body fluid, kidney gas foot is body fluid, and lung and spleen for mutual use, jointly regulate the body water metabolism. With the progress of the disease, kidney Yang deficiency, deficiency of kidney essence, fire exhaustion, three coke loss, water stop concentration in the body, there will be clinical "edema, oliguria, anuria" and other symptoms. Malto · The Guide [9]: "Wet has internal and external, external... internal injury from the viscera to the spleen and kidney." Moreover, the spleen Yang and kidney Yang interdependent, kidney Yang deficiency is also insufficient, the spleen Yang is the key to transport water fluid, spleen Yang weakness, spleen lost transport, the water wet stop in the body, knot in three coke, long into wet turbidity, brewing into poison, which also becomes an important reason for the final progress of diabetic nephropathy toward chronic kidney failure. Wet is Yin evil, the most easy to hurt Yang, hinder the rise and fall of qi, wet heavy turbidity, sticky is difficult to heal, dampness evil is widespread, everywhere. Medical Ye Shi: "wet evil the most widely", the wind for the long, good and digital change, actually wet evil, as the fluid metabolism disorder of pathological products, disease is wide, and more to all kinds of strange disease, wet for diffuse moisture, shape, nowhere, wet evil, will stay in the body, wet evil more than various evil mixed, cause many changes, or gather into water, or stop and drink, or coagulation into phlegm, four pathological products belong to a class, difficult to divide, and mutual conversion, merger, therefore and mutual name, clinical wet syndrome particularly common, there are "wet disease" said.

### **2.4 Explain the Emergence of Thirst Elimination Disease and Kidney Disease from the "Turbidity"**

The theory of Yin and Yang originates from the Inner Classics, from which the method of rising qing and reducing turbidity is derived. Qingqing generally refers to the body of the essence of micro substances stored in the body for use, reduce turbidity refers to the substance after the metabolism of the remaining dross, and in urine. Feces, sweat and other forms

out of the body [10]. "Clear gas is in the top, turbidity gas is in the bottom", which is also unified with the mechanism of urinary protein produced by diabetic nephropathy. Therefore, based on the development of many prescriptions, it is also proved that the treatment of proteinuria caused by diabetic nephropathy has a good effect through clinical application and experimental studies. Protein in the human body to maintain the life activities of material, belong to qing Yang material urine for metabolites, belong to cloudy Yin material, not sick in the dynamic balance of both sides, each place, and when the spleen, kidney disorders, lead to clear turbidity, will appear fine material with urine, form albuminuria, so can be given to rise clear turbidity method treatment, spleen kidney to rise, and assist to promote blood circulation and remove blood stasis, dispel phlegm by drink, thus cure, albuminuria will be dissolved.

## **3. Clinical Experience**

### **3.1 Supplement the Spleen and Kidney, Spleen and Kidney**

Clinical treatment of this disease, also to "fill the spleen and kidney" combined as the main treatment. In the treatment of yiqi and spleen, the proposed prescription to supplement yiqi soup, the effect of this prescription is to replenish qi, can treat the spleen does not rise to clear the syndrome, and coincide with the pathogenesis of this period. This prescription in ginseng, baishu qi tonic, bupleurum, cohosh together to help the effect of qi medicine. In addition, astragalus increases the function of invigorating the spleen. Modern pharmacological studies show that astragalus has good diuretic effect, lasting effect and little effect on electrolytes, which is not easy to cause electrolyte disorder, and is more suitable in the treatment of high dose and long course of treatment [11]. In clinical practice, more patients have kidney deficiency, leading to the essence is not solid, so the treatment should pay attention to convergence and astringent, drugs choose raspberry, Gordon euryale, andra chinensis, golden cherry meat, dodder, etc., and can be applied to each period of diabetes.

### **3.2 Promote Blood Circulation and Remove Blood Stasis, Promote Qi and Smooth Collaterals**

Modern medicine generally adopts the methods of lowering lipid, lowering glucose and dilating blood vessels in the daily treatment of diabetic nephropathy patients, which is consistent with the idea of "long disease into collaterals" and the pathological changes of collateral and stasis. Almost all patients with diabetic nephropathy have the pathological state of blood stasis, with some clinical manifestations of limb numbness, skin nail error, and purple and dark tongue [12] Therefore, in the clinical treatment of multiple drugs for promoting blood circulation and removing blood stasis, modern medical research has shown that traditional Chinese medicine can reduce blood circulation, reduce blood lipid, reduce blood viscosity, expand blood vessels, improve microcirculation and anti-thrombosis, and use blood consumption. Emphasizing the theory of "initial qi is tied in the meridian, long blood injury into the collateral" provides an important reference for using the method of promoting blood circulation and removing blood stasis to treat diabetic

nephropathy in clinical practice, and has good safety and little toxic and side effects.

### 3.3 Benefit Water Dehumidification and Water Dampness Simultaneously

Wet evil throughout the diabetic kidney disease, it is a pathological product, and can be used as cure factors, so in the theory of diabetic kidney disease, wet evil especially must pay attention to, and wet mixed, so the clinical TCM should be based on strengthening spleen kidney treatment, according to the wet evil mixed focus on different to clearing damp evil dehumidification, often harvest good clinical effect. Weak temper, transport and loss of division, or lung loss, no right to control, or kidney loss and closing, adverse gasification, or three coke congestion, gas occlusion, etc., resulting in abnormal fluid distribution and excretion, water fluid stop gathering, and water wet stop. In order to promote the lung, spleen, spleen and urine, is the so-called "cure wet not benefit urine, not its treatment", drugs such as astragalus, atractylodes, atractylodes, Poria, spleen, Huai yam, sand ginseng, jade bamboo, radix, yellow, pollen, yellow essence, spleen with poplar, Peilan, calamus, amomum, om kernel, etc..

### 3.4 Liters of Clear Reduce Turbidity, the Viscera Reduce Turbidity

Shangqing nourishing Yin soup consists of 16 medicines such as atractylodes, Dangshen, cooked rehmannia, radia, wheat, Yujin, Angelica, chuanxiong, ligusticum and stiff silkworm, which play nourishing spleen and kidney, strengthening essence and replenishing qi, and benefiting dampness and refreshing. The occurrence of DKD proteinuria is related to renal inflammatory damage, so reducing the level of serum inflammatory factors is helpful for the treatment of DKD proteinuria. Studies have confirmed that the decoction can downregulate the serum inflammatory factor level, inhibit the kidney inflammatory response, and block the progression of proteinuria [13-14].

## 4. Conclusion

Diabetic nephropathy is the overall evidence of this deficiency standard, spleen and kidney deficiency is the fundamental, the standard is mostly dampness, blood stasis, turbidity and so on. Wet, blood stasis, turbidity is not only cause diabetic kidney disease factors, and pathological products, plays an important role in the occurrence and development of diabetic kidney disease, many complications, so in the treatment of later generations is not pure dampness, blood stasis, turbidity, should according to the clinical symptoms of different symptoms and signs of syndrome differentiation, distinguish disease period, find out the rule, in order to achieve syndrome differentiation, make more diabetic nephropathy patients improve symptoms, delay the course of disease, improve the quality of life in patients.

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