

Clinical Experience of Huang Yahui in the Treatment of Gastroesophageal Reflux Disease

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Abstract: *Gastroesophageal reflux disease (GERD) is a common clinical disease, and the typical symptoms are reflux and heartburn. Although western medicine is effective in the treatment of GERD, it is easy to relapse after drug withdrawal. However, TCM syndrome differentiation treatment has its unique advantages and characteristics for this disease. However, TCM syndrome differentiation treatment has its unique advantages and characteristics. This article systematically summarizes Huang Yahui's understanding of TCM disease name, etiology and pathogenesis, key points of syndrome differentiation, clinical application of Wubei Sanxin and clinical treatment experience of this disease, with the purpose of promoting the famous doctor's experience for communication and learning.*

Keywords: Gastroesophageal reflux disease, The experience of famous doctors.

1. Introduction

Huang Yahui, professor of Shaanxi University of Chinese Medicine, master tutor of Shaanxi University of Traditional Chinese Medicine, famous traditional Chinese medicine in Shaanxi Province, the guidance teacher of the sixth batch of national old traditional Chinese medicine experts' academic experience inheritance work, Sanqin talents of Shaanxi Province, Business director of the Department of Spleen and Stomach Diseases of Xi'an Traditional Chinese Medicine Hospital, a national key specialty, and academic leader. She has been engaged in the clinical, scientific research and teaching of spleen and stomach diseases for more than 30 years. She has rich experience in diagnosis and treatment, flexible medication thinking, and profound theory of traditional Chinese medicine. The author has learned a lot from the teachers and benefited a lot. This article summarizes the clinical experience of Huang Ya-hui, a famous TCM doctor, in the treatment of gastroesophageal reflux disease.

Gastroesophageal reflux disease (GERD), a common [1] clinical disease, is a digestive system disease caused by reflux of gastroduodenal contents into the esophagus, causing discomfort symptoms and/or complications. It is mainly divided into the following three types: Reflux esophagitis (RE) and non erosive reflux disease (NERD) and Barrett esophagus (BE) [2], heartburn and reflux is the typical symptoms, common atypical symptoms include chest pain, burning sensation in the upper abdomen, abdominal pain, abdominal distention, belching, etc [3]. In the understanding of the motherland medicine, though no records of gastroesophageal reflux disease, but there is a record of earlier about the similar symptoms of the disease ancient books [4]. According to the clinical manifestations of GERD in ancient Chinese medical books belong to the category of "acid swallowing", "noise" and "esophagus illusion". Suwen Zhizhen Yao Da Lun Pian said: "All vomiting acid, forced to bet, all belong to heat" is the earliest explanation [2] of this disease. Zhu Danxi (the Yuan Dynasty) wrote in Danxi Xin-fa · Swallowing Acid (Swallowing Acid), "When swallowing acid, dampness and heat are trapped in the liver and come out of it, and lies between the lung and stomach." He believed that swallowing acid is related to the lung,

stomach and liver. "Element asked mystery original disease type, six gas for disease, vomit acid" in the cloud: "acid, liver wood taste also, by the fire of gold, not wood, it had liver wood since, reason for acid also" think swallow acid and courage, Jing Yue Quan shu Lun Liele Prescriptions for Swallowing Acid also put forward more than 13 classical prescriptions for swallowing acid. It can be seen that the etiology and pathogenesis of GERD are complex [5], and in the process of clinical treatment of TCM, it is necessary to combine the four diagnostic methods, combine the specific clinical symptoms, clarify the etiology and pathogenesis, establish the treatment rules and methods, so that the prescription can be used to eliminate the disease.

2. Huang Yahui's TCM Understanding of GERD

2.1 Huang Yahui's Understanding of GERD in Traditional Chinese Medicine

Although the name of GERD is not explicitly mentioned in Chinese medical books, its similar symptoms have been recorded in ancient books. For example, in the Chapter on Intestines and Stomach of Miraculous Pivot, it says: "The weight of the pharyngeal gate is twelve pounds, and its width is one and a half inches. Until the stomach is one foot and six inches long..." Yanmen refers to the esophagus, which is the earliest understanding of esophageal anatomy in traditional Chinese medicine, and describes the weight, width and length of the esophagus in detail. Yi Xue Zhi Yao (Essentials of Medicine) said, "The stomach tube is soft and empty, and the Fu is also". In Yi Jie xu Yu (Yi Jie xu Yu), there is a saying that "the pharynx is swallowed by objects to respond to the earth's qi. It is the system of the stomach, and the lower gastric tube is the road of water and grain. From the pharynx into the stomach, the stomach is the main putrefied water, Zhao Xianke's Yi Guan (Medical Guan) said, "The throat is soft and empty, and the lower part is connected with the stomach, which is the way of food and drink." From the above literature, it is known that the esophagus is the system of the stomach and the passage of water and grain. Its functions should belong to the six Fu organs, which have the physiological characteristics and functions of the six Fu

organs, mainly promoting water and grain, and promoting health, so that descending is harmony. However, although the esophagus belongs to the six Fu organs, it is the road of water and grain. It should only be deficient rather than solid, so it prefers to be soft and empty. The physiological characteristics of esophagus and stomach are similar, so they are inseparable in function and affect each other in pathology. There is no corresponding disease name for GERD in traditional Chinese medicine. However, according to its main clinical symptoms such as heartburn, chest pain, acid regurgitation, bitter mouth, and throat discomfort, Huang Yahui, a famous Chinese physician, believes that gastroesophageal reflux disease can be classified into “acid swallowing”, “noisy”, “hate of esophagus”, “nausea”, “bitter mouth” and other disorders in traditional Chinese medicine. Just as Jingyue Quanshu · Noise said: “It is a disease, the abdomen is empty, if there is nothing, like hunger is not hunger, is spicy is not spicy, is pain is not pain, and the chest and stomach annoyance, no name, or to eat and temporarily stop, or food has been noisy, or nausea, and gradually see the stomach pain”, the symptoms are similar to this disease.

2.2 The Etiology of GERD Recognized by Huang Yahui, a Chinese Traditional Physician

The etiology of GERD is mainly related to the feeling of external pathogens, improper drinking and eating, emotional disorder, and physical deficiency.

2.2.1 Feeling external pathogens, cold and heat attack the stomach

Exogenous cold, heat and dampness pathogens, which are internal to the stomach, can cause the dysfunction of the stomach qi, the loss of the rise and fall of the stomach, the inverse of the stomach qi, and the entrapment of acid, which is the disease. Especially in the majority with damp and hot, such as “Dan creek art, swallow acid” yue: “acid eater, hot and humid stasis in liver, volts between the lung and stomach”, as mentioned in the life of the yuan bao “is a hot and humid in appetite, eating into the stomach, yu stem was damp and hot, eat not, pretended to swallow acid”.

2.2.2 Phlegm and blood stasis accumulate each other, blocking the middle scorching

Excessive drinking, excessive eating fat sweet, excessive eating spicy food, damage the spleen and stomach, spleen and Yang deficiency, health failure, water dampness, damp, phlegm, obstruction of phlegm and qi, or phlegm and blood stasis, causing qi dysfunction, stomach dysfunction, stomach qi entrapment acid and the occurrence of this disease. For example, “The Four Ming Heart Method”: “There is too much food, stomach in the stomach, the spleen is not transport and acid, blowing depression and damp heat steaming, such as the wine cylinder is too hot there is acid also”. Medical Mirror of Ancient and Modern Times: “It seems that the qi swallow acid, this is the food stagnation has heat, anger rushed up”.

2.2.3 Emotional disorder, too much anger and worry

Depression, anger, emotional dysfunction, liver qi depression, or sadness hurt the spleen, spleen dysfunction, soil stagnation,

can lead to liver loss and drainage, qi stagnation, cross and reverse the stomach, causing the stomach qi inverse and the disease. “In the card to embark, swallow acid” cloud: “pantothenic acid in the stomach, noisy burns, many diseases with committed stomach”.

2.2.4 The body is deficient for a long time and the spleen and stomach are weak

The spleen and stomach are the officials of granaries, mainly accepting and transporting water and grain. If the spleen and stomach are weak, the operation is derelict, or the Yang is insufficient, the jiao is deficient and cold, or the endowment is insufficient, acquired disorders, and the deficiency of the spleen and stomach after a long illness can cause the rise and fall of the spleen and stomach to fail to do their job, and the qi is against the upper and the disease occurs. “Jing Yue Quanshu · on Spleen and Stomach”: “The beginning of a person is based on the essence of blood, and the birth of a person is based on the nourishment of water and grain. Without the essence of blood, there is no basis for the formation of the body, and without the water and grain, there is no strong body. The division of essence and blood is in the vital gate, and the division of water and grain is in the spleen and stomach. Therefore, the vital gate obtains the innate qi, and the spleen and stomach obtains the acquired qi.

2.2.5 Surgical injury, loss of ascending and descending department

Suffering from gallbladder disease or stomach, esophagus, gallbladder surgery, etc., damage the spleen, stomach, liver and gallbladder and other organs, resulting in the contradiction of gallbladder and qi, the stomach qi is reversed, and the esophagus is invaded.

2.3 TCM Physician Huang Yahui’s Understanding of the Pathogenesis of GERD

Huang Yahui, a famous traditional Chinese medicine doctor, believes that emotional disorders, improper diet, long-term illness, and postoperative injury can cause dampness, phrititis, qi, and heat to be trapped in the esophagus, and the temper does not rise, the stomach qi does not fall, the liver does not rise with the spleen, the bile does not fall with the stomach, and the stomach qi is reversed, causing GERD related symptoms. The basic pathogenesis of GERD is stagnation of qi, liver qi and phlegm turbidity, and gastric disorder and health. Huang Yahui of traditional Chinese medicine believes that the treatment of GERD should be mainly based on soothing the liver and regulating qi, regulating qi and eliminating phlegm, making acid and relieving pain.

2.4 TCM Physician Huang Yahui’s Understanding of the Key Points of Syndrome Differentiation Treatment for GERD

Huang Yahui, a famous TCM doctor, believes that the TCM syndrome types of GERD are complex, and the accurate syndrome differentiation should be done by distinguishing the primary and secondary symptoms, grasping the tongue and pulse accurately, and combining the four diagnostic methods. The specific syndrome differentiation and treatment are as

follows:

2.4.1 Spleen-stomach deficiency cold type

The main points of syndrome differentiation are as follows: vomiting acid, vomiting saliva, belching acid, stomach distention, dull pain, loose stool, poor appetite, liking warmth, hair when cold, weak tongue, thin white or white greasy fur, heavy pulse or thin string. Professor Huang's experience of Wenzhong Jianpi decoction and Wubei powder were used to warm and strengthen the spleen, and reduce stomach reflux, make acid and relieve pain. Composition: Astragalus membranaceus 20g, cinnamon twig 6g, stir-fried white peony 15g, licorice tablet 6g, dried ginger tablet 6g, woody incense 6g, sand kernel 6g, pine 12g, forsythe 15g, cutotheca 30g, Zhejiangfritillaria 15g. In the prescription, astragalus membranaceus is used to nourishing spleen and qi, Cinnamon twig, dried ginger slices, licorice slices warm Yang and dissipate cold, Stir-fried white peoniae and medium to relieve pain, The combination of wood incense and sand kernels can regulate qi, invigorate the spleen and relieve pain, Add forsythiasis to clear the heat of burning, If the cold image is not, spleen deficiency is the main, the use of Xiangsha Liujuanzi decoction to invigorate the spleen and qi, qi and stomach, If it is difficult to fall asleep, easy to wake up and more dreams, can add night Jiaoteng or calcinated oyster, For those with obvious acid spitting and heartburn, Wubei powder can be used to treat acid reflux, burning and heart deficiency syndrome, and it has wonderful work of acid making and pain relieving.

2.4.2 Spleen-stomach damp-heat type

The main points of syndrome differentiation are: acid reflux, heartburn, belching, sticky and greasy mouth, poor appetite, stomach distention, dry or sticky stool, light tongue, and yellow thick and greasy coat. The prescription was treated with Sanren decoction and Zuojin pill with Professor Huang's experience. Drug composition: cardamom 10g, fried bitter almond 10g, Coicis seed 30g, plantain 15g, light bamboo leaves 12g, Magnolias officinalis 15g, ginger pinellia officinalis 12g, Evodia fructus 3g, Huanglianpian 6g, bamboo shavings 12g, Fructus aurantii 15g, calcinowaurus 30g. The prescription uses three kernels to clear heat and dampness, and reduce stomach reflux, Zuojin pill is used to relieve fire, soothe the liver, and relieve stomach pain. Ginger pinellia can regulate qi and invigorate the spleen, dry dampness and dissipate phlegm, With plantain, light bamboo leaves clear heart in addition to trouble, dampness, Houpu dry dampness eliminating phlegm, lower qi removal full, Bamboo shavings fructus aurantii regulate qi and clear heat, Reusing calcinated corrugated to make acid and relieve pain, For those with dry mouth and bitter mouth, add radix pseudostellarii 15g, For frequent belching, suzi, bamboo shavings and sand kernels were added, The loose stool reused poria cocos, If there is a sense of pharyngeal foreign body can be added platycodon grandiflorum, Perilla peduncle.

2.4.3 Type of spleen deficiency and liver depression

The main points of syndrome syndrome are as follows: vomiting acid, belching, weak mouth, easy fatigue, flank pain, poor general mood, weak tongue, thick white root of the

tongue, and thin string pulse. Professor Huang's experience of prescription Shugan Jianpi decoction and Wubei powder were used to soothe the liver and regulate qi, invigorate the spleen and benefit qi, implying that there is elimination in health and supplement in action. Ingredients: Stir-fried fructus aurantii 15g, citrus peel 12g, Ligusticum Chuanxiong 10g, stir-fried Radix paeoniae 15g, Beibupleurum with vinegar 12g, licorice tablet 6g, Rhizoma radix 6g, Rhizoma radix 6g, Codonopsis ginseng tablet 15g, stir-fried Atractylode with bran 15g, Poria cocos 15g, Rhizoma pinelliae rhizoma 12g, Zhejiangfritillaria sp. 15g, cutotheca mantidis 30g. For tongue coating root white thick, add Huangbai 10g, for those in bad mood, add 15g of tulip, Dangshen tablets with obvious dry mouth are easy to be pseudostellariae radix, If the belching was frequent, 12g of Houpu was added to the belching. If the stool is dry, it is easy to fry Atractylodes atractylodes atractylodes to make atractylodes atractylodes (reuse), If the patient complains of loss of appetite, stir fried malt and divine comedy can be added, Pantothenic acid is obvious, can add calcined corrugated, the hypochondrium pain obviously add yanhu to relieve pain.

2.4.4 Liver and stomach disharmony type

The main points of syndrome syndrome are: acid regurgitation, heartburn, distension and pain in the hypogastrium, belching, poor appetite, aggravation of symptoms when the mood is poor, pharyngeal foreign body sensation, light tongue, white tongue, and pulse string. The prescription was treated with Shugan Hewei decoction and Zuojin pill. Ingredients: vinegar Beichu 12g, ginger Pinellia 12g, Codonshen tablets 15g, Huangqin tablets 10g, licorice tablets 6g, Tangerine peel 12g, Poria poria 15g, bran stir-fried fructus aurantii 15g, bamboo shavings 12g, Huanglianpian 6g, Wuzhuyu 3g, calcin-wailengzi 30g. In the recipe, the vinegar Beichaihu Huangqin is used to soothe the liver, relieve depression, clear heat and stomach. Ginger pinellia, Dangshen tablets combined to dry dampness and dispel phlegm, invigorate spleen and qi, Wendan decoction is used to warm and cool and dissipate phlegm without dryness, clear heat without cold, clear bile heat, turbidly phlegm, stomach qi and drop, With Zuojin pill combined with calcinating corrugated, clear the liver fire, acid and pain relief. If the night rest is not good, add Shouwu rattan and acacia skin, Heat image obvious can add forsythe to clear the heat of scorching, Sagittal gas frequency, sagittal gas after the alleviation of stomach distension can increase the abdominal skin to adjust the gas to reduce distension. If poor appetite uses Jiao three fairy (Jiao malt, jiao application, Jiao hawthorn) (if there is stomach pain to remove Jiao hawthorn, if combined with stomach distension add fried Raphani seed). If you see liver depression heat, then add Zuojin pill, gardenia, cutfish bone, calcinated corrugated.

2.4.5 Phlegm dampness internal resistance type

The main points of syndrome syndrome are: acid reflux, vomiting, stomach distention, soft stool, poor appetite, nausea, thirst, heavy limbs, red tongue, thin white or thick fur, and smooth pulse string. Professor Huang and Wa Wendan decoction were used to dispel phlegm, dispel dampness, and reduce stomach reflux. Ingredients: Fructus officinalis 15g, gluten-fried atractylodes 10g, Tangerine peel 12g, licorice

tablet 6g, Poria 15g, ginger pinellia 12g, bamboo mushroom 12g, Fructus aurantii 12g. In the formula, tangerine peel, Rhizoma pinellia and Magnolia officinalis are used to dry dampness and invigorate the spleen, regulate qi and dissipate phlegm. Stir-frying cangshu with bran, stir-frying fructan with bran to remove qi, invigorate spleen and dry dampness, and enhance the function of qi, supplemented with poria to invigorate the spleen and damp, eliminate the source of phlegm, Bamboo shavings clear heat and phlegm, in addition to restful antiemetic, Dilute stool add fried yam, fried atractylodes.

2.4.6 Stomach Yin deficiency type

The main points of syndrome syndrome are: burning and dull pain in the stomach and esophagus, dry choking and vomiting, like hunger but do not want to eat, poor eating, dry stool, red tongue with less fluid, less or no fur, and thin and weak pulse. Professor Huang Yangyin-Yiwei decoction was used to treat the disease. Ingredients: raw Rehmannia radix 15g, Ophiopogon radix 15g, Dendrobium dendrobium 12g, Phyllostachyanthes japonicum 12g, Rhizoma pinelliae 12g, bamboo mushroom 12g, Tangerine peel 12g, Fructus aurantii fried with bran 12g, licorice tablet 6g, etc. Reuse raw rehmanniae, ophiopogonis for Jun, nourish Yin, clear heat, moisturize dryness. Jade bamboo for the minister to nourish Yin, strengthen the raw land, maidong stomach nourish Yin. Stomach qi on the reverse of the addition of swirling flowers, ochre, If seen hematemesia melena add panax notoginseng, crane grass, white and, For obvious sternal pain, salvia miltiorrhiza, dalbergiae odoriferae, broached frankincense, myrrh and Typha huang are added. If stomach distention after meal, add tangerine peel, Shenqu to regulate qi digestion.

3. Huang Yahui, a Famous TCM Doctor, Clinically Used Wubei to Disperse the Heart

Wubei Powder is a good traditional Chinese medicine prescription [6] recorded in the Chinese Pharmacopoeia, which is composed of cuttlebone, Zhejiangfritillaria and tangerine peel. Huang Yahui, a famous traditional Chinese medicine doctor, adjusted the original prescription to cuttlebone 30g and Zhefribbee 15g according to the characteristics of GERD cases she had encountered in her clinic. It was mainly used for patients with acid reflux and heartburn symptoms of spleen and stomach weakness. Cuttlebone, also known as cuttlebone, cuttlefish bone, etc., has salty, astringent taste and warm nature. It belongs to the spleen and kidney meridian. It has the functions of convergence and hemostasis, solid essence stop belt, acid and pain relief, dampness and sores [7]. Li LAN [8] et al. studied the chemical composition of cuttlebone and found that Ca is the main inorganic element in cuttlebone, and its functional components are generally believed to be related [9] to its rich calcium (mainly calcium carbonate) content. Modern Practical Chinese Materia Medica cuttlebone "is an antacid drug, effective for excessive gastric acid and gastric ulcer" [10]. The traditional use [8] of cuttlebone is to treat hyperacidity, gastric ulcer and various bleeding. Every warm medicine, it means that it has the effect of warming Li and dispersing cold, supplementing fire and helping Yang, warming meridians and dredging collaterals, returning Yang and saving inverse. Therefore, cuttlebone is used for the

patients with spleen and stomach weakness who have acid reflux and heartburn to achieve the effect of acid without injury. It is recorded in the Clinical Medical Records and Prescriptions that the combination of this medicine and qi and dampness medicine can treat epigastric pain, belching acid and swallowing acid to achieve the effect of making acid in temperature, regulating qi and relieving pain. In Xin Xue of Acute Abdomen, this medicine combined with Wenli medicine was used to treat ulcer disease of spleen-stomach deficiency and cold type. Zhejiang-fritillary is the bulb of Zhejiang-fritillaria of Liliaceae, which belongs to the lung meridian and heart meridian, with bitter taste and cold nature. It has the effect of clearing heat and dissipating phlegm, dispersing and detoxifying. As a traditional Chinese medicine, Zhejiangfritillaria fritillaris has a large amount and significant curative effect. He Cuilin et [11] al studied the chemical components of Zhejiangfritillaria bulb and found that the main components of Zhejiangfritillaria fritillaris are isosteroidal alkaloids and diterpenoids, and modern research suggests that the effects of clearing heat and eliminating phlegm are related [12] to the content of alkaloids in Zhejiangfritillaria fritillaris. Bitter, "can be discharged", that is, it has the effect of clearing fire and heat, reducing qi and so on. Huang Yahui, a famous TCM doctor, believes that the pathogenesis of GERD is stagnation of qi, liver qi with phlegm turbidity on the contrary, and the stomach is out of balance. Therefore, Zhefritillaria fritillary taste is bitter, which reduces qi and reduces qi, and ventilation is used to smooth the liver and stomach. It can clear the lung heat to dissipate phlegm, and solve GERD from the pathogenesis. Shandong Manual of Chinese Herbal Medicine: Clearing the lung and resolving phlegm, making acid, and detoxifying. It can be seen that Zhejiangfritillary is also often used for stomach pain and acid vomiting in modern medicine. The ratio of cuttlebone and Zhejiangfritillary in Huang Yahuiwu powder is 2:1. The cuttlebone is used to induce medicine into the viscera to produce acid and relieve pain. The Zhejiangfritillary is proportioned to clear the hot phlegm from the lung and reduce the lung qi, so that the gold reduces the wood, so that the rise and fall of the spleen and stomach qi mechanism is adjusted to eliminate the phlegm from the source.

4. Examples of Medical Records

Nan, female, 71 years old, first diagnosed on December 18, 2023. The chief complaint was acid regurgitation and heartburn for more than 10 years. More than 10 years ago, the patient developed acid reflux and heartburn due to poor mood. She was treated with omeprazole enteric-coated capsules, aluminum and magnesium plus suspension, and Chinese patent medicine (details were unknown). The symptoms were relieved, but the symptoms were prone to relapse after drug withdrawal. Symptoms: acid reflux and heartburn, irregular onset, occasional stomach distension, dry mouth, palpitation, chest tightness, easy to catch a cold, sputum in the pharynx, difficult to cough out, stool 2-3 days/time, forming, defecation weakness, frequent urination, urgency, nocturia 2-3 times, sleep difficulty, eating sodium chloride. The tongue is light and the body is fat, the fur is white, and the pulse is heavy and fine. Previous diagnosis of "anxiety state" (taking related drugs), Surgery for an ectopic pregnancy several years prior. Deny drug and food allergies. The patient complained

of chronic superficial gastritis by gastroscopy 2 years ago. 14C: HP (-) suggested reexamination of gastroscopy, but the patient refused. Western medicine diagnosis: gastroesophageal reflux disease. TCM diagnosis: acid vomiting. The syndrome is spleen deficiency and liver depression. The treatment is suitable for invigorating the spleen and soothing the liver, and reducing the stomach inverse, making acid and relieving pain. Professor Huang Shugan-Jianpi decoction and Wubei powder were given. Composition of drugs: *Costumaria* 6g(bottom), *arenaria* 6g(bottom), *Radix pseudotumor* 15g, *Rhizoma atractylode* 30g, *Poria* 15g, *Rhizoma pinelliae* 12g, *Tangerine* 12g, *Licorice tablet* 6g, *Cuttlebone* 30g, *Zhejiangfritillary* 15g, *Trichosanthes fructus* 20g, *Fructus auriculatum* 15g, *Radix rehmanniae* 30g, *Radix xiebai* 30g, *peach kernel* 15g, *Forsythia* 15g, *Calcinated oyster* 30g (first decoction), 1 dose a day, water decoction 2 times, extract juice 300ml, take 2 times in the morning and evening, take 7 doses. At the same time, *rabeprazole entero-coated capsules* were taken orally before meals, 20mg, once a day.

The second visit was made on December 28, 2023. After taking the medicine, the symptoms of acid reflux and heartburn were significantly relieved, the pharyngeal sputum was no longer, and the weakness of defecation was relieved. The patient occasionally had acid reflux 1 hour after meal, burning esophagus, sour mouth, dry mouth, dry eyes, normal mood, hot hands and feet, sleep, defecation twice a day, and urination. The tongue was reddish, the fur was white, and the pulse was heavy and thin. The first prescription was *Trichosanthes fructus* 25g, *evodia fructus* 3g, *Huanglianpian* 6g, *Yujin* 15g, *Chuanxiong* 12g. 7 doses were taken. At the same time, *rabeprazole enteric-coated capsules*, 20mg, are taken orally every other day before meals.

The patient had a third visit on January 4, 2024. After taking the medicine, acid regurgitation and burning sensation of esophagus were significantly relieved, dry mouth and dry eyes were relieved. The patient's symptoms included acid reflux and fever 1-2 times /7 days, slight dry mouth, warm hands and feet, mild mood, good sleep, defecation twice a day, and urination. The second prescription was continued for 7 doses, and *rabeprazole enteric-coated capsules* were stopped daily. During the follow-up, the patient's upper symptoms disappeared, and he was instructed to eat a light diet, avoid the wind and cold, and adjust his mood.

According to: the patient in this case has been ill for many years, and has repeated episodes of acid reflux and heartburn due to poor mood, which belongs to the category of acid vomiting disease of traditional Chinese medicine. Zheng zhi Hui Bu, Swallowing Acid said: "The accumulation of stagnating middle jiao, long-term stasis into heat..... There is no stagnation of heat, because of the cold, the cold of acid." It shows that acid spitting sickness has both cold and heat, and is related to the stomach. The syndrome of this disease belongs to cold, which is caused by the weakness of spleen and stomach and the stagnation of liver qi over time. The basic pathogenesis is spleen deficiency and liver depression. The treatment should be invigorating the spleen and soothing the liver, reducing the reflux of the stomach, making acid and relieving pain. Professor Huang Shugan-Jianpi decoction is a combination of *Fangxiangsha Liujunzi decoction* and *Wubei*

powder according to the experience of clinical application. *Xiangsha Liujunzi decoction* came from *Ke Yunbo's* prescription in the *Ancient and Modern Famous medical Prescriptions (Treatise on Famous Medical Prescriptions) Volume I*. It is beneficial to qi and phlegm, and has the effect of temperature. It is mainly used for spleen-stomach qi deficiency and phlegm blocking qi stagnation. *Wubei powder* is an empirical prescription, derived from *Practical Chinese Materia Medica*, which can produce acid and relieve pain, astringency and hemostasis. Indications for epigastric pain, vomiting acid water, noise like hunger. *Huang Yahui*, a famous TCM doctor, added *Trichosanthes* and *Xiebai* to *Shugan-Jianspleen decoction*, which means *Trichosanthes* and *Xiebai liquor decoction*. It can broaden the chest and disperse the knot, promote qi and dispel phlegm. *Li Zhongzi* in "Lei Gong Processing Medicinal solution" that "bran fried immature bitter bitter taste, slightly cold, the main chest fullness of the pipi..... In addition to abdominal distension, the elimination of food, the determination of asthma and cough, qi inverse ". *Li Zhongzi* believes that stir-frying aurantiosis with bran mainly treats fullness in the chest and removes abdominal distension. Therefore, adding stir-fried *Zhishi* with bran in this patient not only eliminates stomach distension and chest fullness, but also reduces qi and reflux, dissipates phlegm and dissipates constipation. In the *Mingyi Bielu*, "*Platycodon grandiflorum* tastes bitter and has small toxicity. It is mainly beneficial to hide the stomach and intestines, tonify blood qi, remove cold and hot wind obstruction, warm the middle, eliminate the valley, treat sore throat, and reduce venomous insects. Therefore, *platyflorum platyflorum* is added to *Xuanfei*, dispel phlegm, benefit the five zang organs, and warm and nourishing blood. *Huang Yuanyu* wrote in his *Changsha Materia Medica*: "Dried *dihuang* is sweet and slightly bitter, which enters the spleen of the foot Taiyin and the liver meridian of the foot Jueyin. Cooling the blood nourishes the liver, refreshing the wind moistens the wood, treating the wasting-and-thirst of Jueyin, regulating the knot generation of meridians. *Zifeng wood* and broken dispersive, the blood is very good, dry gold and open about closed, will be strong also effect." Therefore, add raw *dihuang* to clear the heat and cool the blood, nourish Yin and promote body fluid, and induce medicine into the spleen. In this case, the patient had spleen deficiency for a long time, spleen deficiency dampness blocked heat, and consumed body fluid. Therefore, *Radix pseudotumor rhizoma* was used instead of *radix Codonopsis* to supplement qi and Yin. The patient had stomach distension and weak defecation, so the raw *Atractylodes rhizoma atractylodes rhizoma rhizoma* was replaced by fried *atractylodes rhizoma atractylodes rhizoma atractylodes rhizoma*, which could tonify spleen and qi and clear away heat. It reflects the flexibility of *Huang Yahui*, a famous traditional Chinese medicine doctor. *Bencao Congxin* pointed out that "those with light deficiency float and rise, while those with heavy solid content sink and fall." Plant seeds and fruits have the characteristics of heavy internal substance and fall into the soil after maturity, so they have an inward and downward trend in the treatment. They have obvious therapeutic [13] effect on the middle and lower jiao diseases of the human body. Therefore, peach kernels are added to moisten dryness, smooth intestine and purgative. *Calcinated oysters* are added to collect Yin and *Qianyang*, relieve the patients suffering from sleep, and *cuttlebone* is used to enhance the effect of making acid. Add *forsythie* to clear the heat and detoxize the

wind and heat. At the second diagnosis, the patient's symptoms were significantly improved, occasionally acid regurgitation, dry mouth, and poor mood. Huang Yahui, a famous TCM doctor, believed that the remaining symptoms were caused by spleen deficiency for a long time, qi stagnation and phlegm obstruction, soil stagnation and wood stagnation, and liver qi stagnation. Therefore, increasing the gram number of *Trichosanthis* can enhance the function of wide chest, dispersing knot, promoting qi and eliminating phlegm, adding Zuojin pill to treat acid reflux of liver and stomach disharmony type, adding Yujin pill, Chuanxiong promoting blood circulation, promoting qi, clearing heart and relieving depression.

5. Conclusion

GERD is one of the most common chronic diseases of the digestive system, with a long course of disease and difficult to heal. The conventional western medicine therapy is drug treatment and non-drug treatment. Non-drug treatment includes surgery and endoscopic treatment. Endoscopic treatment has a variety of methods and is effective. Surgical operation requires high technical requirements of doctors and is not widely [14] carried out. Traditional medical treatment of GERD has a [15] long history, special prescriptions, various treatment methods, little damage to the body and toxic reactions, but it takes a long time, so many patients abandon pure TCM treatment. The combination of traditional Chinese and western medicine in the treatment of GERD can achieve the effect of treating both symptoms and root causes, effectively improve the clinical efficacy, so as to achieve satisfactory therapeutic effect, and can reduce the probability [16] of adverse reactions. Huang Yahui, a famous traditional Chinese medicine doctor, has rich clinical experience in the treatment of GERD and has formed her own set of clinical "syndrome differentiation thinking". She believes that the core points of correct treatment are to accurately grasp the etiology and pathogenesis of the disease, to flexibly change the prescription with the syndrome, to formulate the combined treatment plan of Chinese and western medicine by special personnel, and to dialectical nursing is the key to control the recurrence of the disease.

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