

Chief Physician Li Qun's Experience in Treating Sweating Disease

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Abstract: *Sweat syndrome is a disease caused by excessive secretion of sweat in the body, Sweating is the Western term for 'hyperhidrosis.' This article will sweat evidence of the origin of tracing causes, the mechanism of disease manifestation, diagnosis and treatment, case examples of several aspects of the Shaanxi Provincial Hospital of Traditional Chinese Medicine Li Qun, director of the doctor's experience in the treatment of such diseases.*

Keywords: Sweating, Hyperhidrosis, Sweating disease.

1. Introduction

With regard to sweating, modern medicine places it in the category of 'hyperhidrosis' and 'phytoneurotic dysfunction', it is widely believed that excessive sweating is caused by the central nervous system, endocrine system, cardiovascular and cerebrovascular diseases, or local nervous system and other regulatory dysfunctions, resulting in sweat glands to secrete sweat in large quantities. The earliest record of sweating in Chinese medicine can be traced back to the Yellow Emperor's Classic of Internal Medicine (Huangdi Neijing) which classify sweating as pranic sweating, excessive sweating, gui sweating, profuse sweating, percolating sweating, dunking sweating, bed sweating, seizing sweating, decisive sweating, leaking, etc. Pranic Sweat, excessive sweating, Gui Sweat, and leakage are known in this world as spontaneous sweating, and bed sweating is known as night sweating. It was not until after the introduction of the 'Medical Zhengzhuan' that the sweats were collectively referred to as sweating evidence. Li Qun, Chief Physician of Shaanxi Provincial Hospital of Traditional Chinese Medicine, has been engaged in the clinical work of traditional Chinese medicine for more than 20 years, who has her own unique medication experience in the etiology, pathogenesis and diagnosis and treatment of sweating, and her clinical diagnosis and treatment of sweating is based on the fundamental principle of harmonising yin and yang, qi and blood. This article will summarise the experience of Dr Li Qun in the treatment of sweating syndrome in terms of the origin and causes of sweating syndrome, pathogenesis, diagnosis and treatment, and case examples, in order to expand the clinical diagnosis and treatment of sweating syndrome and to better serve the patients.

2. Source and Origin, Etiology and Mechanism of Disease

Sweating is one of the common physiological manifestations. Sweating mostly occurs during exercise, after eating spicy and stimulating food, or during emotional stress, while pathological sweating is often manifested as sweating in a quiet state, or sweating far more than the normal amount of sweat, which is often referred to as hyperhidrosis, spontaneous sweating, and a small number of patients with night sweats on the basis of spontaneous sweating. Li Qun,

chief physician believes that the pathogenesis of sweat is no more than the real and the real two, the virtual is no more than a deficiency of gas loss, yin deficiency and yang bloom; the real is no more than the heat of the liver, dampness and heat within.

2.1 Self-sweating

Self-sweating, which often occurs when the body sweats all over when it shouldn't, or sweats at the drop of a hat or with water. The importance of 'sweating' was clearly stated by Zhang Zhongjing in his Treatise on Typhoid Fever. The mechanism of spontaneous sweating is described in the Treatise on Typhoid Fever - Identification of Pulse Evidence and Treatment of Sun Disease: 'Disease often sweating from the person this is Rong Qi and Rong Qi and the external disharmony of the person to the Wei Qi is not common Rong Qi harmony, so it is.' Sweating here is due to the camp and Wei and not, camp for the yin, Wei for the sun, yin and yang imbalance, sweating Giverny, relying on Yang's transpiration into sweat, and through the Wei gas control couper's opening and closing of the discharge of the body to form a sweat. If Yin and Yang are not in harmony, and Ying and Wei are not in harmony, then sweating is abnormal. In addition to this, the book also mentions the significance of pharmacological self-sweating: 'In solar diseases, headache and fever, sweating and malignant wind, Gui Zhi Tang is the mainstay.' The body feels the wind-cold evil damage yang qi, forcing Jin to go out. Modern medical practitioners can also be said to have a variety of insights into sweating.

Professor Li Qun believes that 'dampness is the gradual sweat, sweat is the extreme of dampness', that dampness and heat are important pathological factors in the pathogenesis of sweating. The two are often combined with each other for the disease, dampness for the Yin evil, blocking the spleen Yang, transport and transformation is not conducive to the internalisation of water and dampness not to be transformed, heat for the Yang evil, the evil heat inside, the fluid out of the house. To clear heat and dry dampness as a basic treatment, one can use Huanglian Detoxification Soup and other products to clear heat and dry dampness so that the evil must go out [2].

National Medical Master Zhang Lei Zhang with his original

'Xie Li Method', which means to regulate and harmonise, including and regulating the internal organs, regulating qi and blood, and harmonising yin and yang; Zhang Lao believed that when treating sweating, the relationship with heart, kidney, lung, liver and spleen should be taken into consideration, and yin and yang should be regulated, so that deficiency and reality can be treated together; when liver fire and dampness-heat are in the liver, the evil heat can not reach the outside, and the fluid is forced to leak out, then sweating will be seen, which is often treated with the addition of Longgian Diarrhoea Liver Tang [3].

Yang Congxin old Chinese medicine that dampness, heat can be alone, can also be combined for the disease, the treatment should be clear heat and dry dampness, diarrhoea and convergence of sweat, medicinal use of gentian grass, scutellaria, gardenia, chaihu, plantain, wood, zexie, raw land, angelica, licorice and so on clearing heat and drying dampness detoxification of the product, sweat more plus calcined keel bone, calcined oyster; liver depresses the person of fire plus mudanpi, tulips; kidney yin insufficiency plus yam, cornelian cherry, etc. [4].

Li Qun, chief physician, believes that the onset of spontaneous sweating for both real and virtual, virtual for the lungs, spleen and qi deficiency, sweat loss, real for the liver and spleen deficiency, spleen deficiency and dampness, liver depression and fire; The mainstay of treatment is to tonify the lungs and spleen, clear heat from the liver, strengthen the spleen and resolve dampness; Medicines such as Scutellaria baicalensis, Gypsum, Rhizoma Coptidis, Chai Hu, Atractylodes Macrocephala, Poria, etc. can be used to clear heat and dry dampness, strengthen the spleen and regulate qi.

2.2 Night Sweats

Physiological night sweating is manifested as the environment is too hot, or drinking spicy and stimulating food before going to bed, or sweating drugs, pathological night sweating is manifested as the whole body sweating at night when you sleep and do not know that you are sleeping, sleep is sweating since the stop. Article 137 of the Treatise on Typhoid Fever: 'In solar disease, the pulse is floating and moving and counting, floating is wind, counting is heat, headache and fever, slight night sweating, and the opposite of malignant cold, the table is not resolved also'. This article explains that one of the pathogenetic mechanisms of night sweating is Yangming qi heat syndrome, in which yang qi is exuberant, forcing the fluid to go out, the whole body sweats out; The symptom of night sweating is also seen in yin deficiency, internal heat, restlessness at night, yin and yang not being in harmony, yang not being in yin, floating yang in the outside, forcing Jin to go out. Yin deficiency damages the blood over time, and the deficiency of both yin and blood, and the stagnant heat in the blood forces the fluid in the blood to leak out, culminating in night sweats.

Professor Bai Changchuan believes that night sweating is dominated by deficiency, which can be caused by both yin and yang deficiencies, and that warming and tonifying the kidneys and yang is the mainstay of the treatment, which is often treated with gui zhi plus fu zi soup with subtractions; Yang deficiency and night sweating is not restricted to

seasons, even on the day of three volts, as long as the disease mechanism of yuan-yang deficiency is met, the use of cannon appendices with great pungency and great heat can be applied [5].

Professor Tong Xiaolin clinically reused *Juniperus communis* oyster powder to treat night sweats, which he believed belonged to the disease of internal heat in the heart and lungs due to yin deficiency. *Juniperus chinensis* root is clear, moist and generates fluid, which can remove dry heat from the lungs and stomach and moisten the tendons and veins, while oyster is salty and cold, guiding the heat downward and lowering the floating yang of the upward movement, so that the evil heat will not be upwardly flickering, and the fluid generates heat and lowers it, and the two flavours are used together to regulate yin and yang [6].

2.3 Hot Flashes and Sweating

In addition to spontaneous sweating and night sweating, some pre-menopausal and late menopausal women may experience hot flashes and sweating, patients often experience menstrual disorders, baking heat and sweating, bursts of heat up to the head, followed by sweating all over the body, after a few minutes the symptoms can be relieved on their own, several episodes a day, it is accompanied by irritability, palpitations and panic attacks, insomnia and forgetfulness, dizziness, tinnitus and palpitations, lumbar and back pains, heat in the hands, feet and heart, and other symptoms related to menopause [7]. Modern Chinese medicine names such symptoms as female menopause syndrome. Traditional Chinese medicine believes that 'the woman seven seven Ren vein deficiency, Taichong vein decline, Tiankai exhaustion, the ground is not accessible, so the shape of the bad and childless, 'Women around the age of 49, the kidney qi from the flourishing to the decline, decadal failure, Chong Ren emptiness leads to kidney yin and yang imbalance, so the kidney deficiency for women menopausal syndrome hot flashes sweating on the basis of the onset of the disease. In addition, with the in-depth exploration of menopausal syndromes in Chinese medicine, there are different medical opinions on the pathogenesis and treatment of baking heat and sweating.

Professor Yu Qing believes that heat symptoms such as baking heat and sweating during menopause can be caused by the weakness of yang qi in the spleen and stomach, insufficient ascending and clearing of yin fire, and the deficiency of the spleen and kidneys over a long period of time [8].

Professor Jiang Kun believes that the liver is the main reservoir of blood, the main diarrhoea, he believes that liver qi stagnation is always in the whole process of pathological evolution, stressing that this disease needs to be treated from the liver theory, liver fire blazing, then compel Jin to go out, hot flashes and excessive sweating, the treatment can be used Zishui Qinglian Drink combined with Baihe Sour Zaojube Kernel Soup Plus Reductions in order to clear the heat and cool the blood, nourish the kidneys and clear the liver [9].

Professor Li Qun believes that the key to female menopausal syndrome hot flashes and excessive sweating lies in the liver

and kidney organs, the liver is the main reservoir of blood, the main sentiment, the kidney is the main heavenly decadal, the Chong Ren, liver depression for a long time, involving the kidneys, kidney yin deficiency, insufficient kidney water, false fire upward inflammation, then baking hot sweating.

3. Lit. Test Case Example

On 10 May 2024, Li, a 15-year-old male, was seen in our outpatient clinic. Complaint: Excessive sweating for 5 years. Present symptoms: excessive sweating of the whole body, sweating at every turn, no fatigue, no fear of heat and cold, sweaty hands and feet, irritability, poor nutrition, two stools can be, sleep can be, moderate body size. Tongue and pulse: red and fat tongue, white greasy moss, slippery pulse. Western medicine diagnosis: hyperhidrosis. Chinese medicine diagnosis: sweating syndrome (liver depression and spleen deficiency). Treatment: clearing away heat and dampness, dredging the liver and strengthening the spleen. Prescription: add reduction and refinement with Ease Powder of Moutan Bark and Cape Jasmine Fruit. First visit prescription:

Mudanpi 6g Fried Gardenia 3g Northern Chaihu 6g
Curcuma longa 6g Honey Lily 15g *Atractylodes Macrocephala*
6g Sand nuts 6g Poria 8g Poria Cocos 10g
Radix Scrophulariae 8g Radix et Rhizoma Glycyrrhizae 8g
Glycyrrhiza glabra 3g Xianhe Cao 20g
Fried *Atractylodes macrocephala* 8g Radix et Rhizoma
Ginseng 8g

Repeated on 17 May 2024 after 7 consecutive doses: Excessive sweating insignificantly relieved, appetite is available, and emotional impatience and irritability are improved. The follow-up formula increased the dosage of *Atractylodesmacrocephala*, Poria, Chicken Nai Jin and Xian He Cao based on the original formula, and changed Radix et Rhizoma Ginseng to Rhizoma Lycopodii, and was followed by 7 more doses.

On follow-up after half a month, the patient's excessive sweating, poor appetite and impatience had been cured.

The patient is a 15-year-old young male, the disease belongs to the category of Chinese medicine 'sweating', combined with the patient's tongue and pulse and symptoms, the patient's diagnosis should be liver depression, spleen deficiency and qi deficiency. Plain school pressure, emotional impatience and irritability, liver qi stagnation, depression and transformation of fire, so the compulsion of the Jin out of the Yu long depletion of yang qi, so see sweating at every turn. Liver-wood subjugates spleen-earth, spleen and stomach transport and transformation are out of order, so poor appetite is seen. Spleen deficiency and dampness are embedded, so the tongue is fat, and the moss is white and greasy. Professor Li Qun, Chief Physician, used the main formula of Ease Powder of Moutan Bark and Cape Jasmine Fruit to nourish blood and soften the liver, clear the liver and strengthen the spleen. Danshi, Gardenia clearing heat and drying dampness, nourishing Blood and softening Liver; Chai Hu, Yu Jin and Lily to ease the liver and relieve depression; Muxiang and Sha Rento regulate Qi, dredge the Liver and strengthen the Spleen; Rhizoma *Atractylodis Macrocephalae*, Poria, Chicken Nei Jin and Jiao Gu Ba are used to eliminate food and strengthen the

spleen, invigorate the spleen and resolve dampness; Radix et Rhizoma Ginseng to tonify the Spleen-Qi; Radix et Rhizoma Glycyrrhizae to harmonise the herbs; Xianhe Cao is bitter and astringent in nature in order to astringe sweating. It is bitter and astringent in nature and belongs to the heart and liver meridians, and sweat is the residue of the heart, so it has a significant effect in treating sweating caused by liver depression and fire, and it also has the effect of tonifying the deficiency, which is also very effective in sweating caused by the lack of solidity of the lung guards and the deficiency of yang qi.

Professor Li Qun, Chief Physician, believes that the treatment of sweat evidence can not just follow the textbook, should be with the times, in contrast to modern society, With the improvement of people's living standards, diet gradually improved, the pressure of life is also gradually increased, the consultation of the patient is mostly seen in the body wide over-eating fat, sweet and thick flavour, obesity, mental anxiety and nervousness. Therefore, Li Qun, chief physician professor in the clinic treatment of sweating will be clearing dampness and heat and resolve liver depression throughout the treatment process, she believes that 'depression' and heat is the main etiology of sweating, in the dialectic of the main prescription to be clearing dampness and heat drugs, liver depression drugs after the patient's symptoms will be significantly improved, but the clinical application of the application should be flexible, and should not be set in stone. But in clinical application, we should be flexible and not set in stone.

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