

Pei Ruixia's Experience in Treating Hypothyroidism

Qiong Wu¹, Ruixia Pei^{2,*}

¹Shaanxi University of Chinese Medicine, Xianyang 712046, Shaanxi, China

²Xi'an Hospital of Traditional Chinese Medicine, Xi'an 710021, Shaanxi, China

*Correspondence Author

Abstract: ***Objective:** To summarize Professor Pei Ruixia's idea of treating hypothyroidism and his experience in choosing prescription drugs. **Methods:** By following Professor Pei Ruixia's outpatient clinic, we collected Professor Pei's typical medical case for the treatment of hypothyroidism, and sorted it out, analyzed and summarized it. Professor Pei's academic thoughts and clinical diagnosis and treatment ideas on hypothyroidism were discussed from the aspects of etiology, pathogenesis, prescription and drug selection, and two typical test cases were attached to support it. **Results:** Professor Pei often focuses on the liver to treat hypothyroidism. According to many years of clinical experience, the occurrence of hypothyroidism is mostly affected by emotional factors, and its pathogenesis is closely related to liver depression. Qi stagnation, abnormal operation of qi and blood fluids, and phlegm and blood stasis are the pathological basis of the disease, and can often achieve good clinical effects. The first treatment of the test case should take the basic principles of relieving the liver and relieving depression, strengthening the spleen and middle, and then choose to add or subtract from Xiaoyao. The second treatment of the test case should be mainly to relieve the liver and relieve depression, benefit qi and strengthen the spleen. The prescription should be added or subtracted from Xiaoyao powder, and a significant curative effect was obtained after treatment. **Conclusion:** Professor Pei Ruixia discusses the treatment of hypothyroidism, closely related to the pathosis, and combines the clinical symptoms and signs of patients. The overall syndrome differentiation and treatment has a significant curative effect, which is worth promoting and learning from.*

Keywords: Pei Ruixia, Hypothyroidism, Traditional Chinese medicine treatment, Syndrome differentiation and treatment, Case test.

1. Introduction

Hypothyroidism is a pathological syndrome caused by thyroid hormone deficiency [1]. Thyroid hormone deficiency caused by thyroid genetic defects, surgical thyroid resection, 131I thyroid ablation or thyroid autoimmune destruction are common causes of hypothyroidism [2]. The most common clinical symptoms in adults are fatigue, drowsiness, cold resistance, increased body mass, abnormal defecation, sound changes and dry skin. Patients may have different symptoms depending on age and sex [3]. At present, the prevalence of hypothyroidism in China is about 17.8%, of which clinical hypothyroidism is about 1.1%, and subclinical hypothyroidism is about 16.7% [4]. Left thyroxine is an effective drug for this disease, which is effective for most patients with hypothyroidism. However, although the level of thyroid hormone is normal in a few patients, the symptoms of hypothyroidism persist [2], affecting the quality of life of patients. Traditional Chinese medicine has the unique syndrome differentiation advantages of holistic and personalization. It has accumulated rich experience in improving patients' symptoms and quality of life, which can effectively improve the symptoms of some patients with hypothyroidism. Professor Pei Ruixia is a representative inheritor of Gao's academic school of internal medicine in the Qin and Jin Dynasties. He has been practicing medicine for more than 30 years. He has been using the method of "harmony" and "reconciliation" to treat various internal diseases, especially diabetes, thyroid diseases, gout, menopausal syndrome, metabolic syndrome and other diseases. The curative effect is quite good. Professor Pei Ruixia's experience in treating hypothyroidism is summarized as follows.

2. Traditional Chinese Medicine's Understanding of Hypothyroidism

There is no specific disease name in traditional Chinese medicine. According to the symptoms and signs, it is classified as "influent labor", "ying bing" and "edema". The "Jin Gui Yao Lve" first mentions the name of "lao ying". Qianjin Yaofang [5] classified it as "labor", and later some doctors attributed it to "ying xu bing" [6], "Su Wen · Zhizhen Yao Da Lun Pian" said that "All moisture and edema belong to the spleen". Patients with congenital deficiency, unhealthy diet, emotional disorders, overwork and rest can all lead to the occurrence of this disease. Fang Chaohui and Lu Zhizheng [7,8] believe that hypothyroidism is based on the deficiency of kidney yang. Zhang Xiaoyun [9] believes that spleen and kidney yang deficiency is the based, and phlegm, turbid blood stasis is the standard. Chen Fangzhong [10] pointed out that liver yang deficiency is the key to pathopathy. Li Huilin believes that spleen deficiency is a key factor in the disease [11]. "Yanshi Jisheng Fang" clearly points out that the occurrence of this disease is caused by discomfort, liver disorders, and qi depression. In addition, Professor Zhang Zhongde believes that the occurrence of hypothyroidism is closely related to emotions, and puts forward the view that depression is the cause, followed by phlegm condensation [12]. As far as the onset site is concerned, the thyroid gland is located on both sides of the anterior laryngeal node of the neck, and the Zu Jue Yin Gan Jing is "at the back of the throat", so the maintenance of the normal structure and function of the thyroid gland is inseparable from the liver. As for the affected population, this disease is common in women [13]. In the Qing Dynasty, Ye Tianshi [14] proposed in the "Linzhen Zhinan Yi'an" that "women should focus on the

liver". The physiological characteristics of women, such as menstruation, pregnancy, childbirth, and lactation, determine that their physiology is closely related to the liver meridian qi and blood. In addition, the stimulation of emotions, diet, and other factors can easily lead to the occurrence of qi stagnation, phlegm accumulation, and blood stasis, resulting in this disease. Summarizing the records of Ying disease in ancient and modern Chinese medicine literature, as well as years of clinical diagnosis and treatment experience, Professor Pei believes that emotional factors are the main cause of this disease, and the pathogenesis is closely related to liver depression. The pathological basis of this disease is qi stagnation, abnormal circulation of qi, blood and body fluids, and phlegm stasis. The liver belongs to the wood type. Once the body's emotions are not smooth, the first attack on the liver can lead to liver depression. The liver qi is lost in regulation, and the qi in the whole body is stagnant and not dispersed. The body fluids cannot be transported and distributed normally, which can easily produce dampness and produce phlegm. The accumulation of phlegm qi can lead to this disease. The "Su Wen · Tiao Jing Lun" states that "disharmony between qi and blood leads to various diseases arising from changes." If the body's emotions and emotions are not satisfied, it can cause liver qi stagnation, liver dysfunction, and affect the spleen's function of circulation and transformation. The spleen and stomach are the foundation of postnatal development and the source of qi and blood biochemistry. If the spleen loses its healthy function, it can cause abnormal circulation of qi, blood and body fluids throughout the body, stagnant blood circulation, phlegm and blood stasis coagulation, and also lead to this disease.

3. Diagnosis and Treatment Experience - Focusing on the Liver and Spleen

Based on the principle of examining the cause and treating the root cause, Professor Pei pointed out that in addition to referring to laboratory examination indicators, diagnosis and treatment should also be based on the specific clinical manifestations of the patient, and the four diagnostic methods should be combined together for reference and treatment based on syndrome differentiation. Based on years of clinical experience, she believes that the imbalance of qi movement caused by emotional disorders is the core cause and pathogenesis of this disease. Emotional disorders lead to liver depression, qi disorders, and qi stagnation in the front of the neck, which can cause gallbladder disease. Prolonged stagnation of qi can lead to blood stasis, which can also cause this disease. Prolonged liver depression can lead to spleen deficiency and dysfunction, insufficient qi and blood biochemistry, abnormal water and liquid transfer, and subclinical hypothyroidism. Prolonged liver depression can cause qi disorder, leading to hypothyroidism. Therefore, in the treatment of patients with liver depression and qi stagnation, Chaihu Shugan San with modifications should be used to soothe the liver and promote qi circulation. The focus is on soothing the liver and promoting qi circulation, regulating emotions, and regulating qi mechanisms. For patients with liver depression and qi stagnation, as well as blood stasis and obstruction of collaterals, Chaihu Shugan San with modifications can also be used. When soothing the liver and promoting qi circulation, it is recommended to use products that promote qi circulation and blood circulation to

eliminate blood stasis and generate new vitality. For patients with liver depression and spleen deficiency, the classic formula Xiaoyao San can be used with modifications. Xiaoyao San has the effect of soothing the liver and strengthening the spleen, and the effect is considerable for patients with liver depression and spleen deficiency. If there is no phlegm coagulation, there is water and dampness accumulation. Therefore, in the treatment of syndrome differentiation, if it is phlegm coagulation, then drugs that promote qi circulation, strengthen the spleen, and resolve phlegm should be reused, such as tangerine peel, ginger and pinellia ternata, Fructus Aurantii immaturus, and Magnolia officinalis. If there is water and dampness accumulation, drugs that promote qi circulation, strengthen the spleen, and dissolve dampness should be reused, such as sand. The spleen and stomach are the foundation of innate constitution, generating qi and blood. Qi and blood can be converted into kidney essence and kidney qi. If there is a lack of biochemical sources of qi and blood and insufficient essence and qi, it can lead to kidney deficiency. Therefore, the Hei Xiaoyao Formula can be modified by adding Rehmannia glutinosa on the basis of Xiaoyao Powder. Rehmannia glutinosa can nourish kidney essence. In addition, drugs such as Sichuan Achyranthes, stir fried yam, and wine pulp can be added to tonify the kidneys and fill essence. Liver qi can be cleared, and spleen deficiency and kidney deficiency can be supplemented. Therefore, in the diagnosis and treatment, the core is "liver depression and spleen deficiency", from the liver to the spleen, from the spleen to the kidneys, and then distinguish the pathological products, and prescribe medication with significant therapeutic effects. Professor Pei's treatment should focus on the pathogenesis of liver qi stagnation and imbalance of qi, blood, and body fluids. When treating this disease, it should be divided into four types: liver qi stagnation and phlegm qi blockage syndrome, liver qi stagnation and spleen deficiency syndrome, phlegm dampness accumulation syndrome, liver qi stagnation and blood stasis syndrome, phlegm blood stasis syndrome, and liver qi stagnation and qi yin deficiency syndrome.

3.1 Liver Stagnation, Qi Stagnation, and Phlegm Blockage Syndrome

The patient is emotionally depressed, and the liver qi is not relaxed, resulting in a loss of the ability to regulate the flow of fluids. The accumulation of body fluids leads to the production of phlegm, which combines with phlegm and qi and accumulates in front of the neck. "Danxi Xinfa" said: If mortals have lumps in the middle and lower parts of their bodies, most of them are phlegm [15]. This type of patient often manifests mild or moderate thyroid enlargement, painless and soft and smooth texture, or both sides of swelling and discomfort, good breath, foreign body sensation in the pharynx, red tongue, mossy white, and thin pulse. If the patient has a short course of the disease, it is appropriate to treat it to loosen the liver and clear the qi. Professor Pei Ruixia often adds or subtracts the base recipe of Xiaochaihu soup: 10g of vinegar Chaihu, 10g of ginger Banxia, 15g of Beisha ginseng, 10g of licorice, 10g of vinegar Yujin, 6g of sand kernels (back), 10g of Houpu, etc. If the liver is heavy, add incense and Buddha's hand. If you see lumps, add Chuanqi, Chenpi and Fangkai.

3.2 Liver Depression and Spleen Deficiency, Phlegm and Dampness Contain Syndromes

Due to the patient's emotional failure and liver leakage, it affects the function of the spleen and stomach, resulting in the loss of normal function of the spleen, the loss of digestive function of the spleen, and the normal transportation and distribution of body fluids, gathering together to produce phlegm and dampness, and dampness condensation. This type of patient is prone to urgency, irritability, large temperament fluctuation, full discomfort in the ribs and abdomen, loss of appetite, or edema of the eyelids and lower limbs, thin stool, or thin when dry, light red tongue, white moss, fine or slow pulse strings, suitable for relieving the liver and strengthening the spleen, dissipating phlegm and knots. Professor Pei Ruixia often adds and subtracts from Xiaoyaosan as the basis: vinegar Beichaihu 10g, white peony 15g, stir-fried atracylodes 15g, Poria 15g, Angelica 10g, licorice 10g, etc.

3.3 Liver Depression, Blood Stasis, Phlegm and Stasis

The patient's liver qi is not smooth, the qi is blocked, and then phlegm is formed. Further development can cause the operation of qi and blood to be blocked. In the "Nei Jing" said that "qi leads to blood circulation, and qi stagnation and blood stagnation". Phlegm and blood stasis affect each other, and accumulate and stagnate in front of the neck. The clinical manifestations of this type of patients are often enlarged in the front of the neck or larynx, which can touch the mass, and the texture is hard. It is often accompanied by chest tightness and chest pain, poor food intake. Women often see breast swelling and pain, irregular menstruation, etc., dark red tongue, white moss, and astringent veins, which can relieve the liver and regulate qi, promote blood circulation and disperse knots. Professor Pei Ruixia often adds and subtracts from Chaihu sparse liver powder as the basis: vinegar Bei Chaihu 10g, white peony 15g, bran fried shell 12g, licorice 6g, Chuanxiong 10g, vinegar with 15g, tangerine peel 12g, half summer 10g, etc.

3.4 Liver Depression for a Long Time, Deficiency of Qi and Yin

The "Danxi Xinfu" records that "if there is excess qi, fire will be produced". The qi will be depressed for a long time, and it is easy to turn fire and generate heat. Fire is yang evil, and it is easy to consume qi to damage body fluids. This syndrome is based on liver depression, qi and yin deficiency. Clinical manifestations are often characterized by less qi and laziness, dry throat, low fever, spontaneous sweating and night sweating, panic, palpitations, five hearts, etc., red tongue, white moss, weak or fine pulses, treating the liver, relieving depression, nourishing qi and nourishing yin. Professor Pei often adds and subtracts from Shengmai Sanhe Xiaochaihu Decoction, or wheat-flavored Dihuang soup: 15g Prince Ginseng, Maidong 15g, 10g Wuweizi 10g, Chaihu 10g Jiang Banxia, 10g Licorice, 15g White Peony, 15g Peony Peony Peel 15g, 10g Tulips, Raw (ripleland) 12g, 30g of Yam, etc.

4. Typical Cases

4.1 Case 1

Patient Zhang, female, 17 years old, first diagnosed on October 9, 2024. He went to the doctor for more than a month after the discovery of abnormal thyroid function. A month ago, the patient found that the anterior neck lump 肿 was larger than the local hospital. Seven thyroid functions showed: TSH $11.5\mu\text{U}\cdot\text{mL}^{-1}$, anti-thyroid peroxidase antibody (TPO-Ab) $147.5\text{U}\cdot\text{mL}^{-1}$, thyroglobulin antibody (TG-Ab) $327.2\text{U}\cdot\text{mL}^{-1}$, serum total thyroxine and total triiodothyronine, FT4 and FT3 were all reduced. The patient was diagnosed with hypothyroidism and given "levothyroxine sodium tablets 25/50 μg , taken alternately every other day". Symptoms include: swelling and discomfort in the front of the neck, hot temper, irritability, poor appetite, good sleep, normal urination, loose stool, red tongue, white coating, and fine pulse. Western medicine diagnosis: hypothyroidism; Traditional Chinese Medicine Diagnosis: Gall Disease (Liver Stagnation and Spleen Deficiency Syndrome). Treatment: Soothing the liver and relieving depression, strengthening the spleen and harmonizing the middle. Western medicine diagnosis: hypothyroidism. Traditional Chinese Medicine Diagnosis: Ying Bing (Liver Stagnation and Spleen Deficiency Syndrome). Treatment: Soothing the liver and relieving depression, strengthening the spleen and harmonizing the middle. Advise the patient to temporarily stop taking Western medicine and only receive oral Chinese medicine treatment, and instruct the patient to have a follow-up thyroid function examination one month later. Prescription: 6g vinegar Chaihu, 12g stir fried Atractylodes macrocephala, 12g Poria cocos, 12g Paeonia lactiflora, 12g Angelica sinensis, 6g roasted licorice, 10g vinegar turmeric, 3g peppermint, 10g Magnolia officinalis, 15g Scrophularia, 6g Pinellia ternata, 10g Anemarrhena. 15 doses in total, 1 dose per day, taken warm after breakfast and dinner.

Second consultation on November 10, 2024. After taking the medication, the swelling and lumps in the front of the neck of the patient have subsided, the temperament has significantly improved, the appetite is good, the bowel movements are adjusted, the tongue is red, there is less moss, and the pulse is fine. The patient's thyroid function was rechecked at a local hospital on November 12, 2024, and showed TSH $7.450\mu\text{U}\cdot\text{mL}^{-1}$, TPO Ab $342.12\text{U}\cdot\text{mL}^{-1}$, and no significant abnormalities were observed in FT4, FT3, TG Ab, and other indicators. On the basis of the above, reduce the amount of Pinellia ternata and Anemarrhena, add 12g of Rehmannia glutinosa and 12g of Aconitum carmichaelii, continue to take 15 doses, and follow the same administration method as before. Three consultations on December 10, 2024. After taking the medication, the swelling in the front of the neck of the patient significantly decreased and there was no obvious discomfort. On December 12, 2024, are examination of thyroid function showed TSH $5.32\mu\text{U}\cdot\text{mL}^{-1}$, FT4, FT3 and other indicators were not significantly abnormal. The tongue was red and the coating was white. On the basis of the above, add 10g of Pinellia ternata and continue to take 15 doses, following the same method as before. Four consultations were conducted on January 2, 2015. The patient has no clinical symptoms. On February 10, 2025, are examination of thyroid function showed TSH $3.36\mu\text{U}\cdot\text{mL}^{-1}$ (returning to normal levels), and FT4, FT3 and other indicators were normal. The patient continued to take the above 15 doses with the same administration method as before. Advise patients to have a low iodine diet, regularly check thyroid function, and follow

up if they feel unwell. Since the follow-up phone call, no abnormalities have been found in thyroid function.

The patient is a teenage female who has experienced tremendous academic pressure and emotional distress, resulting in liver depression, qi stagnation, qi obstruction, phlegm dampness accumulation, qi stagnation, and phlegm coagulation, leading to a lump and swelling in the anterior neck. Stagnation of phlegm and qi can easily lead to the formation of heat, causing symptoms such as irritability and irritability in patients. The liver belongs to wood, while the spleen belongs to soil. Excessive suppression of the spleen by liver qi stagnation affects the normal physiological function of the spleen and stomach, resulting in decreased appetite and loose stools. Professor Pei uses the methods of soothing the liver, regulating the liver, and clearing the liver, supplemented by strengthening the spleen, eliminating phlegm, promoting blood circulation, and removing blood stasis, and selects Xiaoyao San with modifications. Chaihu in the formula can not only soothe the liver and relieve depression, but also disperse liver fire. The combination of stir fried *Atractylodes macrocephala* and *Poria cocos* can invigorate the spleen and dispel dampness. When used together with *Pinellia ternata* and *Magnolia officinalis*, it can relieve qi stagnation, dissolve phlegm and disperse nodules. Adding vinegar and turmeric can enhance the efficacy of Chaihu in soothing the liver and relieving depression, and can also clear and reduce heat. Peppermint is a meridian guiding herb that directly guides various herbs to the liver meridian. The patient has been depressed for a long time, causing damage to Yin fluid. Therefore, Xuan Shen and Zhi Mu are added to clear heat and nourish Yin. The combination of various medicines has the effects of soothing the liver, relieving depression, strengthening the spleen, and harmonizing the middle. Long term stagnation of qi, phlegm, and blood stasis can transform fire and damage yin. Therefore, during the second diagnosis, it is recommended to add *Radix Rehmanniae* to supplement blood and nourish yin. When used in combination with Xiangfu, it can enhance its ability to soothe the liver and relieve depression, as well as prevent excessive greasiness caused by *Radix Rehmanniae*. During the three consultations, the patient's TSH significantly decreased, and symptoms improved significantly. Therefore, ginger and *Pinellia ternata* were added to enhance its ability to open and disperse nodules, reduce phlegm and eliminate lumps, thereby eliminating nodules and swelling completely. During the four consultations, the patient's laboratory indicators had reached normal levels and there were no obvious clinical symptoms. Therefore, 15 doses of this formula were continued to be taken to consolidate the effect.

4.2 Case 2

Patient Meng, female, 32 years old, a housewife, presented with the main complaint of "general weakness for half a year" at the outpatient department. Symptoms include: general weakness, shortness of breath and laziness, low mood, dark yellow complexion, slightly swollen face, good appetite, night rest, sometimes loose stools, 1-2 times/day, and good urination. The tongue is pale red, the fur is white, and the veins are deep and thin. Regular menstrual cycle. The patient has a good physical condition in the past. Physical examination: No obvious enlargement was found in the

thyroid gland, no lumps were palpable, and no vascular murmurs were heard. Auxiliary examination: Seven items of Jia Gong: TSH, Serum total thyroxine, total triiodothyronine, FT4, and FT3 all decreased. Western medicine diagnosis: hypothyroidism, and traditional Chinese medicine diagnosis: Xu Lao (liver depression and spleen deficiency syndrome), currently not treated with Youjiale. Traditional Chinese medicine treatment mainly focuses on soothing the liver, relieving depression, nourishing qi, and strengthening the spleen. The prescription is Xiaoyao San modified, with a prescription of 10g vinegar North Chaihu, 15g *Poria cocos*, 15g white peony, 15g stir fried *Atractylodes macrocephala*, 12g *Angelica sinensis*, 10g roasted licorice, 15g vinegar Yujin, 15g *Codonopsis pilosula*, 6g vinegar *Schisandra chinensis*, 15g *Ophiopogon japonicus*, 10g *Magnolia officinalis*, and 6g sand kernel. A total of 6 doses are taken. After taking the medication for one week, the patient reported that their overall fatigue had decreased, their emotions had improved, and their symptoms had improved. The diagnosis was accurate, and they continued to use 12 doses of the prescription. After taking the medication, the patient reported that their mental state was still good, their fatigue had significantly decreased, their emotions had significantly improved, their complexion was rosy, and there was no further facial swelling or bowel movements. Professor Pei believes that the patient's condition has significantly improved, but has been ill for a long time. He suggests continuing to consolidate treatment with traditional Chinese medicine. Therefore, he will continue to make slight adjustments on the basis of Xiaoyao San. The specific medication includes 10g of Vinegar *Bupleurum chinense*, 15g of *Poria cocos*, 15g of *Paeonia lactiflora*, 15g of Stir fried *Atractylodes macrocephala*, 12g of *Angelica sinensis*, 10g of Roasted Licorice, 15g of Vinegar *Curcuma*, 12g of Chenpi peel, 6g of Vinegar *Schisandra chinensis*, 15g of *Ophiopogon japonicus*, 10g of *Magnolia*. The prescription removes *codonopsis pilosula* and adjusts to Chenpi to prevent new problems caused by nourishing and obstructing the stomach. Patients are advised to maintain good mood, avoid fatigue, consume a low iodine diet, and have a follow-up visit after 3 months. Reexamination of Jia Gong during the patient's fourth diagnosis: Jia Gong includes seven items: TSH 3.370 uIU/mL. The remaining indicators are normal. The above symptoms have disappeared. Advise patients to have regular checkups on their thyroid function.

Patients experience high levels of life pressure, including emotional anxiety, depression, and tension, which can lead to emotional distress. As a result, emotional factors are increasingly becoming a trigger for many diseases, especially thyroid diseases. Teacher Pei believes that patients usually experience low mood and emotional distress, which affects the function of the liver and, in turn, further affects emotional changes, thereby affecting the digestive function of the spleen and stomach. This leads to a lack of source of qi and blood biochemistry, and insufficient qi and blood cannot nourish the muscles of the limbs, resulting in overall weakness and an important factor that cannot be cured. Research has found that patients with dizziness often suffer from anxiety and depression, often accompanied by anxiety disorders, and anxiety patients often experience dizziness attacks [16,17]. Patients themselves have significant life pressure, which often leads to anxiety in this group of people. The patient's tense and anxious emotions can cause tension in the neck muscles,

intensified blood vessel constriction, obvious pain and dizziness, and worsen symptoms. However, the poor treatment effect also increases the patient's psychological burden, forming a vicious cycle and seriously affecting their quality of life.

5. Summary

Hypothyroidism, as a common endocrine disease, its clinical incidence rate is increasing year by year. Traditional Chinese medicine provides a distinctive method for the diagnosis and treatment of this disease. Professor Pei Ruixia inherits the ideas of the Gao academic school and believes that people from all walks of life in modern society often experience emotional discomfort, worry, and stagnation of qi due to high life or work pressure. Fluid transport and distribution are disrupted, leading to the formation of phlegm. Fluid transport and distribution are disrupted, leading to the formation of phlegm. If qi stagnation persists for a long time, the blood circulation will be obstructed, and then qi, phlegm, and blood stasis will collide and form this disease. Professor Pei believes that the pathogenesis of this disease is closely related to liver depression. The pathological basis of this disease is qi stagnation, abnormal circulation of qi, blood, and body fluids, and the accumulation of phlegm and blood stasis. Treatment should be based on the principles of regulating qi flow and regulating qi, blood, and body fluids, and the treatment concept of "harmony is the most precious" should be proposed. In addition, various other manifestations such as qi deficiency and yin deficiency often occur during the pathological process of this disease. Therefore, clinical practice should also refer to the specific situation of the patient and use the four diagnostic methods together for diagnosis and treatment based on syndrome differentiation. Professor Pei's treatment of hypothyroidism from the perspective of liver theory has shown significant therapeutic effects in reducing TSH, improving patient thyroid function, and alleviating clinical symptoms. His experience is worth learning and drawing on.

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