

Clinical Practice of "Qin Medicine" in the Treatment of Spleen and Stomach Diseases

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Abstract: *As the name of high-quality local medicinal herbs in Shaanxi, "Qin medicine", with its unique geographic environment and ecological conditions, has produced many Chinese medicinal herbs with excellent quality and remarkable efficacy. In the treatment of diseases of the spleen and stomach, the clinical practice of "Qin Medicine" has demonstrated significant advantages and effects. By selecting appropriate herbs and combinations, focusing on evidence-based treatment and personalised treatment, clinical efficacy can be significantly enhanced, thus maximising the therapeutic potential of Chinese medicine.*

Keywords: Qin medicine, Spleen and stomach diseases, Clinical study.

1. Introduction

"Qin medicines"[1] as a collective name for the highly reputable local herbs in Shaanxi Province, it mainly includes varieties of Qin Pi and Gentiana Macrophyllae, which are named after the character for "Qin". Zizhou Astragalus, Baoji Chaihu, Hanzhong Radix Scrophulariae, Chengcheng Scutellariae, and other herbs have been evaluated by the Shaanxi Provincial Association of Traditional Chinese Medicine and are included in the "Top Ten Qin Medicines". In Chinese medicine theory, the spleen and stomach are regarded as "the foundation of the latter day", as the source of qi and blood biochemistry. As mentioned in "Su Wen - Ling Lan Secret Dictionary", "the five organs and six bowels are all endowed with qi in the stomach", which means that the elements of qi, blood, essence, fluid, camping, and wei that maintain the basic life activities of the human body are all dependent on the spleen and stomach for healthy movement. Given the long history and unique therapeutic effects of Qin medicines, their application in the treatment of spleen and stomach diseases can significantly enhance the clinical efficacy, thus maximising the therapeutic potential of Chinese medicines. The applications of Qin medicines in the treatment of spleen and stomach diseases are listed below:

2. Scutellaria

Scutellaria baicalensis, scientifically classified as belonging to the family Scutellariabaicalensis Georgi, is a traditional Chinese medicine made from its dried roots [2]. Scutellaria baicalensis is a traditional Chinese medicinal herb whose dried root is used as a medicine. It has been recorded in the Divine Husbandman's Classic of the Materia Medica, and has been widely used in Chinese medicine. It is bitter and cold in nature, belonging to the spleen, large intestine and small intestine meridians, with the pharmacological properties of clearing heat and drying dampness, diarrhoea and detoxification. Due to its unique geographical conditions, Shaanxi has become a high-quality production area for Scutellaria baicalensis, with an annual planting area of more than 100,000 mu. Its medicinal herbs are characterised by long, straight roots and yellow sections, and it enjoys the reputation of being the "medicine of Qin". In Chinese

medicine theory, "Su Wen - Zhi Zhen Yao Da Lun" points out: "All dampness, swelling and fullness belong to the spleen", indicating that dampness is prone to attacking the spleen and stomach, resulting in damage to the spleen and stomach's function of transporting and transforming. Scutellaria baicalensis, due to its pharmacological effect of clearing heat and drying dampness, can effectively remove dampness and heat from the spleen and stomach, thus restoring the normal physiological functions of the spleen and stomach. Scutellaria baicalensis shows significant therapeutic potential through its fire-dissolving and detoxifying pharmacological effects in treating symptoms such as mouth ulcers and swollen gums due to the internalisation of damp-heat and the imbalance of the qi of the spleen and stomach. Scutellaria Baicalensis Tang [3] A classic formula from the "Treatise on Typhoid Fever", which in modern medical research has been proven to have significant therapeutic effects on gastrointestinal disorders, especially ulcerative colitis (damp-heat type in the large intestine) [4]. has significant curative effects. Modern scientific research experiments have further revealed the multiple pharmacological effects of Scutellaria baicalensis such as antipathogenic microorganisms, antipyretic, anti-inflammatory, anti-allergic and detoxification. For example, Scutellaria baicalensis has shown promising application in the treatment of chronic gastritis caused by Helicobacter pylori infection by inhibiting the growth and reproduction of Helicobacter pylori, reducing the inflammatory response of the gastric mucosa, and then significantly improving the clinical symptoms of patients.

3. The Skin of the Qin River

Qinpi is scientifically classified as Fraxinusrhynchophylla Hance, a plant of the family Mulleinaceae, and is used as a medicine with its dried branch bark or dried bark [5]. It is a traditional Chinese herbal medicine with its dried branch bark or dried bark as medicine. It is bitter, astringent and cold in nature, and pharmacologically belongs to the liver, gallbladder and large intestine meridians, with the effects of clearing heat and drying dampness, astringent and stopping dysentery, and stopping the band. Qinpi has a significant astringent liquid effect, can effectively stop diarrhoea, stopping the band, for the damp-heat downstream injection caused by loose stools, band with a large amount of yellowish

viscous and other conditions with significant therapeutic effect. Qinpi [6] Qinpi can remove heat and dampness from the body, and is used as an adjuvant in the classic formula Baihouweng Tang (白头翁汤) in the Treatise on Typhoid Fever (伤寒论) [7]. It is used as an adjuvant in the classic formula Bai Tou Weng Tang in the Treatise on Typhoid Fever, together with Huang Lian, Bai Tou Weng, Huang Bai and other medicines, to cool the blood, stop dysentery, clear heat and remove toxins, and is used in the treatment of diseases of the spleen and stomach caused by heat and toxin deeply penetrating into the blood and pressing down on the large intestine. In clinical application, Qinpi is often used in combination with Huanglian and Huangbai to further enhance the pharmacological effects of clearing heat and drying dampness, astringency and dysentery. According to the existing literature, Qin Pi Tang combined with Bai Tou Weng Tang was used for the treatment of radiological proctitis [8] The use of Qin Pi Tang with Bai Tou Weng Tang in the treatment of chronic non-specific ulcerative colitis has also shown potential efficacy in the treatment of diarrhoea and dysentery [9]. etc. also showed potential therapeutic value.

4. Astragalus Membranaceus or Astragalus Mongholicus

Zizhou Astragalus is famous for its long and thick stripes, less wrinkles, firm and soft texture, sufficient powder, sweet taste, fresh colour and high quality, and has been certified as a National Geographical Indication Product [10]. The product has been certified as a national geographical indication product. The Divine Husbandman's Classic of the Materia Medica is classified as the top grade, which is slightly warm in nature, sweet in taste, belonging to the spleen and lung meridian, with the function of tonifying qi and rising yang, benefiting the stomach and consolidating the surface, and inducing diuresis and swelling [11]. Research has shown that: small dosage plays the role of Yang lifting and sinking, medium dosage plays the role of diuretic, large dosage benefits qi and consolidates the surface, and large dosage plays the role of tonifying the spleen and stomach. Astragalus has the pharmacological effect of strengthening the spleen and tonifying the middle, and has shown remarkable efficacy in treating weakness of the spleen and stomach and deficiency of the middle qi. It can enhance the transporting ability of the spleen and stomach, and effectively improve symptoms such as loss of appetite, abdominal distension and fatigue. In clinical practice, Astragalus is often used in combination with Radix et Rhizoma Polygoni Multiflori and Rhizoma Atractylodis Macrocephalae to further enhance its effect of strengthening the spleen and tonifying the central nervous system through synergistic effects, and is suitable for the treatment of internal injuries caused by fatigue, deficiency of qi, fever, and diarrhoea, among other conditions. Astragalus also has the function of warming yang qi, tonifying the spleen and benefiting qi, which can significantly improve the symptoms caused by the sinking of the middle qi, such as gastric ptosis, uterine prolapse and prolapse of anus, etc. In addition, astragalus has the function of diuretic. In addition, Astragalus also has the pharmacological effect of diuretic and oedema reduction, which can effectively alleviate the symptoms of oedema caused by deficiency of spleen and stomach qi by facilitating the elimination of excess water from the body. In modern gastrointestinal system medication,

astragalus is inseparable from the figure of astragalus, such as blood-sourcing treasure, compound astragalus oral liquid, warm stomach Shu granules and other tonic drugs, through the regulation of immune function, anti-fatigue, promote blood production, regulate gastrointestinal motility and other roles, to play its advantages in the treatment of gastrointestinal and splenic diseases [12]. In chronic superficial gastritis [13] In the treatment of chronic superficial gastritis, Huangqi Jianzhong Tang Plus Reduction Formula has been proved to have good efficacy, which can significantly improve the patient's symptoms and mucosal improvement observed under gastroscopy Clinically, Huangqi Jianzhong Tang Plus Reduction is commonly used in the treatment of chronic superficial gastritis, which has been proven to have good efficacy, in the improvement of the patient's symptoms and mucosal improvement under gastroscopy.

5. Monkshood

Epiphyllum is one of the 40 commonly used Chinese herbal medicines in China [14]. Its basic source is the aconite plant of the family of Maonaoko, and Hanzhong in Shaanxi Province and Jiangyou in Sichuan Province are the two main production areas of epiphyllum in China. It is pungent in taste and hot in nature, and is very toxic in raw form. The main medicinal components consist of hypaconitine, aconitine, neoonitine, etc. It has the effect of tonifying fire and helping Yang, dispersing cold and relieving pain. With the pharmacological effect of warming the middle and dispersing cold, Radix et Rhizoma Polygoni Multiflori is able to significantly enhance the transport and digestion function of the spleen and the stomach, showing obvious improvement effects on deficiency-cold type of spleen and stomach disorders. It is recognised as a representative of warm-yang medicine in traditional Chinese medicine, and its sweet and hot properties can help to remove cold evils in the body and effectively relieve pain caused by cold evils, especially in the symptoms of cold pain in the spleen and stomach, cold pain in the epigastrium and abdomen, etc. The effect is good. In clinical practice, chronic atrophic gastritis is more common in Chinese medicine with the identification of deficiency and cold [15]. The warming and Yang-warming products of Radix Rehmanniae can effectively improve the low function of immune system, inhibit or kill cancer cells and induce their apoptosis, which can help to prevent and control precancerous gastric lesions. As a classic formula for warming the spleen and the stomach, Lizhong Tang with Radix Rehmanniae Ziziphi is used in the treatment of gastric cancer. Modern research has confirmed that Lizhong Tang with Conjugated Zi has shown good efficacy in treating gastric ulcer of cold spleen and stomach type. It can improve the gastric environment, inhibit the inflammatory state, and enhance the barrier effect of gastric mucosa.

6. Cryptotaenia Japonica

Chai Hu [16], as a representative of the Umbelliferae family, uses its dried root as a medicinal part. The Baoji area, as the main production area of Northern Chaihu in Shaanxi, is known for its pure variety and excellent quality. Bitter and slightly cold in nature, Chaihu mainly belongs to the liver and gallbladder meridians, and has the pharmacological effects of reconciling the epidermis and the heart, dredging the liver and

relieving depression. In Chinese medicine theory, there is a close physiological connection between the liver and the spleen and stomach, and an exuberant liver can easily lead to the spleen and earth being affected, while gallbladder heat may invade the stomach and internal organs. Therefore, Chinese medicine especially emphasises the importance of treating the liver and spleen together. Chai Hu [17] By regulating qi, it has shown remarkable therapeutic effects on spleen and stomach disorders caused by poor qi. For example, Chaihu Warming the Gallbladder Tang can effectively treat spleen and stomach disorders caused by unfavourable Shaoyang pivot, phlegm-heat obstruction; Chaihu Trapping the Thorax Tang is suitable for the treatment of phlegm-heat in the middle Jiao with unfavourable Shaoyang meridian qi; Chaihu Gui Zhi Tang is useful in the treatment of Shaoyang and Sun epidemiological disorders [18]. Chai Hu Gui Zhi Tang is excellent in treating Shaoyang and Sun syndrome. In addition, for symptoms such as stomach pain, dry mouth and bitter mouth caused by heat and toxin, Chai Hu's effect of clearing heat and removing toxin is especially prominent. In clinical application, Chaihu is often used in combination with *Scutellaria baicalensis* to enhance its therapeutic effect. Modern scientific research has further confirmed the effectiveness of Chai Hu in treating chronic gastritis, functional dyspepsia [19] gastric ulcer [20] The significant effect of Chaihu in the treatment of chronic gastritis, functional dyspepsia, gastric ulcer, etc. On the one hand, *Bupleurum* can regulate the secretion of gastric acid and reduce the inflammation and damage of gastric mucosa, thus effectively improving the symptoms of chronic gastritis. On the other hand, *Bupleurum* can regulate the function of gastrointestinal tract, promote gastrointestinal peristalsis and relieve the symptoms of indigestion. More importantly, *Bupleurum* can also inhibit the growth of *Helicobacter pylori*, reduce the inflammation and damage of gastric mucosa, and thus promote the healing of gastric ulcers. These findings provide a solid scientific basis for the application of Chai Hu in the treatment of spleen and gastric diseases.

7. Summary

In short, Shaanxi is well known in the field of traditional Chinese medicine for its rich medicinal biological resources, especially the "Qin medicine" series. For example, *Scutellaria baicalensis* is effective in clearing heat and drying dampness, diarrhoea and detoxification, and is effective in treating symptoms such as dampness-heat in the spleen and stomach, and mouth ulcers, etc. Qin Pi, on the other hand, has the multiple effects of clearing heat and drying dampness, astringency and stopping diarrhoea, which is effective in treating conditions such as dampness-heat diarrhoea and redness of the eyes and swelling and pain. *Astragalus*, known for its effects of tonifying qi and elevating yang, benefiting the stomach and consolidating the epidermis, makes it widely used in tonifying deficiency and enhancing immunity. As a representative of Yang-warming herbs, *epiphyllum* can significantly improve symptoms such as coldness in the spleen and stomach, and cold pain in the stomach and epigastric region. Chaihu is able to harmonise the liver and spleen, relieve the liver and resolve depression, and has outstanding efficacy in treating diseases of the spleen and stomach caused by poor qi flow. Shaanxi's medicinal biological resources are not only diverse and of good quality,

but also have significant curative effects on spleen and stomach diseases. With the deepening of modern pharmacological research, the application prospect of these medicinal herbs will be even broader, bringing benefits to more patients.

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