

Application of Qin Medicine in the Treatment of Insomnia

Ronghua Qi¹, Xiaoyan Wang^{2,3,*}

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

²The Fifth Affiliated Hospital of Shaanxi University of Chinese Medicine, Xi'an 710021, Shaanxi, China

³Xi'an Hospital of Traditional Chinese Medicine, Xi'an 710021, Shaanxi, China

*Correspondence Author

Abstract: Shaanxi Province has diverse ecological conditions and rich medicinal biological resources. "Qin medicine" is the best local medicinal herbs in Shaanxi, which is the local medicinal herbs produced in the ancient Qin State, now Shaanxi and its neighboring areas. *Qin Pi*, *Gentiana Macrophylla*, *Zizhou Radix Astragali*, *Baoji Chaihu*, *Yangxian Yuanhu*, *Shangluo Danshen*, *Hanzhong Radix aconiti carmichaeli*, *Lueyang Cortex Eucommiae*, *Ningshaan Tianma*, *Ningshaan Poria*, *Chengcheng Scutellaria Baicalensis*, *Foping Cornus officinalis*, *Lueyang Rhizoma Polygonatum*, and the "Taibai Seven Medicines" are the representative varieties of the "Qin Medicine". Sleeplessness is mainly characterized by difficulty in falling asleep, waking up early, waking up easily at night, difficulty in falling asleep after waking up, dreaming a lot or waking up when sleeping, and in serious cases, sleeplessness can occur all night long. And the rapid development of modern society, the accelerated pace of life, work pressure, living environment, diet and living and other factors, the incidence of increasing, seriously affecting people's physical and mental health status, because some patients take western medicine treatment side effects are more obvious, so the treatment of traditional Chinese medicine to obtain more and more attention. In this paper, we would like to discuss the application of representative Qin medicines: *Chai Hu*, *Scutellaria baicalensis*, *Radix aconiti carmichaeli*, *Radix Astragali*, *Cornus officinalis*, etc. in the treatment of insomnia.

Keywords: Qin medicine, Insomnia, Chai Hu, *Scutellaria baicalensis*, *Radix aconiti carmichaeli*, *Radix Astragali*, *Cornus officinalis*.

1. Introduction

Shaanxi Province is located in the inland area of northwest China, in the middle reaches of the Yellow River and the upper reaches of the Han River and Jialing River, tributaries of the Yangtze River, and is called Shaanxi because it is to the west of "Shaanzhou", and has been abbreviated to "Qin" for a long period of time in history. Shaanxi has diverse ecological conditions and rich medicinal biological resources, and the Qinba Mountain area is known as the "biological gene pool". According to the data of the third national census of traditional Chinese medicine resources, there are a total of 3,291 original traditional Chinese medicine resources in Shaanxi Province, of which 2,730 are plant medicines. The original plants belong to 241 families, 994 genera, 2271 species (including subspecies grade); there are 474 kinds of animal medicines, of which the original animals belong to 12 families, 231 genera, 310 kinds (including subspecies grade), 40 kinds of mineral medicines, and 40 kinds of mineral medicines. There are 47 kinds of other drugs, ranking the top 5 in China [1]. It can be seen that the three Qin lands have nurtured a great variety of medicines, widely distributed in the Loess Plateau of northern Shaanxi, Guanzhong Plain and mountainous areas of southern Shaanxi.

"Qin medicine" is the name of the best local medicinal herbs in Shaanxi, which are the local medicinal herbs produced in the ancient state of Qin, now Shaanxi and its neighboring areas, and the geographic location of which is mainly in the Shaanxi Province area, including *Qin Pi* and *Qin Macrophyllum*, which begin with the word "Qin". 2018 Shaanxi Province Shaanxi Province's "Top Ten Qin Medicines" selected by the Association of Traditional Chinese Medicines [*Zizhou Radix Astragali*, *Baoji Chai Hu*, *Yangxian Yuanhu*, *Shangluo Salviae*, *Hanzhong radix aconiti carmichaeli*, *Lueyang Cortex Cortex Eucommiae*, *Ningshaan*

Tianma, *Ningshaan Poria*, *Chengcheng Scutellaria Baicalensis*, *Foping Cornus officinalis*, and *Lueyang Rhizoma Gynostemma* (tie for 10th place)], the varieties of greater production in Shaanxi such as *Farfarbiae*, *Fengyuanhua*, *Gynostemma Gynostemma*, and the The "Taibai Seven Medicines" (the characteristic Chinese herbs named after the "Seven Medicines" in the Taibai Mountain region of Shaanxi). After years of research and exploration, modern research on "Qin medicines" has achieved a series of milestones and produced a wide social impact, and has now become one of the hottest research directions in the field of medicine and health in Shaanxi Province [2].

Undriftiness, also known as insomnia, is first mentioned in the *Nei Jing* (The Inner Classic) as "the eyes do not close", "not being able to sleep", "not being able to lie down", and in the *Nan Jing* (The Classic of Difficulties) as "insomnia". In the *Classic of Difficulties*, it is called "insomnia", which belongs to the category of "emotional and emotional diseases". Insomnia refers to the subjective experience that the patient cannot reach the normal sleep time, has shallow sleep depth, and cannot satisfy the social function activities during the daytime. Its main manifestations are difficulty in falling asleep, waking up early, waking up easily at night, difficulty in falling asleep after waking up, dreaming or waking up when sleeping, and in serious cases, sleeplessness can occur all night long. Although insomnia is not a fatal disease, it can lead to a decline in resistance, dysfunction of the body, and trigger the occurrence of a series of diseases such as gastrointestinal, cardiovascular and cerebrovascular diseases, which are related to the rapid development of modern society, the accelerated pace of life, work pressure, living environment, diet and living and other factors, and the incidence of which is increasing [3]. Its pathogenesis and emotional upset, visceral disorder, yin and yang imbalance, always attributed to the yang not yin, yang floating over the upper can not be submerged and the onset of the disease. There are many

treatments for this disease, and modern medical practitioners often use the eight principles of diagnosis and six meridians of diagnosis as the general principle, and treat the disease by dredging the liver and relieving depression, harmonizing the stomach and lowering the rebelliousness, removing heat and resolving phlegm, clearing the heart and diarrhoeing the fire, communicating with the heart and kidney, and invigorating blood circulation and removing blood stasis [4]. Because some patients take western medicine treatment with more obvious side effects, the treatment of Chinese medicine has gained more and more attention. This article discusses the application of representative Qin medicines: Chai Hu, *Scutellaria baicalensis*, *Radix aconiti carmichaeli*, *Radix Astragali* and *Cornus officinalis* in the treatment of insomnia.

2. Chai Hu, *Scutellaria Baicalensis*

Chaihu is slightly cold in nature, pungent and bitter in flavor, and belongs to the liver, gallbladder and lung meridians. It has the effects of dispersing and relieving fever, relieving the liver and depression, and elevating yang qi. It can be used to treat fever, anxiety and depression, bitterness in the mouth, chest discomfort, amenorrhea and menstrual irregularities. Modern pharmacological research has found that Chaihu and its active ingredients have anti-inflammatory, antiviral, antibacterial, antidepressant, antipyretic, hepatoprotective, anticancer, immunomodulatory, antiepileptic and other effects. *Scutellaria baicalensis* is cold in nature, bitter in flavor, and belongs to the lung, gallbladder, spleen, large intestine and small intestine meridians. It has the effects of clearing heat and drying dampness, diarrhea and detoxification, stopping bleeding, and tranquilizing the fetus. It can be used to treat dampness, summer heat, chest congestion and vomiting, damp-heat plagued, diarrhea, jaundice, lung-heat cough, carbuncle sores, fetal restlessness and other diseases. In addition, it also has anti-inflammatory, immune promotion, sedative and antipyretic, hypotensive, diuretic, hypolipidemic, antiplatelet aggregation and anticoagulation, hepatoprotective, and protects against kidney injury. These two medicines are mostly found in Xiao Chaihu Tang, which is derived from the "Treatise on Miscellaneous Diseases of Typhoid" written by Zhang Zhongjing, an Eastern Han Dynasty physician, with Chaihu as the monarch drug, and containing *Scutellaria baicalensis*, *Semixia*, *Ginseng*, *Licorice*, and *Fructus jujubae*, which is effective in reconciling Shao-Yang, supporting the positive and dispelling the evil, and is mainly used for treating Shao-Yang disease, which is characterized by symptoms such as bitter taste of the mouth, dryness of the pharynx, dizziness, chills and heat in and out of the mouth, bitter fullness in the chest and threatened abdomen, hectic appetite, and upset stomach, and nausea [5]. Modern pharmacological research has found that Xiao Chaihu Tang has the effects of regulating immunity, anti-inflammation, anti-hepatic fibrosis, anti-tumor and endocrine regulation [6], which can be used clinically for the treatment of respiratory, digestive, immune, genitourinary and endocrine system diseases. In that treatment of insomnia, it is mainly apply to those with unfavorable cardinal of Shaoyang: first, the liver qi does not rise and the liver qi is deficient, on the one hand, the kidney and gallbladder do not fall and produce the phase fire of detachment; on the other hand, the function of the liver-wood drainage is impaired, and in addition, the mood is not harmonious, the liver-qi is depressed, and the cardinal of Shaoyang is unfavorable. The

liver-qi is depressed and the fire generates depression. In the above, the dispositional phase fire and depression fire are mutually linked. In the cold dampness of the next stop, leading to Yang not into the Yin and insomnia; Long-term mood disorder, the liver block the spleen soil, resulting in the spleen does not rise, stomach does not fall, liver depression and spleen deficiency, "Suwen - the theory of the inverse transfer" cloud: "Yangming, the stomach vein is also yangming inverse, not from the road, so you can not sleep" "stomach and, then sleep uneasiness "[7]. At this time, depression fire, bile fire, yangming does not descend dry fire are caused by the sun does not enter the yin and do not sleep. At this time, the use of small chaihu soup type formula, in which chaihu can open the heart abdomen and intestines between the cold and heat of the air knot, *scutellaria* to clear the depression fire, dry fire, half summer pungent open and bitter drop, moistening dryness and dampness, *ginseng*, *licorice*, *jujube* Gu Gu protection of the middle qi, benefit soil and wood, the combination of all the medicines to make the middle jiao qi to be fluent, the yin and yang to be transported, the yang can be into the yin.

3. *Radix Aconiti Carmichaeli*

Radix aconiti carmichaeli, with pungent flavor, sweetness and great heat, has the functions of returning yang to the reverse, tonifying fire to help yang, dispersing cold and relieving pain, and is a kind of traditional Chinese medicine often used in Chinese medicine, which is a kind of pure yang substance with great heat, pungent flavor and sweetness, and rescuing the reversal and return of yang, and it is already widely used in the treatment of some common evils and yin-nourishing diseases, and the mechanism of the medicinal effect of *Radix aconiti carmichaeli* is that it can pass through twelve meridians and collaterals of the body [8]. In the treatment of insomnia, it is mainly applied to people with insufficient kidney yang, as stated in Suwen - Anger and Tongtian Lun: "Yang qi is like the sky and the sun, and when it is lost, life is lost and not realized". The Treatise on Typhoid Fever reads, "The disease of Shaoyin is characterized by a slight pulse but desire for sleep." The etiology of yang deficiency and insomnia: firstly, renal yang insufficiency, the weakness of deficient yang to enter the yin, yin bias and prevalence, grating yang in the outside, and yang not being able to penetrate into the yin, resulting in insomnia; and secondly, the deficient yang floats around, and when the water is cold and dragons and fire fly, the deficient yang floats over and over the upper part of the body, disrupting the mind, and leading to insomnia [9]. The main symptomatic characteristics of this kind of insomnia: difficulty in falling asleep at night, but wanting to sleep during the day, insomnia mostly aggravated in cold weather, mostly accompanied by cold limbs, palpitation of the heart, fear of cold, frequent urination, and loose stools. Weiqi is rooted in the lower jiao, if the kidney yang is weak, it will promote the powerlessness, and it is difficult for Weiqi to enter the yin from the yang, at night when the yang is weak, the yang does not return to the root, and the weak yang floats, and if the yang is weak, the cold and dampness will flourish, and the weak yang and the cold and dampness will work together, so it is difficult to fall asleep. After sunrise, the sun gets help from heaven, and can sleep during the day, but because of the weakness of yang and cold, although often want to sleep and sleep is not deep, but want to

sleep. Treatment should be to warm and invigorate yuanyang, solidify the floating yang, so more use of Radix aconiti carmichaeli to invigorate yuanyang, such as Zhenwu Tang, with Atractylodes macrocephala to tonify the earth to generate fire, ginger to disperse the cold and dampness in the middle of the earth, Poria is sweet and bland, strengthens the spleen to facilitate dampness, and Paeonia lactiflora converges the yin to soften the liver.

4. Radix Astragali, Cornus Officinalis

Radix Astragali is sweet in flavor and slightly warm in nature; it belongs to the spleen and lung meridian. It has the effect of strengthening the spleen and tonifying the middle, elevating the Yang and lifting up the sinking, benefiting the guards and fixing the surface, diuretic, and supporting the toxin to generate muscles. Mainly used in the treatment of qi deficiency, weakness, loose stools, the lowering of qi, prolonged diarrhea and prolapse of the anus, blood in the stool and leakage, sweating, qi edema, carbuncle and gangrene difficult to ulcerate, long time ulceration does not converge, impotence and yellowing of the blood deficiency, internal heat and thirst, etc.; In addition, the chronic nephritis proteinuria, diabetes mellitus, hypertension, heart disease is also a therapeutic effect. Cornus officinalis, sour flavor, astringent, slightly warm in nature; it has the effect of tonifying the liver and kidney, astringent essence and fixing the loss. It can be used to treat dizziness and tinnitus, lumbar and knee pain, impotence and spermatorrhea, frequent urination, leakage, sweating and defecation. Meanwhile, modern pharmacological research also has diuretic, antibacterial, hypotensive, hypoglycemic and other effects. In the treatment of insomnia, these two medicines are mainly applied to those with insufficient upper qi. Yuan qi is the driving force for the qiization of internal organs, and the qi of internal organs is the manifestation of Yuan qi. Therefore, the weakness of vital energy is the root cause of human illness. The human vital energy sprouted in the liver, liver body yin and with the sun, the use of the main ascension and excretion, if the liver gas liver body is sufficient, then the liver gas can be and orderly ascension and despatch. Water can contain wood; kidney water nurtures liver wood, which is nourished by kidney water and begins to be soft. Earth can carry wood, the spleen and stomach qi of the middle earth nourishes the liver and wood, and the liver and wood get the healthy transportation of the middle qi and start to be healthy. If water does not contain wood and earth fails to carry wood, it can lead to liver ascension weakness, followed by liver qi deficiency and liver qi subsidence [10]. The main symptoms of this kind of insomnia are: shallow sleep, easy to wake up, dreamy, insomnia aggravated after exertion, morning fatigue, poor spirit, back and leg pain and sleepiness. At this time, Radix Astragali is preferred to transport the atmosphere, set the central axis, strengthen the middle earth, replenish the middle qi, thicken the earth qi, solidify the stomach qi, and elevate the liver qi [11]. For example, Huangqi Gui Zhi Wu Wu Tang combined with Lai Fu Tang with subtractions. Among them, Gui Zhi warms and rises the liver wood, warms the liver and disperses cold, roasted licorice harmonizes and strengthens the spleen and replenishes qi, ginger warms the middle and strengthens the stomach, and Paeonia lactiflora replenishes blood and astringes the yin to avoid ascending the liver too much. Ginseng helps to benefit the earth, nourishes

the blood and calms the mind, dragon bone and oyster astringent Yuan Qi fixes the yin and yang, Cornus officinalis nourishes the liver and astringes the liver, Cornus officinalis is endowed with the thickest wood qi, and astringes the liver, that is, it is to astringent the Yuan Qi and drains the way [12].

5. Summary

The pathogenesis and etiology of insomnia are complex and varied, and the clinical manifestations and accompanying symptoms also affect people's physical and mental health. Meanwhile, some studies have claimed that the risk of insomnia patients suffering from dementia, cardiovascular diseases, and cancers, etc., will be further increased, which in turn affects the life expectancy of human beings. Therefore, improving sleep and quality of life has also become a common pursuit. Although Western medical treatment can promote sleep obviously with short effects, patients are prone to dependence, resulting in memory loss, reduced thinking and cognitive function, and clinical studies have shown that the efficacy of Chinese medicine or the combination of Chinese and Western medicine in the treatment of insomnia is better than that of Western medicine alone, and the combination of Chinese and Western medicine can be used as an effective therapy for insomnia [13]. To summarize, the application of "Qin medicine" in the treatment of insomnia is extremely wide and has significant therapeutic effects. Therefore, in the process of clinical diagnosis and treatment, we should give full play to the pharmacological effects of Qin medicines, and be good at adding and subtracting them on the basis of traditional prescriptions, so as to enhance the effects of the medicines, achieve better therapeutic effects, cure the disease faster, and alleviate the pain of the patients. At the same time, we should also actively publicize "Qin Medicine" and enhance its influence so that more patients can benefit from it.

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