

# The Thought of Syndrome Differentiation of Edema Disease

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**Abstract:** Chinese medicine treatment of edema has a long history, “open the ghost door”, “clean house”, “go Wanchen” of the edema treatment thought in the “Neijing” has been mentioned, is still used, on this basis “on Typhoid miscellaneous diseases” proposed treatment of edema of the treatment of: when the swelling above the waist when sweat, swelling below the waist when urine and so on. Therefore, when treating the edema caused by pathological factors such as water, sore poison and blood stasis in the patient’s body, it can be eliminated by means of sweating, relieving urine and attacking water and drink [1]. The six channels are closely related to edema disease, and better treatment results can be obtained by treating the etiology and pathogenesis of edema separately from the differentiation of the six channels. After thousands of years of continuous evolution and development, Chinese traditional medicine has accumulated rich experience in the treatment of edema, which has unique characteristics and provides various references for the future TCM treatment of edema.

**Keywords:** Chinese medicine, Edema, Six channels differentiation, Treatment, Urination.

## 1. Historical Course of Edema

The first understanding of edema comes from the Huangdi Neijing, in which there are feng shui, stone water, and water gushing. In Zhang Zhongjing’s Synopsis of Golden Chamber · Syndrome and Treatment of Water-qi Diseases, it is called “water-qi”. According to the cause, the diseases are divided into five types: stone water, feng shui, skin water, normal water and yellow sweat, and according to their invasion of different parts and viscera, they are divided into heart water, liver water, lung water, spleen water and kidney water [2]. Select different treatment methods according to different symptom sites, such as “all water, swelling below the waist, when urination; Swelling above the waist should be cured by sweating [3].” In the Yuan Dynasty, “Danxi Xinfu · Edema”, it is considered that the symptoms of Yang water such as oliguria, shortness of red urine, edema of the whole body, constipation, thirst, irritability, etc. If there is edema of the face and limbs, clear stool, unfavorable urination, no thirst, irritability and other Yin water manifestations, these two categories are mainly [4]. Zhu Danxi advocated that edema disease should initially distinguish between Yang water and Yin water, and then diagnose the pathogenesis and involvement of viscera [5]. Sweating, dissolving water, attacking water drink for the treatment of edema disease. In the Qing Dynasty, “Syndrome Treatment Hui Bubu · Edema” summarized the previous experience in the treatment of edema, and believed that the treatment of edema should strengthen the spleen and restore the movement of temper, so that the water and liquid operation can be normal, and the edema can be eliminated while protecting the kidney. The six methods for the separation and treatment of edema are: Yin and Yang, sweat infiltration, dampness-heat, cold dampness, Yin deficiency and evil excess [6]. It provided a solid theoretical basis and historical experience for the treatment of edema in later generations.

## 2. Analysis of Etiology and Pathogenesis of Edema

(1) Edema is abnormal water metabolism in the body, skin flooding, manifested as the head and face, eyelids, limbs, abdomen and back, and even the whole body edema of a class of disease, the disease is mainly in the lungs, spleen, kidney three viscera [7]. In the Huangdi Neijing: “Drink into the stomach, swim qi, upper transfusion in the spleen. Qi disperses essence, ascribes to the lungs, regulates the water channel, transfuses the bladder under, water essence four cloth, five channels parallel [8].” The water in the stomach remains in the stomach, and the stomach mainly transports and receives the essence to the spleen; The spleen is the main transport of Shengqing, and the dispersing of liquid essence to the lung; The lungs regulate the circulation, and the water is transferred to the bladder. The bladder has the effect of gasification, and the water is dispersed in the body muscles and skin. It is pointed out in the “Plain Question and Inverse Regulation” that the function of kidney water plays a crucial role in the treatment of edema. “Jing Yue Shu” in summary: “cover the water to Yin, so its origin in the kidney; Hydration is in the air, so it is marked in the lungs; Water only fears earth, so it is made in the spleen [9].” The central role of the above zang-fu organs in water and liquid metabolism is described. In addition, sanjiao is closely related to the metabolic transport of water and liquid, because it is the passage of water and liquid transport. Urination Tongli, the function of the viscera is normal, water and liquid metabolism and transport can be normal. On the contrary, due to the evil of wind, cold and damp heat, the invasion of sore poison, lack of innate endowment, chronic fatigue, etc., the functions of each zang organ are dysfunctional, the three jiao is dissolved, the bladder is not pneumatose, water is retained in the body, the skin is overflowing, and edema is formed [10]. Edema is complex and changeable because of various causes of disease can not only cause disease alone, but also a variety of causes mixed.

(2) The pathogenesis of edema lies in the failure of lung declension to regulate, spleen to transport, kidney to open and close transpiration, and three jiao gasification disorders, resulting in water retention in the skin, and the key lies in the

kidney [7]. If the kidney Yang is weak, the water and drink on the lung, the lung's propaganda and toning is abnormal, edema is more serious; If the spleen deficiency can not transfer the work of water dampness, damage its Yang, even damage the kidney Yang; On the contrary, if the kidney Yang is deficient and the spleen Yang is lost, both the spleen and kidney will be deficient and edema will be aggravated [11]. Due to different individual and pathological factors, the Yin and Yang properties of edema can be transformed into each other. Under the influence of exogenous dampness-heat and sore poison, Yang water mainly accumulates in lung and spleen. Yin water is induced by diet, endowment and deficiency of long illness, mainly in the spleen and kidney. Yang water is not cured for a long time or repeated attacks, positive qi is gradually deficient, spleen and kidney are deficient, Yang water is transformed into Yin water [12]. On the contrary, the syndrome of Yin water appearing Yang water is formed by the aggravation of swelling under the intrusion of external evil.

### 3. Treatment of Edema Based on Syndrome Differentiation of Six Channels

The term Six classics is found in *Neijing*. The six channels syndrome is composed of Sun, Yang Ming, Shaoyang and three Yang, and Taiyin, Shaoyin and Jueyin [13] originated from *Treatise on Febrile and Miscellaneous Diseases*, which was founded by Zhang Zhongjing. Syndrome differentiation of the six channels mainly differentiates the four aspects of disease, syndrome, pulse and treatment, among which the six channels contain the physiological and pathological changes of qi and blood, meridians and zang-fu organs, so it is used to reflect the changes of the exterior and interior of the disease, Yin and Yang, deficiency and deficiency of the disease, analyze the various symptoms of external diseases invading the human body, and sort out to determine its disease location, nature and pathogenesis. There are corresponding treatment methods and prescriptions for the prognosis and outcome of the disease.

#### 3.1 Sun Disease Edema

The sun's meridian is the most extensive in the body's muscle surface, and the Shaoyin heart and kidney of the hands and feet. Main external manifestation, harmonizing Yingwei. The Sun channel is invaded by exogenous evil first, and the disorder of Yingwei is its basic pathogenesis. "*Treatise on Febrile Diseases*" Article 71 "Sun disease, after sweating... Such as the pulse floating, urine unfavorable, slight heat quenching thirst, Wuling SAN main [8]." This article describes the preferred treatment of edema for sun disease, the pathogenesis of which is adverse bladder gasification, water stagnation in the interior and surface symptoms of unresolved. The clinical manifestations are edema of the face, limbs and whole body, fever, thirst, vomiting after drinking, irritability, abdominal fullness, unfavorable urination, floating or floating pulse and other water gathering in the sun channel. Treatment Yili water detumeses, warming Yang Qi, with Wuling powder. With cinnamon twigs taste Xinwarm and sweet, heart and lung bladder meridian, has the effect of warming Yang qi; The sweet and light poria, Zexia and poria are moistening and clearing the water channel. The white art of Gan warm, warming Yang and strengthening spleen, transforming the qi

of middle Jiao. If accompanied by cold fever, head and neck pain, joint pain, no sweating, pulse floating tight and other manifestations, this is the wind cold evil gas invasion of the appearance, muscle surface occlusion, Weiyang depression, Yin stagnation, lung loss of declaration, body fluid distribution disorders, resulting in head and face eyelid edema. Treating with Xinwen sweating, dispersing cold to drink, with ephedra decoction, Xiaoqinglong decoction combined with Wuling powder; If the surface evil is still in, water and drink stasis for a long time heat, damp-heat blocked in the internal fever aversion to cold, adverse urination, edema and other syndromes, to cure the surface and clear heat, dispel cold and dispel dampness, the prescription with ephedrine forsythias Chidou decoction combined with Wuling powder. If accompanied by red urine, hard full lower abdomen, restlessness or mad mind, dark purple tongue, sinking pulse. This is the syndrome of lower jiao stasis water interjunction, lower jiao heat, bladder gasification disorder, blood of the cell and blood circulation into stasis. The treatment is to clear heat and remove blood stasis, Li water to reduce swelling, with Taohe Chengqi decoction combined with Wuling powder [14].

#### 3.2 Yangming Disease Edema

Yangming main large intestine and stomach, with hands and feet Taiyin lung and spleen in the surface, stomach for the sea of water valley, large intestine conduction dregs. Yangming is full of Qi and blood, strong anti-evil force; The evil gas invaded Yangming, facilitating heat and turning dryness, and internal condensation of dryness and heat, resulting in the syndrome of excessive Yang heat and excessive heat [15]. Edema caused by Yangming disease can be divided into severe and fu-organs. First, heat evil disperses in Yangming meridian without dross blocking the intestine, which is called meridian syndrome, and the disease is mild. Evil heat does not understand, into the viscera, dross interjunction blocking the intestine called fu-organ syndrome, the condition is more serious. Article 223: "If the pulse is floating, fever, thirst for water, urination is not good, Zhu Ling Tang is the main [16]." Its pathogenesis is heat injury of Yin, water dampness and heat evil intersect and stop in. The clinical manifestations are pain in urine, thirst, irritability, lack of sleep, pain in the lower abdomen, fever, red tongue and white fur, thin pulse, etc. Treatment to Yu Yin Li water and clear heat, with poring decoction add or reduce. Decoction of poria is the king medicine, take its work of moistening and wetting; Pachycaria and Zexia are the official medicine. Their properties are sweet and light. Pachycaria can promote water and liquid movement together with its functions of invigorating spleen and removing dampness and purging heat. Talc its sweet cold, clear heat and water, for adjuvant medicine; Ejiao is also a tonic, moistening dryness and nourishing Yin, taking care of Yin blood. If accompanied by the face and body yellow, yellow bright, urine adverse, abdomen slightly full, thirst, tongue fur yellow greasy, pulse sinking number and other dampened heat intrinsic syndrome, to clear heat and water retreat yellow, the prescription with Yinchenhao decoction and poring Tang add or reduce; If accompanied by yellow eyes and edema, dark face, cold limbs, stomach fullness, loose stool and other symptoms, this is typhoid fever sweating too much damage to the middle Yang or the plain body of the spleen deficiency cold and internal dampness, cold and

dampness, damage to the spleen Yang, spleen and stomach movement of the disorder, the meaning of “seek in the cold and dampness” [17], the treatment to warm the middle to disperse cold, to remove the dampness of yellow, Yinchen Zhufu decoction and Zhuling decoction to reduce.

### 3.3 Shaoyang Disease Edema

Shaoyang main three jiao and gallbladder, with the pericardium and liver facies; Gallbladder is the essence of the fu-organs, help the spleen and stomach to move up and down, three jiao for the official, the main division of gasification, is the path of water and liquid operation. Shaoyang main dredging, the internal mail phase fire and have the gas of growth. It is located in the half of the surface, the main axis, evil into Shaoyang, bile fire stagnation in the inside, the conflict between good and evil, resulting in three jiao desecration disorder, bladder gasification is not good, water can not be discharged from the body, and edema. “Treatise on Febrile Diseases” Article 96: “Typhoid fever five or six days, stroke, frequent cold and heat, chest and stomach pain, he does not want to eat, upset and vomiting..., Or heart palpitation, surinate Unfavorable, or not thirsty body has a slight heat, or cough, small bupleurum soup Lord [14].” Its pathogenesis is caused by deficiency of healthy qi, stagnation of gallbladder fire and abnormal gasification of three jiao. The clinical manifestations are edema of the whole body, depression is not easy to rise, urine is cloudy, and accompanied by upset, vomiting, unfavorable urination, do not want to eat, cold and heat interleaving, chest and flank bitter, moss white pulse string and so on. Treatment to reconcile Shaoyang, Li water to reduce swelling, with small chaihui decoction combined with Wuling powder. If accompanied by edema, urination unfavorable, cold and heat exchange, thirst without vomiting, upset, restless mind, etc., to reconcile Shaoyang, warm Yang Li water, with Chaihu Guizhu ginger decoction combined with Wuling powder.

### 3.4 Edema of Taiyin Disease

Taiyin is the beginning of the three Yin, which belongs to Yin viscera and is dominated by Yin soil, preferring dryness to dampness. The spleen is in the middle of the jiao, the six qi is wet, and the internal channel mentions that “all the dampness and swelling are full, which belong to the spleen.” The basic pathogenesis of the disease is spleen Yang deficiency, transport and chemical loss, cold and damp water obstruction, edema. “On Febrile diseases” article 67 “Typhoid fever if vomiting, if after, the heart is full, qi on the chest, from the head daze, pulse sinking tight, sweating is moving meridian, as a vibration shake, Tuckahoe branch Baizhu Licorice soup master [14].” This article describes the syndrome of middle-yang deficiency and decline, and the internal stopping of water dampness, which is caused by the introduction of disease pathogens into Taiyin. Its pathogenesis is due to the deficiency of spleen and stomach Yang, the loss of its transport, and the accumulation of water and dampness into phlegm. The clinical manifestations were chest and hypochthmia, shortness of breath, adverse urination, palpitation, cough and wheezing, cold limbs, slippery white fur, slippery pulse strings, etc. The treatment is to strengthen spleen and diuresis, warm Yang Hua drink, with poria Guizhi Baizhu licorice decoction. Square in Tuckaia, its nature is

sweet and light, can benefit water to detumescence, Jianpi Hua drink, for the royal medicine; Cassia branch for minister medicine, drink down adverse, warm Yang Yi Qi; Baizhu for medicine dry water, invigorating spleen qi; Moxibustion licorice tonifying spleen and middle, harmonizing various drugs. If accompanied by abdominal swelling pain, fatigue, do not want to eat, urination unfavorable, loose stool, yellow eyes and so on. Yang recovery water qi cold wet Tongli Dehua, edema, jaundice can be dissipated, to warm Yang and spleen, Lishui Xiaotuo decoction with Lizhong decoction combined with Poria Guizhi Baizhu Licorice decoction.

### 3.5 Shaoyin Disease Edema

Shaoyin includes the heart and kidney, which are the viscera of fire and water. Heart and kidney deficiency failure is its basic pathogenesis, the disease position is in, the nature of the lesion is mostly Yin, deficiency, cold. Kidney governs body fluid and stores essence [18]. Kidney Yang main evaporation of body fluid, if the kidney Yang deficiency, cold and dampness, and even water and body fluid accumulation and swelling. Article 316 “Shaoyin disease, 23 or 23, to the fourth day, abdominal pain, unfavorable urination, heavy pain in the limbs, from the lower interest, this is water.”... The Lord of true Wu Tang [14].” Its pathogenesis is deficiency of Shaoyin-yang and excessive water dampness. Clinical common face and body edema, or lower limb edema is more serious, according to the depression, less abdominal distension, fear of cold limbs cold, waist and knees sour, urine unfavorable or clear long, lower clear valley, light tongue and white fur, pulse heavy thin weak. Treating with warm Yang Li water to reduce swelling, use Zhenwu Tang to add or reduce. Fuzi is the king in the square, Xin Gan big heat, burning the fire of life gate, Zhuang kidney Yang, can warm Yang Li water; Tuckahoe for minister, invigorating spleen diuresis; Baizhu can also strengthen the spleen and relieve urine; Ginger dispersing water gas, warm Yang and Paeony as adjuvant, Paeony convergence Yin qi and blood, relieve the muscles, qi water, slow to pain, but also Yin care fluid. If accompanied by obvious wheezing, the water on the lung, to cure the level of asthma, with draba da Zaoxie lung decoction and Zhenwu Tang add or reduce. If accompanied by dry throat and dry mouth, irritability, insomnia, urine dripping stinging pain, even hematuria, to clear the heart to reduce fire, nourishing kidney Yin, traffic heart kidney, the prescription with Huanglian ejiao decoction and Zhenwu Tang add or reduce. If accompanied by chills, fever and other surface syndromes with adverse urination or oliguria, edema, etc., to treat warm meridian sweating, external and internal solution with ephedra Fuzi Xianxin decoction and Zhenwu decoction.

### 3.6 Jueyin Disease Edema

Jueyin is the last channel of the six channels, and also the channel of Yin exhaustion and Yang ascension. Jueyin disease onset, the condition is complicated, cold and heat, deficiency and deficiency mixed. The four syndromes of syncope, diarrhea, vomiting and hiccup are the main symptoms [19]. The basic pathogenesis of Yin and Yang qi is the disconnection between them. Because of its complex disease type, its treatment can not be generalized. Jueyin disease is mainly characterized by alternating cold and heat. Hand jueyin pericardium through easy heat damage Yin or

Yin deficiency internal heat damage Yin, mostly caused by invasion of external evil; The liver of foot Jueyin passes through Yi wood to invade soil, spleen deficiency and loss of transport [20], and the disease is easy to transform from Yin to cold. Liver cold gallbladder heat, three jiao gasification disorder, water wet can not warm, edema; Clinically visible cold hands and feet, edema of the whole body, chest and flank bitter full, irritable mood, bitter mouth tinnitus, cold and heat exchanges, do not want to eat, tongue light moss white, pulse string fine. Cure to reconcile Shaoyang, warm supplement liver meridian, with WuZhu decoction with small chaihu and Guizhi decoction. Liver cold turbid disturbing, wet turbid poison and swelling, common clinical cold hands and feet, edema, yellow face, foul breath, pale tongue, white or yellow greasy foul, pulse string thin weak. To cure the cold to warm the liver, to reduce the reverse drainage turbidity, the prescription with WuZhu decoction and tiao Wechengqi decoction [15]. Yin and Yang qi deficiency, Yin cold internal excess, blood stasis and water dampness internal junction, forming edema; The clinical manifestations were cold hands and feet, edema of limbs and face, vomiting and saliva, fixed pain, skin nail malocclusion, peechiae or ecchymosis of dark and purple skin, purple and dark tongue and white and greasy fur, and heavy and astringent pulse. To relieve heat, remove stasis, warm Yang and rehydrate, Taohe Chengqi Decoction, WuZhu decoction and Wuling powder were used. Evil enters Jueyin, water dampness, damp-heat, blood stasis and so on on the basis of the two deficiency of qi and Yin, making edema aggravated, the course of disease development lingering difficult to cure.

#### 4. Summary

Traditional Chinese medicine has been treating edema for a long time, and its vitality mainly lies in its clinical efficacy. In the rapid development of The Times, the understanding and treatment of edema are also becoming more and more perfect. In the treatment of edema in modern Chinese medicine, it will not only learn from the treatment theories and methods of predecessors, but also expand and explore on the existing basis. The etiology and pathogenesis of edema were analyzed from multiple angles such as syndrome differentiation of six channels, and the syndromes and types of edema were judged. Different treatment methods and drugs were given to help water reduce edema. According to the different ideas of syndrome differentiation and treatment of various doctors, the treatment experience of edema disease should be summarized and sorted out. The treatment of edema disease should grasp the syndrome differentiation and treatment of the six channels, fully understand the characteristics of cold heat deficiency and insufficiency of the Sun Channel and fu-organ syndrome, the ruffiness and dryness of the Yangming Channel, the half-surface and half-interior of Shaoyang Channel, the spleen deficiency and cold dampness of Taiyin disease, the heart-kidney disconnection of Shaoyin disease, and the interjunction of cold and heat of Jueyin disease [21]. Analyze the pathogenesis and symptoms of different stages, treat edema of different channels, and observe the development and prognosis of the disease closely in order to obtain better treatment effect. In addition, there are a variety of complex connections between the six classics, other classics and their disease of meridians can be caused by the disease once, which makes the disease repeated and difficult to cure. Therefore, it

is necessary to use the six channels differentiation in clinical treatment of edema. The continuous development of the theory of the treatment of edema in Chinese medicine has laid a solid foundation for the development of Chinese medicine in later generations and has a more in-depth exploration of the treatment of edema disease, providing patients with a more complete treatment system, so as to obtain the best treatment effect.

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