

Clinical Experience of Director Hui Zhenliang in Treating Limb Numbness After Stroke with Huatan Huoluo Decoction

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Abstract: *Limb numbness after stroke is a common sequelae of stroke. It is mostly caused by phlegm and blood stasis blocking collaterals and qi and blood obstruction. It can be classified into the category of stroke. Based on years of clinical experience, Director Hui Zhenliang believes that phlegm and blood stasis are the key pathogenesis of this disease. The treatment should be based on resolving phlegm, removing blood stasis and dredging collaterals. The clinical treatment is based on resolving phlegm and activating collaterals, and the curative effect is remarkable. It provides an effective idea for the treatment of limb numbness after stroke with traditional Chinese medicine.*

Keywords: Limb numbness after stroke, Huatan Huoluo Decoction, Phlegm and blood stasis blocking collaterals, Experience summary.

1. Introduction

Limb numbness after stroke is a sequelae caused by stroke, which can be classified into the category of 'stroke' [1]. The disease is caused by sensory nerve disorder or conduction bundle damage in the brain center, which belongs to the category of sensory loss or hypoesthesia in limb sensory disorder. The clinical symptoms are cold and heat, pain and other deep and shallow sensory disorders in the contralateral limbs of the lesion. Most of them are numbness from the forearm to the end of the finger and from the calf to the toe end, or even accompanied by acupuncture, ant walking, cold and heat, swelling, weakness and other limb sensory disorders [2]. Limb numbness after stroke not only affects limb function, but also increases the risk of limb injury in the absence or loss of sensation, and long-term sensory disorders can increase the psychological burden of patients and lead to depression. Studies have shown that traditional Chinese medicine can effectively regulate blood rheology, improve microcirculation, promote the recovery of neurological function, relieve limb numbness, and no obvious adverse reactions, more accepted by the majority of patients [3].

Director Hui Zhenliang is under the supervision of Mr. Li Baohua, a famous old doctor of traditional Chinese medicine in Shaanxi Province. He has been engaged in the clinical, teaching and scientific research work of traditional Chinese medicine in the treatment of brain diseases for more than 30 years. He has rich experience and learns from others' strengths. He has unique insights in the treatment of post-stroke numbness. The patients with post-stroke numbness treated by Director Hui's application of Huatan Huoluo Decoction come from many cities inside and outside the province, and the clinical effect is remarkable. The clinical experience of Director Hui in the treatment of post-stroke numbness with 'Huatan Huoluo Decoction' is summarized as follows.

2. Etiology and Pathogenesis

Limb numbness after stroke belongs to the category of 'numbness', 'inhuman', 'paralysis', 'stubborn numbness' and 'stubborn paralysis' in traditional Chinese medicine. In the Jin Dynasty, Huang Fumi, a physician, discussed "shoulder numbness" in "A and B meridians of acupuncture and moxibustion," and proposed the word "numbness" for the first time. 'Neijing' recorded 'pain and skin inhumanity', and the numbness was first described as 'inhumanity'. In the Tang Dynasty, Wang Tao recorded 'foot paralysis but not benevolence' in 'Waitai Miyao', first called it 'paralysis', and wrote 'its sores are stubborn, but also do not know pain and itching'. He interpreted 'stubborn' as 'do not know pain and itching', which was synonymous with 'numbness but not benevolence', leading to the names of 'stubborn paralysis' and 'stubborn paralysis'.

Ancient physicians have different opinions on the pathogenesis of numbness. As early as in the 'Plain Question', they explained the pathogenesis of numbness, that is, 'Rong Qi deficiency is not benevolent, Wei Qi deficiency is not used, Rong Wei deficiency is not benevolent and not used'. In the Ming and Qing Dynasties, the discussion on the pathogenesis of numbness was more focused on internal injury, such as 'miscellaneous diseases originated from rhinoceros candle': 'numbness, wind deficiency disease and cold dampness phlegm and blood disease..... Qi deficiency is the root, wind phlegm is the sign... If after years and months, not a day does not wood, but the dead blood coagulation in the inside, and outside the cold, Yang deficiency, can not exercise'; 'According to the time,' cloud: 'hemp, such as rope binding and initial release, qi deficiency; the wood, itching do not know, wet phlegm and dead blood also [4]. Generally speaking, limb numbness after stroke is mostly caused by the blockage of deficiency and excess, the obstruction of qi and blood, and the lack of skin. After the invasion of pathogenic factors such as wind, phlegm, blood stasis and deficiency into the collaterals, the pathogenic factors are mostly distributed at the end of the four limbs. After stroke, the brain collaterals are dystrophy, and qi and blood can not be transported and nourished. If the blood vessel conduction is blocked, it first leads to the poor operation of qi and blood at the end of the

limbs, and the numbness of the limbs is not benevolent [5].

3. Clinical Experience

3.1 Eliminating Phlegm and Blood Stasis

Director Hui emphasized that ‘phlegm and blood stasis blocking collaterals’ is the key to the pathogenesis of limb numbness after stroke and runs through the whole process. After stroke, the patient’s vital qi is deficient, the pulse is not solidly protected, the striae is loose, and the evil qi invades the meridians. The yingwei gasification dysfunction, Jinxue not transport, wet coagulation for phlegm, blood stop for blood stasis, phlegm Yongsheng gas machine lifting dereliction of duty, blood stasis block is qi and blood running is not smooth, phlegm can cause blood stasis, blood stasis can clip phlegm, phlegm and blood stasis, the disease, so when the phlegm and blood stasis treatment [6]. At the same time, we should also distinguish the primary and secondary, phlegm syndrome-based, clinical limb numbness as the main symptom, accompanied by dizziness, vomiting, phlegm, chest tightness and other symptoms, focusing on phlegm Tongmai; in addition to limb numbness, the main symptoms of blood stasis syndrome can also be accompanied by oblique mouth and tongue, hemiplegia, and dark purple lips, focusing on promoting blood circulation and dredging collaterals. Single removing phlegm leads to blood stasis, and single removing blood stasis leads to phlegm stagnation. Therefore, the treatment of phlegm should be combined with the treatment of blood stasis, and the treatment of blood stasis should be combined with the treatment of phlegm. The two complement each other in order to make the blood vessels unobstructed and the blood collaterals nourished.

3.2 Dredging Its Meridians

Professor XIAO Hui-hui emphasizes that the rational application of insect drugs to dredge meridians is one of the keys to improve the curative effect of limb numbness after stroke. Wu Jutong said: ‘Blood-eating insects, flying people walking in the collaterals of the gas, walking people walking in the collaterals of the blood,’ insect drugs search for wind and collaterals, blood circulation and blood stasis, with easy walking channeling characteristics [7]. Director xuanhui often uses insect drugs that break blood and remove blood stasis and have a strong effect, such as earthworms, leeches, scorpions, stiff silkworms and other insect drugs. Earthworms mainly enter the blood, are good at relieving pain, and introduce drugs directly to the meridians; the stiff silkworm is good at walking and channeling, ascending the brain orifices to dredge collaterals; the whole scorpion is flat, with the function of relieving wind and removing blood stasis, and the compatibility of various medicines can dredge the vein. At the same time, Director Hui emphasized the application of insect drugs. On the one hand, it is necessary to master the degree to prevent cumulative poisoning, cerebral infarction hemorrhage transformation or allergy. On the other hand, insect drugs are mostly dry and easy to hurt, so they must be properly coordinated with the products of strengthening the body and nourishing yin. In addition, it is necessary to take into account its physical factors, pay attention to people-oriented, according to different physical syndrome differentiation and treatment to improve the efficacy.

4. Meaning Analysis

Huatan Huoluo Decoction comes from Li Baohua, a famous old doctor of traditional Chinese medicine in Shaanxi Province [8]. The original prescription is mainly used to treat stroke, which has the function of resolving phlegm and dredging collaterals, promoting blood circulation and relieving wind. Director Hui Zhenliang, according to the principle of treating different diseases with the same method in traditional Chinese medicine, modified Huatan Huoluo Decoction to treat limb numbness after stroke has achieved good results. The prescription consists of *Pinellia ternata*, tangerine peel, *Poria cocos*, bamboo shavings, fried mustard seed, *Clematis chinensis*, *Vaccaria segetalis*, *Bombyx Batryticatus*, *Ginkgo biloba* leaves, *Pueraria lobata*, earthworm and so on. In the prescription, *Banxia Xinwen* enters the spleen and stomach meridians, and is good at removing phlegm and dampness in the spleen and stomach, while *Qingbanxia* is longer than *Huatan*; the bitter and warm tangerine peel not only regulates the ascending and descending of spleen and lung qi, but also dries dampness and regulates qi and reduces phlegm turbidity. The two drugs must be used for each other. *Pinellia ternata* is assisted by tangerine peel, so qi is smooth and phlegm is self-dispelling, and the function of resolving phlegm and dampness is enhanced. Tangerine peel is assisted by *Pinellia ternata*, so phlegm is removed and qi is from the bottom, and the function of regulating qi is more significant. *Poria* spleen and promote water wet transport; *zhuru* clearing heat and eliminating phlegm and dehumidification; fried mustard seed is especially suitable for removing phlegm outside the inner membrane of the skin and meridians; *weilingxiantong* meridians, eliminating phlegm, good channeling, strong and fast; the king did not leave the line but did not go, walked but did not keep, and was good at promoting blood circulation; *ginkgo biloba* leaves promoting blood circulation and removing blood stasis, dredging collaterals and relieving pain; *kudzu* root encouraged the rising qi of *Qingyang*; *dilong* is mainly used to enter the blood, is good at relieving pain, and leads the medicine directly to the meridians; the stiff silkworm is good at walking and channeling, and ascending the brain orifices to dredge collaterals. The combination of various medicines plays the role of resolving phlegm, activating blood and dredging collaterals, which is suitable for the syndrome of phlegm and blood stasis and meridian obstruction.

5. Examples of Cases

A 71-year-old male patient was newly diagnosed on June 25, 2024. Chief complaint: numbness of the left limb for more than half a year, aggravated for 1 week. Present medical history: The patient had no obvious incentive to appear tongue stiffness, poor speech, unclear articulation, accompanied by numbness and discomfort of the left limb, and unstable walking more than half a year ago. He was admitted to the local hospital. The head CT showed ‘cerebral infarction’, and then he was hospitalized in our hospital. After the relevant symptomatic treatment, he still felt slightly numbness of the left limb. One week ago, the patient felt that the left limb numbness was more severe than before, so he came to the outpatient department of our hospital. The patient is conscious, mental, still feel the left limb numbness discomfort, occasional dizziness, unclear mind, speech is not clear,

occasional drinking cough, conscious pharynx sputum, sputum frequent, systemic fatigue, eating generally, night rest can, two will adjust. The tongue is dark, the moss is white and thick, and the sublingual vein is tortuous. Pulse string slippery. Past history: Past history of hypertension for more than 20 years, the highest blood pressure 160/100mmHg. Usually oral 'nifedipine sustained-release tablets 10mg/times 1 times/day'. Western medicine diagnosis: cerebral infarction. TCM diagnosis: stroke (meridian), phlegm and blood stasis syndrome. Treatment by resolving phlegm and dredging collaterals, promoting blood circulation and removing blood stasis. Medicinal: Rhizoma Pinelliae 10g, Pericarpium Citri Reticulatae 15g, Poria 15g, Fructus Aurantii Immaturus 15g, Semen Sinapis 3g, Rhizoma Atractylodis Macrocephalae 15g, Radix Clematidis 10g, Semen Vaccariae 15g, Bombyx Batryticatus 15g, Scorpion 15g, Earthworm 12g, Gastrodia 20g, Safflower 12g, Licorice 6g. 7 doses, decoction 400 mL, 1 dose per day, warm clothes in the morning and evening, 200 mL each.

On July 03, the second diagnosis was made. After taking the medicine, the patient's left limb numbness and discomfort were relieved, his speech was more fluent than before, drinking water choking cough was improved, expectoration was reduced, and he still felt sleepy all over the body. The tongue was dark, the moss was white and greasy, and the pulse was stringy. This is a large reduction in phlegm and dampness. Now it is mainly based on qi deficiency and blood stasis. The above prescription is reduced, and 30g of *Astragalus membranaceus*, 15g of raw *Cyathula officinalis*, 15g of *Chuanxiong*, 14 doses, and the method is the same as before.

On July 18th, the patient's left limb numbness was significantly reduced after taking the medicine, and he no longer felt tired and weak. His speech was slightly fluent, his tongue was dark, his moss was white and slightly greasy, and his pulse was stringy. The effect is not better, 14 doses. Promise

Annotations: The patient had a history of hypertension, and the course of the disease was long, resulting in endogenous blood stasis, blood stasis, meridian obstruction, qi failure, blood failure, so the left limb numbness; and because of old age, spleen deficiency, spleen and stomach transport and transformation dereliction of duty, so phlegm endogenous, cough up phlegm frequently. The patient's phlegm is more abundant, so the first prescription is Banxia, Chenpi, Fuling, and Zhishi to strengthen the spleen and dry the dampness, dispel phlegm and dredge collaterals. *Atractylodes*, *Gastrodia* Xifeng expectorant, spleen dampness. Cooperate with *Wangbuliuxing*, *Honghua Huoxue Huayu Tongjing*; with stiff silkworm, scorpion, earthworm and other insect drugs, such drugs are flesh and blood products, which can not only stop wind and spasm, but also remove blood stasis and dredge collaterals. At the second diagnosis, the patient felt tired and weak, which was the sign of spleen qi deficiency. Therefore, *Astragalus membranaceus* was given to replenish qi and invigorate the spleen. The spleen was the foundation of acquired constitution. The spleen and stomach were healthy, and the qi and blood were abundant. The brain, limbs and meridians of the human body could nourish and enrich. At the same time, *Chuanxiong* *Rhizoma* and *Cyathulae Radix* were

given to promote qi and blood circulation and induce blood circulation. Director YOU Hui started from the two aspects of resolving phlegm and removing blood stasis to use drugs, and each took the shortcut.

6. Summary

With the aggravation of population aging in China, the clinical incidence of limb numbness after stroke is increasing. Director Hui Zhenliang summarized that the pathogenesis of the disease is phlegm and blood stasis blocking collaterals. The pathological nature is deficiency in origin and excess in superficiality. Qi and blood deficiency is the origin, and phlegm and blood stasis blocking collaterals is the superficiality. The treatment should be based on removing phlegm and blood stasis, dredging its meridians and collaterals as the core, taking concurrent disease syndrome as the key point of differentiation and treatment, giving consideration to both primary and secondary, and treating phlegm and blood stasis at the same time. The prescription focuses on the use of meridian-guiding drugs, with safety and effectiveness as the starting point, combined with the experience of doctors in the past dynasties, and skillfully uses the syndrome differentiation and treatment of traditional Chinese medicine. The prescription is active and plastic, and the clinical effect is significant. It has important academic value and clinical guiding significance for the treatment of limb numbness after stroke.

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