

Research Progress of Treating Turbidity-phlegm Headache with Traditional Chinese Medicine

Li Meng¹, Jinpei Zhang^{2,*}, Ruyan Sha¹

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

²Affiliated Hospital of Shaanxi University of Chinese Medicine, Xianyang 712000, Shaanxi, China

*Correspondence Author

Abstract: Headache refers to a common disease with patients' conscious head pain as the main clinical manifestation caused by external sensation or internal injury of deficient or disnourishing vein, and adverse clearing of the body [1]. All diseases are caused by phlegm, and the common pathogenic factor of headache is "phlegm". In dialectical treatment, the syndrome type is phlegm turbid headache. With the continuous development and innovation of traditional Chinese medicine, traditional Chinese medicine has shown unique advantages in the treatment of turbidity-phlegm headache. Due to its good therapeutic effect, low recurrence rate and small toxic side effects, it has been recognized by many patients in clinical practice. This article gives a comprehensive overview on the treatment of turbidity-turbidity-headache by traditional Chinese medicine in terms of the treatment of specific prescriptions and external treatment of traditional Chinese medicine, and provides some ideas for the diagnosis and treatment of this disease.

Keywords: Headache, Phlegm turbid, Traditional Chinese medicine treatment.

1. Introduction

Headache is more common in clinical practice, it can be either a symptom or a disease. In ancient times, there were a lot of discussion and research on headache, and the earliest found in China's famous medical classic "Huangdi Neijing", such as "Su Question · Five viscera generation" : "headache top disease, deficiency on the upper body, too little Yin in the foot, giant Yang, even into the kidney"; "Plain Question · Angry Theory of Heaven" "Because of wet, first as wrapped" [2]. These discussions laid the theoretical foundation of headache syndrome and still have far-reaching influence. Modern medicine considers headache as a common clinical symptom and complaint, ranking in the top ten among disability disorders [3]. Long-term headache is easy to reduce the quality of life of patients, affect physical and mental health and schedule work, and has a certain disease burden, so it has attracted great attention.

Headache is mainly divided into external headache and internal injury headache, and internal injury headache is divided into liver-yang headache, phlegm-turbidity headache, blood stasis headache, kidney deficiency headache and Qi-blood deficiency headache [4]. "Danxi Heart Law · Headache" contains: "headache mainly in sputum". "On the Source of Diseases" recognized that "wind and phlegm are connected, and the head is flushed upward, which can cause headache." Visible phlegm turbidness on the syndrome is a headache often witness type, the disease is in the brain, the disease is real, the cause is more for overeating cold, excessive eating fat thick greasy or excessive alcohol, resulting in spleen loss of health, sputum turbidness endogenous, blind clear, the main symptoms are headache such as wrapped, chest cavity full of boredom, vomiting of phlegm saliva, patients often repeated attacks, no regular, some of the disease course is longer, as long as ten years, patients with abnormal pain. Traditional Chinese medicine treatment to spleen dry dampness, phlegm and wind "as the principle, spleen and stomach qi smooth, phlegm turbidity self-elimination. In this paper, the relevant literatures on the treatment of turbine-phlegm headache by traditional Chinese

medicine in recent years are summarized from the treatment of traditional Chinese medicine prescription and external treatment of traditional Chinese medicine to provide certain ideas for the diagnosis and treatment of turbine-phlegm headache.

2. Special Prescription of Traditional Chinese Medicine

To treat phlegm turbidness and headache, the traditional Chinese medicine prescription is to strengthen spleen and dry dampness, dissipate phlegm and wind. The representative prescriptions are Banxia Baizhu Tianma Decoction, Wendan Decoction, etc., and other traditional Chinese medicine prescriptions, such as Lingui Zhugan Decoction, Huatan Tongqiao Recipe, etc.

2.1 Banxia Baizhu Tianma Decoction Add or Subtract

Banxia Baizhu Tianma Decoction for clinical treatment of vertigo, headache commonly used prescription, ancient books have also been recorded, such as Cheng Zhongling "Medical heart Wu" cloud: "Phlegm headache, chest lung phlegm, dizziness, movement of Banxia Baizhu Tianma decoction master", the whole prescription to pinxia, Gastrodia as the king, white art, Tucafore as the minister, orange, ginger, dates, licorice to make, play a total of spleen dry dampness, phlegm and wind work, Therefore, when treating phlegm turbid headache, Banxia Baizhu Tianma Decoction is commonly used. Tu Jinwen Professor [5] believes that phlegm turbidness headache is closely related to lack of endowment, Yin and Yang impairment, and dysfunction of the three viscera of liver, spleen and kidney. In the treatment, Banxia Baizhu Tianma decoction was used to add or reduce. To treat dry dampness and phlegm, flat liver and wind. The technician believes that according to the different symptoms of patients, the dialectical addition and reduction is the focus of treatment, or biased to promote blood circulation, or biased to relieve pain, or biased to relieve surface, or biased to clear heat, or biased to supplement deficiency. Guan Guodong et al. [6] selected 90 patients with turbidite migraine as the study objects. The

experimental group took Banxia Baizhu Tianma Decoction, and the total effective rate was 93.3%; while the control group took flunarizine hydrochloride capsule before going to bed every day, and the total effective rate was 75.6%, indicating that the total effective rate of the experimental group was significantly higher than the control group. It is indicated that Banxia Baizhu Tianma Decoction has significant curative effect on turbidity-induced headache and high clinical application value. Yang Haikuan et al. [7] took 80 patients and divided them into control group and observation group with 40 patients each. Control group: two-dimensional notoginseng cinnarizine capsules were given. Observation group: On the basis of the treatment of the control group, Banxia Baizhu Tianma decoction was added (that is, Tribulus terrestris, fructus manjing, Fructus aurantii and bile south star were added on the basis of the original formula). The total effective rate was 92.5% in observation group and 72.5% in control group. Added Banxia Baizhu Tianma Decoction combined with 2-D noqi cinnarizine has a definite effect on the treatment of patients with sputum turbidity-updisturbance migraine, which can effectively improve the indicators of migraine, improve the quality of daily life of patients, and reduce the rate of disability. At the same time, this study also proved that the therapeutic effect of the combination of the two was better than that of two-dimensional notoginseng and cinnarizine capsules alone. Yang Fan et al. [8] selected 120 patients with turbidity-induced headache and divided them into observation group and control group, 60 cases in each. The control group was given sibiline orally before going to bed, and the observation group was given added Banxia Baizhu Tianma decoction orally on the basis of the control group. The experimental results showed that added pinellia white technique Tianma Decoction has a good analgesic effect on the acute attack of migraine, which can reduce the number of pain attacks and shorten the duration of pain. The mechanism of action may be related to the improvement of serum CRP and IL-6 levels. Ding Yan [9] also concluded in the comparative study experiment that added Banxia Baizhu Tianma Decoction has better efficacy than sibiline, which can significantly improve clinical symptoms and reduce the degree of disability, thereby improving the quality of life of patients and providing a new choice for the drug treatment of phlegm-turbidity-type headache.

2.2 Wendan Decoction Plus or Minus

Wentan Decoction was originally produced in Yao Shengyuan's Collection of Prescription in the Southern and Northern Dynasties [10], which was composed of bamboo shavers, fructus aurantii, pinellia, tangerine peel, poria, licorice, ginger and jujube. The effect of this prescription was to regulate qi and remove phlegm, clear gallbladder and stomach, and it was the main prescription for treating phlegm turbidize heat headache. Hd et al. [11] selected 67 patients with phlegm turbid headache. The treatment group was given basic prescription Wendan Decoction, and the control group was given Zhengtian pill orally. The total effective rate of the treatment group was 89.18%, and the total effective rate of the control group was 66.66%. After comparing the recovery of cerebral blood flow map after treatment between the two groups, it was also found that the effect of the treatment group was better than that of the control group. Bai Zhenyi [12] selected 80 cases of phlegm turbiditis headache, and orally

added or decreased Chaiqin Wendan Decoction in the treatment group and sibiline capsule in the control group. The study found that the effective rate of the treatment group was 85.0%, and the total effective rate of the control group was 55.0%. Through years of clinical practice, the author has found that the use of Chaiqin Wendan Decoction with added flavor has a significant effect on the treatment of phlegm turbiditis headache, so it is worth promoting clinically. Chen Yongjun [13] selected 60 patients with phlegm turbidness headache and treated them with Tuling Wendan Decoction to evaluate its curative effect. The study showed that the cure rate was 71.7%, the improvement rate was 28.3%, the total effective rate was 100%, and the curative effect was satisfactory. The decoction of Tuling Poria is sweet and light, and it is specialized in clearing heat, detoxifying and dehumidifying, which is generally used Treatment of syphilis, skin diseases, etc. However, the author experienced in many years of clinical work in the treatment of intractable headache has a very good effect, especially in the damp heat phlegm turquoise-stasis, in the use of reasonable choice of dosage, can greatly improve the efficacy, reduce the pain of patients, improve the quality of life of patients.

2.3 Other Traditional Chinese Medicine Prescriptions

There are also Linggui Zhugan Decoction, self-designed Huatan Qingqiao granules and so on. Linggui Zhugan Decoction comes from "Treatise on Febrile and Miscellaneous Diseases", it is a commonly used clinical prescription. Although this prescription has only four simple medicines, it has high efficacy, so it is highly respected by doctors of all ages. This prescription is set for the syndrome of deficiency of Yang qi in middle jiao, loss of healthy movement of spleen and dampness accumulation. It is generally the main prescription for the treatment of phlegm and fluid in clinical practice, but its application is very wide, and it has been gradually increased in the literature research on the treatment of encephalopathy in recent years. Zhang Ruoyi et al. [14] found that after the treatment of supplemented Linggui Zhugan Decoction, the spleen deficiency and dampness of the patient were fundamentally regulated, and the treatment principle of "seeking the root of the disease and the consistency of the specimen" was followed, effectively improving the headache symptoms and characteristic accompanying symptoms and signs of the patient. Wang Zhangyu [15] selected 60 patients with turbine-phlegm headache, 30 patients in the control group were given flunarizine capsule treatment, and 30 patients in the treatment group were given Jiaying Guizugan Decoction orally. The study found that the treatment group was significantly superior to the control group in reducing pain degree and improving TCM symptoms. Therefore, the addition of Jiaying Guizugan Decoction could effectively improve headache symptoms and TCM symptoms. And improve the patient's phlegm-dampness pathological basis, so as to improve the curative effect. Guo Zhanfei [16] reviewed various literatures, combined with his mentor's many years of clinical experience, followed the treatment principle of "patients with phlegm should be treated with warm medicine", flexibly applied the treatment methods of eliminating phlegm for resuscitation and promoting qi for pain relief, and successfully prepared Huatan Qingqiao Granule by himself. Through a large number of data and research, he found that

this drug can improve the intensity, frequency of attacks, duration and accompanying symptoms of headache. The therapeutic effect is better and the clinical value is higher.

3. External Treatment of Chinese Medicine

External treatment of TCM has a long history, with advantages such as convenient operation, small toxic and side effects, and no obvious adverse reactions. It plays an important role in disease prevention, treatment, rehabilitation, etc. Together with internal treatment of TCM, it forms a complete treatment system of TCM and has attracted wide attention from people [17]. TCM external treatment mainly includes acupuncture, massage, acupoint application (injection), cupping, ear point pressure bean and so on.

3.1 Acupuncture

Acupuncture and moxibustion is an ancient Chinese medicine therapy, mainly through the stimulation of specific points to adjust the physiological and pathological state of the body to achieve the role of clearing blood vessels, balancing Yin and Yang, and treating diseases. Acupuncture treatment of headache has a long history of research, the ancient book "Huangdi Neijing" recorded that "all acupuncture methods, must be based on God", the curative effect is also good, and constantly innovate, in recent years, the characteristics of acupuncture treatment of headache are also constantly clear. Data show that acupuncture treatment of headache diseases has shown a better clinical research trend compared with other diseases, and has achieved certain results, which has a significant impact in the world [18]. This article focuses on the acupuncture treatment of phlegm turbidity headache, through dialectical selection of acupoints, the main points of the head meridians such as the Du vein, liver meridian, gallbladder meridian, and the main point of phlegm removal: Fenglong point, with the method of clearing phlegm and clearing phlegm, to achieve the effect of eliminating phlegm and reducing turbidity, awakening the brain and opening the orificum to relieve pain. Li Dongshen [19] selected 64 cases of patients with phlegm turbidity headache, using the methods of eliminating phlegm to reduce turbidity and dredging collaterality to relieve pain. The main points were Rendu and Zyangming meridian points, Baihui, Fengchi, Yintang and Yang, and the combined points were Yinlingquan, Touwei, Fenglong and Zhongwan. The clinical effect of treating phlegm turbidity headache was good and worthy of promotion. Qi Hong et al. [20] selected 63 patients with phlegm turbidity-upside-disturbance headache and randomly divided them into syndrome differentiation group (32 cases) and control group (31 cases). Both groups were given the treatment of Qin's first eight needles; at the same time, the syndrome differentiation group was acupuncture Zusanli, Sanyinjiao and Fenglong, while the control group was acupuncture the above points

After research, it was found that the first eight needles of Qin's acupuncture method combined with the dialectical point selection of traditional Chinese medicine reduced the number of attacks of patients, effectively alleviated the patient's condition, reduced the degree of headache of patients, and the curative effect was satisfactory. Hu Ke et al. [21] applied Tuling Wendan Decoction combined with Xingnaojiaqiao

acupuncture to treat patients with phlegm-turbiditic upside-down migraine, which could significantly reduce clinical symptoms, improve cerebral blood flow without adverse reactions, and have a good effect. The mechanism of action may be closely related to increasing the level of serum 5-hydroxytryptamine and decreasing the level of lysophosphatidic acid and matrix metalloproteinase-9.

3.2 Massage

Under the guidance of traditional Chinese medicine theory and modern scientific theory, massage refers to the use of various different techniques to act on specific parts of the human body or acupoints to clear the meridians, adjust the zang-fu organs, reconcile Qi and blood, balance Yin and Yang, so as to achieve a method of preventing and treating diseases. Massage has a history of more than two thousand years, and there are records of massage treatment of headache in ancient books. With the continuous development of medicine, studies have found that in addition to headaches caused by intracranial space occupying lesions or serious infections, almost all types of headaches can be treated with massage. Zhang Xiping et al. [22] treated 56 headache patients with three-step massage therapy, and all treatments were effective except for 1 female patient with cluster headache. The important principle of three-step massage therapy is "thinning channels and collateral-collateral-collateral-collateral-collateral-draining", the main massage acupoints need to be selected from the Du vein, bladder meridian and bile meridian, because the three Yang meridian is the main source of Qi and blood of the head, so through the massage to dredge the qi and blood of the three channels to relieve pain.

Through experiments and data analysis, Bai Weijie [23] showed that the therapeutic effect of massage therapy combined with decoction was significantly better than that of simple decoction. Besides, massage therapy, as a non-drug therapy for the auxiliary treatment of turbiditic headache, has no toxic side effects and is more easily accepted by the majority of patients in clinical practice, so massage therapy is worth promoting. A foreign study also found through randomized controlled experiments that massage can reduce anxiety, heart rate and cortisol during treatment, and it is concluded that massage therapy can Conclusions as a non-drug treatment for migraine patients [24].

3.3 Acupoint Application

Acupoint application therapy was first seen in "fifty-two disease prescription", this therapy is based on acupuncture and moxibustion medicine application of Chinese medicine on the human acupoint, through the meridians on the body adjustment effect, and to achieve the prevention and treatment of disease, a traditional Chinese medicine external therapy, it has the advantages of direct medicine, simple, quick effect, so in the clinical application of a wide range. By searching the database, Liu Xiaoping et al. [25] summarized and analyzed the application law of acupoint application in the treatment of headache on the third bed in ancient literature, that is, acupoints are selected locally on the head mainly at the temple, reflecting the treatment law of "where the acupoint is located and where the indications are located". The selected drugs are

mainly channeling, opening and activating collaterals, and the most suitable acupoint application for headache is cake. According to the research results obtained by Zhang Zirun et al. [26] through literature search, the common acupoints used for acupoint application in the treatment of headache are Yongquan, Shenque, Taichong, Taiyang and Sanyinjiao; the main acupoints are Zudshaoyin kidney channel, Zudyang bladder Channel and Ren vein; the main specific points are Wushou point; the common herbs used for application include Wuzhuyu, Chuanxiong, borneol, etc.

4. Summary

Turbidity-phlegm headache has a long clinical course, multiple and complicated syndroms, and a long course of disease, resulting in lingering and difficult treatment, bringing great pain to patients. However, traditional Chinese medicine therapy has advantages of better efficacy and fewer adverse reactions in the treatment of turbidity-phlegm headache, which has been recognized by patients in clinical practice. However, when looking up relevant literature, it is found that there are few related literatures on turbidity-phlegm headache. Therefore, in the future clinical work and experiments should increase the study of sputum turbid headache, so as to explore a more extensive and effective therapy to reduce the pain of patients.

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