

Prevention and Treatment of Intestinal Polyps based on the Theory of "Yang Hua Qi, Yin Shaping"

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Abstract: *Intestinal polyp is a common digestive system disease, and its incidence is increasing, among which adenomatous polyp is the main type of precancerous transformation of colorectal cancer. In traditional Chinese medicine, this can be classified as "intestinal mushroom" or "accumulation" and other diseases. "Yang transforming qi and yin forming" means that yang dominates qi, while yin dominates the body, which shows the balance of their interaction and unity of opposites. Traditional Chinese medicine believes that the imbalance between yin and yang is the basic pathogenesis of the disease. Based on this discussion of the understanding of intestinal polyps, it is considered that the disease is based on the deficiency of Yang qi, and Yin formation is the sign of the disease. Therefore, the clinical treatment should be based on warming Yang Qi, dispelling phlegm and removing blood stasis to eliminate Yin and Nebula, and to regulate Qi, so as to make the body reach the state of Yin Pingyang.*

Keywords: Yang Hua Qi, Neoplasty, Intestinal polyps.

1. Introduction

Intestinal polyps are polyps that protrude from the surface of the intestinal mucosa to the lumen of the intestine. Some patients may have digestive tract symptoms such as abdominal pain or changes in stool characteristics, while others have no obvious clinical symptoms. Intestinal polyps can be divided into adenomatous polyps and non-adenomatous polyps according to pathology. Adenomatoid polyps have been confirmed to belong to the precancerous phase [1]. Acupuncture for this disease, at present, Western medicine is mainly surgical resection, but after treatment, it is easy to recur and other problems. Intestinal polyps can be classified into the categories of "intestinal polyps", "accumulation" and "intestinal polyps" in traditional Chinese medicine. Such as "Lingshu Water distension" pointed out: "Cold guests outside the intestines, fighting with Wei Qi, Qi is not honorable; because of some ties, blood stasis and internal, evil qi is from, polyps are born." [3] through syndrome differentiation and treatment, traditional Chinese medicine has unique advantages in preventing the recurrence of polyps and improving clinical symptoms. This paper discusses the prevention and treatment of intestinal polyps by traditional Chinese medicine from the point of view of "Yang Hua Qi, Yin shaping", so as to provide ideas and methods for the clinical treatment of intestinal polyps.

2. The Connotation of "Yang Hua Qi, Yin Forming"

It is mentioned in the Great Theory of Yin and Yang: "accumulating Yang is the Heaven and accumulating Yin is the Earth. Yin is quiet and Yang is irritable, Yang produces Yin long, Yang kills Yin Zang. Yang Hua Qi, Yin forming." It is precisely because of the mutual sympathy and interaction between yin and yang that we can promote the mutual transformation of matter and matter, matter and energy, and

promote and regulate the life process of the human body [4]. Yang Hua Qi changes fine matter from tangible to invisible, which also refers to the stage from static to dynamic, while Yin forming is the stage from dynamic to static, which makes matter from invisible to tangible, and gasification is the essence of life activity, which runs through the whole life. Visible and invisible transform each other in the movement and change of gas, which is also the concrete embodiment of gasification, and they are the balance of the unity of opposites [5]. Zhang Jiebin, a famous physician in the Ming Dynasty, also mentioned: "Yang moves and disperses, so it transforms qi; Yin is quiet and coagulates, so it takes shape." Yang qi and yin forming are the concrete embodiment of the movement process and function of yin and yang. Yang qi has the function of warming, promoting and dispersing, and can promote the gasification of all things. "Yang Hua qi" can disperse the tangible subtle substances such as essence, blood and body fluid of the human body into invisible qi and maintain the physiological function of the viscera. Yin qi has the function of coolness, inhibition and decline, which can promote the formation of all things. "Yin forming" in the human body is the micro condensation of invisible qi and water valley essence into tangible yin essence, so that the body can maintain and grow [6]. Only when "Yang Hua Qi and Yin forming" reach a dynamic balance, can the body maintain its normal physiological function. Only under the warm promotion of Yang, can the visible Yin essence be continuously transformed into invisible Qi. If the body is out of balance between yin and yang, corresponding diseases will occur.

The essence of disease is the imbalance of yin and yang, just as "yang wins yin disease, yin wins yang disease", "getting warm leads to behavior, cold means coagulation". If yang qi is insufficient, the body loses warm nourishment, and yang qi is unable to promote the operation and distribution of fine blood and body fluid, so that pathological products can be produced, such as phlegm drink, blood stasis and other products of yin forming too much; "excess qi is fire". If Yang qi is too much

and yin formation is insufficient, it will lead to hyperactivity of yang qi of the body, damage to yin essence and abnormal transfusion of essence blood and body fluid.

3. "Yang Hua Qi, Yin Shaping" and the Formation of Intestinal Polyps

3.1 Yang Hua Qi is not Enough

"Yang, outside the Wei but also solid", "where the importance of Yin and Yang, Yang is solid", all emphasize the important role of Yang Qi in human life activities. Although intestinal polyp is a tangible pathological product, its essence is still the result of yang deficiency. The deficiency of yang qi can be divided into spleen and kidney yang deficiency, not enough to melt qi and yang qi is depressed, gasification is blocked.

3.1.1 Yang deficiency of spleen and kidney

Yang-qi deficiency is mainly caused by kidney-yang deficiency, because kidney-yang is the foundation of human body yang, kidney stores essence as congenital foundation, spleen dominates movement and transformation, it is the source of qi and blood biochemistry and acquired foundation, the ability of spleen transporting water grain fine needs warm steaming of kidney-yang, "soil can make water". The normal function of kidney water depends on the assistance of spleen-yang and spleen-yang. The spleen and kidney cooperate with each other to promote the formation of Yang Qi. If the spleen and kidney yang deficiency, then yang qi is not enough to gasify the body's qi, blood and body fluid, on the one hand, gasification is deficient, qi and blood deficiency makes the intestine lose nourishment, yang qi is not enough to warm the tangible evil, and "where the evil comes together, its qi must be deficient", then the intestinal defense function will be weakened. On the other hand, the abnormal transfusion of essence, qi and blood, and body fluid makes the body produce pathological products such as turbid phlegm and blood stasis, which affect the function of conductors in the large intestine, deficiency and evil stagnation, internal stagnation of dregs, and accumulation of blood stasis and turbid qi in the intestines for a long time.

3.1.2 Qi maladjustment

In addition to the need for sufficient Yang Qi, the normal exertion of Yang Qi function also depends on the regulation of qi. Yang qi is contained, stagnant inside, unable to reach outside, and there are a series of manifestations of deficiency of yang qi. Liver master catharsis, can adjust the whole body qi, qi unobstructed, then yang can be spread to all parts of the body, liver qi is smooth, then the spleen and stomach qi up and down and qi and blood operation normal. If the emotion is not smooth, the liver qi will be out of balance, and the abnormal rise and fall of qi will affect the spleen and stomach qi, spleen deficiency and loss of transportation, resulting in insufficient biochemical and operation of qi and blood, or pathological products such as stagnation of qi, phlegm and blood stasis. Large intestine to pass down for smooth, if the liver loss of catharsis, abnormal gasification, then the intestinal qi is disadvantageous, blood stasis, meridian block and hair as polyps.

3.2 Yin Forming is Too Much as the Standard

"The beginning of accumulation, cold is born", due to the deficiency of Yang qi, qi and blood, abnormal movement of body fluid, phlegm, blood stasis and other pathological products, stay for a long time, Yin-cold evil condensation into polyps, affecting the normal operation of qi, and abnormal physiological function of Zang-fu organs. On the other hand, the formation of tangible solid and evil polyps will wear out and hinder the formation and operation of yang qi, which is also one of the reasons why intestinal polyps are easy to recur. At the same time, the degree of yang damage and yin evil accumulation is also closely related to the development of intestinal polyps. Du Chuanlin [7] analyzed the TCM physical characteristics of patients with colorectal polyps and found that there was an obvious correlation between phlegm-dampness and colorectal polyps, which shows that the basic pathogenesis of colorectal polyps is spleen and stomach deficiency, phlegm and blood stasis, turbid toxin as the standard. Spleen and kidney yang deficiency, yang qi does not change, so that qi and blood, body fluid abnormal operation, resulting in phlegm dampness, blood stasis endogenesis, accumulation in the intestinal tract and intestinal polyps. Fang Qingyun [8] in the study of medical syndrome type and clinical correlation of colorectal polyps, it was found that most of the pathological types of colorectal polyps were tubular adenomas, and intestinal damp-heat was the most common syndrome type of TCM, and there was a certain correlation between TCM syndrome types and villi. It is considered that blood stasis may be an important factor in the tendency of carcinogenesis of adenomatous polyps. Therefore, colorectal polyps are caused by the dysfunction of viscera, which makes qi and blood unfavorable, resulting in qi stagnation, phlegm-dampness and blood stasis in the intestine.

4. The Theory of "Yang Hua Qi, Yin shaping" in the Treatment of Intestinal Polyps

4.1 Warming and Dredging Yang Qi

The cure of illness must be based on Ben. The essence of the occurrence of the disease is the imbalance of the relationship between yin and yang, so the rise and fall of yin and yang should be made clear in the diagnosis and treatment of diseases, which is also the basic principle of clinical diagnosis and treatment. The main pathogenesis of intestinal polyps is deficiency and excess, based on yang deficiency of spleen and kidney, phlegm and blood stasis. Therefore, the treatment should be based on warming yang and transforming qi, as well as resolving phlegm and removing blood stasis.

Zhang Jingyue believes that "people with deficiency of spleen and kidney and weakness and imbalance often have the disease of accumulation. If the deficiency of the spleen is covered, the middle coke is not transported, the deficiency of the kidney is not changed, and if the vital energy is not good, the evil stagnation can live in it." therefore, when treating deficiency of yang-transforming qi, we should mainly warm and tonify the yang of the spleen and kidney, warm the spleen-yang, have a good temper, subsidize the kidney-yang, and at the same time promote the fine production of the water valley into qi and blood semen, and the normal movement of the spleen and stomach, then the visible evil can be eliminated.

Warm and tonify the kidney yang, make the yuan yang sufficient, then the function of gasification is normal, so that it can be transformed into tangible essence. The yang of spleen and kidney supports each other, which makes yang qi sufficient and achieves the healthy state of "Yin pingyang secret, spirit is cure". "less angry", so in the treatment should not be blindly or large doses of aconite, cinnamon and other hot products. Drugs can be selected to warm and tonify the spleen and kidney, such as *Codonopsis pilosula*, *Atractylodes macrocephala*, *Eucommia ulmoides*, psoralen and so on. Xie Sheng et al. [9] think that gastrointestinal polyps are easy to occur frequently in patients with cold-damp constitution, "spleen deficiency and cold-dampness" is the focus of the pathogenesis of intestinal polyps, and blood stasis caused by dampness-heat, cold-dampness and phlegm turbidity is the cause of the disease. among them, phlegm knot and blood stasis are important pathological links of gastrointestinal polyps, so self-made Wenwei Yang decoction can warm Yang and invigorate the spleen. Guizhi and cannon ginger have the role of warming Yang Qi, dispelling cold and dredging collaterals. *Amomum villosum* and cardamom gasification dampness, *Ling* invigorates spleen and dampness, *Codonopsis pilosula* and *Yizhi Ren* warm and tonify spleen and kidney, plus a small amount of *Patrinia officinalis* and honeysuckle to remove blood stasis and detoxification, remove decay and give birth to new, so this prescription has obvious clinical effect in preventing the recurrence of gastrointestinal polyps. It can improve the physique of patients and eliminate polyps. Professor Wu Yaonan [10] believes that the pathogenesis of intestinal polyps is yang deficiency and cold coagulation, which is based on yang deficiency and cold stagnation. If clinical treatment is based on expelling phlegm and removing blood stasis, it is easy to damage vital qi and lead to poor curative effect. Therefore, we can start with the theory of "Yang Hua Qi, Yin forming". In the treatment, we can use Yang and Tang, warming Yang and tonifying blood, *Xin San* and *Wen Tong*, so that there is dispersion in tonifying, tonifying but not stagnant, and warming dispersing cold coagulation without injuring the right body, nourishing yin and blood without falling in love with evil, so that yang deficiency can be replenished and blood stasis and phlegm stagnation can be eliminated. The clinical effect of this prescription is very good. Wu Honglei [11] takes warming yang and invigorating deficiency as the treatment principle, using Wenyang Sanjie prescription (nutmeg, psoralen, evodia, red jujube, zedoary, *Fructus Schisandrae*, *Fructus Schisandrae*, *Herba Hedyotis*, rhubarb, dried ginger, ginseng, *Atractylodes macrocephala*, *Fructus Aurantii*, *Cimicifuga*, *alisma*) to treat postoperative patients with colorectal polyps, in clinical treatment, according to the specific conditions of patients, syndrome differentiation plus subtraction treatment [12]. In the prescription, jujube tonifies Zhongqi; *Schisandra* is astringent and astringent; psoralen warms the yang of spleen and kidney, nutmeg astringent intestines to stop diarrhea, the two drugs are combined to enhance the effect of astringent intestine and diarrhea; dried ginger dispels cold and helps yang, *Atractylodes macrocephala* can invigorate spleen dryness and dampness, the two drugs are combined to achieve the effect of invigorating spleen and dampness; *Wuzhuyu* powder is used to warm spleen and kidney; various medicines are combined to enhance the immune function of patients by warming yang and replenishing qi. The results showed that the recurrence

rate began to decrease 12-36 months after Wenyang Sanjie decoction was given in the observation group, while it increased in the control group, and the difference was statistically significant ($P < 0.05$). Therefore, Wenyang Sanjie decoction has a better role in the prevention and treatment of polyps and helps to improve the quality of life of patients.

While warming yang, we should pay attention to dredging qi to dredge yang, so as to prevent yang depression heat or abnormal distribution of body blood transfusion caused by yang qi, which should conform to the general and descending nature of the intestinal tract and make yang qi rise and fall in an orderly manner. Therefore, in the treatment, we can choose *Bupleurum*, *Fructus Aurantii*, *Xiangfu* and other drugs to soothe the liver and regulate qi. Tian Fengliang et al. [13] proposed that the treatment of colorectal polyps should first regulate its qi, so that qi and blood circulation, then qi stagnation, phlegm, blood stasis and other tangible pathogens do not exist, polyps can be eliminated. Therefore, to recuperate qi, replenish qi and promote blood circulation as the treatment method, choose *Xiao Chaihu* decoction to add and subtract. Among them, *Bupleurum* soothes the liver and relieves depression; *Radix Bupleuri* nourishes the blood and softens the liver; *Rhizoma Scutellariae*, *Fructus Aurantii* and *Fructus Aurantii* relieve depression; *Radix Scutellariae*, *Pinellia ternata* and stomach fall, the two drugs work together to regulate Shaoyang Cardinal, so that the ascending and descending function of spleen and stomach qi can be restored. Pan Zhimei [14] treated postoperative patients with colorectal adenomatous polyps with *Liujunzi* decoction. The results showed that *Liqi Liujunzi* decoction could significantly reduce the levels of serum gastrin-17 and IL-18. Serum gastrin-17 can promote the carcinogenesis of adenomatous colorectal polyps [15]. In addition, *Liujunzi* decoction can also significantly reduce abdominal pain, diarrhea and other symptoms, reducing the recurrence rate of polyps can reach 90.57%. Modern pharmacological studies have shown that the effective components of *Liujunzi* decoction have the function of scavenging free radicals, reducing cell membrane damage, regulating immune cells, having obvious antioxidation and inhibiting inflammatory reaction. reduce the level of cancer-promoting factors [16].

4.2 Resolving Phlegm and Removing Blood Stasis

It can be seen that in the treatment of intestinal polyps, according to the exuberance of visible excess and evil, warming and dredging yang qi, resolving phlegm and removing dampness or promoting blood circulation and removing blood stasis are applied dialectically, so that the visible excess evil can be dissipated. When using medicine, you can choose products such as *Poria cocos*, *Atractylodes macrocephala*, *Pinellia ternata*, oysters, sea clam shells and so on. *Qingchang* News granule is effective for adenoma polyps with intestinal polyps of intestinal damp-heat syndrome, and has no toxic and side effects. *Qingchang* message granule has the effect of clearing heat and removing dampness, removing blood stasis and dispersing knots, and its medicine composition is: *Sophora flavescens*, *Atractylodes*, *Coix seed*, rhubarb, *Smilax China*, *Trigonum*, zedoary, *Tianlong*, ginger. In the prescription, *Sophora flavescens* clears heat and dryness and dampness; *Atractylodes* dryness and dampness is used as monarch medicine, which makes the power of

clearing heat and dampness even more, especially suitable for abdominal distension or abdominal pain caused by dampness stagnation of stomach and spleen; Coix seed invigorating spleen tonic, raw use of heat-clearing and dehumidification effect is more obvious; rhubarb taste bitter cold, clean intestine, push Chen Zhixin, promote gastrointestinal peristalsis; both drugs are subject drugs, so that the evil of dampness and heat can come out from the second stool [17]. Liu Zhiyong et al. [18] when preventing the recurrence of colorectal polyps, they selected local Wuji powder (Angelica dahurica, Ligusticum chuanxiong, licorice, Poria, Angelica, cinnamon, peony, Pinellia ternata, ephedra, tangerine peel, Fructus Aurantii, Atractylodes, Platycodon grandiflorum, dried ginger, ginger, magnolia). Dried ginger and cinnamon can warm Liyang, and Pinellia ternata, tangerine peel and Poria cocos which have the effect of drying, dampening and resolving phlegm Radix angelicae Sinensis, Radix Paeoniae Alba and Ligusticum chuanxiong can regulate the qi of Platycodon grandiflorum, Fructus Aurantii and scallion. Enteroscopy was performed again after 12 months of follow-up. The results showed that the recurrence rate of Wujisan treatment group was significantly lower than that of the blank group. Zhang Fengmin et al. [19] found that traditional Chinese medicine such as Atractylodes macrocephala, Poria cocos, Coix seed, Chinese yam and white lentils can effectively reduce the recurrence rate of colorectal polyps. Modern pharmacological studies have shown that [20] the active components of Atractylodes macrocephala can significantly inhibit the proliferation of cancer cells and induce their apoptosis. Professor Xie Jingri believes that the formation of colorectal polyps is closely related to "blood stasis". Therefore, on the basis of syndrome differentiation, products of promoting blood circulation and removing blood stasis should be added to inhibit tumor growth, such as Scutellaria barbata, Hedyotis diffusa, cat claw and other drugs to prevent its canceration [21]. Zeng Min et al. [22] used Jisheng Wumei tablets (Wumei, Bombyx mori, Rhizoma Curcumae, safflower) in the treatment of intestinal polyps. The results showed that Jisheng Wumei tablets had significant effects of reducing swelling and removing blood stasis, and could significantly reduce the inflammatory reaction of the mucosa around the polyps and make the polyps shrink or fall off.

To sum up, the theory of "Yang Hua Qi, Yin shaping" is of great significance in guiding the treatment of intestinal polyps. Because of the high recurrence rate of intestinal polyps, daily health preservation and care of yang qi are particularly important for the prevention and development of the disease. Just like "Yang is nourished in spring and summer, and yin is nourished in autumn and winter", in spring and summer, the qi of growth nourishes yang by warming, and in autumn and winter, it can adapt to the health principle of collecting qi to nourish yin and yang and adapt to the change of yin and yang at 04:00, which also embodies the idea of prevention-based treatment.

5. Conclusion

At present, surgical resection is still the main method in the treatment of intestinal polyps in western medicine. compared with endoscopic resection, traditional Chinese medicine has a significant effect in clinical treatment, so it is of great

significance to explore the syndrome differentiation of traditional Chinese medicine in the treatment of intestinal polyps. "Yin shaping" theory is closely related to the formation and development of intestinal polyps, and traditional Chinese medicine considers the deficiency of yang qi of spleen and kidney under the guidance of the theory of "yang qi and yin shaping". Make the water valley transport abnormal, and then cold and damp endogenous, qi blocked, and finally form phlegm and blood stasis and other pathological products, leading to the occurrence of intestinal polyps. Therefore, the imbalance of "Yang Hua Qi" and "Yin shaping" should be restored during treatment. starting from warming Yang and transforming Qi, and then treating phlegm and removing blood stasis and regulating qi and dampness, the process of occurrence and development of intestinal polyps can be reduced. it provides ideas and methods for clinical prevention and treatment of intestinal polyps.

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