

Professor Wang Xiaoyan's Clinical Experience of Treating Hypertension from Qi Monism

Kun Yan^{1,2}, Xiaoyan Wang^{2,*}

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

²Xi'an Hospital of Traditional Chinese Medicine, The Fifth Affiliated Hospital of Shaanxi University of Chinese Medicine, Xi'an 710000, Shaanxi, China

*Correspondence Author

Abstract: "Qi monism" believes that in the process of physiological change of human body, the gas of the five zang organs is generated through the rise, fall and fluctuation of the air machine. The qi of the five zang organs is actually one qi, which is only the embodiment of the vitality in different stages. In fact, hypertension is caused by the air disorder of the five zang organs, but it is mainly related to qi and liver qi. Liver qi's slow and orderly rise will directly affect the increase of blood pressure, and the lack of qi will cause water to fly, which indirectly leads to the increase of blood pressure.

Keywords: Qi monism, Hypertension, Vitality.

1. Introduction

"Gas monism" theory of view that gas is the universe of the earth, is the basic element of all things, people and the universe homogeneity, the operation of the atmosphere of heaven and earth follow from spring to winter, the law of the constant, the gas of human life also follow the law of the four seasons of heaven and earth and show growth collection. Professor Wang Xiaoyan is a famous Chinese medicine in Shaanxi Province and the first in Xi'an. She has been engaged in clinical work for more than 30 years. Professor Wang Xiaoyan, based on clinical experience and the theory, has formed some unique opinions on hypertension.

2. Qi Monism

In traditional Chinese medicine, qi is the origin of life, the basic material that constitutes life, and the driving force of human life activities. From the basic point of view that qi is the origin of the universe and the element of the universe, traditional Chinese medicine believes that it is the basic material that constitutes life and the origin of life. Yuanqi, also known as "original qi" and "true qi", is the driving force of human life activities. Vitality by the parents' innate essence, after birth and depends on the essence of water and valley essence, the two organic mixed yuan, is called vitality [1]. Yuan Qi is rooted in the kidney, which is produced by the essence of the kidney. The kidney contains Yuan Yin Yuan Yang. Yang qi is in the state of hair growth and growth, and Yin qi is the state of the accumulation of vitality. If the body is full of vitality, the vitality of the tissues and organs will be strong, the function is strong, the viscera, meridians and collaterals will operate normally, so that the human body is strong and less sick, so the vitality is the driving force of human life activities. "People live and die in their lives. Qi is born, strong is kang, qi is weak, qi is dead". From the point of view of qi monism, Zheng Qin'an believed that "all diseases start from one yuan injury".

Human viscera, meridians, Cou reason are the place of air machine lifting, so said: "lifting in and out, no device". The lifting and lifting law of air machine is mainly reflected in the various functions of the organs and the metabolic movement

of various substances. "Ban" cloud: "The liver is born in the left, the lung is hidden in the right, the heart is in the surface, the kidney is treated in the inside, the spleen is made, and the stomach is the city." Is the understanding of the operation of the five zang gas machine. Huang Yuanyuan's theory of "Four Saints Heart" [2], Peng Ziyi, The Ancient Chinese Medicine of the Round Movement[3], think the body gas lift method in nature, and the ancients believe that gas movement is round movement, a mass of vitality in the human body to rise, fall, floating, sink, through the gasification, floating on gas is for heart, sink gas is for kidney gas, left rise gas is for liver gas, right down gas is for lung gas, spleen and stomach gas in the focal and send prosperous four dimensional, is the heart, liver, lung, kidney lifting hub. It can also be said that the rise and fall of the air machine is the liver wood rises from the left, the lung gold falls from the right; the heart fire should drop, the kidney water should rise, the spleen and stomach in the middle coke, is the lifting hub, the spleen and the stomach. At the same time, the lifting and lifting movement of the zang-fu organs is also affected by their position and functional characteristics. The spleen and stomach are in Zhongzhou, which play an important role in the operation and coordination of the qi between the organs. The liver and kidney are in the focal abdomen, and the qi is combined. The heart and lung in the focal chest, the qi to reduce the kidney water, the kidney water is not cold, the kidney water heat of the heart fire; to help the lung qi publicity, promote and reduce the lung qi, to treat the liver qi rise too much. To sum up, the kidney contains innate essence, yuan Yin yuan Yang. Among them, kidney Yang is the root of the dirty Yang, which has the role of promoting and promoting the gasification of the viscera. Liver wood is born in water, liver wood hair, then Yang rise, has the effect of dredging, smooth body gas machine; lung gold accumulation, Yang intake, qi down, then the water jin cloth, turbidity gas down. The spleen and stomach is the center of rise and fall, the spleen main transport rise clear, the stomach main smooth turbidity. Liver wood is born in water, liver gas rise, has dredge, smooth the whole body gas machine effect. When the liver gas rises, the air machine is smooth and the blood flow is smooth; when the lung gas drops, the water fluid is distributed and the turbid gas is distributed. Only when the air machine rise and fall between the various internal organs of the human body are in a coordinated unity of opposites, can

the human life activities be carried out normally. Once the rise and fall of the gas movement is abnormal, the disease arises.

"Qi monism" believes that in the process of the physiological changes of the human body, the qi of the five zang organs is generated through the rise and fall of the air machine. The liver qi rising on the left, the lung qi falling on the right, the heart qi floating, the kidney gas sinking, and the qi of the spleen and stomach are in the middle, which is the hub of the rise and fall [4]. Innate kidney qi, acquired stomach qi is two personal qi, two qi is actually mixed with one qi, congenital and acquired each other for its roots. "Soil Fu fire" means that the acquired stomach qi (zhongqi) is the root of innate kidney qi, and the continuation of life depends on the nourishment and irrigation of zhongqi. The middle soil of the person is the spleen and stomach, and the middle of the qi. The middle qi of the body rises and falls right. The two are each other, innate kidney qi depends on nurture stomach qi nourishment, irrigation [5].

The normal operation of the human body is a circular movement of endless circulation and continuous flow. Various problems in the operation of qi can be manifested by the symptoms of the disease to understand how the failure of the air machine is the key to treatment [6]. Follow the law of heaven and earth, the law of life, disease and individual endowment special law, through the phenomenon grasp the essence, using "by disease analysis, by bo return about" analysis each symptom of the wind, cold, heat, wet, dry, fire six evil, and then summarizes the six evil comes from three Yin three Yang which interface, finally summarizes the main contradiction and the contradiction, the main of the patient, according to the symptoms of the patient, and then with the corresponding prescriptions to coordinate the power of evil good to restore vitality in different positions of the corresponding function and achieve the purpose of rehabilitation.

3. The Study of Hypertension Disease

Hypertension is a common chronic disease, also known as "hypertensive disease". The pathogenesis of hypertension is multifaceted. Here, the pathogenesis of hypertension will be explained from the aspects of physiology, pathology, and genetics. In terms of physiology, the first is the dysregulation of the neuroendocrine system. When the human neuroendocrine system is dysregulated, the balance between vascular smooth muscle contraction and relaxation is disrupted, resulting in an increase in vascular resistance, causing an increase in blood pressure. The second is the disorder of the renin-angiotensin system, which is an important regulatory system for the human body to maintain the balance of water and electrolytes and the stability of blood pressure. When this system is dysregulated, it leads to an increase in angiotensin II synthesis, causing vasoconstriction and a decrease in glomerular filtration rate, which leads to hypertension. The third is the overexcitability of the sympathetic nervous system. Hyperexcitation of the sympathetic nervous system leads to physiological responses such as increased heart rate, increased cardiac output, and peripheral vasoconstriction, resulting in increased blood pressure [7].

In terms of pathology, one is arteriosclerosis. The lining of

blood vessels is damaged, leading to an inflammatory response, thickening of the walls of blood vessels, and a decrease in the elasticity of blood vessels, which causes an increase in blood pressure. The second is kidney disease. Kidney disease can lead to a decrease in glomerular filtration rate and fluid retention, causing an increase in volume in the body, which can lead to an increase in blood pressure. The third is endocrine disorders. Endocrine disorders such as hyperthyroidism and adrenal medullary hyperfunction can lead to overexcitation of the sympathetic nervous system and increased blood volume, which can lead to an increase in blood pressure.

In terms of genetics, genetic factors are also one of the important causes of hypertension. Hypertension runs in families, and people with parents or close relatives with hypertension are at higher risk. The genetic basis of hypertension is polygenic inheritance, which involves the regulation and action of multiple genes.

Hypertension is one of the most common cardiovascular diseases, with obvious age and sex differences in the onset, with a higher incidence in men than in women before the age of 50, but the incidence in women after menopause is significantly higher than that in men. Hypertension is one of the most important diseases that endanger human health in China and even in the world. Although some breakthroughs have been made in recent years, there are still many unsolved problems in the treatment of hypertension, such as poor blood pressure control, intolerance of drugs, and poor treatment compliance. A large number of clinical practices and studies have shown that traditional Chinese medicine has unique advantages in the prevention and treatment of hypertension, which will be the focus of research on the prevention and treatment of hypertension in the future.

Hypertension is a common disease and frequently-occurring disease in China. Although the most advanced modern medical level has made great progress in the diagnosis, treatment and complication prevention of hypertension, there are still many limitations. Currently, the incidence of hypertension is still on the rise, and the organ damage caused by hypertension is still the main risk factor for cardiovascular and cerebrovascular disease, and it is a serious threat to human health [8]. The modern medical treatment of hypertension mainly starts with prevention and drug treatment. Drugs are mainly divided into five categories, namely, diuretics, angiotensin converting enzyme inhibitors, AT1 receptor blockers, β receptor blockers, and calcium ion antagonists. Conduct diet and lifestyle norms for people prone to hypertension, to avoid disease, such as weight control, salt restriction, high-protein diet, and emotional relaxation. For those with hypertension, it is recommended to choose the most suitable antihypertensive drugs for their constitution and take medicine regularly to avoid complications.

4. Qi Monism and Hypertension

"Guiding Principles for Clinical Research of New Chinese Medicine: Trial" [9] The syndrome differentiation criteria determined in the treatment of hypertension are divided into iravhyperactivity, Yin deficiency and Yang hyperactivity, phlegm and dampness obstruction, Yin and Yang deficiency.

Professor Wang believes that the common feature of hypertension is the lack of qi and the failure of jue yin wind. The gas of the Yin wind wood should be like the hair of spring, slowly and orderly rise, when the gas against the chaos, the Yin wind wood will sink and helicopter, thus leading to the fire of dragon and thunder, leading to the occurrence of hypertension. On the other hand, on the one hand, on the other hand, the deficiency of kidney and Yang cannot warm the spleen and stomach qi, that is, fire does not make soil, soil is not make fire, resulting in insufficient soil, soil does not carry wood, and further aggravates the disorder of the rise of wind and wood, leading to the occurrence of hypertension. Two factors influence each other. Therefore, Professor Wang's treatment of hypertension is mainly by lowering, latent and hiding. He often uses prescriptions such as fire soup, three yin cold and wet prescription, Wen's running dolphin soup, and uses drugs such as cassia branch and astragalus with caution. And this kind of patient blood vessel sclerosis, brittleness enhancement, blood vessels in the Yangming counterqi, to raise the medicine easy to cause wood fire too much potential. If you need to use cassia branch, plus white peony root, and increase the raw wood meat consumption, or consider by nourishing liver body, or directly zi water, or general four inverse soup 3 times to fire, or use jinsheng Lishui, or above method sharing, than simply with WenYang plus town latent effect, can make the drain too jue Yin wind wood, make wood gas not too much. The author understands that this "ben" refers to the qi of heaven and earth endowed by individuals, and the ancient sages summarized it with the two qi of yin and yang, and the master of Zhongjing analyzed it with the "six qi" that should be "three yin and three yang".

5. Typical Medical Records

5.1 Lack of Vitality The Qi Rise of the Wind and Wood is Abnormal

The patient cao Mou, male, 67 years old. Initial diagnosis was on April 16, 2023. To "dizziness with walking instability, top-heavy light for more than a month" as the main complaint. Symptoms: head dizziness, conscious top-heavy, light walking instability, self-measured blood pressure fluctuations, the highest "180 / 100-110mmHg", oral antihypertensive drugs amlodipine and valsartan, etc., blood pressure decreased to "150 / 95mmHg", but the above symptoms can not be relieved, occasionally numbness of the left limb. Always irritable, eat, dry mouth thirsty, poor sleep, nocturia, dry stool. Previous hypertension for more than 10 years, taking 2-3 combined antihypertensive drugs. The tongue is dark red, the tongue is red, the root in the moss is thin and greasy; the left inch pulse is floating, the right key pulse string is weak, and the double foot pulse is weak. Diagnosis: vertigo Treatment: nourishing Yin and collecting Yang, leading to fire back to yuan. The prescription is fire soup and three armour complex vein soup Formation: 90g, 30g, 30g, 15g, 30g, 60g, 30g, 30g, 30g, 45g, 45g, 15g, 15g, 45 g, white peony root 60g, 10g, 30 g, 60g, 15g, 30 g, licorice. A total of 7 doses, 400 ml juice, 1 dose per day, morning and evening, a total of 7 doses. After taking, the dizziness was significantly improved, the top-heavy sensation disappeared, and the self-measured blood pressure was "130 / 85mmHg", and the fluctuation was not obvious.

Press: the patient is an elderly male and long-term hypertension, kidney Yin and Yang loss, Yin does not collect Yang, deficiency Yang floating, disturbing the mind, heat, then visible dizziness, insomnia; kidney Yang deficiency, fire is not indigenous, insufficient, the spleen is not clear, stomach is not turbidity, Yangming hot is not drop, face flushing, stool dry, double inch pulse floating big string. The patient was dizzy, head-heavy, unstable walking, irritable, elevated blood pressure, indicating deficiency of kidney water, water, and loss of wind and wood. The weight of the right Guan pulse is the weakness of the sun and the weakness of the Yang Ming, and the loss of the weak kidney. Therefore, the use of fire soup to lead the fire down, so that the fire on the float can be reduced, so that the floating true Yang down to the kidney, and the empty fire, kidney water to be fixed in the head, head is not disturbed by the internal heat. Three jia fu mai soup has the function of nourishing Yin and extinguishing wind. Raw yam, dangshen, charcoal, ginger, licorice can cultivate soil and restrict the damage of zhongqi.

5.2 Lack of Vitality

The patient is Liang, female, 50 years old. Initial diagnosis was on November 6, 2023. To "dizziness with fatigue for more than 1 year" is the main complaint. Disease: head dizziness, no nausea and vomiting, easy fatigue, a little long line is tired, waist easy to sleepy heavy, easy to catch a cold, afraid of wind afraid of cold, poor sleep, stool 2-3 times / day, not forming, cold food is diarrhea. The tongue is dark red, thin white, slightly greasy, thin pulse. With a history of hypertension for more than 10 years, the highest hypertension was "188 / 100mmHg", "amlodipine benzene late tablets", and the blood pressure control was "145/85mmHg". Diagnosis: vertigo Treatment method: warm and tonifying the kidney and Yang. The prescription is cut by three Yin cold and wet prescriptions Formation: 30g of Chinese yam, 15g, 15g, 15g, 15g, 45g, 15 g, 15g of Dangshen, 15g, 10g, 30g, 30g of ginger charcoal, 15g, oyster 15g, 15g, salt 15g, cassia bark 10g. A total of 7 doses, 1 dose per day, each dose with 1000ML water, always fry for more than 1 hour, fry until 200ML, warm take twice a day. After taking, the waist sleepiness was significantly improved, with no waist fatigue; no dizziness. The average self-measured blood pressure was "130/80mmHg". The night rest was significantly improved than before, and fear of cold and wind relief.

Press: the patient is a middle-aged woman and long-term hypertension, easy to fatigue, three Yin is insufficient, kidney Yang, kidney Yin is insufficient, water cold dragon fire fly and water shallow not raise dragon, but mainly with water cold, afraid of cold, prompt WeiQi insufficient; stool is not formed, can not eat cold food, prompt fire, fire are insufficient. To sum up, the Yuanyang is insufficient, the Yin content is damaged, the pulse is mixed with the wind and the cold and the water cold, so the blood pressure rises and the head is dizzy. With "yam, poria cocos, Ze diarrhea, ox knee, aconite, ginseng, red licorice" can be used to treat the cold and wet haze.

6. Summary

The prevalence of hypertension is increasing. Professor Wang Xiaoyan put forward a new treatment plan for the treatment of

hypertension from the perspective of qi monoism. In the process of treatment, the four cases are combined to grasp the commonality of patients with hypertension disease, that is, the deficiency of lower jiao Yuanyang and the disorder of jue Yin wind and wood. On this basis, the pathogenesis should be grasped according to the specific symptoms of the patients, and add and subtract drugs with the syndrome. The prospect of TCM treatment of hypertension is promising, which is worthy of further study and promotion. There are still some deficiencies and limitations in this paper, which need to be further studied and improved.

References

- [1] Ma Shuxia, Han Tingting. On gas and gasification [J]. Shaanxi Traditional Chinese Medicine, 2007,28 (9): 1201.
- [2] Qing · Huang Yuan Yu. Four Sacred Heart sources [M]. Beijing: China Traditional Chinese Medicine Press, 1998:236.
- [3] Peng Ziyi. Ancient omedicine of omedicine [M]. Beijing: China Traditional Chinese Medicine Press, 2007:362.
- [4] Dang Wenxin. Clinical study on the treatment of myasthenia gravis with "nourishing qi, raising yuan" [D]. Xianyang: Shaanxi University of Traditional Chinese Medicine, 2018.
- [5] Wen Liangtao. Professor Lv Ying's experience of treating children's tumors based on "qi monism" [D]. Southern Medical Sciences, 2019.
- [6] Lv Ying. Qi monism and Traditional Chinese medicine clinical [M]. Shanxi Science and Technology Press, 2012.
- [7] Chen Da. Advances in studying the pathogenesis of hypertension [J]. Medical Theory and Practice, 2020,33 (22): 3722-3724.
- [8] Bai Hongyu, Zhao Xiuying. Progress in the modern treatment of hypertension [J]. Chinese Modern distance education of Traditional Chinese Medicine, 2010,8 (09): 172-173.
- [9] Fan Xin, Xiong Sui Jian, Wang Chao, et al. The relationship between hypertensive TCM classification and cerebral microhemorrhage [J]. Bright Traditional Chinese Medicine, 2020,35 (21): 3321-3324.