

Treatment of Cardiac Neurosis based on the "Harmonizing and Regulating the Pivot" Approach

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Abstract: *The incidence of cardiac neurosis is increasing year by year, and there is a trend of rejuvenation. The etiology and pathological mechanism of Western medicine are complex, and it is believed that it may be related to the environment, personality and psycho-neurological factors, etc. Clinical treatments are based on sedation, anti-anxiety and symptomatic treatments, and the efficacy of the treatments is not good. This paper is based on the theory of "Harmonizing and Regulating the Pivot" elaborates on the correlation between cardiac neurosis and the cardiac mechanism, analyses the mechanism and treatment of cardiac neurosis in Chinese medicine, and concludes that the mechanism of this disease is the pivotal folding of the pivotal depression, the evil guest pivotal micro-organisms, the qi and blood deficiency stagnation, the imbalance of yin and yang; the treatment principle is to regulate the pivot to reach the pivot depression, to dispel the evils and the pivot, the external transfer of the internal and the harmonization and regulating the qi and blood, and to harmonise yin and yang and pivot the holding of the cold and heat. It further improves the pathogenesis and treatment of cardiac neurosis and provides reference for clinical treatment.*

Keywords: Harmonizing and Regulating the Pivot, Cardiac neurosis.

1. Introduction

Cardiac Neurosis (Cardiac Neurosis, CN), which is mainly manifested by subjective cardiac discomfort symptoms such as panic, palpitations, chest tightness and precordial pain, with or without psychological disorders such as anxiety, depression, obsessive-compulsive disorder, and fear, belongs to a kind of functional heart disease, and currently there is no clinical evidence of evidence of an organic etiology. The disease is prevalent in young and middle-aged people and women, especially in perimenopausal women [1]. The etiology of CN is still unclear in Western medicine, and may be related to environmental, personality and psycho-neurological factors. In recent years, with the increase of social pressure, the incidence of CN has been increasing, and at the same time, the trend is also younger [2]. However, at present, there is no clear guidance on the pathogenesis and treatment of CN, and CN is mostly functional disorders, with few organic lesions, and its pathogenesis is found to be related to unfavourable cardiovascular mechanisms. Therefore, this paper discusses the pathogenesis and treatment principles of CN based on the theory of Harmonizing and Regulating the Pivot with a view to providing new ideas for the treatment of CN.

2. Harmonizing and Regulating the Pivot

The method of adjusting the pivot is derived from the theory of opening and closing the pivot of the Yellow Emperor's Classic of Internal Medicine, which is mentioned in the 'Su Wen - Yin and Yang Clutch Theory', 'Therefore, the clutch of the three yangs is also the opening of the sun, the closing of the yangming, and the pivot of the shaoyang..... Therefore, the clutch of the three yin is also the opening of the taiyin, the closing of the syncopated yin, and the pivot of the shaunyan. '. Six meridians divided into yin and yang, three yin and three yang are open and closed, yin and yang are pivotal, yin and yang changes in and out, a master of the circumference. Yellow Emperor's Classic of Internal Medicine: 'yin and yang

secret, the spirit is cured', the human body when the yin and yang in their respective places, each in its own way, the pivot is the yin and yang in and out of the gateway, yin and yang in and out of their own position, all by the yin and yang pivot functioning. Loss of nourishment of the pivot, the stagnation of qi and blood, the operation of the loss, will be born of depression, long time will be injured in the yin and yang, the pivot to benefit, yin and yang secret. State medical master Wang Qingguo proposed seven emotions into the heart, internal response to the five viscera, pivotal folding to the depression, causing multiple diseases, from the overall concept of traditional Chinese medicine and the concept of form and spirit of the whole, will be and regulating the pivot of the method of the treatment of emotional and mental illnesses, from the macroscopic point of view, the holistic concept of the method of the pivot of the method of the pivot of the and regulating the theoretical cornerstones [3]. Modern scholars believe that the cardinal mechanism is related to autonomic regulation [4] and cellular bioelectricity phenomenon [5], which provides a new way of thinking for the method of harmonising the cardinal mechanism from the micro perspective of nerves and cells.

3. Exploring the Pathogenesis of Cardiac Neurosis

There is no name of 'cardiac neurosis' in Chinese medicine, but according to the clinical symptoms, it belongs to the categories of 'palpitation', 'inferiority' [6], 'depression', 'chest paralysis' and so on. The disease is located in the heart, and involves the liver, spleen and kidney organs, which is mostly related to the loss of the heart and spirit, and the stagnation of liver qi. Western medicine believes that this disease is caused by a variety of etiological factors, and its etiology is complex, and its pathogenesis may be related to the dysfunction of the nervous system and endocrine system [7].

3.1 Pivotal Folding Causes Depression, and the Evil is Passing Through the Pivot.

Su Wen - Lifting Pain Lecture: 'All diseases are born in Qi. Anger is qi up, joy is qi down, sorrow is qi down, fear is qi down, cold is qi in, gui is qi out, fear is qi disorder, labour is qi depletion, and thought is qi knot.' Where the qi is disordered, the pivot is unfavourable, all lead to a hundred diseases. CN patients are also so, in the Shaoyang pivot, the gallbladder is the Shaoyang spring born of the qi. The Jingyue Encyclopaedia says: 'And the gall is attached to the liver, the main Shaoyang spring gas, with life is born, without life is dead.' Gallbladder gas is born, inspired by the liver gas relief, liver gas is sparse, smooth qi, pivot running in order, spread all over the body. The Neijing: 'the heart, the monarch of the official, the gods out of yam..... gall bladder, the upright official, the decision out of yam'. The heart of the gods is out of order, the consciousness, thinking, emotional and spiritual activities are out of order, the gallbladder is the main decision dysfunction is easy to startle good fear. Therefore, the Shaoyang pivot and the heart for each other, in order to spirit for peace. Sanjiao is the 'solitary mansion', which passes through all gases and runs fluids. The difficult classic - thirty-eight difficult' cloud: "Sanjiao, there is the original gas of the difference, presided over the gas, famous and invisible, its belongs to the hand of the Shaoyang." Shaoyang pivot machine lift in order, then all the gas smooth, blood and fluid can be transported around the body, so that the heart pulse to pass, emotions to be smooth. Therefore, the pivot machine is unfavourable, the gas stagnation, and even 'pivot folding' into depression [8], chest tightness, shortness of breath, palpitations, belching and other symptoms. Fluid metabolism obstacles, water and dampness, gathered into phlegm, guest in the cardinal micro-organisms, disturbing the clear orifices, affecting the heart of God, manifested in depression, reticence and other psychosomatic states.

In the Shaoyin pivot, the Shaoyin is in charge of yin and yang, the organ of water and fire in the heart and kidneys, and the pivot regulates the water channels and fluids, and warms the veins. There are three kinds of evils in the Shaoyin cardinal mechanism. Firstly, if the Shaoyin cardinal mechanism is unfavourable, then the fire, heat and cold evils will come to the cardinal mechanism, resulting in the Shaoyin's heat or cold. Wei Zhixiu said: 'shaoyin on the fire under the water and the main pivot', the heart and kidney for the water and fire of the organ, the heart of the king of the fire, the kidney of the real yin are sent to the inner, the heart of the fire in the kidney, kidney water on the heart, the balance of yin and yang, water and fire for the Shaoyin pivot of the key [9]. If the essence of the kidney is not enough to support the heart yin, the water is not enough to help the fire, and the heart fire is excessive, then the fire-heat evil will come to the Shaoyin cardinal organ, which will cause palpitations, palpitations, pain in the heart, insomnia, early awakening, dizziness, tinnitus, anxiety, depression, dry mouth, bitter taste in the mouth, mucus in the mouth, red tongue, and a stringy pulse, etc. It is the Shaoyin heat syndrome. If the Shaoyin heart yang is not enough to warm the kidney water, cold water on the flood, then the cold evil guest in the Shaoyin pivot micro, palpitations, timid, chest pain, fear of cold, body weight, fatigue, dreams and easy to startle, urine clear long, finished grain is not chemical, tongue dark, moss white thick and greasy, slippery or thin pulse, etc. is a Shaoyin cold evidence, or even Yang Yu syncopated evidence. Second, the Shaoyin cardinal unfavourable to the evil of water and drink in the cardinal

micro. Shaoyin pivot water metabolism, depends on the hand Taiyin lung through the regulation of the waterway, foot Taiyin spleen transport and transport of water and grain essence [10]. Medical Fang Jiejie: 'water stops under the heart also palpitations, the heart belongs to the fire, fire fear of water, so palpitations.' The lungs and the spleen lose the pivot, then the water and drink stops, and palpitation occurs. Third, the Shaoyin pivot machine is unfavourable to the evil congestion of the pulse, 'Su Wen - five organs generation' cloud: 'pulse, originating in the kidney and the main heart', 'the heart of the joint pulse, its glory colour, the main kidney also'. The heart is the master of the blood, kidney yang warm to boost the heart yang. If the kidney yang is weak and weakened, the inability to promote the heart blood, so that the gas, blood stopped in the pivot micro, the heart pulse is not heart blood does not reach the heart, manifested in the anterior region of the heart hidden pain, panic, mood, tongue dark, thin white greasy moss, tongue under the veins of the tortuous, astrigent pulse.

3.2 The Pivot Depression, Qi and Blood Deficiency Stagnation

Feng's secret of the bag' cloud: "the gas and blood is weak, it can not be glorified guard in the body, and easy to feel the heaven and earth killed the gas." The body is vulnerable to external infection is caused by a hundred diseases, positive deficiency is unable to drive away the evil, resulting in the evil ambush, the longer the evil ambush, the more serious the positive deficiency, positive deficiency and evil are the cause and effect of each other, resulting in the povid organ is not conducive to the elevation of the qi out of order, the qi and blood out of harmony, the CN is also the same. The Yuan Dynasty 'Danxi Xinfu - six Yu' contains: 'gas and blood Chong and, all diseases do not arise, a Friesian depression, all diseases are born, so the person's disease, more born in the Yu', CN is a disease of emotions, povid Friesian depression, will lead to qi disorders, blood deficiency stagnation, and ultimately stagnation of qi and blood deficiency. The Spiritual Pivot - this God' cloud: "liver gas is weak, fear, real is angry; heart gas is weak, sad, real is not resting on the smile", "Jisheng Fang" cloud: "the palpitations, heart deficiency and timidity is also caused by" [11]. The ordinary body is weak, the heart is weak and timid, the heart is not enough gas, the inability to promote the blood transport, it is easy to palpitation, insomnia, body sleepy and weak, sweating, less breath and lazy speech, anxiety and depression and so on. With Shaoyang and Shaoyin as the 'pivot', it regulates the movement of qi and blood, so that qi and blood can be smooth and the pivot can be benefited, and the positive qi can be restored. The three yang, with the San Jiao for the gas, water and fire pathway, that is, with the Shaoyang Jin Qi as the 'pivot', external can help the Sun 'open', so that the Wei Qi reaches the surface, internal can help the Yangming 'closed', so that the gas and liquid hidden; The three yin, with the blood as the pathway to run the meridian qi, that is, the blood of the Shaoyin as the 'pivot', can help the Taiyin to open, so that the water and grain meridian qi up and out of the reach of the internal help of the syncopated yin of the closure, so that the yin blood, yang qi latent [12]. Vegetative body is weak, then qi and blood stagnation, the Shaoyang and Shaoyin pivot machine is not smooth, the initial stage can affect the blood supply to the heart and beat, the heart rate, tingling in the

precordial area, but after the activity of the self-conscious comfort, etc., because it has not yet been involved in the cardiac pathology, so although there are a series of symptoms, but there is no specific lesions.

3.3 The Pivot Discord, Yin and Yang Imbalance

The round movement of the human body of yin and yang qi to shaoyin and shaoyang pivot machine operation, the sun, syncope, taiyin, yangming as a supplement, if one of the pivot failure is out of round, yin and yang loss of harmony, yang qi loss of warmth, yin qi loss of secret, the disease since the emergence of the [13]. 'Typhoid suspension' cloud: 'the shaoyang in half of the surface and half of the inside, is the surface of the pivot, yin and yang of the gateway' that is, the shaoyang pivot can regulate yin and yang qi movement, for the yin and yang of the pivot of the qi lifting and lowering of the movement and yin and yang of the transformation of the operation plays a vital role. Shaoyin is the heart, kidney, water and fire of the organ, both within the host fire and contain the yin and yang, for the body of the yin and yang of the fundamental, the dominant yin and yang qi in the operation of the [14]. Typhoid fever, Liu Duzhou [15] that: 'Shaoyin Division of water and fire, within the real yin and real yang. Water and fire traffic, yin and yang both, is the body's normal life activities necessary conditions'. Zhang Haihang and others [16] that: " Shaoyang pivot 'can pivot the three yang of the meridian gas, help the evil good offices pivot table out, pivot body qi, blood, fluid and harmony;' Shaoyin pivot 'can pivot the balance of yin and yang, pivot the evil outreach, pivot the heart and kidney of the water fire The Shaoyin pivot can pivot the balance of yin and yang, pivot the evil outward, pivot the heart and kidneys of the water and fire, Shaoyin, Shaoyang two pivots together to make the body of yin and yang two qi on time to maintain the balance of yin and yang in the body. Therefore, the Shaoyin and Shaoyang pivots can affect the body's yin and yang respectively. In the 'Yellow Emperor's Classic of Internal Medicine', the first mention of the concept of fire, phase fire: 'Shaoyang sends phase fire, Shaoyin contains fire, Shaoyang phase fire to assist the Shaoyin heart of the fire [17]', will be Shaoyin, Shaoyang pivot to the king of the fire, phase fire as the medium of the link, the two can work together to influence the body's yin and yang. If the povid mechanism is unfavourable, the phase fire is disturbing the heart, and the yin and yang are out of balance, then the gods will be disturbed, and there will be anxiety and irritability, easy to anger and restlessness. If the phase fire does not help the king fire, yin and yang qi is out of order and does not cloth yang qi, then the king fire gradually weakened, the heart yang is insufficient, chest tightness, palpitations, cold, cold limbs. CN disease is in the heart, the heart of the body with yin and blood, yang qi for the use of the body [18]. By analogy with the image, the heart moves continuously, and the pivotal organ contains the qi of movement and transgression, and the yin and yang are rooted in each other and transformed, all depending on the pivotal organ to move and transgress. Therefore, the Shaoyin cardinal mechanism, Shaoyang cardinal mechanism, any one of the cardinal dysfunction or common dysfunction will cause cardinal dysfunction, yin and yang imbalance, cold and heat imbalance, or even the emergence of the Shaoyin cold, heat evidence, manifested as chest tightness and pain, palpitations, insomnia, irritability, bitter mouth, or chest pain, palpitations, cold, cold

extremities, etc., in line with CN pivot unfavourable, yin and yang imbalance due to the core symptoms, so cardinal dysfunction, yin and yang imbalance is another mechanism of the CN. Therefore, the lack of pivot and the imbalance of yin and yang is another mechanism of CN.

4. Treatment

4.1 Regulating the Pivot, Dispelling Evils and Harmonising the Pivot

CN is a disease in which the qi is not smooth and all evils are generated internally, and the unfavourable pivot mechanism is the key to its pathogenesis. The key to the disease is that the pivot is unfavourable. The clinical evidence can start from regulating the qi and dispelling the evils at the same time. Adopting the method of adjusting the pivot, all the evils are treated together, and its disharmony, dispelling the evils to reach the depression, so that the qi, blood and fluids are as normal as they should be. If the evil in the Shaoyang, the pivot is unfavourable, qi stagnation, symptomatic chest pain, depression, depression, belching is comfortable. Xue's medical case' cloud: "liver qi through the heart qi and, liver qi stagnation is heart qi lack, this heart disease first seek in the liver, seek its source." Liver's ascending and draining nature should be in the Shaoyang pivot, treatment to regulate the pivot of qi, dredge the liver for the method, Chai Hu Shuo Liver Scatter from the 'Jingyue Quanshan', the formula of Chai Hu to regulate the liver qi, evacuation of stagnation for the monarch, Xiang Fu, Chuan Xiong Qi Xing pain relief, to help Chai Hu to solve the stagnation and increase the blood circulation and relieve the pain of the function of the subject, Chen Pi, Hovenia caryophyllus regulating qi stagnation, peony, liquorice nourish blood and soften the liver, slow the pain as the adjuvant, the drugs are in line with each other, the common effect of the elimination of evil spirits The combination of these herbs is effective in dispelling evils and regulating the centre of the body to achieve the effect of depression. Liver qi offending the stomach, epigastric distension, belching, acid reflux, add Fructus Crataegus, Ochre, Semixia, Ginger to lower stomach qi; Liver qi multiplying the spleen, distension and pain in chest and hypochondrium, abdominal distension, loose stools, add Rhizoma Atractylodis Macrocephalae, Fructus Huperocarpus, Poria, Atractylodis Macrocephalae to dissolve dampness and strengthen the spleen. The study observed 128 cases of cardiac neurosis treated with the addition and subtraction of Chai Hu Shuo Liver San, and found that the efficacy of Chai Hu Shuo Liver San in the treatment of cardiac neurosis was better than that of the western medicine group of β -blockers, phytomodulators, and sedatives [19]. Modern studies have shown that its antidepressant mechanism of action may be related to its upregulation of the SIRT1/NF- B signalling pathway [20]. If, on the basis of this, the dampness and evils stop gathering, long-term depression turns into fire, phlegm-heat stagnation and upward disturbance of the heart and spirit, there are disturbances, palpitations, chest tightness, shortness of breath, dry mouth, dreamy, impatient and irritable, and anxiety, etc., the method should be to dispel the phlegm and the pivot, and can be used to warm the gallbladder soup with additional subtractions. If phlegm and blood stasis are intertwined, add Taohong Si Wu Tang combined with Wen Gao Tang.

If the evil is in the Shaoyin, the Shaoyin cardinal organ is unfavourable, yang qi is curbed, and water-dampness and phlegm-drinking are blocked internally, so that qi and blood are not reached, and the limbs become syncopated, with the symptoms of no warmth in the hands and feet, pain in the chest and hypochondrium, and the symptom of 'Shaoyin Disease' being dominant, and the clinical manifestations of 'Shaoyin Disease' are consistent with 'low mood and loss of activity and thinking'. The symptoms of 'Shaoyin disease' and 'Shaoyin disease with a weak pulse but desire for sleep' are consistent with the clinical manifestations of 'depressed mood and reduced activity and thinking'. Four Reversed San is the evidence of unfavourable pivot of Shaoyin, and the Syncopal and Taiyin are also affected by it, which is in line with the CN disease that affects the heart, liver, spleen, and kidneys, so Four Reversed San is the main formula for the treatment of CN with evils in the Shaoyin. Tang Yiming also believes that CN is caused by excessive anxiety, the opening and closing of the pivot mechanism is not normal, which results in the stagnation of qi and blood in the chest, and believes that Si-Rei San can be used to open and close the pivot mechanism, and ease the flow of qi and blood [21]. In the formula of the Four Reversals of Typhoid Fever, Chai Hu, *Paeonia lactiflora*, *Citrus aurantium*, and *Radix glycyrrhiza glabra* are used in combination; Chai Hu penetrates the evil spirits to relieve the depression, and *Paeonia lactiflora* regulates the qi and blood, which can enter the liver, opening and closing the liver; Licorice and *Citrus aurantium* are used to benefit the qi and promote the qi and enter the spleen, opening and closing the spleen; *Citrus aurantium* and Chai Hu are used in combination to regulate the liver and spleen, elevating and lowering the qi and blood in order to regulate the cardinal mechanism of the Shao-Yin. Zhongjing's original text: 'For cough, add schizandra and dry ginger..... For palpitation, add gui zhi..... For dysuria, add poria..... For pain in the abdomen, add aconite One, cannon make chap..... drainage of heavy people under the first five litres of water, boil three litres of *Allium sativum*, boiled three litres to remove the dregs.....'. Combined with the clinical manifestations, the application of the addition and subtraction of the four reverse sans has better efficacy, and there is a study of 40 cases of cardiac neurosis treated with the addition and subtraction of the four reverse sans, the efficacy is satisfactory, and the total effective rate reaches 95% [22]. If qi stagnation is very serious, reuse *Hovenia*, add *Xiangshu*, Buddha's hand, *Houpu*, *Su peduncle*, etc. If qi stagnation on the basis of blood stasis is very serious, add *Yanhusuo*, *Chuanxiong*, *Sanleng*, *Curcuma longa*, *Salviae Miltiorrhizae*, peach kernel, safflower, etc.; if qi stagnation and phlegm obstruction is very serious, add half-summers, *Houpu*, white mustard seeds or combined with the *Er Chen Tang*; qi depresses and transforms the fire, add *Huanglian*, *gardenia*, etc.; Insomnia, plus the raw bones of the keel, oyster, jujube kernels, *berberries*, *Acorus Picrospiraicus*, etc.. Cai Weicai [23] et al. conducted clinical observation on the treatment of cardiac neurosis of liver depression and spleen deficiency type by combining *Betalucil* with the addition and subtraction of *Sihui San* and *Huangya Tang*, and the results showed that the efficacy of the combined group of *Sihui San* and *Huangya Tang* was better than that of the control group using only *Betalucil*, *flupirtirtide melitticine* tablets and *guldipine* tablets, and that the improvement of the post-treatment HAMD (Hamilton Depression Inventory) scores, HAMA (Hamilton Anxiety Measure) scores, and

Chinese medicine scores were significantly better than that of the control group. HAMD (Hamilton Depression Scale) score, HAMA (Hamilton Anxiety Scale) score, and TCM score were significantly better than the control group, and the incidence of adverse reactions was lower than the control group.

4.2 Turning the Pivot Externally, Harmonising the Liver and Spleen Internally, and Regulating Qi and Blood

Jingyue quanquan ': false is complementary ', CN should also be so, but the mood for the disease when the first smooth its gas, and then and adjust the gas and blood, as the' evidence of treatment remittance supplement - Yu evidence ' cloud: Yu disease, although more, all because of the gas does not flow' [24], the cardinal Friesian depression, gas and blood stagnation, the law should be unimpeded gas and blood, and the camping and guarding. Class certificate ruling' said: 'seven emotions within the start of the depression, the beginning of the injury to the gas, followed by the blood must be, and finally into the labour. The main treatment should be bitter, pungent, cool, moist, and clear' [25]. Xiao Chaihu Tang externally turns the pivot, internally harmonises the liver and spleen, and Gui Zhi Tang externally regulates the Ying and Wei, and internally harmonises the spleen and stomach [26], and the combined formula of the two, Chaihu Gui Zhi Tang, consists of Chaihu, *Scutellaria baicalensis*, *Pinellia ternata*, *Gui Zhi*, *Paeonia lactiflora*, ginseng, ginger, jujubes, and roasted licorice. The formula combines Chaihu and *Scutellaria* to harmonise the Shaoyang, *Gui Zhi* and *Bai Shao Zhi* to treat Ying and Wei at the same time, while Chaihu and *Bai Shao Zhi* complement each other to tonify the liver and blood and regulate the liver qi, *Semixia* to harmonise the stomach, *Ginger* and *Jujubae* to benefit the Ying and help the Wei, *Ginseng*, *Jujubae* and *Radix et Rhizoma Glycyrrhizae* to benefit Qi and harmonise the middle to eliminate evil and support the right. The whole formula regulates the pivot of the Shaoyang, the pivot of the spleen and stomach, and the pivot of the Shaoyin, externally transforming the internal harmony, regulating the pivot mechanism, and clearing up the paralysis, so as to make the qi and blood self-harmonising. It was found that Chai Hu Gui Zhi Tang was able to significantly relieve the degree of angina pain, reduce the number of episodes, shorten the duration of episodes, lower the patients' scores on the Self-Assessment Scale for Anxiety (SAS) and Self-Depreciation Scale for Depression (SDS), and improve the clinical efficacy of patients with double heart disease[27]; Pharmacological studies have found that the antidepressant mechanism of Chai Hu Gui Zhi Tang is likely to be related to the elevation of the monoamine neurotransmitters 5-HT, NE, DA, and SDS in the brain of depressed rats. NE, DA content and regulating nerve growth factor (NGF) and BDNF [28]. The Laws of the Medical Doctrine says: 'If typhoid fever has less evil and more deficiency, palpitations and vexation, the method of combining Jianzhong is used to cure it, and this is one end of it'. If the qi and blood is insufficient, can be combined with *astragalus Jianzhong Tang* plus *angelica*, to *Jianzhong Tang* fill the middle Jiao, reconcile the camping and guardian, sweat in the supplement; *astragalus*, *angelica* a take the blood tonic soup with tonic gas and blood, the second to take the complementary body to do the medicine of the body, *astragalus* tonifying qi and rising yang, stagnation through paralysis, tonic through, the 'Classic Shuozhan' cloud: 'astragalus a source of three schools, dredge the roots of the

triple Jiao, the camping and guarding gas, so all the camping and guarding among the stagnation, nothing exhaustive Stagnation, all through"; Angelica replenish blood and blood, replenishment in the dynamic, line and complementary, "Medical Zhongzhong Ganshi Lu" contains Angelica "for blood, blood of the main drug, but also can be declared through the qi, so that the gas and blood have to return, so the name of Angelica," the whole party outside the pass within the complementary, playing the benefit of qi and replenishment of blood to support the stagnation of the work. The Spiritual Pivot - Pingren Jiegu said: 'blood and profits, the spirit is living'. External and internal harmony, external and internal tonic, smooth adjustment and pivot, then the qi and blood smooth, pivot and smooth, the spirit of the internal guard, emotional comfort.

4.3 Harmonising Yin and Yang, and Regulating Cold and Heat

The Golden Chamber - 'said:' Yang micro yin string, that is, chest paralysis and pain ', yin and yang are not compatible, then cause chest paralysis and heart pain. Medicine Laws' said: "chest paralysis and heart pain, always due to Yang deficiency, so the yin to multiply the", the heart is the yang of the yang, to the yin as the body, the yang for the use of the heart of the yang fire, the yin liquid from the security. The new compilation of materia medica: 'the first to save the fire in the kidney, the kidney fire is born in the heart fire does not die, the kidney fire is extinct in the heart fire is not born'. Therefore, in order to treat CN of yin and yang incompatibility, it is necessary to adjust yin and yang so that the Shaoyin pivot can be turned, the fire of the heart can go down to the kidneys in order to warm the kidney yang, and the water of the kidneys can be used to help the heart in order to control the heart's yang. The Spiritual Pivot - The End and the Beginning states, 'The formula for harmonising qi must be through yin and yang.' Honouring the mechanism of disease and regulating yin and yang, Er Xian Tang is based on the principle of mutual rooting of yin and yang, double tonifying yin and yang in favour of tonifying yang, with the efficacy of nurturing yin and assisting yang, and harmonizing yin and yang. Xianmao, Epimedium as the king, Xianmao hot, for the life of the medicine, for the weak essence of Yang cold, endowed with timid most appropriate; Xianling spleen (Epimedium) warm and not cold, can benefit the essence of Qi, for the true Yang deficiency is the most appropriate [29]. And then with Ba Ji Tian warm kidney yang, so that the true yang in the kidneys do not weaken on the help of the king's fire, in order to achieve the success of the innate kidney fire, the birth of the heart of the latter day of the fire, not only so that the true yin to survive, each in its place, but also so that the heart and kidneys together, water and fire. The combination of Zhi Mu and Huang Bai is bitter and cold, while Angelica sinensis tonifies blood and moistening dryness. For obvious depression, add Acorus calamus, nightshade vine, with little movement, lazy speech, dull expression, then add Acorus calamus, tulip gold, insomnia, add nightshade vine, sour jujube nut; extreme depression and insomnia, add Acacia bark, Poria. Chen Changming [30] applied Jiawei Erxian Tang to treat patients with menopausal depression, the cure rate and total effective rate were significantly higher than that of the reference group, and the HAMD scores as well as the scores of social functioning scales of the experimental group were

significantly lower than those of the reference group after treatment, which made the efficacy of the treatment significant. Ma Changminfu [31] in the plus flavour Erxian soup treatment of cardiac and renal disorders of cardiac neurosis clinical efficacy observation, the inclusion of 60 patients group treatment, Erxian soup group is better than the antidepressant drug Dailixin group, and can significantly reduce cardiac neurosis patients HAMA, HAMD scale, Chinese medicine symptom integral scale total score, improve the patients' clinical symptoms of Chinese medicine and the state of anxiety and depression, but also can reduce and control the heart rate. In addition, Wu Mei Pills set sour, bitter, sweet, cold and heat in one side, to acid collection, Yin Sup Yang, Yang Ri Yin, cold and heat and use, Yin and Yang double adjustment, in order to secure the pivot of the and, turn the opening and closing of the machine, so that the pivot of the benefit of the yin and yang to be adjusted, cold and heat to be restored [32]. Qi Yuhan et al [33] used Wu Mei pill to treat cardiovascular neurosis with intractable insomnia with remarkable efficacy, for the clinical work of traditional Chinese medicine has a certain significance of guidance. At the same time, in the Xieli yin and yang based on with the emotional therapy, transferring emotions, turn the centre to adjust God, can achieve twice the result with half the effort.

5. Summary

As the incidence of CN increases and becomes younger, the etiology and mechanism of the disease are complicated and unclear, and there is no clear guideline and diagnosis and treatment guidance. Based on the method of harmonising and regulating the pivot, this group pointed out that the pathogenesis of this disease is pivotal folding and depression, evil guest pivot, pivot fries and depression, qi and blood deficiency and stagnation, pivot incompatibility, and yin and yang imbalance; the basic treatment method is to regulate pivot to reach the depression, get rid of the evil and the pivot, externally turn the internal and harmonise the qi and blood, regulate yin and yang and pivot to hold the cold and heat. We hope to provide new ideas for related research and clinical application, and alleviate patients' pain.

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