

Exploring the Experience of Guo Yi Master Lei Zhongyi in Dialectical Treatment of Heart Failure Based on the Theory of "Yang Wei Yin Xian"

Meng Zhang¹, Jinfeng Chen^{2,*}

¹Institute of Problem Cardiology, Shaanxi University of Chinese Medicine, Xianyang 712046, Shaanxi, China

²Department of Traditional Chinese Medicine, Shaanxi University of Chinese Medicine, Xianyang 712046, Shaanxi, China

*Correspondence Author

Abstract: The term "heart failure" first appeared in Wang Shuhe's "Meridian: Spleen and Stomach Diseases". The related description of heart failure is recorded in the "Huangdi Neijing", which is a disease mainly characterized by palpitations, asthma, and edema. It is often the terminal stage of chronic heart disease that cannot be cured. Its basic pathogenesis is prolonged illness with deficiency of heart qi, loss of nourishment in the heart, weakness in blood circulation, prolonged stagnation of the heart meridians, cessation of water consumption, and the generation of phlegm and dampness, resulting in heart failure. The theory of "Yang Wei Yin Xian" is a highly summarized understanding by Zhang Zhongjing of the etiology and pathogenesis of chest pain and heartache. Chinese medical master Lei Zhongyi has been practicing medicine for more than 60 years and has unique insights in the prevention and treatment of heart failure, with considerable clinical efficacy. He believes that heart failure belongs to the principle of deficiency and excess, and the theory of "yang micro yin string" is also applicable to this disease. Its onset is closely related to the pathological changes of substances such as qi, blood, and body fluids. The method of treating phlegm and blood stasis together should run through the treatment process, especially for patients who consume qi and yin in the later stage. Emphasis should be placed on promoting blood circulation and nourishing qi and yin, and the treatment should focus on both attacking and tonifying, with Qi and blood regulating simultaneously. Based on clinical experience, the original Yangxin Huoxue Tang has achieved significant clinical efficacy.

Keywords: Heart failure, Yang Wei Yin Xian, Lei Zhongyi.

1. Introduction

Heart failure is a disease that leads to ventricular filling or impaired ejection function due to changes in cardiac structure or function, and further leads to insufficient cardiac output. It is mostly the end stage of the development of a variety of cardiovascular diseases, which greatly affects the quality of life and health of patients, and is an important cause of death caused by cardiovascular diseases [1]. The main clinical manifestations are dyspnea, activity limitation and fluid retention. At present, the main treatment principle of Western medicine for heart failure is early intervention, that is, early management of various diseases that can cause heart function damage, elimination of incentives, and rational use of drugs to improve the clinical symptoms of patients with heart failure. The prevention and treatment of heart failure is the key and difficult point in the field of medical research. The discussion of heart failure in traditional Chinese medicine began in the Huangdi Neijing's Canon of internal medicine. Although the name of heart failure was not mentioned, Lingshu distension theory said: "heart distension, short breath and restlessness", which described the manifestations of "heart distension and heart obstruction". Zhang Zhongjing proposed the name of "heart water" disease on this basis. Professor Ren Jixue, a master of Chinese medicine, recorded the name of "heart failure" for the first time in the "Xuanhu manlu", and systematically expounded it, which is still in use today.

Leizhongyi, a master of traditional Chinese medicine, is the chief physician of the Department of Cardiology of Shaanxi Academy of traditional Chinese medicine and Shaanxi Provincial Hospital of traditional Chinese medicine. He is a nationally renowned expert in the integration of traditional Chinese and Western medicine, and a doctoral supervisor. He

has been engaged in clinical work for more than 60 years and has rich clinical experience. He is not confined to the past, and is committed to innovation. He is committed to the research of "blood stasis syndrome" in traditional Chinese medicine. On the basis of the famous experts of past dynasties, he proposed the theory of phlegm and blood stasis in coronary heart disease, initiated the treatment of phlegm and blood stasis together, and successfully developed the national new Chinese medicine "Danlou tablets", especially for the treatment of coronary heart disease, angina pectoris, heart failure, arrhythmia and other diseases. His clinical efficacy is remarkable. Now, the experience of Lei Zhongyi, a master of traditional Chinese medicine, in the treatment of heart failure based on syndrome differentiation is summarized as follows.

2. Based on Theory, Inherit and Innovate

2.1 Yang Weiyin Xian is the Main Pathogenesis of Heart Failure

Various medical experts have made their own contributions to the pathogenesis of heart diseases, but none of them are separated from the theory of "Yang Wei Yin Xian". This theory originally refers to the pulse, but also to the pathogenesis. Zhang Zhongjing [2] proposed the theory of "Yang Wei Yin Xian" in "Synopsis of the Golden Chamber": "If the pulse of the husband is taken too much, the Yang Wei Yin Xian will cause chest obstruction and pain. Therefore, those who suffer from it will be blamed for extreme deficiency. Nowadays, the knowledge of Yang deficiency lies in the upper burner, so those who suffer from chest obstruction and heartache will use their Yin Xian to reveal the etiology and pathogenesis of chest obstruction and heartache. Lei Zhongyi, a master of traditional Chinese medicine, based

on this, pointed out that yang, wei, yin, and xian are the common pathogenesis of heart diseases, and are also applicable to heart failure. Yang Wei, also known as deficiency of positive qi, is a type of heart failure that is located in the heart and belongs to the category of deficiency of the root cause and deficiency of the target substance. Insufficient heart qi and deficiency of heart yang are the basis of the disease. Heart failure patients, due to prolonged illness, experience internal deficiency of heart qi, and insufficient yang and qi in the heart, resulting in weak agitation and poor blood flow. Yin Xian, also known as the stagnation of evil qi, obstructs the heart meridian with qi, blood, phlegm, and blood stasis. Lei Lao believes that prolonged blood stasis can damage qi and yin, and the heart is deficient in both yin and yang, with phlegm and blood stasis coexisting. Therefore, in treatment, the focus is on nourishing the heart, taking into account the five organs, warming yang and tonifying qi and yin, while paying attention to promoting blood circulation and removing blood stasis.

2.2 The Pathological Changes of Substances Such as Qi, Blood, Semen, Etc. are the Indicators of Pathogenicity

Heart failure is located in the heart and involves organs such as the lungs, spleen, and kidneys [3]. The normal operation of qi, blood, and body fluids is closely related to the functions of the five organs and six viscera. If the operation of qi, blood, and body fluids is not smooth, pathological products such as phlegm turbidity, water retention, and blood stasis will be endogenous. "Qi is the externalization of the heart, and the heart is the source of Qi". Based on the holistic concept of traditional Chinese medicine, the basic pathogenesis of heart diseases is based on the changes in qi and blood in the body [4]. The heart governs the blood vessels, while the lungs govern the joints, jointly regulating the circulation of qi and blood. If the heart is weak, it will promote weakness, and if the lung qi treatment fails, blood circulation will stagnate, body fluids will leak out, and stagnant blood will be generated internally; Negligence in liver drainage and imbalance of qi and blood can lead to obstruction of the heart meridian; The spleen loses its vitality, there is no source of energy for transformation, the heart loses nourishment, and phlegm and fluid accumulate; Deficiency of kidney qi, imbalance of water and fluid metabolism, and cessation of water intake. Heart, spleen, and kidney yang deficiency, superior yin evil, poor circulation of qi, blood, and body fluids, accumulation of water for drinking, accumulation of fluids into phlegm, and coagulation of blood for stasis. Pathological products such as phlegm turbidity, blood stasis, and water retention appear, which are the signs of heart failure. If blood is not favorable, it is water. Over time, blood accumulates, and water is formed. Therefore, as the condition progresses, severe symptoms such as "accumulation of blood stasis" and "blood stasis turning into water" may gradually appear.

2.3 The Deficiency of Qi, Blood, Yin and Yang in the Heart is the Root Cause of Illness

"The heart is the master of the five internal organs and six viscera". The heart governs the blood vessels of the body, and the essence of water and grain transforms the heart into blood. The blood of the human body relies on the stimulation of the heart qi to move around the body, thus exerting its nourishing

effect. Abundant heart yang can stimulate the yang energy throughout the body, filling the heart and blood, promoting smooth circulation of the meridians, nourishing the organs and meridians, and enabling them to perform their normal physiological functions [5]. "Yang transforms qi and Yin forms". If the heart yang is deficient, the agitation is weak, the blood circulation is not smooth, and the body cannot be nourished properly, symptoms such as palpitations, wheezing, and fatigue may occur. If the transformation of yin and yang qi and blood is insufficient, it cannot warm and promote the body's functions and nourish the organs. If the yang is insufficient, the metabolism of qi, blood, and body fluids is abnormal, resulting in excessive Yin formation, phlegm turbidity, water retention, and blood stasis endogenous [6]. Over time, further damage to the heart yang leads to a vicious cycle of yang loss and yin, which is the root cause of heart failure due to the deficiency of yin and yang in the heart.

3. Dialectical Governance, Experience Summary

3.1 Emphasize the Coordination of Qi and Blood, Advocate the Treatment of Phlegm and Stasis Together

Based on the theory of "yang wei yin xian", professor Lei proposed that the treatment of heart failure should be a combination of attack and supplementation, regulating the balance of yin and yang, and "qi is the leader of blood". Qi deficiency cannot command or promote the normal operation of blood, and can cause stagnation in the meridians. Over time, it can lead to blood stasis [7]. The basic pathogenesis of heart failure is deficiency of qi and yang in the heart. In the early stage, it is mainly characterized by deficiency of qi in the heart and lungs. Qi deficiency leads to insufficient blood circulation and organ nourishment, resulting in chest tightness, shortness of breath, palpitations, and fatigue; If the qi is weak and not solid, self sweating occurs; Blood stasis leads to chest tightness, wheezing, inability to lie down, cyanosis of the lips, dark tongue with bruising spots, astringent and irregular pulse. Qi and blood are interdependent and mutually beneficial. Qi circulation leads to blood circulation, Qi stagnation leads to blood coagulation, and Qi stagnation leads to blood stasis. Therefore, in treatment, professor Lei emphasized that regulating qi is the first step in removing blood stasis. Qi deficiency and blood stasis are the core pathological mechanisms. In the early stage, supplementing qi and nourishing blood should be the main focus, supplemented by promoting blood circulation and removing blood stasis. In clinical practice, qi tonifying products such as Huangqi, ginseng, and dangshen are commonly used, as well as qi regulating products such as Xiangfu, Yujin, and Fingered Citron. In addition, products such as Danshen, Chuanxiong, and Chishao that promote blood circulation and remove blood stasis should be used to achieve the same regulation of qi and blood.

Blood stasis runs through the entire process of heart failure. Based on clinical practice, Master Lei believes that phlegm turbidity and blood stasis often coexist as diseases. Phlegm dampness obstructs blood flow and causes blood stasis, or blood stasis blocks the internal generation of phlegm dampness. Blood stasis and phlegm dampness are mutually bonded and cause and effect each other, which is called

phlegm blood stasis [8]. However, as the saying goes, 'if blood accumulates for a long time, water will eventually accumulate.' In clinical practice, the main symptoms of heart and lung qi deficiency, cessation of water intake, and inability to lie flat due to chest tightness, palpitations, wheezing, dull complexion, edema, and low urine output, as well as dark tongue coating, white and greasy tongue, and smooth and astringent pulse are the main manifestations. Therefore, the treatment mainly focuses on promoting blood circulation and diuresis, supplementing qi and resolving phlegm, purging the lungs and relieving asthma. Commonly used Lei's Dan Basket Heart Water Formula (Western ginseng, Astragalus, miltiorrhiza, Panax, Motherwort, Poria cocos, tetrandrine, fructus, Qian-Hu, Lepidium) with Addition and Subtraction. Treating Phlegm and Stasis Together, Boosting Qi and Nourishing Water.

3.2 Propose that the Heart is Rooted in the Kidneys, and Focus on Treating the Heart from the Kidneys

Although 'Yang Wei' refers to the deficiency of qi and yang in the heart, kidney yin and kidney yang are the fundamental elements of yang qi in the five organs. Heart yang relies on the warmth and propulsion of kidney yang, and the kidney water flows to the heart, while the heart fire descends to the kidney. Water and fire complement each other, and the heart and kidney intersect. Therefore, treatment should be based on the kidney and pay attention to warming and tonifying kidney yang. Zhang Jiebin also said, "The heart is rooted in the kidneys, so those who are restless in the upper part cannot help but rely on the lower part, and those who are deficient in heart qi cannot help but rely on the essence." The heart governs the blood, the kidneys store essence, and both the essence of the kidneys and the heart blood are the same origin of water, grain, essence, and qi, which together constitute the necessary substances for maintaining human life activities [9]. Master Lei emphasized that although heart failure is originally a deficiency of the heart, it is closely related to the lungs, spleen, and kidneys, and cannot be treated alone. It should be treated comprehensively based on the theory of the five organs and the theory of the organs, starting from the whole. Heart failure patients suffer from long-term illness, with a depletion of the kidney's yin and yang elements. If yang deficiency occurs, it cannot stimulate the heart's yang, and yin deficiency cannot nourish the heart's fire. As a result, the heart's blood circulation is lost, blood stasis stops, and heart failure occurs. The clinical manifestations include palpitations, wheezing, and excessive movement, as well as Yang deficiency and water flooding, with floating limbs and swelling on the face, cold limbs, soreness and weakness in the waist and knees, pale and chubby tongue, tooth marks, slow or thin pulse, and weakness. He's early research on sheep red gametes to some extent validated the theory in the "Neijing" that "the heart is based on the kidneys" and proposed a new approach to treating the heart from the perspective of the kidneys. Master Lei believes that in treatment, the focus should be on warming and tonifying the yang of the heart and kidneys to strengthen the body, promoting blood circulation and diuresis to treat symptoms, and regulating the qi of the spleen and lungs. Commonly used heart failure formulas (such as red ginseng, Fupian, Guizhi, Baizhu, Ophiopogonis, Schisandra chinensis, Astragalus, miltiorrhiza).

3.3 Emphasis Should be Placed on Replenishing Qi and Nourishing Yin, and Promoting Qi Circulation and Nourishing Yin Should be Integrated Throughout the Treatment Process

Master Lei pointed out that the treatment of heart failure should adhere to the principle of "treating the disease and seeking the root", tonifying the heart qi, warming and nourishing the heart yang. However, due to the mutual roots of yin and yang, "those who are good at tonifying yang must seek yang in yin, and then yang will be assisted by yin and become infinitely biochemical [10]. Over time, blood stasis can lead to insufficient transformation of the red and regeneration of the new, resulting in a loss of vitality in the organs and leading to a deficiency of both qi and yin. Heart failure is more common in middle-aged and elderly people. "At the age of forty, yin qi becomes half empty, " and yin deficiency is the norm for middle-aged and elderly people. In the later stages of the disease, yang and yin are damaged, resulting in a deficiency of both yin and yang. In addition, warming yang and promoting diuresis can also lead to the depletion of yin fluid. Yin blood is the material basis, and balancing yin and jin is the prerequisite for the recovery of heart yang. Therefore, Master Lei believes that both blood stasis and qi deficiency can lead to metabolic disorders of water, resulting in water retention and drinking. Over time, further damage to heart yang can be caused. Therefore, nourishing qi and promoting blood circulation should be taken into account at all times. However, The treatment is always ongoing. Clinically, shortness of breath, palpitations, dry mouth, restlessness and heat in the five hearts, flushing of the two cheekbones, or chest pain are common, especially at night. The tongue is dark and lacks coating, and the pulse is fine and astringent. The treatment involves the use of Lei's Heart Nourishing and Blood Activating Decoction (ginseng, Ophiopogon japonicus, Schisandra chinensis, Chenpi peel, Danshen, Sanqi powder), which is adjusted and modified. It is often combined with other ingredients such as Scutellaria baicalensis, Astragalus membranaceus, Piper longum, Polygonum sibiricum, Schisandra chinensis, and Polygonum multiflorum to alleviate asthma and improve heart function. Fan Hong [11] confirmed in animal experiments on rats that the modified Lei's Yangxin Huoxue Tang can significantly improve the heart index and left ventricular index of heart failure rats. Chen Jinfeng [12] et al. found that Yangxin Huoxue Tang has an effect on the left ventricular index, angiotensin II, and pulmonary edema of heart failure rats.

3.4 Identify Underlying Diseases and Strive for a Combination of Disease and Syndrome

Heart failure is often the terminal and severe stage of the development of numerous heart diseases, and heart failure caused by different diseases has its own pathological basis and evolutionary rules. Lei Lao pointed out that dialectical treatment is the basic principle of traditional Chinese medicine in understanding and treating diseases. It is necessary to make good use of traditional Chinese medicine theory, determine the syndrome, and flexibly apply treatment. Medication is not limited to one prescription or one syndrome, with a combination of four diagnostic methods and consideration of primary and secondary factors. For the diagnosis and treatment of heart failure, it is particularly

important to distinguish the underlying diseases and strive to combine disease differentiation with dialectics. For patients with heart failure and chest pain caused by coronary heart disease, aromatic warming drugs such as cassia twig, descending fragrance, and asarum should be administered; Patients with myocarditis complicated with heart failure often worsen due to external pathogens, so they are treated with honeysuckle, black ginseng, and other herbs to eliminate pathogens; For rheumatic heart disease and heart failure, it is recommended to use products such as Pixian Grass, Weilingxian, and Mulberry Parasitic to dispel wind and dampness; For heart failure combined with arrhythmia, drugs such as *Sophora flavescens*, Gansong, and Tingqizi can be added on a dialectical basis to restore rhythm and stabilize palpitations; Those with diabetes can add drugs such as ghost arrow feather, ground bark, *Coptis chinensis*, kudzu root, and trichosanthin. Master Lei selected drugs based on syndrome differentiation and treatment, achieving twice the result with half the effort in clinical practice.

4. Clinical Application, Case Analysis

Patient Yang, female, 69 years old, first diagnosed on November 20, 2022, with the main complaint of "intermittent chest tightness and shortness of breath for more than 10 years, worsening for 1 week"; The patient experienced chest tightness, shortness of breath, occasional palpitations, and chest pain in the precordial area after more than 10 years of fatigue. There was no radiation in the shoulder and back, and the above symptoms occurred intermittently without systematic diagnosis and treatment. In April 2022, the patient was diagnosed with "coronary heart disease" at a certain hospital and received symptomatic treatment (specific details unknown) to alleviate the symptoms. Afterwards, the above symptoms continued to recur intermittently. One week ago, after exhaustion, asthma worsened, occasional pain in the precordial area, edema in both lower limbs, increased chest tightness and shortness of breath, and inability to lie flat at night. Medical history: History of hypertension for 5 years, atrial fibrillation for 5 years, currently taking medication regularly (details unknown), stable blood pressure control. Symptoms include wheezing, chest tightness, shortness of breath, worsening after physical activity, occasional palpitations and pain in the precordial area, wheezing after physical activity, inability to lie flat at night due to holding breath, fatigue, restlessness, cold limbs, edema in both lower limbs, poor appetite, poor sleep, reduced urination, and bowel movements. The tongue is dark red, the coating is thin and white, the sublingual veins are tortuous, and the veins are thin and astringent. Preliminary diagnosis: Western medicine diagnosis: heart failure, heart function level II. Traditional Chinese Medicine Diagnosis: Heart Failure Disease (Qi Yin Deficiency with Blood Stasis Syndrome). The treatment method is to nourish qi and yin, promote blood circulation and diuresis. Lei's Heart Nourishing and Blood Activating Decoction for Reduction and Reduction: 10g of red ginseng (separately decocted), 15g of *Ophiopogon japonicus*, 10g of *Schisandra chinensis*, 10g of dried tangerine peel, 30g of Danshen, 3g of Sanqi powder (taken orally), 15g of aconite (first decocted), 6g of cinnamon, 30g of *Fructus Sapiensis*, 3g of *Radix Bupleuri*, 10g of *Radix Bupleuri*, 30g of *Astragalus membranaceus*, 30g of *Poria cocos*, 15g of *Atractylodes macrocephala*, 15g of *Epimedium*, 6 doses, decocted in water,

400ml, one dose per day, taken in the morning and evening.

Second consultation on November 27, 2022: After taking the medication, the patient's fatigue and chills have improved compared to before. The edema in both lower limbs has significantly reduced, and the amount of urine has increased. The patient also experiences relief from holding breath at night, but still feels chest tightness. 30g of *Gualou skin* and 12g of *Xiebai* were added to the upper part of the medication, taken in 6 doses of water decoction, 400ml once a day, divided into morning and evening doses.

On December 5, 2022, the patient's chest tightness was significantly relieved after taking medication, and the pain in the precordial area was reduced. There was no obvious feeling of holding breath when lying flat at night, and the edema in both lower limbs was reduced. However, poor sleep was still felt. 30g of sour jujube kernels and 6g of lotus seed hearts were added above, and 6 doses were taken in succession. The medication was decocted in water, 400ml, one dose per day, taken in the morning and evening.

On December 12, 2022, the patient's symptoms improved, sleep and appetite improved, and continued to take medication for 3 months. The condition remained stable.

Commentary: The patient is an elderly female who has been ill for a long time and is not properly cared for. If the heart yang and qi are deficient, the agitation is weak, and if the kidney yang is deficient, it can cause blood stasis, blood stasis, and water retention, resulting in palpitations and chest pain. If the spleen is weak in circulation and phlegm is produced internally, chest tightness and shortness of breath can be seen, the kidneys are not warm and warm, and gasification is not good. If the water and dampness are stopped internally, cold and edema can occur, and the urine output is low. If the water and dampness are absorbed by the heart, wheezing and nighttime holding of breath can be seen. If the disease progresses for a long time, it can consume qi and damage the yin. Red ginseng in the formula greatly replenishes vital energy, nourishes qi and blood, *Ophiopogon japonicus* nourishes yin and eliminates astringency, and *Astragalus membranaceus* enhances the function of replenishing qi. Danshen and Sanqi powder in the formula promote blood circulation and remove blood stasis, nourish blood and nourish the heart. The combination of various medicines promotes the harmony of qi and blood, and works together to enhance qi, nourish yin and promote blood circulation; This disease is located in the heart and is closely related to the lungs, spleen, and kidneys. It is caused by the use of ingredients such as *Tengqianzi*, *Beiwujiapi*, and *Qianhu* to relieve lung and asthma, promote diuresis, and reduce swelling; If spleen deficiency leads to insufficient circulation and digestion, water and dampness will be generated internally, and phlegm will stop drinking internally. Adding *Atractylodes macrocephala* and *Poria cocos* can benefit the spleen, invigorate the spleen, and calm the heart. Adding dried tangerine peel can invigorate the spleen and dry dampness, promote the qi of the spleen and stomach, and promote the circulation of the three burners; Adding tablets and cinnamon can warm and nourish the heart yang. If the heart yang is warm, drinking water can warm it up; Kidney yang is the foundation of a body's yang energy. Lei Lao emphasized the

treatment of both the heart and kidneys, and added Epimedium to warm the kidney yang and nourish the heart yang, achieving dual tonification of yin and yang. During the second diagnosis, the patient still felt chest tightness and had loose nodules on the chest with the addition of Gualou skin and Xiebai; If the symptoms of the three diagnosis patients are relieved, adding lilies, lotus seed hearts, and sour jujube kernels to nourish yin and calm the mind, and combining various medicines, tonifying qi and promoting blood circulation, supplementing yang and nourishing yin, then drinking water, phlegm turbidity, and blood stasis will be eliminated automatically.

5. Preliminary Summary

Heart failure has a high incidence rate and high mortality rate, which is mostly the final stage of the development of various heart diseases. Western medicine treatment mainly focuses on heart strengthening, diuresis, and tube expansion, and the drug has obvious side effects. Traditional Chinese medicine has better efficacy in treating this disease, and the side effects are small [13]. Master Lei Zhongyi of Traditional Chinese Medicine has profound expertise in treating cardiovascular diseases and has accumulated a wealth of clinical experience. He advocates that in the early stage of heart failure, the main focus should be on replenishing qi and nourishing blood, supplemented by promoting blood circulation and removing blood stasis; If blood is not good, it is water. Therefore, patients with heart failure often present with varying degrees of water evil in clinical practice. Drinking water can cause palpitations, coughing, and wheezing when it penetrates the heart or lungs, swelling when it spreads on the skin, difficulty urinating when water stops and becomes hot, and pleural effusion and ascites when water accumulates in the chest and abdomen. Therefore, in the treatment process, promoting blood circulation, removing blood stasis, and promoting diuresis are equally important as nourishing qi, yang, and yin. Phlegm turbidity, blood stasis, and water retention are both pathological products and pathogenic factors, which can increase the burden on the heart and further damage the heart yang, affecting the spleen and kidneys. Therefore, while nourishing the heart yang, attention should be paid to the related organs, and the heart, kidney, and spleen should be treated together. Yin nourishing cannot be ignored. At the same time, it is necessary to identify underlying diseases and combine disease differentiation with dialectics. On this basis, based on a large amount of clinical experience, Lei Lao established the Yangxin Huoxue Tang with the treatment of tonifying qi and nourishing yin, promoting blood circulation and removing blood stasis. It plays a role in balancing qi and nourishing yin, regulating blood stasis and drinking water, and has achieved significant clinical efficacy, providing a certain reference for the traditional Chinese medicine dialectical treatment of heart failure.

References

- [1] Shang Hang; Pan Yang; Guo Jiajuan et al. Research progress on treatment of chronic heart failure with the method of replenishing Qi activating blood and reducing water [J]. *Global Traditional Chinese Medicine*, 2022, 15(09): 1701-1706.
- [2] Yang Fan; Li Yunhai. Recognition of "Weak Pulse at Yang and Stringy Pulse at Yin" in Synopsis of the Golden Chamber [J]. *Acta Chinese Medicine*, 2021, 36(12):2496-2499.
- [3] Xie Huaning; Gao Xiaolong; Fan Hong et al. Chinese medical master Lei Zhongyi's experience in treating chest obstruction and heartache from phlegm, blood stasis and toxin [J]. *Modern Chinese Medicine*, 2022, 42(04): 114-118.
- [4] Ning Bo; Pan Chao; Zhao Mingjun et al. Research Progress of TCM Pathogenesis of Coronary Heart Disease Based on Different Syndrome Differentiation System [J]. *Journal of Liaoning University of Traditional Chinese Medicine*, 2023, 25(01): 99-102.
- [5] Xu Lisi; He Xinhui. Enlightenment of Zhongjing's theory of "weak pulse at yang and wiry pulse at yin" on treatment of coronary heart disease based on heart yang [J]. *Shanghai Journal of Traditional Chinese Medicine*, 2021, 11(04): 46-49.
- [6] Cai Hairong; Zhang Weizhang; Zhuang Jieqin et al. Analysis of Treating Acute Exacerbation of Chronic Heart Failure from Weak Pulse at Yang and Wiry Pulse at Yin Based on Syndrome Differentiation [J]. *New Chinese Medicine*, 2022, 54(22): 161-166.
- [7] Wang Jing; Zhu Hai-yan; Zhao Ming-jing et al. Exploring diuretic resistance in heart failure based on "qi, blood and water" factors [J]. *Journal of Hubei University of Chinese Medicine*, 2023, 25(01): 55-58.
- [8] LI Cuijuan; GONG Zhendong; HU Yong et al. LEI Zhongyi's Experience in Treating Coronary Heart Disease with Phlegm and Stasis Related Theory [J]. *Journal of Traditional Chinese Medicine*, 2022, 63(04): 312-314.
- [9] Shen Dingzhu; Xing Sanli; Chenchuan. Tracing the origin, tonifying the middle and integrating the tongs --tracing the origin from the kidney to the heart [J]. *New Chinese Medicine*, 2013, 45(12): 19-22.
- [10] Wu Xueping; Yu Xiaoyong; Fan Hong. Professor Lei Zhongyi's Experience in the Heart Failure [J]. *Shaanxi Journal of Traditional Chinese Medicine*, 2010, 31(10): 1372-1373.
- [11] Fan Hong; Lei Zhongyi; Liu Chaofeng et al. Effects of modified Leishi Yangxin Huoxue Decoction on blood pressure, $Na^{+}-K^{+}$ -ATPase, atrial natriuretic peptide and angiotensin II in rats with heart failure [J]. *Chinese Journal of Integrative Medicine on Cardio - Cerebrovascular Disease*, 2019, 17(13): 1956-1960.
- [12] Chen Jingfeng; Lei Zhongyi; Liu Chaofeng et al. Effects of Yangxin Huoxue Decoction on left ventricular index, angiotensin II and pulmonary edema in rats with heart failure [J]. *Journal of Sichuan of Traditional Chinese Medicine*, 2019, 37(04): 51-53.
- [13] Li Simeng; Yang Haiyan; Jing Yanrong et al. Research progress of traditional Chinese medicine in the treatment of chronic heart failure [J]. *Chinese Journal of Ethnomedicine and Ethnopharmacy*, 2019, 28(10): 53-55.