

Treatment of Sjogren's Syndrome with Liver Depression

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Abstract: Liu Chunying is a famous old Chinese medicine doctor for more than 30 years. He has rich experience in the understanding and treatment of Sjogren's syndrome (SS). Liu Shi systematically discusses the etiology and pathogenesis of SS from the angle of liver depression. In the treatment, it is emphasized that "Muyu Da Zhi" is the first, with the addition and subtraction of the disease, to provide a new idea for the treatment of Sjogren's syndrome from liver depression, and to attach a test case.

Keywords: Sjogren's syndrome; Liver depression caused dryness; Syndrome differentiation; Muyu Da Zhi; Liu Chunying; Famous medical experience

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Sjogren's syndrome (sjogren's syndrome, SS) is a kind of diffuse connective tissue disease. The prevalence of chronic inflammatory autoimmune disease is 0.29%~0.77%, and the ratio of male to female is 1:9^[1] A series of dry symptoms, such as dry mouth, dry eyes, dry skin, etc., often appear clinically. SS pathogenesis is not clear in modern medicine, and it is related to many factors, such as immune heredity, virus infection, immune abnormality and apoptosis^[2] Treatment, Western medicine use more glucocorticoid and immunosuppressant treatment, although to some extent can control the disease, but prone to repeated attacks. Chinese medicine has unique advantages in the treatment of this disease.

1 Analysis of SS Causes and Pathogenesis of Liver Depression

According to SS clinical manifestations, TCM attributed it to dryness syndrome and dryness arthralgia. About its argument lawsuit is first found in Huangdi Neijing, such as Su-Quan. Yin and Yang should be like the big theory, said: "dry victory is dry";" Su asked. Five running big theory:" dryness to dry "can see dryness evil pathogenicity, often lead to the body qi and blood body fluid insufficiency, outside can not nourish the skin nine orifices, inside can not reach the viscera and appear a series of dry image. Liu Shi believes that the development of Sjogren's syndrome is an important internal factor is liver depression. Liver depression caused dryness is mainly manifested in two aspects, on the one hand, the liver is the main drain, can be distributed qi and blood body fluid nourishing the whole body ," blood syndrome theory": "wood is the main catharsis, eating qi into the stomach, all rely on liver wood qi to drain, then water valley is "; liver depression can directly lead to liver drainage function is inhibited, and then the whole body qi, blood and body fluid transport disorders, external responsibility for skin, hair, nine lost moisturizing, internal and joint, muscles and bones lost nourishment, severe viscera can also appear pathological changes. On the other hand: the liver hides blood, can store blood, also main distributes the whole body blood flow, if the blood flow distributes normally, the human body each viscera tissue organ, the vein and so on can obtain the nourishment; the other person because of the body

blood homology, if the blood deficiency or the blood stasis may affect the body fluid application, the body blood deficiency then dryness elephant four. This is "dryness for the withered blood also "; second, liver storage long and do not flow, long depression and not understand, but also lead to blood stasis, blood stasis is impassable, irregular vein is not smooth, water fluid is difficult to transport moisturizing the orifices, can also cause dryness.

2 Principles of treatment

Liver depression must first relieve depression, and pay attention to the treatment of liver depression. Fei Boxiong "medical prescription theory" mentioned: "Mu Yuda Zhi ", so in clinical syndrome differentiation treatment, Liu Shi advocated that liver stagnation and dryness should be based on soothing the liver and regulating qi as the general treatment principle, clinical use of commonly used drugs such as: Bupleurum, tulip, Buddha hand, Perilla, Trichosanthes, Magnolia officinalis, black medicine. Liu Shi in the relief of liver depression is especially good with incense, incense to the liver, Sanjiao Jing, good at the stagnation of liver-qi, but also dredge the three-char Qi machine. On the other hand, Liu stressed the use of "Da Zhi" method to treat the syndrome of liver depression. "Medical Guan" said: "to one side of the wood depression, and all depression, free and loose is also." During the treatment of SS, Liu Shi took Xiaoyao Powder as the general treatment prescription, soothing the liver and relieving depression as the general treatment rule. According to the syndrome differentiation of liver depression, many methods of "reaching it" were used, the clinical effect was obvious and the prognosis was good. Also pay attention to the psychological guidance of patients, with traditional Chinese medicine emotional therapy as an auxiliary means.

3 Clinical syndrome differentiation

3.1 Liver stagnation and qi stagnation

Liu Shi believes that liver depression and qi stagnation can be understood as emotional depression, liver disadjustment, catharsis disorder, Qi block, water and fluid distribution disorder, then the orifices lose nourishment. Traditional Chinese medicine thinks that if the gas machine is smooth, the discharge of body fluid is normal, and if the gas

machine is blocked, the formation, distribution and excretion of body fluid are affected. Chen Xiuyuan "Medicine is really easy" put forward: "water and gas homology do not have to divide", "Qi stagnation water is also stagnant, gas flow water also line "stagnation of water and liquid stagnation, repress Jinbu, the body fur, body officials lost in nourishing, a series of dry image. Clinical often show chest flank or breast distended pain, more anxiety and good breath, dry eyes, sometimes astringent pain, dry mouth dry pharynx, women can appear irregular menstruation, tongue red less Tianjin, thin and dry fur, fine pulse string. Treatment is mainly to soothe the liver and regulate qi, the main prescriptions are Xiaoyao Powder, Chaihu Shugan Powder, Liuyu decoction and so on.

3.2 Liver depression and fire

Kim. Liu Wansu put forward the viewpoint of "six Qi from cremation", and Zhu Danxi put forward the academic viewpoint that "Qi is more than fire". Liu Shi believes that plain mood is not smooth, liver qi is easy to stagnation, liver depression for a long time to turn fire, hot gas consumption injury body fluid, resulting in exhaustion of body fluid dryness. Clinical manifestations are irritability, insomnia and dreams, headache and dizziness, dry mouth, bitter pharynx, dry eyes, big constipation, tongue red fur yellow dryness, pulse string number. Therefore, can be cast Dan Zhi Xiaoyao San or Gentian Xiegan decoction cut, to relieve fire depression and soothe the liver. If liver depression consumes blood for a long time, causes liver depression to consume blood, takes nourishing blood and invigorating spleen and soothing liver as the treatment principle, and uses Xiaoyao Powder and Gui Shao Dihuang decoction. Even if the liver depression turns fire, the initial consumption of liver blood, followed by injury of liver yin, resulting in liver stagnation and injury of yin, to nourish yin and nourish blood, soothe the liver and clear the deficiency of heat as the principle, can be added and subtracted with Zishui Qinggan Yin and Xiaoyao San.

3.3 Liver stagnation and spleen deficiency

According to the holistic view of traditional Chinese medicine and the theory of five elements, if the liver and spleen are ill, they can be transmitted to each other. "The synopsis of the Golden Chamber" said: "see the disease of the liver, know the liver

to spread the spleen ", if the patient's emotional failure, depression and injury to the liver, liver loss, Qi unobstructed, and then cross against the spleen, resulting in liver stagnation and spleen deficiency. Su-wen. On the other hand, spleen deficiency is biochemical deficiency, which is often manifested as emotional depression, chest tightness, fatigue, loose stools, loose stools, tooth marks, pulse strings or acculturation. Treatment commonly used Xiaoyao San and Sijunzi decoction, Chai Shao Liu junzi decoction cut.

3.4 Liver stasis

Gong Yanxian "Shou Shibao Yuan" put forward: "cover Qi, blood handsome also, Qi line is blood line "can see Qi machine usually, run strip reach, blood operation can be unobstructed; on the contrary, Qi and blood maintain each other, Qi disease must be blood, if liver depression leads to liver catharsis, Qi machine is not smooth, blood flow is blocked, resulting in liver stagnation and blood stasis. "Blood Syndrome Theory" said: "If there is blood stasis, then Qi for blood obstruction, not to rise, water because not to rise with Qi "blood stasis further aggravated Qi block, can not promote water to the whole body nourishing the viscera, skin, body nine orifices. Li Gui[4]It is also mentioned that liver depression can block meridians and veins after blood stasis is formed, and water can not be applied to moisten the orifices. Clinical often show anxiety and irritability, even depression, dark complexion, skin nail error, dry eyes, blurred vision, dry mouth and nose mucous membrane discomfort, dry mouth do not want to drink, hypochondriac pain and fixed, women menstrual irregular, treatment has soothing liver and relieving depression, regulating qi and stasis, prescription can be used Siwu Xiaoyao decoction,

diaphragm under the decoction and so on.

4 Conclusion

As a common rheumatic immune disease in modern clinical practice, Sjogren's syndrome is not very perfect for SS research at present. Some western medicine treatments such as methotrexate, hydroxychloroquine, Elamod, glucocorticoid and other oral drugs have a large gastrointestinal reaction; some immunosuppressants are expensive for a long time and have no good solution. On the contrary, traditional Chinese medicine has unique advantages in the treatment of SS, Liu Chunying old Chinese medicine according to their own clinical experience, put forward from the liver depression as the core mechanism of the treatment of SS. disease In the treatment, Xiaoyao Powder as the general treatment prescription, soothing the liver and relieving depression and regulating qi as the general treatment principle and using many "Da Zhi" methods, the clinical treatment effect is very good and the prognosis is good.

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