

Clinical Experience of Professor Du Xiaoquan's Treatment of Spleen and Spleen Disease

Chenhuan Pang¹, Xiaoquan Du^{2*}

¹Shaanxi University of Traditional Chinese Medicine, Shaanxi Province, China

²Affiliated Hospital of Shaanxi University of Traditional Chinese Medicine, Xianyang 712000, Shaanxi Province, China

Abstract: Professor du Xiaoquan is a famous Chinese medicine in Shaanxi Province, a master's tutor, a professor of Shaanxi University of traditional Chinese Medicine, a director of the Department of traditional Chinese Medicine, and a professor of Shen Shuwen, a national famous old Chinese medicine.

Keywords: Spleen and stomach disease; Differentiation of disease and differentiation of body; Drug-to-drug ratio; Prevention and care

Publication date: March, 2021

Publication online: 31 March, 2021

***Corresponding author:** Xiaoquan Du, duxiaoquan1997@163.com

Internal injury of spleen and stomach, 100 diseases from birth. The prevention and treatment of spleen and stomach disease is very important. Chinese medicine treatment of chronic spleen and stomach disease has its unique advantages, emphasizing the overall principle, syndrome differentiation and treatment, according to the conditions of people, improve the symptoms of patients can also enhance human immunity. The spleen is located in Zhongzhou, which is the source of qi and blood biochemistry^[1]. The spleen is the main body, the stomach is the main body, and the turbid body is the main body. Spleen and stomach are the hub of Qi machine lifting. Professor du Xiaoquan is a famous Chinese medicine in Shaanxi Province. His long-term clinical practice has accumulated rich experience and is good at using traditional Chinese medicine to treat spleen and stomach diseases. In the treatment, we should pay attention to the etiology of syndrome examination, insist on the combination of disease

differentiation, syndrome differentiation and physique differentiation, make good use of the prescription to the proportion of prescription, and pay attention to the prevention and nursing of patients after clinical syndrome. The author is lucky to learn, now will introduce its treatment experience as follows, in order to provide dinner.

1 Examine the cause and observe the pathogenesis

Teacher du likes to explore the etiology when treating diseases. Spleen and stomach disease is mainly related to the feeling of external evil, diet, emotion, labor disorder, physical weakness and other factors. Every time the patient comes to see the disease, the tutor will ask the patient's history and find the cause around the main complaint. Cold evil for the disease, there is a cold and cold eating habits, treatment is always warm stomach to dissipate cold, choose Liangfu pills plus or minus. Food stagnation epigastric has a history of overeating, patients see epigastric distention and pain, heavy breath, thick tongue coating, treatment to invigorate spleen and stomach for Dafa, Baohe pills; emotional disease, patients see pain even two sides, good sigh, ask patients can have sullen, angry situation, treatment to soothe the liver and relieve depression as the principle, choose Chaihu Shugan Powder plus or minus.

2 Combination of disease differentiation, syndrome differentiation and constitution differentiation

Teacher du stressed the need to combine three

differentiation, first distinguish the disease to make a clear diagnosis, according to the symptoms described by the patient to determine the TCM disease syndrome, and then combined with auxiliary examination to determine the name of Western medicine disease. Du believes that the name of the disease should be clearly identified, that is, the diagnosis should be clear, otherwise it will affect the later treatment, leading to the whole body. Secondly, syndrome differentiation to determine the treatment of prescription, according to the patient's secondary symptoms combined with tongue pulse syndrome differentiation. Finally, the physique is distinguished to judge the development trend and prognosis of the disease. For the same disease or syndrome, different people will be different in the selection of drugs. Plain is afraid of cold, like hot drink is easy to appear Yang deficiency constitution; and plain like to eat cold things, evil heat, tongue red patients are easy to show Yin deficiency fire flourishing constitution; there are plain mood fickle patients, prone to liver stagnation qi stagnation constitution; and body fat, thick and greasy tongue coating patients are prone to phlegm dampness constitution. Teacher du stressed individualized treatment, combined with physical adjustment.

3 Dispatches the prescription to use the medicine to be good to use the medicine to be right, pays attention to the proportion

Zhongjing period, its use of ephedra, Guizhi medicine is the ancestor. Modern application of medicine to the first application of today's ink teacher. The combination of drugs, the two drugs depend on each other, restrict each other, reasonable application can enhance the curative effect of disease treatment. Mentors like to use drugs, pay attention to the proportion of drugs. Su stem with fragrant, fried gold with fried malt, French Pinellia ternata with Chen Pei and other groups of drugs are widely used. Verrucous gastritis patients, the prescription is often added to the triangular, zedoary medicine pair. Pharmacological studies have shown that the mushroom has anti-angiogenesis and strong anti-cancer effect, Curcuma volatile oil has anti-cancer, anti-inflammatory, anti-ulcer effect, and can inhibit the growth of a variety of bacteria^[2]. Patients with reflux, often with seachine, corrugated drugs, the effect is obvious.

Pharmacological studies have found that sea slug contains a variety of alkaline components, which can neutralize gastric acid, protect mucous membrane and prevent mucosal damage^[3]. Corrugated calcium carbonate neutralizes gastric acid and protects gastric mucosa^[4]. The proportion of drugs is also the characteristics of the teacher's medication, in the treatment of patients with qi and blood deficiency, more on the basis of Danggui Buxue decoction plus or minus, pay attention to astragalus with Angelica five to one, clinical commonly used astragalus 30 g, angelica 6 g. Patients with hypochondriac pain, vomiting, pantothenic acid, bitter mouth, tongue red fur yellow pulse string and so on, commonly used Coptis with Evodia rutaecarpa, Coptis 18 g, Evodia rutaecarpa 3 g. Ulcerative colitis dampness and heat obvious, like to use talc powder on the basis of the main prescription, among which talc with licorice six to one.

4 Emphasis on prevention before illness, attention to prevention and care

"Spleen and stomach disease, three-point medication, seven-point support ". Treatment and medication is very important, prevention and control should also pay attention to. Teacher du is emphasizing prevention before illness, both disease prevention and change. After diagnosis, patients and their families will be informed of the disease precautions. Diet should be light and easy to digest, avoid cold hard, spicy stimulation, do not covetous cold; regular work and rest, avoid staying up late, quit smoking and alcohol; appropriate exercise, enhance the body. Spring rising season, encourage patients to go to outdoor activities, comply with nature, the unity of nature and man. As the "Neijing" said : " spring and summer Yang Yang, autumn and winter Yin Yang ". If usually pay attention to the spleen and stomach, full of qi, Yin Pingyang secret spirit is treated, the disease will not attack. The so-called "good spirit exists, evil can not be done ". At the same time, individual psychological regulation is also very important. Tranquil empty, true qi from it, the spirit of internal guard, disease never.

5 Discussion

The tutor thinks that the spleen and stomach are the basis of the day after tomorrow, and the treatment

of any disease should start from the function of protecting the spleen and stomach. The treatment of spleen and stomach disease should examine the cause, observe the pathogenesis, treat the prescription according to syndrome differentiation, and pay attention to prevention and nursing. Teacher du treatment of spleen and stomach disease to grasp the cause of disease, examination machine, like three differentiation, medication, treatment of disease. Differentiation of syndrome and treatment, prescription, prevention and care, people-oriented, reflects the overall view of traditional Chinese medicine. It has positive clinical significance for spleen and stomach disease and other diseases

through comprehensive treatment.

References

- [1] Ma K, Liu HY, Lu Y. A brief discussion on the function of spleen [J]. Kun Gua of Zhouyi Henan TCM, 2016, 10: 1691.
- [2] Wang R, Du XQ. Advances in the treatment of verrucous gastritis with mushroom and zedoary medicine [J]. Asia Pacific Traditional Medicine, 2017, 13(18): 63-65.
- [3] Zhong GS. Chinese Medicine (9th Edition) [M]. Beijing: China traditional Chinese Medicine Press, 2012: 432.
- [4] Tao MB, Yan YF, Chen L, *et al.* Comparative analysis of the components of corrugated and its adulterants [J]. 10 Traditional Chinese Medicine and Clinical Medicine, 8(6): 5-9.