

# Professor Ruixia Pei's Clinical Experience in Treating Globus Hystericus with "Harmonizing Method"

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**Abstract:** To summarize professor Pei's experience in treating globus hystericus. **Methods:** Learn from your teacher. **Results:** Professor Pei had been suffering from the disease for more than 30 years and had her unique views on the treatment of globus hystericus, which are mostly for emotional dysfunction, liver Qi is not comfortable, functioning of Qi is not adjusted, Yin and Yang imbalance. The basic principle of treatment is to grasp the core pathogenesis, take harmony as the method and balance as the duration, harmonize Qi, regulate Yin and Yang, use drugs to disperse the liver and rectify Qi, as well as auxiliary treatment with products to promote blood circulation, remove blood stasis, dryness and dampness, and clear heat.

**Keywords:** Professor Ruixia Pei; Harmonizing method; Globus hystericus; Case reports

**Publication date:** September 2021; **Online publication:** September 30, 2021

## 1. Introduction

Ruixia Pei, chief physician of Shaanxi famous traditional Chinese medicine, studied with Mr. Shanglin Gao, a national famous traditional Chinese medical doctor, inherited his thought of "harmonizing method," formed his own unique opinion, engaged in clinical work of traditional Chinese medicine for more than 30 years, has rich clinical experience, and has been committed to exploring the use of traditional Chinese medicine to relieve patients' pain and suffering, which is cheap and effective.

Globus hystericus is a common clinical non-organic disease, and the disease characterized by feeling something in throat, seeming to have plum-stone obstruction, cough and swallow not making it out, sometimes occurring and sometimes stopping, but not affect eating. "Globus hystericus" was first recorded in the Book of Nanyang for Life Saving in the Song Dynasty. The earliest records of diseases and syndromes were found in the Magic Pivot, Forms of Disease from Evil Qi in the Bowels and Viscera in the Late Warring States Period, which stated: "The heart pulse is very large, which is the throat jams", that is, there is something in the throat. Sui · Yuanfang Chao in Plum nuclear gas is mainly manifested as a foreign body sensation in the throat<sup>[1]</sup>: "If there is sunburn flesh slice in the pharynx, it is the phlegm knot in the chest and diaphragm, which is pulsated with Qi and contradicted the pharynx. The knot is like sunburn flesh slice." Traditional Chinese medicine thinks globus hystericus is main because of sentiment is not smooth, liver Qi pent-up, go up against liver meridian, knot in the throat or take the spleen to offend stomach, transport changes lose division, body fluid must lose manage, condense into phlegm, and nitrogen knot in the throat. Professor Pei thought these diseases are mostly caused by emotional dysfunction, liver Qi is not comfortable, functioning of Qi is not adjusted, Yin and Yang imbalance. when treating these diseases, we should take harmony as the method and balance as the duration, harmonize Qi, regulate Yin and Yang, use

drugs to disperse the liver and rectify Qi, as well as auxiliary treatment with products to promote blood circulation, remove blood stasis, dryness and dampness, and clear heat. The authors have the honor to consult with the teacher. Now they share a typical medical record as follows:

### 1.1. Medical record

First visit (to a doctor or hospital) (on November 5, 2020): Wu, male, 34 years old. The patient's main complaint was "foreign body sensation in esophagus for more than 10 years." 10 years ago, the patient had no obvious inducement, such as dry throat, itchy pharynx, foreign body sensation in the esophagus, nasal obstruction and other discomfort. He had been treated with oral drugs for many times (details are unknown), and the effect was poor. The patient had a history of chronic pharyngolaryngitis and variant rhinitis. "Inferior turbinectomy" was performed in Xi'an Fourth Hospital in 2007. Due to the unsatisfactory treatment results in other hospitals for many times, the patient was suffering from pain. In order to seek treatment of traditional Chinese medicine, he came here after being introduced by others. Symptoms is: Pharyngeal discomfort, more mucus production which are white and thin color, foreign body sensation in the esophagus, well sleep, as well as stool and urine adjustments. The tongue is red, the moss is thin and white, and the pulse is thin. Chronic pharyngitis is diagnosed in western medicine and globus hystericus (liver depression and spleen deficiency and phlegm Qi stagnation syndrome) is diagnosed in traditional Chinese medicine. Treatment principles: To soothe the liver and spleen, dissipate phlegm and disperse knot, Minor Bupleurum Decoction and Two Matured Ingredients Decoction are selected.

Prescription is: Radix Bupleuri 10g, Radix Glehniae 15g, Rhizome Pinelliae Preparata 10g, Radix Glycyrrhizae 6g, Radix Scutellariae 10g, Cortex Magnoliae Officinalis 10g, Fructus Forsythiae 10g, Flos Lonicerae 20g, Herba Asari 3g, Radix Curcumae 15g, dried orangepeel 15g, Poria cocos 15g, totally 6 doses, taking 1 dose a day, decocted with 400ml water and taking warm in the morning and evening after meals. Ask patients to avoid spicy, drink more water, smooth emotions and avoid wind and cold.

Second visiting (November 12, 2020): The patient complained that there was no snot, the feeling of foreign body in the esophagus disappeared, the pharyngeal symptoms improved, there was much sputum, the color was yellow and thick, which is easy to cough up, he felt a little stuffy in the afternoon, ate well, rested well at night, stool and urine is adjusted. His tongue is red, his coating is thin and white, and his pulse is deep and pulse. If the effect is not changed, he continued to use 12 pairs of the original prescription to consolidate the curative effect.

According to the "Mental Cultivation Methods of Laryngology · Globus Hystericus," "This disease... is caused by Qi depression of seven emotions, which leads to phlegm and accumulates between the chest and diaphragm." It is pointed out that the occurrence of globus hystericus is mostly related to the unfavorable Qi mechanism and the obstruction of phlegm and Qi in the throat [2]. Ming · Yikui Sun "Pearl in Red Water · Volume Three" clearly pointed out: "Sheng Sengzi says: Patient with globus hystericus, feel like a lump in the mediate of the throat. It was also said that phlegm agglomerates in the throat and cannot spit out or swallow [3]." It was pointed out that the pathogenesis of globus hystericus was liver Qi stagnation and spittoon gas interlocked in airway.

Director Pei is good at using "harmonizing method" to treat diseases. The word "harmony" has two meanings: one is to reconcile external evils, and the other is to reconcile internal organs. Through the method of reconciliation, the Qi machine of the human body can rise and fall orderly, and the growth and decline of yin and yang can be balanced. Director Pei believes that the disease is related to emotion. If the emotion is not smooth, the liver will lose its order, the liver Qi will be depressed, the Qi will turn into fire for a long time, and the liver meridian fire and gas will go up and down along the meridians. If it offends the throat, it can become globus hystericus. In the treatment of the disease, it is necessary to soothe the liver and strengthen the spleen. As far as this case is concerned, on one hand, the course of the disease is longer,

with long days of liver stagnation, loss dredging, liver Qi exploiting the spleen, dysfunction of the spleen in transport, body fluid transport disorder, accumulation and produce phlegm, phlegm and Qi obstructing each other in the airway. On the other hand, excessive daily thinking, anxiety and thought make Qi stagnation, lead to damage of the spleen and stomach, so that the spleen and stomach are not harmonious, and the disease is not cured. Thus, the treatment should take soothing liver and strengthening spleen, activating Qi and eliminating phlegm as the method, choose Minor Bupleurum Decoction, representative prescriptions for reconciliation, plus or minus. In the prescription, Radix Bupleuri is the most important medicine, with spicy and disperse characteristic, can enter the liver channels, which can sooth the liver and relieve depression, and clear the liver fire. It is combined with Rhizoma Pinelliae to regulate the whole body Qi machine, and the combination of Radix Scutellariae, Fructus Forsythiae and Flos Lonicerae enhanced the power of clearing heat and reducing fire. The prescription is mixed with a small amount of Herba Asari, which restricts the coolness of the drug. Rhizoma Pinelliae is apicy and warm which goes into the lung and stomach, reducing phlegm and resolving masses, normalizing stomach by guiding Qi downward. Aried orangepeel regulated Qi-flowing for activating stagnancy, eliminated dampness and eliminated phlegm. Rhizoma Pinelliae and dried orangepeel combined with each other not only enhance the function of eliminating dampness and eliminating phlegm, but also have the effect that when treating phlegm, we should first regulate Qi, and Qi smooth makes phlegm eliminate. Cortex Magnoliae Officinalis is bitter, spicy and warm, makes Qi down and eliminate glomus, help Rhizoma Pinelliae to reduce phlegm and inverse. Poria cocos is sweet less, moisture, and tonifying spleen. Moisture help Rhizoma Pinelliae phlegm function, and tonifying spleen eliminate the source of phlegm. Phlegm-Qi bind is easy to turn fire and injury Yin, so the Radix Ginseng in the original prescription of Minor Bupleurum Decoction is replaced by Radix Glehniae, which can not only nourish liver Yin, but also prevent the drug from being too warm and dry. Qi depression for a long time is afraid of consuming the blood, so Radix Curcumae can not only invigorate the blood, but also promote Qi circulation and remove obstruction in the collateral, as the Qi medicine in the blood. Radix Glycyrrhizae can moderate the property of the medicine; The whole prescription sooth liver and strengthen spleen, as well as regulate Qi-flowing for eliminate phlegm together. Let the functioning of Qi of the human body pass up and down, and the disease will heal. During the second diagnosis, the patient's symptoms were significantly improved and sputum was excreted, so the original prescription was continued to consolidate the treatment.

On one hand, when treating, director Pei paid attention to mental adjustment and psychological counseling to relieve patients' anxiety and help patients establish treatment confidence. On the other hand, the treatment must seek in this, grasp the key pathogenesis, distinguish the main symptoms and secondary symptoms, make good use of the prescription, clever compatibility of medicines, direct to the disease, and strive to cure.

## Disclosure statement

The author declares no conflict of interest.

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