

On the Treatment of Kidney Fibrosis from the Theory of Internal Deficiency of Qi and the Coexistence of Phlegm and Blood Stasis

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Abstract: Traditional Chinese medicine believes that the etiology and pathogenesis of renal fibrosis are characterized by deficiency of the lung, spleen and kidney, and phlegm, blood stasis, dampness and poison. The positive and the evil can influence each other and cause and effect each other, forming the pathological characteristics of the deficiency, the deficiency, the deficiency and the reality. Chinese medicine treatment of the disease has its unique advantages, external and internal injury equal emphasis, correction and dispelling evil and regulation. From the point of view of "deficiency of qi and coexistence of phlegm and blood stasis", the treatment of renal fibrosis can provide theoretical basis for the treatment of the disease.

Keywords: Renal fibrosis; Deficiency of qi; Coexistence of phlegm and blood stasis; Pathogenesis

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Renal fibrosis (RIF) is the ultimate way in which all chronic kidney diseases progress to end-stage kidney disease^[1]. The etiology is complicated, the pathogenesis is not completely clear, and modern medicine lacks effective treatment. Renal fibrosis belongs to the categories of "kidney labor", "edema", "obstruction", "Guan GE", "drowning poison" and so on. Its pathogenesis is characterized by deficiency of spleen and kidney, deficiency of spleen and kidney, phlegm, dampness, blood stasis, poison, dampness,

blood stasis and poison are formed on the basis of deficiency and blood stasis. The positive deficiency and the evil reality can influence each other and cause and effect each other, forming the pathological characteristics of Yin deficiency, deficiency, deficiency and reality^[2]. Renal fibrosis is a refractory disease in renal diseases, and traditional Chinese medicine has a unique advantage in the treatment of this disease. In order to provide theoretical basis for the treatment of renal fibrosis, this paper discusses the pathogenesis of renal fibrosis.

1 "Deficiency" as the basis, throughout the disease is the key to pathogenesis

"Su-Quan comment on the theory of heat and disease" said: "evil, its Qi will be empty." For the occurrence and development of many diseases, the main reason is deficiency. If the human body is full of qi and the outside is dense, the disease is not easy to invade and the disease cannot occur. That is, "good memory, evil cannot do". On the contrary, if the human body is insufficient, weak resistance to evil, disease and evil into the cause of disease. Therefore, the occurrence of disease is due to deficiency of qi, inability to resist the invasion of external evil or evil from endogenous. According to the whole concept of TCM, the deficiency of human body can be divided into the deficiency of the whole, the deficiency of the part and the deficiency of the moment^[3].

The deficiency of the whole body is the deficiency of qi, the function of multiple systems of the whole body is decreased, the deficiency of qi is insufficient,

the evil poison invades the kidney, the long-term evil obstructs the kidney collaterals, the blood stagnation is blood stasis, the deficiency blood stasis affects each other," all qi is long sick, blood should also be sick, follow the thread of self-bi".

The deficiency of part refers to the insufficiency of the function of the body part, single system or organ, and the human body is an indivisible and interrelated whole, and the deficiency of part can lead to the deficiency of the whole day by day. The deficiency of renal fibrosis mainly lies in deficiency of spleen and kidney. Kidney is water dirty, if kidney deficiency, transpiration gasification weak, resulting in unfavorable urination, so that creatinine, urinary urea nitrogen stay, brewed wet turbidity." Qi deficiency, cannot reach the blood vessels, blood vessels without qi, will stay for blood stasis", spleen and stomach for the source of qi and blood biochemistry, qi and blood deficiency can make qi deficiency, blood stasis aggravated. Kidney fibrosis, deficiency and evil are causality, deficiency of qi makes turbid evil lie in the body, turbid evil does not change, consume qi, eventually lead to the decline of yin and yang, develop into uremia.

"All diseases are born in Qi, anger is on Qi, joy is on Qi, sorrow is on Qi, fear is under Qi ...", mental activity affects the normal or not of qi, in addition, because diet is the source of qi biochemistry, diet is not good, nutrition will naturally lead to low qi.

2 Blood stasis and phlegm turbid, mutual knot as the standard

TCM believes that phlegm and blood stasis are the pathological products of the body^[4] Xu Shen, "Shuo Wen Jie Zi" said: "Blood stasis, blood accumulation is also ." Blood stasis is that the blood from the meridian can not be discharged or dissipated in time, because the movement of qi and blood is blocked, or the blood flow of qi deficiency is not smooth, or phlegm is left in the body, forming stasis accumulation; phlegm is mostly due to the dysfunction of viscera and body fluid. Blood stasis is closely related to the theory of collaterals. The essence of collateral disease is that the blood flow of collaterals is not smooth and the choroid block belongs to the category of blood stasis. Ye Tianshi said: "long illness will cure the collaterals, said that the disease long qi and blood to promote unfavorable,

blood collaterals must have stasis coagulation ", kidney collaterals stasis is due to deficiency of qi caused by dampness turbidity, blood stasis in the collaterals, left but not left lesions, is the deficiency of qi as the starting point, with evil qi stagnation as the end of the pathological changes.

3 Syndrome

At present, the treatment of renal fibrosis by western medicine is not only active in the treatment of primary diseases, but also by strictly controlling secondary factors and avoiding acute and chronic aggravating factors to prevent fibrosis, but the curative effect is not satisfactory. Recently, the mechanism and efficacy of new anti-fibrosis methods and techniques with cytokines and fibroblasts as the main therapeutic targets are not completely clear. Traditional Chinese medicine or integrated Chinese and western medicine to prevent and cure this disease has certain value, the treatment can achieve the external feeling and the internal injury equal emphasis, the correction and dispels the evil coexistence. Prof Ho Li-qun^[5] believed that chronic kidney fibrosis is the cause of chronic kidney fibrosis. Therefore, to promote blood circulation and remove blood stasis, tonifying the kidney and collaterals as the criteria for diagnosis and treatment, advocate anti-fiber Ling Fang. Shen Hui^[6] According to the theory of "virtual labor and construction of the middle", the creation of Jianzhong Li Lao Tang, the foundation of the day after tomorrow, Jianzhong Qi, virtual reality and elimination. Cheng Cheng^[7] believed that the treatment of renal fibrosis should pay attention to the three-coke, regulate the qi machine, take into account the entry and exit of the surface, open the pivot up and down, and make the evil such as phlegm, dampness and blood stasis have a way out. It opens up a new idea for the treatment of renal fibrosis.

In the process of disease, phlegm dampness, blood stasis, evil poison are closely related, cause and effect each other, forming the complex pathogenesis of deficiency and reality. Therefore, the clinical treatment of renal fibrosis pays attention to the whole, according to the specific types of disease differentiation. Spleen and kidney deficiency failure type kidney fibrosis, should invigorate qi and invigorate spleen, tonify kidney and help yang, commonly used astragalus, gynostemma pentaphyllum, Rhodiola, Rehmannia,

etc.; blood stasis blocking collaterals should be the method of activating blood circulation to remove blood stasis and collaterals, commonly used Panax notoginseng, ghost arrow rain, Chuanxiong, Salvia miltiorrhiza, safflower, Dilong, silkworm, etc.; dampness and poison overflow when dampness detoxification, commonly used asiatic grass, alisma, Poria cocos, earth, rhubarb, Tripterygium wilfordii, etc.; Qi deficiency and blood stasis type, mixed with deficiency, is the main aspect of its lesions. Kidney deficiency syndrome or Qi deficiency, or Yin deficiency, or Qi Yin deficiency, so should be combined with the method of tonifying qi, nourishing Yin treatment, clinical should be added and subtracted with the syndrome.

4 Summary

The pathogenesis of kidney maintenance belongs to this deficiency, spleen and kidney qi deficiency and yang deficiency belong to this deficiency, phlegm, turbid blood stasis and blood stasis belong to standard, positive deficiency and evil affect each other. Renal fibrosis is a refractory disease in renal diseases. Chinese medicine has a unique advantage in the treatment of this disease. At the same time, as Chinese traditional medicine, there are still a lot of contents to be further explored.

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