

Xinli Wen's Experience in Treating Chronic Gastritis with Insomnia

Xueyan Ma¹, Xinli Wen^{2*}

¹Shaanxi University of Chinese Medicine, Xianyang 712046, Shaanxi Province, China

²Shaanxi Provincial Hospital of Chinese Medicine, Xi'an 710004, Shaanxi Province, China

*Corresponding author: Xinli Wen, wxli696@126.com

Abstract: Through reviews of chronic gastritis treatment literatures in the past 10 years, it has been found that most patients with chronic gastritis also have insomnia and other symptoms in addition to the manifestations of gastritis, in which modern medicine has found clear correlations between the two. In Professor Xinli Wen's practice, the professor believes that the pathogenesis of this disease is a mixture of cold and heat. In regard to treating the disease, the characteristic of "the desire to solve Jueyin disease" is well-grasped. Professor Wen emphasizes on the harmonization of the liver and spleen as well as the restraint from following the original prescription and application of its medicine. Therefore, she used Mume pill to increase and decrease the upper temperature and lower temperature in regulating cold and heat.

Keywords: Traditional Chinese medicine treatment; Chronic gastritis; Insomnia

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1. Introduction

Chronic gastritis, as one of the most common clinical diseases in gastroenterology, is usually related to HP (*Helicobacter pylori*) infection, esophageal reflux disease, autoimmune deficiency, diet, and other factors [1]. According to the pathological types, it can be divided into chronic superficial gastritis, chronic atrophic gastritis, and chronic erosive gastritis. In recent years, with the improvement of living standards as well as the changes in eating and living habits, the prevalence of chronic gastritis is on the rise. Most patients have insomnia besides digestive symptoms. This kind of disease seriously affects patients' life, work, and studies. It is gradually becoming one of the physical and mental health diseases that endangers human health. In recent years, domestic data have shown that about 50% of Chinese patients with chronic gastritis also have psychological disorders, among which the incidence of anxiety, depression, and insomnia is 38% [1]. Xiaoling Liu [2] found that among 914 patients diagnosed with chronic gastritis, patients with depression and anxiety accounted for 56% of the total number of patients.

2. Correlation between chronic gastritis and insomnia

Modern medicine has conducted numerous research on the relationship between chronic gastritis and insomnia. For example, Gaiqin Yang et al. [3] proposed that emotional stimulation can change the activities in humans' gastrointestinal tract via the brain-gut axis and brain-gut interaction, leading to chronic gastritis. It has also been found that gastrointestinal diseases can affect the central nervous system and cause patients to develop negative emotions, such as anxiety. Their interaction goes both ways. Meihua Lin [4] stated that the stomach is an emotional response organ. In a study by Yuhua Su, 86 insomnia patients were compared with 90 normal people; the study concluded that insomnia is closely related to the occurrence of chronic

gastritis and may be an independent risk factor for the disease ^[5]. As early as during the period of Huangdi Neijing, traditional Chinese medicine has put forward a view, “stomach discord makes sleeping uncomfortable,” to summarize the relationship between chronic gastritis and insomnia. This view implies that same as the brain-gut axis that is described in modern medicine ^[6].

3. Etiology and pathogenesis of chronic gastritis with insomnia

Chronic gastritis is under the categories of “stomachache” and “glomus and fullness” in traditional Chinese medicine. Its etiology includes the external contraction of evil Qi, diet, emotional stimulation, etc. The disease is focused on the spleen and stomach, closely related to the heart, liver, and spleen. Insomnia is attributed to the “inability to sleep” in traditional Chinese medicine, in which the disease is also focused on the heart, spleen, liver. It can be caused by emotional discomfort, liver depression, as well as heart and spleen deficiency. The common sites of chronic gastritis and insomnia are the heart, liver, and spleen.

Professor Wen believes that the disease is attributed to Jueyin disease in the syndrome differentiation of six meridians of Zhongjing. The “intersection of two yin” is the stage of alternating transformation of yin and yang Qi of human body. The two yin intersection is called Jueyin. Yin to the limit will be born yang, and to a certain extent will return. This is the physiology of Jueyin. From physiology to pathology, Jueyin disease ^[7] is when yang Qi cannot grow, and yang cannot emerge from yin; there are problems in the alternation and connection of yin and yang. Therefore, reversal heat and reversal cold can be seen in Jueyin disease, but the rise of Jueyin wind wood and the fall of ministerial fire can help the middle energizer, the spleen, and stomach. Therefore, it can be considered that the dysfunction of the spleen and stomach is the main cause of Jueyin disease. It has been considered that its pathogenesis is that the Qi mechanism of the middle energizer is blocked, yin and yang cannot intersect, the spleen is weak whereas the liver is prosperous, and the liver fire disturbs the mind, resulting in the difficulty to fall asleep. On the other hand, it is possible that the liver and stomach are discordant, which leads to “the mind being disturbed by upper fire and stomachache due to Qi going against the middle.”

4. Treatment of chronic gastritis with insomnia

Professor Wen’s clinical observation found that the symptoms of most chronic gastritis patients with insomnia aggravate between 1 to 3 at night, which is the “desired time for solution of Jueyin disease ^[8]” and the octant of Chou, Yin, Mao – Lin, Tai, and Dazhuang from the time of occurrence and aggravation of the disease. Jueyin belongs to B wood whereas Shaoyang belongs to A wood. Therefore, when Jueyin and lesser yang desire to dissolve, they coincide with Yin and Mao. If the channel is vigorous ^[9], then Jueyin receives help of yang Qi, and the disease can be solved when yin is exhausted, and yang is born. Therefore, if the symptoms increase from Chou to Mao, it is considered to be Jueyin disease. Professor Wen believes that Jueyin is a disease, which not only has a mixed yin and yang, but also the upstirring of the liver, which can be the cause and effect of each other. Therefore, the treatment with warm and dissipate easily helps heat on the reverse while single auxiliary heat easily helps cold depression. Only by sour contraction at the center, liver Qi can be collected so as to protect the body, achieve the effect of both virtual and real without attack and repair. On this basis, with the product of acrid, warm, bitter, and cold, scattered in the harvest without the rise and fall of cold and heat in order to take its turbulent potential between the auxiliary of yin and yang, Mume pill is used.

5. Conclusion

Chronic gastritis with insomnia is increasing due to the changes in modern social environment, work and lifestyle, as well as other factors. According to the theory of “five movements and six Qi,” Professor Wen

uses Mume pill to treat Jueyin disease. She emphasized the characteristics of Jueyin disease, desiring to be solved, and attaches importance to the relationship between Jueyin disease and the spleen as well as the stomach of the middle energizer. She proposed that Mume pill should not be applied in the treatment of gastritis accompanied by insomnia, and patients should not be given Mume pill when they have Jueyin disease, desiring to be solved. Clinical treatment should be based on different conditions of patients along with tongue, pulse, and accurate dialectics on the basis of the original prescription or following the prescription principle and compatibility characteristics of Mume pill so as to find the most suitable prescription for patients.

Disclosure statement

The author declares no conflict of interest.

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