

Xiaohong Cheng's Clinical Experience in Treating Membranous Nephropathy

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Abstract: Membranous nephropathy is the most common pathological type of nephrotic syndrome in adult patients. In recent years, the incidence of membranous nephropathy has been increasing year by year. The pathogenesis of membranous nephropathy has not been completely clear yet. Professor Xiaohong Cheng has accumulated a lot of clinical experience in the treatment of membranous nephropathy, and believes that the main pathogenesis of membranous nephropathy is "spleen and kidney deficiency, kidney blockage." The main treatment method is "invigorating spleen and kidney, promoting blood circulation and clearing collaterals," which has achieved remarkable clinical efficacy.

Keywords: Membranous nephropathy; TCM therapy; Xiao-hong Cheng; Doctors experience

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1. Introduction

Membranous nephropathy is a common cause of nephrotic syndrome in middle-aged and elderly people, and its main pathological manifestations are diffuse thickening of glomerular basement membrane accompanied by deposition of immune complexes under basement membrane epithelial cells. The disease's aetiology is yet unknown. Clinically, roughly 80% of patients have nephrotic syndrome, and about 30% of patients have microscopic hematuria. Modern medicine provides more symptomatic support treatment such as antihypertensive, anticoagulation, and lipid adjustment, and also uses glucocorticoids combined with cytotoxic drugs, immunosuppressors, and other treatments, clinical practice has proven that the curative effect is significant, but the human body's side effects are high, modern medicine provides more symptomatic support treatment such as antihypertensive, anticoagulation, and lipid adjustment, and also uses glucocorticoids. When taken with hormones and immunosuppressants, Traditional Chinese Medication (TCM) can not only boost the therapeutic impact, but also lessen the adverse effects of western medicine, relieve patients' clinical complaints, and postpone renal function decline.

Xiaohong Cheng, a professor of TCM in Shaanxi Province, is the current vice chairman of the Chinese Association of Integrative TCM's nephropathy professional committee, the world Association of TCM's nephropathy professional committee, and the chairman of the Shaanxi Association of TCM's nephropathy professional committee. He studied under Professor Wu Kangheng, a well-known kidnapping expert. Mr. Cheng has more than 20 years of experience in the clinical diagnosis, treatment, and scientific study of kidney illness in TCM, and has a wealth of knowledge in the treatment of membranous kidney disease. During my postgraduate studies, the author was taught by Dr. Xiaohong Cheng, the main physician, and

the author had the privilege of visiting my mentor's clinic on several occasions, which was quite beneficial. Now professor Cheng's clinical experience in the treatment of membranous kidney disease of TCM is summarized as follows.

2. Knowledge of membranous nephropathy in TCM

Since ancient times, there has been no "nephrotic syndrome, membranous nephropathy," we often follow the study of clinical symptoms. However, scholars found that although specific studies of membranous nephropathy were concentrated in ancient Chinese medicine, there was no lack of similar descriptions of the disease, according to the main clinical manifestations of patients with this kind of disease: Face and limbs edema, massive proteinuria, serum hypoproteinemia, and the evolution of the disease and prognosis, can be summarized as "edema," "urine turbidity," "fatigue," and other diseases. "Su Wen · Shui Re Xue Lun" said: "Kidney, stomach is also the key. Close unfavorable, so gather water and from its category too." "Su Wen · Zhi Zhen Yao Da Lun" said: "all wet swollen, all belong to the spleen." "Zhu Bing Yuan Hou Lun · Shui Tong Shen Zhong Hou" said: "water disease, by the spleen and kidney all empty so also". Professor Zhao Yuyong Lv^[1] believed that the core pathogenesis of this disease was "obstruction of kidney collaterals," the disease was located in kidney collaterals, and the pathogenesis was mainly caused by deficiency of spleen and kidney and obstruction of kidney collaterals. Deficiency of spleen and kidney leads to the abnormal movement of qi and blood in the viscera, which in a long time leads to blood stasis, and leads to the obstruction of body fluid transportation, gathering into phlegm and dampness, and finally damages the kidney collateral. Professor Hongsheng Lv^[2] divided the TCM syndromes of this disease into deficiency of spleen and kidney, deficiency of kidney without solid, mutual accumulation of water and stasis, and extensive deficiency of kidney and water, etc., holding that the pathogenesis includes deficiency and solid, and deficiency of spleen and kidney is mainly based on deficiency.

3. Professor Xiaohong Cheng's experience in the treatment of membranous nephropathy

Professor Xiaohong Cheng according to its years of clinical experience that the disease is a deficiency of the original standard, that the cause of membranous nephropathy is mainly divided into internal and external, congenital deficiency, lung, spleen, kidney dysfunction is the main internal cause of the disease; Along with the day after tomorrow, feel invaded by wind evil, the origin, toxic heat is the main cause of membranous nephropathy, such as poor diet dishonor, modern at the same time, tired, internal injuries can damage vital qi, make human body susceptible invaded, sums up the main treatment of the disease as "invigorating kidney and blood activation," putting forward "centralizer, clearing damp, invigorate the circulation of three treatments^[3]." Dialectical treatment in clinical practice, for spleen deficiency, uses astragalus membranous, bran fried atractylodes macrocephala, Poria cocos.

Astragalus has a gentle temperature, a pleasant flavor, and is associated with the spleen and lungs. It has excellent qi consolidation and surface effects, as well as relieving water retention and lowering edema. Astragalus has been shown in modern pharmacological investigations to ameliorate renal fibrosis and postpone renal function damage^[4]. Warm and delicious, stir-fried Atractylodes macrocephala with bran stimulates the spleen and stomach meridians. It stimulates the spleen and nourishes qi, dampness, and water, among other things. Stir-fried Atractylodes macrocephala with bran promotes gastric emptying, stimulates return to the field and gallbladder contraction, promotes intestinal peristalsis, regulates digestive fluids, and relieves the symptoms of spleen shortage, according to modern research^[5]. Tuckahoe is a smooth, sweet, and light-tasting herb that is associated with the heart, spleen, lung, and kidney meridians. It works by invigorating water and lowering edema, as well as stimulating the spleen, permeating moisture, and halting diarrhea.

Modern pharmacological studies show that tuckahoe polysaccharide isolated from Tuckahoe has the

effect of anti-nephritis^[6]. The combination of the three can help not only the spleen and qi, but also water detumescence and renal function protection. To kidney deficiency, cornus officinalis, radix achyranthes bidentata, and psoraleae are commonly used. Cornus officinalis corresponds to the liver and kidney meridian and has a moderate warmth and a sour flavor. It has the properties of tonifying kidney Yang, benefitting renal essence, collecting and eliminating astringent solid, and etc. Cornus officinalis has been shown in modern pharmacological investigations to have immune-regulating, anti-inflammatory, and antibacterial properties. Radix achyranthes bidentata tends to supplement liver and kidney, strengthen bones and muscles. Psoraleae is a warm herb that goes to the spleen, stomach, and kidney meridian, tonifying the kidneys, assisting Yang, warming the spleen, and halting diarrhoea.

Psoraleae possesses immunomodulatory, anti-tumor, anti-oxidation, anti-bacterial, and anti-inflammatory properties, according to modern pharmacology^[7-8]. The combination of the three can help to strengthen the spleen and nourish the kidney, as well as improve the patient's immunity and renal function. Multi-purpose salvia miltiorrhiza, zedoary, and peony bark are used to treat congestion symptoms. Salvia miltiorrhiza that tastes bitter, slightly cold, goes to the heart, the liver meridian, can promote blood circulation, remove stasis and relieve pain. Salvia miltiorrhiza has been demonstrated in pharmacological trials to prevent thrombosis, lower blood lipids, combat microorganisms, and stimulate tissue repair and regeneration. The liver and spleen meridian are served by zedoary turmeric, which is hot, bitter, and heated in character. It has the ability to break blood qi, remove buildup, and cure pain. It has anti-tumor, antimicrobial, and anti-inflammatory properties, as well as the ability to suppress platelet aggregation and prevent thrombosis.

Moutan bark is a medicine for clearing heat and cooling blood. It is slightly cold in nature and bitter in taste. It can return to the pathways of the heart, liver, and kidneys, eliminating heat and cooling blood, boosting blood circulation, and dispersing silt. Studies have indicated that^[9-10] is a dry product, especially for individuals with renal illness who take hormones for a long duration. Long-term usage of hormones causes a Yin-Yang imbalance in the human body, and because clinical symptoms change at various phases, pharmacological compatibility is frequently altered based on clinical manifestations. Professor Cheng Xiaohong favors the use of polygonum cuspidatum and turmeric. Polygonum cuspidatum can disperse stasis and set pain, dispel wind and benefit dampness, and turmeric has broken blood qi, relieve pain. The two compatible uses can dispel wind and benefit dampness, promote blood qi, and are in line with the treatment of membranous nephropathy. Modern pharmacological studies have shown that polydatin extracted from Polygonum cuspidatum can protect kidney by blocking inflammatory and oxidative reactions^[11], while curcumin, the main component of turmeric, can resist oxidation, rheumatism, anti-tumor and improve immune system^[12]. The protective effect of kidney is mainly affected by cytokines, collagen, fibronectin, oxidative stress, renal ultrastructure and cell proliferation and other mechanisms.

Professor Xiaohong Cheng, in addition to the above common drugs, when syndrome differentiation, flexible drug compatibility, according to the patient's water dampness, cold and hot bias, degree of healthy qi deficiency, compatibility with phlegm dispel dampness, warm cold and heat, and upright products. Water wet partial winner, with Atractylodes atractylodes, fried coix seed bran, or combined with Wuling powder to remove water wet; Yang deficiency and cold sheng, with tablets, cinnamon, epimedium fire return yuan, warm kidney cold dehumidification. Yin deficiency fire flourishing, with rehmannia glutinosa, huang jing, Anemu, white flower. According to the clinical symptoms, the above prescription dialectical therapy, flexible use of compatibility, and patients' several follow-up visits can frequently result in a satisfying curative outcome.

Disclosure statement

The author declares no conflict of interest.

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