

Test Case Analysis of Application of Jiawei-yinhuo Soup in the Treatment of Recurrent Oral Ulceration

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Abstract: Recurrent oral ulceration, which is small but not easy to cure, seriously affects the quality of life of the patients. This paper analyzes professor Wang Xiaoyan's application of Yinhuotanghuacai to treat oral ulcer with floating of yang in deficiency condition, which can significantly improve the clinical symptoms of patients and improve the quality of life of patients.

Keywords: Professor Wang Xiaoyan; Jiawei-yinhuo soup; Recurrent oral ulcer; Experience on diagnosing;

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Recurrent oral ulcer is a kind of recurrent oral mucosa ulcerated which is self limited, and its characteristics are: limited and superficial ulcer surface, size from rice grains to soybean like oval shape, often accompanied with local born pain. This disease is small but not easy to cure, often recurrent and even affects the patient's eating and rest in severe cases, which reduces the patient's quality of life. For recurrent oral ulcer, the general clinical medicines are: Low dose of glucocorticoids, thalidomide and other immunomodulat or vitamins, but due to the contraindication and adverse reaction, its clinical application is limited to some extent^[1].

Oral ulcer is called "aphtha", "mouth sore", "aphthous stomatitis" in TCM. There are many causes of oral ulcer, such as external causes of six-excess external contraction, improper diet and so on; and internal causes of taxation fatigue and internal injury, negative psychological factors, intemperance of sexual intercourse and so on. In the TCM treatment

of oral ulcer, the first thing is to distinguish the repletion fire from the vacuity fire. The repletion fire is often accompanied with halitosis, dysthesia, generalized heat with sweating, dry mouth, liking clod drink, constipation, red tongue with yellow sticky coating and large number of slippery pulse and stringlike pulse; the vacuity fire often sees fatigued spirit and lacking of strength, poor appetite, sensation of chill, weak and easy to external sensations, soreness and weakness of waist and knees, loose stool, pale tender-soft enlarged tongue with neatly fur, and soggy pulse or thin and heavy pulse. Modern people has rapid pace of life and high pressure, and coupled with irregular and intemperance diet, it will be damage to the spleen and stomach. And staying up late for a long time, over consumption of cold foods and drinks, and excessive indulgence, will be further damage to the kidney Qi. Therefore, modern human habits is characterized by cold-hot complex. Based on long-term clinical experience, professor Wang Xiaoyan has a lot of experience of treating recurrent oral ulcer which has the characteristic with lower burner vacuity cold and vacuity heat floating upward. According to Professor Wang Xiaoyan, there is a theory that external evil motivate internal evil of recurrent oral ulcer. For the outside it is six excess external causes, among which, summer heat pathogen, dry-pathogen, and fire pathogen are severe, or improper diet, such as eating fired barbecue spicy food and so on. For inside it is various causes lead to insufficiency of kidney essence, deficiency of kidney Yang, cold produced in interior, deficiency of kidney Yang and deficiency of warm kidney water and when water is cold vacuity heat floating upward. Zheng

Qin'an of Qing dynasty said: "Yang Qi is too weak (i.e. it can't control Yin), Yin Qi is too rich (it must be up), and Yuanyang in a line of Yin, is bound to go up with Yin Qi, and then there will be toothache, cheek swelling, ear swelling, throat pain, which is unknown in rough work, and seldom thought that are fire excess from yin deficiency^[2]. Therefore, Professor Wang Xiaoyan believes that the recurring oral ulcer is mainly due to the deficiency of vital energy (true cold and false heat), external evil invaded, internal and external which are in step with each other, and like draws to like, resulting in the recurring of oral ulcer, which can not be cured. The deficiency of Kidney Yang not only includes congenital deficiency, but also includes postnatal loss of nourishment, for example, excessive loss of kidney essence due to sexual intercourse, spleen injury and loss of normal function, endogenous injection of cold dampness and kidney, etc. Insufficient of kidney Yang and oral ulcer caused by vacuity heat floating upward are common to see in clinical: Oral ulcer occurs repeatedly. It is induced by staying up late, nervousness and anxiety, and eating spicy food. It is accompanied by hot face, dry mouth and throat, fear of heat in summer, fear of cold in winter, cold limbs, fatigued spirit and lack of strength, pale tongue with white fur, fat tongue with teeth marks, thin pulse, etc. In order to achieve the effect of invigorate the kidney and essence replenishment and lead pathogenic fire to the lower part, the clinical treatment is based on Yinhuo Soup (45g of radix rehmanniae, 15g of morinda officinalis, 15g of radix ophiopogonis, 10g of poria cocos and 10g of schisandra chinensis) of Cheng Shiduo's<Differentiation Memoir>

Wang Xiaoyan, chief physician, postgraduate tutor, famous traditional Chinese medicine, advocates Huang Yuanyu's thought and Zhong Jing's theory, studies the advantages of each person, works in the clinical front line for a long time, has practiced medicine for more than 30 years, and has rich clinical experience. The author has the honor to follow the teacher to go to clinic. Now the report of Mr. Wang's applying Jiawei-yinhuo Soup to treat insufficient of kidney Yang and oral ulcer caused by vacuity heat floating upward is shown as follows.

1 Proved cases

Woman Li, female, 70 years old, first visit on November 10, 2018.

The patients suffered from oral ulcer for 8 years. In the past 8 years, the oral ulcer has repeatedly occurred, and the tongue body and the oral wall mucosa are frequently found with burning pain. When it occurs, it has been treated with traditional Chinese and Western medicine for many times, giving HuaSu tablet, dexamethasone acetate paste tablet, or Sanhuang tablet, Longdan Xiegan pill, and has taken San-huang-xie-xin Soup, Li-zhong Soup, etc. The effect is not obvious. In the past two years, the attack was frequently, and many ulcer were seen in the mouth. The patient's body is thin. After complaining of eating spicy food at ordinary times, the oral ulcer will occur the next day. The patient's appetite is acceptable. She has poor sleep and dry mouth. At night, she is often hot and sweating, upset, loose stools, frequent urination at night. She is usually afraid of cold. Her hands and feet are not warm, especially in winter. The tongue is light and dark, the tip of the tongue is red, the body of tongue is fat and big, there are teeth marks on the edge, the coating is white and greasy and the pulse is deep. TCM diagnosis: Aptha. Disease types: It is insufficient of kidney Yang and oral ulcer caused by vacuity heat floating upward Therapies: Warm and invigorate kidney Yang and lead pathogenic fire to the lower part. Prescription: 45g of radix rehmanniae, 20g of morinda officinalis, 15g of radix ophiopogons, 15g of Poria cocos, 10g of schisandra chinensis, 6g of cinnamon, 10g of rehmanniae praeparatum, 6g of tetrapanax papyriferus, 6g of ophatherum gracile, 10g of honey-fried licorice root. 7 doses, 1 dose per day, 400ml fired in water, taking medicine warmly and limosis in the morning and evening.

November 17, 2018 subsequent visit: There was less ulcers in the mouth, less pain, less heat and sweat at night, and less frequent urination at night. She still dare not eat spicy food and complain of obvious discomfort. The tongue is light and dark, the body of tongue is big and fat, the coated tongue is thin and greasy, and the pulse is deep. The kidney Yang gets warm to make kidney water, the symptoms improve, and the front is adjusted according to the symptoms Add 10g of aconite, 5g of coptis, 20g of rhizoma zingiberis, reduce tetrapanax papyriferus, lophatherum gracile, rehmanniae praeparatum, 14 doses, 1 dose per day, 400ml fired in water, and take in morning and evening.

On December 2, 2018, the patient had third visits:

Oral ulcer healed, after eating fried barbecue, oral ulcer did not reoccur, at night, roasted sweat out did not see again, sleep well, defecation and urination well. The tongue is reddish, the fur is thin and white and the pulse is deep. Stop taking medicine, ask the patients to eat less raw and cold food, adjust their emotions, exercise properly and rest on time. Half years later, she was diagnosed again because of her other illness and described that the oral ulcer did not reoccur after the drug was stopped.

Note: The patient is old and frail, the essence of the kidney is depleted, the Yang of the kidney is insufficient, and she can't warm and scorch down. The scorching down is cold and the Yang doesn't enter the Yin. The asthenic fire rises and floats up, presenting the image of true cold and false heat, hot up and cold down. The down is true cold, so she is afraid of cold. Her hands and feet are not warm. She has loose stools and frequent night urine. The up is false heat, so she has dry mouth and dry throat, roasted and sweet out in the evening, and after a little spicy taste, the external fire ignites the internal fire, that is, oral ulcer. The tongue is light and dark, cold and congealed, stagnant, fat and large, with teeth marks on the edge. The white and greasy fur dominates the water and cold, and the pulse sink in to the main body. According to its tongue and pulse, its symptoms should be "water is cold and dragon fire flies". It is suggested to use Jiawei-yinhuo Soup to "guiding fire to origin". Cheng Zhongling's <Medical Insights> said that "the kidney qi is weak and cold, which forces it to have no root and lose the fire. It floats on the top. When the heat is mixed in the water strengthening medicine, it leads to the downward direction, so-called guiding the Dragon into the sea, causing the fire to return to the original"^[3]. Among the prescriptions, radix rehmanniae which goes through nine steams and nine sunshines are used to fill the true Yin, and is the first product for tonifying the kidney. And morinda officinalis is the medicine for warming and tonifying the kidney Yang, which can cure " people who is deficiency of kidney qi and will feel cold, and cure the qi of whose kidney Yang is deficient"^[4]. It embodies the positive way is tonifying the kidney when seek Yang in Yin, Yin and Yang alternate. Radix ophiopogonis in the prescriptions can clear lung fire while enrich lung Yin, metal and water engender each other, finally get together in kidney. Schisandra chinensis can constrain the lung

and nourishing kidney, and posia cocos can tonifying spleen, these two can prevent radix rehmanniae from rich and slimy, and damaging to the spleen. Adding cinnamon can enhance its ability to guiding fire to origin. The patient's tongue tip is red, feels upset, so it cooperate with Red-Abducting powder to guide the fire down. In the second visit, the symptoms of the patients were improved, the red tongue disappeared. The tetrapanax papyriferus and lophatherum was removed to prevent the stomach from being hurt by the bitter cold. Coptis chinensis and rhizoma zingiberis were added to make acid open and bitter downbear, so as to open middle-Jiao stases and help guiding fire down. And add aconite to help warm Yang. Most diseases of the patients has gone in the third diagnosis, and the most important thing is self-care so ask her stop taking medicine, and tell her taboos of food life, which aims to treat the disease without suffering.

2 Conclusion

Oral ulcer is a common clinical disease. Some doctors are fond of using the way of bitter cold and clear fire. They do not distinguish the deficiency and excess, and cater to patient's pleasure. They use bitter cold to hurt the stomach. They have achieved initial results, and then relapse. The Spleen Yang is damaged, which aggravates the situation of upper heat and lower cold. Professor Wang is careful to observe the pathogenesis in treating oral ulcer. For the patients whose oral ulcer over and over again, only when she studies the root of oral ulcer, clearly distinguishes the Yin and Yang, treats the disease and asks for the root, and takes precautions, can she talk about the word "cure". In this paper, Professor Wang Xiaoyan used Jiawei-yinhuo Soup to treat the cases of recurrent oral ulcer with deficiency of kidney Yang and false fire, in order to provide a reference for the clinical treatment of doctors.

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