

To Analyze Three Medical Cases of Ulcerative Colitis from The Perspective of Wind, Cold, Dampness and Stasis

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Abstract

Ulcerative colitis (UC) is a common and difficult disease in gastroenterology. The etiology is unknown, the condition is complex and changeable, and it is prone to transform from inflammation to cancer, and the treatment is quite difficult. Although weak temper is the origin of UC, it is inseparable from the main causes such as wind, cold, damp and blood stasis, which makes the disease repeatedly difficult to cure. Therefore, we should pay attention to the effect of wind medicine in the treatment of evil causes and blood stasis, tonifying deficiency, promoting qi and activating blood by taking advantage of its nature of elevating hair. The author will explore UC from the perspective of wind, cold, damp and stasis through three medical cases, in order to provide ideas for clinical treatment.

Keywords

Ulcerative colitis; Wind; Cold; Damp; Blood stasis; Medical records.

1. INTRODUCTION

Ulcerative Colitis (UC) is a kind of disease produced by interlacing of heredity and environment, the lesions are continuity, usually at different positions of the rectum and colon, etc [1]. Due to repeated refractory disease characteristics and pathogenesis of UC complicated and make the course of a long, causing inflammation of carcinoma. When the treatments in western medicine use, such as more sulfur amino salicylic acid preparation, purine drugs, hormones, etc.) drug and surgical treatment of [2], curative effect is not stable and postoperative wound is larger. Chinese medicine in the treatment of UC has done (such as an oral, acupuncture, traditional Chinese medicine enema and colon dialysis, etc.), safe non-toxic side effects, patients accept degree is high, the clinical curative effect. According to the UC mucus purulent blood, recurrent and refractory characteristics, can be "long flow field" this disease belongs to Chinese medicine disease "dysentery" [1] "intestinal Pi" category. The author thinks that the disease of UC is in the gut, but the main is closely related to spleen and stomach, liver and kidney, etc, the wind cold dampness and blood stasis is the key to pathogenic factors. Therefore borrow basis three analysis from the Angle of the wind cold dampness stasis disease, is introduced as follows.

2. ETIOLOGY AND PATHOGENESIS

The pathogenesis of UC is still undefined and modern research thought mainly with their own immune, genetic, environmental impact, the intestinal environment factors such as [3]. TCM holds that UC is congenital spleen deficiency more, alongwith the day after tomorrow again,

again to taste loss. Incidence is more on the basis of the spleen and stomach weak and poor feel invaded, modern, diet is not suitable in [4]. I think UC disease who are in the intestine, but the Lord in the spleen and stomach, but affects the liver and kidney. Temper is weakness of the disease, cold and wet stasis is the main cause. Wind evil uncertainty, condensation, the origin of hysteresis bored with heavy cold evil contraction, blood stasis, would you want to be difficult in addition, the disease recurrent, delay no more.

3. TYPICAL BASIS

3.1. Medical Case 1

Complete Book of Medicine by Liu Wansu said: "Clearing Qi in the next, then have dinner plates, QingZhuo crisscross, food do not melt and valley of qing yi, atractylodes soup of god. Treat dinner plates, air into the, diarrhea more than...Dry mouth pain." Quasi square: atractylodes, magnolia bark, angelica, dragon bones, folium artemisiae argyi [5].

In this medical case, there were first spleen and stomach qi deficiency, insufficient circulation, disharmony of qi and blood, endogenous cold, obstruction of spleen yang, and the downflow of essence and qi leading to diarrhea. Subsequently, the spleen's health and circulation were disrupted, with mixed water and grain, and dross. After completing the grain, there was no circulation and no leakage. Feeling external evil, wind evil carries cold and dampness evil energy directly into the viscera, causing the cold master to constrict, and then the evil energy brews into stasis and poison. Moreover, internal wind consumes qi and damages the body, causing abdominal pain and dry mouth. The spleen has been leaking for a long time, and the large intestine cannot help but feel diarrhea and abdominal pain. This disease is based on spleen qi deficiency. It should be replenished and restored to normal health. Therefore, an addition or subtraction of Baizhu Tang is recommended. Long term diarrhea is not only due to the contraction of wind and evil, but also suitable for sweating. Therefore, in the prescription, "wind herbs" such as kudzu root, cinnamon twig, and ephedra are used to clear and promote the qi of the spleen and stomach, leading to an increase in clearing yang and the effect of calming wind and stopping diarrhea. *Atractylodes macrocephala* has a warm and dry nature, which can rise or fall. It has blood in the qi, tonifying qi and the middle, nourishing yang and generating blood, and benefiting body fluids. *Angelica sinensis* has a light and refreshing taste, with a spicy and warm circulation, nourishing blood and nourishing blood, calming the five internal organs, removing cold and dampness to relieve pain, and when combined with *Atractylodes macrocephala*, it can generate qi, promote blood circulation, and dissipate blood stasis; *Houpu* belongs to the spleen soil and has fire to dry and dampness. Ginger warms the spleen and stomach, strengthens the spleen and promotes qi, eliminates cold and dampness and diarrhea, helps *Atractylodes macrocephala* to warm and nourish the spleen and stomach, and helps to elevate yang to relieve dysentery; *Dragon bones* enter the liver and kidneys, with a sweet and astringent taste, which can astrinthe the floating liver yang, astringent the intestines and stomach, and stop diarrhea; *Artemisia argyi* has a slightly bitter taste, which enters the liver, spleen, and kidneys. It grows in the warm medium to remove cold and dampness, and promotes qi stagnation in the blood. The whole recipe mainly focuses on warming and nourishing the spleen and stomach in the middle earth, regulating qi and blood to promote blood stasis, then promoting yang, dispersing cold and dampness, astringent intestines, and stopping diarrhea. In this way, if the spleen and stomach are replenished, the spleen yang is elevated, and the circulation of qi and blood is orderly to dissipate blood stasis, then dysentery will self heal.

3.2. Medical Case 2

Dongyuan Medical Collection record: "Food is not proper, and those who live occasionally... have diarrhea at the bottom, and have intestinal bleeding for a long time. It is now a long

summer, with a high dampness and heat, and severe intestinal diseases. The main ingredient is Cold Blood Rehmannia Decoction." Proposed formula: Huangbai, Zhimu, Qingpi, Huaizi, cooked Rehmannia, and Angelica [6].

In the medical case, there was first an injury caused by diet, and then a failure to comply with the four seasonal solar terms in daily life, resulting in dereliction of spleen and stomach health, failure to increase the level of clear yang, downflow of water and grain clear qi, endogenous dampness and heat blocking the downburn, and natural ulceration and diarrhea. Spleen and stomach deficiency for a long time can breed phlegm dampness and evil energy, consume qi and damage yin and blood, brew into stasis and toxin, block the intestines, and cause internal ulcers and ulcers, resulting in intestinal congestion. In addition, during the summer season, the dampness and heat are severe, causing restlessness. Due to prolonged intestinal bleeding, the body is deficient, and the transformation of qi and blood is insufficient. As a result, they are unable to resist evil and regenerate new ones, converging with the underlying ones. As the condition worsens, this is called "Cold Blood Rehmannia Decoction". The lower jiao is affected by evil, and the use of bitter and cold medicine to eliminate dampness and heat should be used to relieve its phase fire. Huaizi has a bitter and cold taste, which belongs to the large intestine. It can relieve dampness and heat in the intestines, cool blood, and stop bloody stools; Huangbai has the effect of clearing away dampness and heat, promoting dryness and strengthening yin, and is used for stir-frying to stop bleeding; Rehmannia glutinosa is sweet and warm, which can nourish the yin of the liver and kidney while nourishing yin and blood; Zhimu enters the kidney meridian, with a nourishing and bitter cold texture that can generate fluid and dryness, relieve fire and nourish yin, and is paired with Huangbai's "golden water mutual growth" to nourish kidney yin and clear the evil energy of lower scorching fire and heat; Angelica sinensis is good at nourishing blood, with a sweet and pungent taste. It can promote blood circulation, promote qi stagnation, and eliminate blood stasis. It is matched with mature herbs to nourish blood and generate blood, and nourish qi and blood deficiency; Slightly added with green skin, combined with its spicy and warm nature, it can alleviate gastrointestinal stagnation, unblock qi and blood flow, promote qi circulation, remove blood stasis, and relieve pain. It also has a mild stimulation on the intestines.

3.3. Medical Case 3

Wang Qingren wrote in *Medical Forest Corrections*: Over time, if you have diarrhea, a hundred prescriptions are not effective. It is because you always have too much blood stasis, and you can also use the Gexia Zhuyu Tang." Proposed formulas: Lingzhi, Danggui, Chuanxiong, Taoren, Danpi, Red Peony, Wuyao, Yuanhu, Licorice, Xiangfu, Honghua, and Fructus Aurantii.

In this medical case, Wang believed that blood stasis caused diarrhea for a long time. Spleen deficiency has no right to promote healthy circulation, and external and internal pathogens are lingering and struggling, making it difficult for this disease to recover. Zige Xia Zhuyu Tang, the whole formula mainly promotes the circulation of qi and blood to remove stasis and restore the spleen. The red skin in the formula is gentle, with a slight cooling effect. It cools the blood and generates blood, and can also relieve restlessness and fever; Danggui tastes sweet and heavy to nourish and nourish the blood; Yuanhu Blood Qi Medicine, combined with Xiangfu to promote Qi and blood stasis; Red peony has a bitter taste and can relieve blood stasis; Chuanxiong has a scattered nature, carrying red flowers and peach kernels into the blood vessels to break through stasis and accumulate blood, thus opening the blood vessels; Fructus Aurantii can strengthen the spleen and stomach, expel dysentery, and ascend to break through qi and remove stasis, thus clearing the joints; Wuyao enters the Sanjiao, circulates various qi, warms the intestines and stomach, and stops diarrhea and dysentery; Lingzhi moves Jueyin, is good at promoting qi and blood circulation, dispelling blood stasis and relieving pain; Licorice is used to blend

various herbs, allowing the Qi medicine to enter the Qi, aiding in the recovery of the spleen and stomach.

4. CONCLUSION

In summary, it can be seen that the spleen and stomach play an important role in UC. The author believes that the weakness of the spleen and stomach is the root cause of the disease, while wind, cold, dampness, and blood stasis are the key factors of the disease. The changes in wind pathogenic factors, the contraction and condensation of cold pathogenic factors, the thick and heavy dampness pathogenic factors, and the retention of blood stasis are difficult to remove, resulting in the disease being constantly changing and persistent. When treating, we should attach importance to the spleen and stomach, not forget to supplement the liver and kidney, and adopt a prevention and treatment strategy of "treating before disease". We should protect the spleen and stomach from three aspects: "pre disease", "pre disease", and "post disease" to prevent the onset of the disease.

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