

To Explore the Clinical Application of Fuzi from the Perspective of "Urgent to Warm, Slow to Replenish"

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Abstract

Aconite is a commonly used medicine in clinic. Doctors of all dynasties have made innovations in its application, and the compatibility and dosage of aconite are also unique. "urgent to warm" was first seen in Treatise on Febrile Diseases by treating Shaoyin disease with Sini Decoction. In the treatment of acute severe cases of Yang deficiency and desire to get rid of the acute dose of Aconite to save life with its effect of returning to the Yang and saving the adverse effects, mostly with Zingiberis Rhizoma; And the dosage is selected according to the syndrome. Based on the above point of view, this paper analyzes the application of Aconite in acute chronic diseases and difficult miscellaneous diseases.

Keywords

Aconite, Urgent to Warm, Difficult Miscellaneous Diseases.

1. Introduction

The efficacy of aconite is to restore yang and rescue adversity, tonify fire and help yang, disperse cold and relieve pain. It is known as ' the first drug for restoring yang and rescue adversity ', and is listed as ' four-dimensional medicine ' with Ginseng, Shu Di Huang and Da Huang. " Shen Nong 's Herbal Classic " began to carry the properties and utility of aconite: "Pungent in taste, warm. It is used to treat wind and cold coughs, warming the middle, gold trauma, breaking up the accumulation of symptoms, blood obstruction, cold and dampness, sprain and strain, constrictions, pain in the throat, inability to walk, and the birth of valleys".The ' Newly Revised Materia Medica ' added about the main symptoms of aconite:"Foot pain, cold and weak, lumbar spine cold, cold and pain in the heart and abdomen, cholera and tendons, red and white dysentery, firming the muscles and bones, and strengthening the yin". Li Gao also once said that aconite can"remove stale cold from the internal organs and the three yin syndromes". Each generation of physicians has its own characteristics in the use of aconite. Zhongjing used Sini decoction and its compound to treat the syndrome of yang deficiency and yin strength, especially aconite. In the Treatise on Typhoid Fever, there are a total of 23 prescriptions of aconite and 35 related articles [1].Zheng Qin 'an created two formulas. One is Bukan Yili Dan, which is used to treat palpitations due to deficiency of Yang in the heart,using Radix Aconiti and Gui as the ruler,. The second is Qianyang Dan, which is used to treat yang deficiency and yin qi ascending to deficiency yang floating. Both of them are aconite aconite acrid and hot products, tonifying the true Yang in Kan [2]. Zhu Weiju is good at using aconite, believing that it can rise and fall, and is the longest of all herbs . He has created the methods of warming and submerging, warming and moistening,warming and melting,warming and nourishing, called the "Four Methods of Warming Yang"[3]. The four methods of warming Yang

are called the "four methods of warming Yang". Li Ke, in using Radix Aconiti, particularly emphasised the dosage of Radix Aconiti, saying that in cases where the yin is exhausted and the yang is lost, the vital energy is violently lost and the life of the patient is in danger, a large dose of Broken Frame Heart Relief Soup should be given urgently. Severe patients can take three doses in 24 hours [4]. This side is characterized by a large dose of aconite, up to 200 g, which is a large and powerful amount. Aconite is a vital medicine for life-saving, but because it is also a highly toxic, hot and pungent product, and the symptoms of treatment are urgent and slow. Now, taking 'urgent and warm' as the starting point, the clinical application of aconite in different diseases is described as follows.

2. The origin of the theory of "urgency is warmth"

The Eleventh Treatise on Shao-Yin Diseases: "In Shao-Yin diseases, if the pulse is sunken, warm it urgently, appropriate Sini decoction". This is the clearest record of "urgently warming". In relation to the Shao Yin syndrome, the sunken and faint pulse refers to the deficiency of internal Yang, the thin pulse refers to the deficiency of blood, indicating that Shao Yin is deficient in Yang and is full of Yin and cold. At this time the disease has entered Shaoyin, involving the human body is fundamental, If Yang energy is rapidly lost, there will be many deaths [5]. At this point, we should "warm it up urgently" to invigorate the yang energy in the body to prevent the emergence of Shao Yin cold syndrome or Shao Yin and Jue Yin death." Qian Tianlai, in his "Treatments of the First Chapter of Shao-Yin", also described: "The sinking pulse is the result of evil entering Shao-Yin, the true fire of the lower jiao is weakened and the yin-cold is strong, so it is advisable to warm it urgently and to apply the Sini decoction" [6]. Secondly, it can also be seen in The "medical mind", where it is recorded that the symptoms of "body pain like a staff" caused by "extreme cold" should be "acutely warm". This can be interpreted as: the rapid entry of cold evil into the body causes both internal and external cold, resulting in "body pain like a staff". Although its etiology can be divided into superficial cold and internal cold, it is necessary to quickly warm and disperse the cold in the body for the current symptoms to relieve body pain. In addition, the "middle chill" [7] in the "Collection of Evidence of the Senses - Volume 2", which is composed of typhoid fever straight in the Yin meridian, The symptoms are manifested by a syncope of the limbs and a weak pulse, as well as a downward movement of the bowels, should be treated by Zhongjing 's method "acute warm, suitable Sini Decoction". Whether it is a Shao Yin disease with a sunken and weak pulse, or a case of "extreme cold", or a critical illness caused by typhoid fever directly hitting the Yin meridian and manifesting as a deficiency of Yang Qi in the body, it is necessary to "warm the body urgently" in order to save life quickly. The prescription is Sini Decoction, which is composed of: aconite, licorice, dried ginger. From this, it can be concluded that Fuzi is the medicine of "emergency is warm".

3. Rapid warming to restore Yang and save rebellion

Aconite is divided into raw aconite and processed aconite. For different diseases, the drugs required for compatibility are also different. For critical illnesses where Yang is deficient and is about to be removed and Yin is in full force, it is the "extreme of Yang deficiency" and cannot be treated by ordinary Yang warming herbs, when the use of raw aconite, take its "return the Yang to save the rebellion" effect, combined with the compatibility of dried ginger, its meaning to control the toxicity of aconiti and to maximise the effect of aconiti in returning Yang to the body [8]. "Aconiti Lateralis Radix Praeparata goes but does not keep, dried ginger keeps but does not go" [9], The combination of the two is a tonic with a hairy effect, so as to return the Yang to save the rebellion and dispel the Yin and Cold. For example, in the Treatise on Typhoid Fever [10] The Sini Decoction is used to treat the symptoms of Yin-cold and Yang-exhaustion, such as syncope in the limbs, vomiting and abdominal pain, diarrhoea and clearing of the stomach,

debilitating desire for sleep, and sun disease. If sweating and death of yang, pulse sinking and fine, ginger compatibility can quickly warm the interior and dispel cold, restore yang and save the rebellion. Zheng Qin'an understands this method to mean that dry ginger, which is pungent and warm, disperses the yin evil first, so that the true fire of aconite can be restored, so as to restore yang and save the rebellion effect[11]. The symptoms of Tongmai Sini Decoction is acute deficiency of true yang, The cold inside rejects the yang inside, and the deficiency of yang outside floating due to downward diarrhoea and clearing of the valley, cold inside and heat outside, the hands and feet are reversed, weak pulse wanting to extinguish, the body does not hate the cold, the person's face is red, or abdominal pain or dry vomiting, or sore throat, or no relief of the pulse. On the basis of Sini Decoction, the amount of dried ginger and aconite are increased. One of the aconite is large, and the dried ginger is added to the four two. This is to help the herb to quickly rescue the true yang, break down the yin and return the yang, and to pass through the internal and external[12]. Bai Tong Tang confirms that the Shaoyin cold syndrome is the result of the deficiency of the kidney yang and the internal coldness of the yin, so the use of Radix Aconiti and dried ginger to break down the yin and disperse the cold, warm the meridians and return the yang, and to collect the true qi to treat the deficiency of coldness and to avoid the loss of large amounts of yin fluid, which may lead to a deficiency and yang floating[13]. The syndrome of dried ginger and aconite decoction mentioned in Article 61 of the Treatise on Febrile Diseases is the syndrome of yin-cold internal exuberance and yang-qi loss caused by the misapplication of taiyang syndrome. At this time, dried ginger is used to help aconite, and return yang to save the adverse[14]. The mechanism of the above prescriptions in the treatment of diseases is that the yin and cold are flourishing, the yang qi is declining [8], and the yang qi is going to be lost, It is important to save Yang first, as delay will result in the separation of Yin and Yang. It is necessary to use raw aconite combined with dried ginger for rapid warming to restore yang and save the rebellion.

As a common clinical medicine, the dosage of Radix Aconiti is difficult to control due to its toxicity, and has been described as "the most useful and difficult drug" by Yun Tieqiao, a modern doctor. The Pharmacopoeia of the People's Republic of China recommends that the safe and effective dosage range of Radix et Rhizoma is 3-15 grams, In the Sini decoction of "Treatise on Febrile Diseases", the amount of raw aconite is about 20 grams, and the large amount is about 20-30 grams. Tongmai Sini decoction and Tongmai Sini plus pig's bile decoction are both for the large one of aconite, which can be equivalent to 60-90 grams of today's aconite[15]. There are a large number of aconite used in classical prescriptions. Li Ke, an old Chinese doctor, created the Poge Jiuxin Decoction, and quickly put 100-200 grams of aconite to save the dying patients with heart failure, The maximum amount can be up to 750 grams. and the rapid decoction with the fire to save the dying Yang, save the Yin of the storm. The dosage of Radix et Rhizoma is divided into five levels, of which for the symptoms of Yang and Dai Yang, in Poge Jiuxin Decoction, 30 grams of Radix et Rhizoma is used to quickly replenish the extremely weak Yang Qi in the body, to restrain the extreme Yin Cold, so that the floating outside of the Yang Qi back to the body; for the dying heart failure patients, the terminal illness of the five organs and the seven strange veins incurable diseases, 100-200 grams of large dose of Fuzi of Poge Jiuxin Decoction are used. The syndromes of limbs reverse, aversion to cold, curling up, and pulse micro-desire are all caused by the excess of yin and cold and the loss of true yang. If the symptoms are urgent, treat the symptoms first, by applying a large dose of Fuzi in a rapid decoction in boiling water to restore Yang, warm Yang and disperse cold, and then slowly replenish and warm Yang after the vital signs have stabilized.[15] Although Zhuweiiju said, "the first weight of yang qi, yang failure one point, the disease into one point". Yin is born from yang and yang does not fail, then yin energy will naturally continue to flow." In clinical medication, it is pointed out that aconite has the effect of returning Yang to save the rebellion, and the dosage is not in excess, but should be determined according to the situation. Its use of aconite

is generally under 45 grams and is used in combination with multiple medicines[16]. Ping Jing et al.[17] concluded that the dosage of modern aconite to bring back the yang and save the rebellion is still mainly the applicable amount or a smaller dosage, mostly in combination to achieve the function of bringing back the yang and rescuing the rebellion. Li Ting et al.[18] believed that in the treatment of syncope due to yang deficiency and yin strength, the dosage of raw aconite should be large. When it is used for body pain caused by wind cold dampness and yang deficiency, the dosage of processed aconite should be increased to 2-3 pieces.

4. The use of aconite in difficult and miscellaneous diseases

In the treatment of general fatigue with lower limb discomfort, soreness or coldness, Professor Zhang proposes to attach importance to the rising effect of Yang Qi by adding 3-10 grams of Zhifuzi. On the basis of Chaihu Guizhi Decoction to warm the Yang and tonify Qi, so as to slowly tonify the lesser fires and generate qi, so that the gall bladder can have Qi to rise; in the treatment of menopausal syndrome with hypertension in women, he adds Fuzi on top of Yinhuo Decoction and combines with calcined ochre and calcined mother-of-pearl, etc, in order to lower the floating deficiency yang to induce fire, which can alleviate the symptoms of women's five upset fever and insomnia. In the treatment of pediatric enuresis, it is suggested that the treatment should be based on the principle that "the lung is the source of water", but the role of kidney deficiency in the pathogenesis of this disease should also be paid attention to. The combination of Shudihuang and Fuzi with warming kidney and tonifying kidney can stop enuresis in children's sleep. The same is true in the treatment of allergic rhinitis. The patients with decreased immunity can be added with 25 g of prepared rehmannia, 5 g of prepared aconite and 30 g of Xianhecao. The patients with long course of disease are especially supplemented by the slow compatibility of prepared aconite and rehmannia.

5. Medical record example

Patient Zhang, female, 49 years old, first seen on 20 August 2020. Complaint: insomnia and anxiety for more than 1 year. Presenting history: The patient has had frequent insomnia with anxiety states in the past 1 year. Presenting symptoms: insomnia, difficulty falling asleep, waking up easily, easy to be sensitive to things, easy to show anxiety, irritability, chilliness, fear of cold in the stomach, bad taste in the mouth, dry throat, excessive sweating, fatigue, poor memory, easy to sigh, relieved by belching. Normal urination, occasional constipation, dark tongue, slightly reddish, yellow greasy fur, thready pulse. Western medicine diagnosis: menopausal syndrome. Traditional Chinese medicine diagnosis: premenopausal and postmenopausal diseases (kidney deficiency and fire excess, qi inversion in the upper syndrome), treatment with tonifying kidney and lowering fire, regulating yin and yang, and calming down the inverse. The formula is as follows: bupleurum 20 g, scutellaria 20 g, cassia twig 25 g, rehmannia 30 g, aconite 5 g (decoction), platycodon grandiflorum 15 g, Chuanxiong 30g, Schizonepeta 30g, Paeonia 30g, Angelica 30g, Acorus 25g, Albizia 30g, Agastache 25g, Mulberry leaf 30 g, cortex moutan 30 g, cortex lycii 30 g, ginger 3 pieces, jujube 3 pieces. 14 doses, taken with water, 1 dose daily. Second consultation on 17 September 2020: After taking the medicine, sleep and sweating improved, heartburn disappeared, but still feeling weak. 14 doses of the original formula were continued with the same decoction as before. Third consultation on 26 November 2020: The symptoms improved significantly. The patient asked for 7 more doses to consolidate the effect. There was no recurrence in the subsequent follow-up period of six months.

The patient is 49 years old, with insomnia, anxiety, sweating and other symptoms, belonging to the category of menopausal syndrome. The patient's previous constitution was relatively good, the physical strength was acceptable, and the usual thinking was more. The pathogenesis

should be kidney deficiency and fire hyperactivity syndrome. The treatment should be tonifying kidney and reducing fire, calming the flushes and descending adverse qi, and regulate the yin and yang qi and blood. In this formula, bupleurum and scutellaria are used together in the prescription, clearing away the evil and clearing the interior, smoothing the qi movement; rehmannia and aconite are matched with tonifying kidney and lowering qi to induce fire to return to the source; danpi and Digupi are used to clear liver fire, remove annoyance and calm the nerves; mulberry leaves clear away lung heat, specializing in sweating; hehuanpi relieves depression and annoys, soothes the five internal organs; shichangpu relieves the depression and clears the heart and tranquilizes the mind, the combination of various drugs to take into account the specimens, a total of nourishing liver and kidney, induce the fire to return to its source, clearing heat and tranquilizing the mind. In addition, the herbs can be combined with menopausal symptoms to make appropriate additions and reductions: such as obvious hot: can add buffalo horn 15 ~ 30g ~ 50g, high blood pressure: can add mulberry parasitism 30g, or raw eucommia 30g, insomnia obvious; can add turmeric 20g, yuanhu 15-30g, lily 30g; palpitations obvious; can be combined with Guizhi Gancao Longgu Muli Decoction.

Case 2 Cao, male, 29 years old, presented to the clinic on 20 November 2021. The patient complained of nasal congestion and runny nose for more than 20 days. The patient complained of a history of allergic rhinitis for more than 3 years, and had multiple episodes and prolonged healing. More than 20 days ago, due to seasonal changes, he developed nasal congestion, runny nose, frequent sneezing in the morning, itchy nose, itchy throat, itchy eyes, fear of wind and cold, and nasal symptoms when exposed to wind and cold, general sleep, red tongue, yellow and white fur, wiry and slippery pulse. Western medicine diagnosis: allergic rhinitis. Traditional Chinese medicine diagnosis: congested nose (two sensations in Tai Shao, plus internal heat). The treatment is warming yang and dispelling cold, clearing lung heat and dredging nasal orifices. Prescription: Ephedra Decoction, Moxing Ganshi Decoction, Fructus Xanthii Powder, plus and minus: Ephedra 10g, Ramulus Cinnamomi 20g, Asarum 8g, Fructus Xanthii 15g, Flos Magnoliae 15g (decoction), Radix Scutellariae 25g, Gypsum 30g (first decoction), Radix Rehmanniae Preparata 30g, Radix Aconiti Lateralis Preparata 5g (decoction), Centipeda minima 25g, Dried Ginger 10g, Cortex Albiziae 30g, Cynanchum paniculatum 25g, Radix Angelicae Dahuricae 30g, Radix Clematidis 25g, Fructus Mume 30g, Pericarpium Citri Reticulatae 30g, Ginger 3 slices, Jujube 5 slices. 7 doses, decoction, 1 dose per day. On November 27, 2021, the second consultation: On 10 December 2021, the patient complained that the symptoms of nasal congestion, runny nose and fear of wind and cold were greatly improved after taking the medicine, but he still felt itchy nose. On the basis of the original prescription, Haifengteng 30 g was added and continued to take 14 doses. the third consultation on December 10, 2021: the symptoms basically disappeared. The patient complained of no recurrence during the follow-up visit.

Note: The patient had a history of allergic rhinitis. The first diagnosis was acute attack of allergic rhinitis. The symptoms were nasal congestion and runny nose. Therefore, the disease was identified as congested nose in traditional Chinese medicine. The lung is in the nasal cavity, so the lung is not able to promote and purify the qi, resulting in nasal congestion, runny nose and sneezing; shaoyin Yang deficiency, no right to receive qi, so sneezing frequently, and when cold is encountered, the disease injures the kidneys for a long time and the healthy qi is insufficient, delayed healing, repeated attacks. Therefore, syndrome differentiation is two sensations in Tai Shao, plus internal heat. The treatment is to warm yang and disperse cold, clear internal heat, and dredge nasal orifices, with Mahuang Decoction, Moxing Ganshi Decoction, and Xanthium Powder as an addition and subtraction: Among them, ephedra and cassia twig are warm into the sun, open the interstices, penetrate the orifices, disperse the cold and dissolve the table; rehmannia, aconite warming kidney yang, slow fill healthy qi; asarum, dried ginger warm cold drink; Scutellaria baicalensis and gypsum clear internal heat, also restricts the divergence of

Mahuang ang guizhi; xu Changqing dispel wind itching, anti allergy; xanthium, magnolia, Centipeda minima, acacia skin to clear the nose, the combination of all these herbs is effective in dispersing cold in the lung, warming the kidney and helping the yang, clearing the nose and stopping sneezing and nasal discharge.

6. Summary

It is feasible to guide the clinical application of aconite from the theory of "warming in case of emergency ". When aconite is used in the critical and severe cases of yang deficiency , aconite combined with dried ginger is often used, and the dosage should be determined according to the situation. In the treatment of yang deficiency and exterior, yang deficiency water stop and other yang deficiency syndromes, the use of processed aconite is more, but because of its different yang deficiency parts, the compatibility is also different, spleen and kidney yang deficiency is more compatible with dried ginger, kidney yang deficiency is more compatible with cinnamon, yang deficiency and exterior is more compatible with ephedra and asarum, the above yang deficiency syndromes, the dosage of aconite is 1 pieces, and the dosage of processed aconite in the treatment of wind cold dampness and body pain is 2-3 pieces. Although the curative effect of Fuzi is remarkable, it is a toxic product, which must be ' alive ' for use. Under the guidance of the overall concept, the principle, method, prescription and medicine of traditional Chinese medicine should be used to identify and treat according to syndrome differentiation to ensure the safety of its application.

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