

Professor Li Yi's Experience in Treating Ulcerative Colitis with the Method of Warming Yang and Activating Blood Circulation

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Abstract: professor Li Yi believes that the pathogenesis of ulcerative colitis is based on yang deficiency and blood stasis as the standard, and the methods of warming the spleen and kidney, activating blood circulation and removing blood stasis should be used in clinical prescriptions, supplemented with products of clearing heat, dampness and detoxification, and treated based on syndrome differentiation, in order to achieve the purpose of invigorating yang and dispelling evil, evil removing Zhengan, evil removing Yang recovery, clinical symptoms are often treated with self-made Fuyang jiedu Huoxue decoction, special prescriptions for special diseases, and flexible changes. The curative effect is quite good in improving patients' clinical symptoms and shortening the course of disease, in order to provide reference and new ideas for the clinical treatment of this disease.

Ulcerative colitis (UC) is a chronic nonspecific inflammation of rectum and colon with unknown etiology. The course of the disease is protracted and the disease is easy to repeat. In our country, the incidence rate is increasing year by year, and the clinical manifestations are persistent or recurrent diarrhea, mucous pus and bloody stool, accompanied by abdominal pain, acute diarrhea, severe diarrhea and different degrees of systemic symptoms, such as skin, mucosa, joints and other parenteral manifestations [1], It belongs to the category of diseases such as dysentery, diarrhea, etc. in Chinese medicine [2]. The Yellow Emperor's Canon of Medicine says that "righteousness exists in the interior, but evil cannot be done", and the causes are nothing more than exogenous evil, improper diet, emotional frustration and insufficient endowment [3].

Professor Li Yi, chief physician, graduate tutor, member of the Professional Committee of Spleen and Stomach Diseases of Chinese Medicine Society, and member of the Professional Committee of Digestion of World Federation of Traditional Chinese Medicine. Engaged in clinical

medicine for decades. He believes that ulcerative colitis always belongs to a kind of disease with "Yang deficiency and blood stasis" as its basic pathogenesis, and the deficiency of Yang is the root of the disease, while the stagnation of blood stasis runs through all the time. Therefore, combined with clinical experience, taking warming Yang and activating blood circulation as the treatment method and formulating the prescription can not only improve the clinical symptoms of patients, but also effectively shorten the treatment cycle of patients. Therefore, this paper expounds it in order to provide new ideas for the diagnosis and treatment of this disease.

1. Professor Li Yi's Understanding of the Etiology and Pathogenesis of Ulcerative Colitis

1.1 Yang Deficiency is the Basis of the Disease.

In Huangdi's Neijing, it is said that "Yin and Yang, the way of heaven and earth, and the discipline of all things." Treatment must be based on this, that is, it is pointed out that the root cause of the occurrence, development and change of the disease lies in the imbalance of yin and yang. on this basis, Professor Li Yi believes that yang is the driving force of the life activities of the body, and without yang in the heart, blood is not transported. If the spleen does not have yang, the valley does not melt. If the liver does not have yang, there is no catharsis. If there is no yang in the lung, the loss of the company can be released. If the kidney does not have yang, the yin closes, and there is a relationship between yin and yang. The peace of yin and yang is a dynamic balance dominated by yang and subordinate to yin [4].

1.2 Blood Stasis Block Runs through the Disease

"Syndrome due to pulse treatment of dysentery" said: "the cause of dysentery within the seven emotions, sorrow and worry hurt the spleen, spleen-yang injury is dereliction of duty, daily drinking water valley can not be transported, stop accumulating in the stomach and intestines, Qi to where it is coagulated, blood left there is weeping, Qi clotting blood crying, and missed water valley glued to each other, then the spleen family is stagnant, and evil thieves transmit kidney disease." thus it can be seen that blood stasis plays an important role in this disease. Modern medicine believes that endoscopy is the gold standard for the diagnosis of this disease, intestinal mucosal congestion, swelling, erosion, ulcers and other manifestations can be seen under enteroscopy[5]. Professor Li Yi believes that the blood from menstruation, that is, blood stasis, is the microscopic manifestation of ulcerative colitis, which confirms the view that the disease is suffering from blood stasis, and in contemporary society, there is a lack of diet, a penchant for fat and sweet taste, no avoidance of cold and temperature, and a disorder of daily life. all evil struggles and quarrels in the intestines, fat collaterals are damaged, blood does not return to menstruation, failure turns into rot, ulcers become ulcers, so there are pus and blood ulcers. And blood stasis is not only a pathogenic factor, but also a pathological product, such as "long illness entering collaterals" caused by ulcerative colitis which is not cured for a long time, and "long illness without stasis" caused by yang deficiency and inability to tympanic artery and poor operation of essence and blood. Professor Li Yi believes that if the blood stasis does not go away, it is difficult to give birth to new blood, and the blood stasis is even deficient, so the course of the disease is difficult to recover, and it is easy to relapse.

2. Closely Linked to the Pathogenesis, Warming Yang and Promoting Blood Circulation, Strengthening Body Resistance and Eliminating Pathogenic Factors

2.1 Self-made Prescription: Fuyang Jiedu Huoxue Decoction

Professor Li Yi, according to the core pathogenesis of ulcerative colitis with yang deficiency and blood stasis, combined with decades of clinical experience, self-made Fuyang Huoxue jiedu recipe, which is composed of 12 traditional Chinese medicines:

Radix Aconiti Praeparata 15g(decocted for 1 hour first), Renshen15g, Chaobaizhu 15g, Ganjiang 15g, Zhigancao 6g, Buguzhi12g, Roudoukou6g, Xuejie1.5g,Puhuang 15g, Huanglian 6g, Huangqin 9g, Baitouweng 15g, (Chinese herbal pieces, 400ml water decoction, once after breakfast and dinner.) Xin Wen Yao pao fu zi takes the yang of twelve meridians; Ginger keeps dry but doesn't leave, and the two are often mutually necessary. The effect of warming yang to save the adverse effects is remarkable, and licorice is used to nourish the liquid urgently. Psoralea corylifolia and stewed nutmeg can help ginger to warm kidney and spleen, and it is supplemented by astringent bowel to relieve diarrhea. Ginseng, *Atractylodes macrocephala* Koidz warm spleen yang, care for Yangming meridian qi; Bitter drugs *Coptis chinensis*, *Scutellaria baicalensis* Georgi and *Pulsatilla chinensis* can clear away heat and dampness, detoxify and purge fire to stop dysentery; Dragon's blood and fried Pollen *Typhae* have the effects of promoting blood circulation, removing blood stasis, stopping bleeding and relieving pain. Moreover, the compatibility and application of *Scutellaria baicalensis* Georgi, *Coptidis Rhizoma* and *Pulsatilla chinensis* with Ginseng and *Glycyrrhiza uralensis* Fisch. has the meaning of strengthening body resistance and eliminating pathogenic factors. It is compatible with Jiang and Fu, but it does not rob Yin, but bitter and cold does not hinder the effect of Yang. On the contrary, it complements each other and shows its own strength. The general purpose of the prescription is warming yang and activating blood circulation, and the combination of all the medicines has the effects of warming spleen and kidney, activating blood circulation and detoxifying. It has been applied in clinic for more than 10 years, and the curative effect is obvious. According to the experimental research of Li Rongrong's team, Fuyang Huoxue Jiedu Recipe can inhibit the release of some pro-inflammatory factors, increase the secretion of anti-inflammatory factors, make the level of IL-17 in UC rats show a downward trend, and the level of IL-10 has an upward trend, which helps the pro-inflammatory/anti-inflammatory system keep stable, thus achieving the purpose of treating UC [6].

2.2 Treatment based on Syndrome Differentiation, Flexible and Change

In the development process of ulcerative colitis, the clinical manifestations are different in different stages of the struggle between good and evil. Professor Li Yi believes that the most advantageous aspect of traditional Chinese medicine in clinic is its individualized diagnosis and treatment mode of "syndrome differentiation and treatment": when the disease is in the active stage, the struggle between good and evil is fierce, so it is advisable to pay equal attention to warming yang and activating blood circulation and clearing away heat and toxic materials, and adjust the proportion of drugs as appropriate, so that warming toxin can be eliminated and yang can be firm; If the pathogenic factors are not counteracted, and the pathogenic qi is deep and in remission, we should give priority to warming yang, and promote blood circulation, and detoxify as appropriate. At this time, ginseng, astragalus, and yam can be added to play the role of invigorating qi and invigorating yang, increasing the effects of warming spleen and kidney of *Rhizoma Zingiberis Recens*, *Fructus Psoraleae*, and *Cinnamomum cassia*, and promoting blood circulation to regulate blood and qi. On this basis, we can also clear away excess evil. In clinical practice, the author takes this as the mental method, observes the color and presses the pulse, treats it according to the syndrome differentiation, and flexibly participates in the changes, and the curative effect is quite good.

3. Medical Record

Ms.He, female, 41 years old, employee, first diagnosed on November 10, 2019. One year ago, the patient had no obvious cause of diarrhea, 5-8 times a day, mucus in stool with a small amount of purulent blood, a sharp feeling after defecation, and then relief after defecation, accompanied by drowsiness and no fever. He had been seen in many hospitals, and the specific medication and treatment were unknown. Present symptoms: abdominal pain, diarrhea, mucous pus and bloody stool, 4-6 times a day, accompanied by severe feeling after being in a hurry, general fatigue, aversion to cold, poor sleep, fat tongue, blood stasis under the tongue, and deep and thin pulse. Auxiliary examination: blood routine: white blood cell $7.8 \times 10^9/L$, red blood cell $3.57 \times 10^9/L$, hemoglobin $90g/L$, platelet $176 \times 10^9/L$ and erythrocyte sedimentation rate $69mm/h$; C-reactive protein $48mg/l$; Routine stool examination showed white blood cells (+++), red blood cells (+++) and occult blood (+), colonoscopy showed ulcerative colitis (total colitis), and B-ultrasound of abdomen and urinary system showed no obvious abnormality. Western medicine diagnosis: ulcerative colitis; TCM diagnosis: dysentery (dysentery due to deficiency-cold) is treated by warming yang and promoting blood circulation, detoxifying and stopping dysentery. Add and subtract Fuyang Huoxue Jiedu Recipe: Radix Aconiti Praeparata 20g (decocted for 1 hour first), Renshen 15g, Chaobaizhu 15g, Ganjiang 15g, Zhigancao 6g, Buguzhi 12g, Roudoukou 6g, Xuejie 2g, Puhuang 15g, Huanglian 6g, Huangqin 9g, Baitouweng 15g, Chaomaiya 30g, Fushen 10g, One dose a day, decocted in water, taken warm in the morning and evening, for more than half a month. On December 8, 2019, I went back to see the doctor. The symptoms of chills improved obviously, and my limbs warmed up, but I still had red and white symptoms under my dysentery, 4-5 times a day, Second treatment: Radix Aconiti Praeparata 40g, Ganjiang 30g, Buguzhi 20g, Roudoukou 15g, Xuejie 2g, Puhuang 25g, Baitouweng 20g, The medicine remained unchanged, and took it for one month. On January 8, 2020, after three consultations, the effect was obvious after half a month's self-complaint, diarrhea occurred once or twice a day, stool was formed, and food intake was normal. On January 5, 2020, the stool routine, erythrocyte sedimentation rate and C-reactive protein were all normal in our hospital, and the blood routine was basically normal, but it was changed before : Radix Aconiti Praeparata 30g, Baitouweng 10g, Yiyiren 25g, Zexie 15g, Take it for two weeks to consolidate the curative effect. After a follow-up of more than one year, the disease did not recur, and after that, he went to see a doctor regularly to adjust his physique.

The patient's chronic diarrhea is characterized by chronic yang deficiency, involving the spleen and kidney, which leads to stagnation. Abdominal pain, mucous pus and bloody stool, blood stasis under the tongue, and deep and thin pulse are characterized by yang deficiency, inability to transport blood and circulate qi, stagnation of pathogenic factors in the intestines, damage of intestinal collaterals, foul and turbid qi in the intestines and blood stasis, and pus caused by blood rotting. Although the patient's course of disease is long, healthy qi can fight against pathogenic factors. At the third time of diagnosis, when the patient complained of taking medicine for half a month, the symptoms changed obviously. After taking medicine for half a month, all the symptoms were slow, which indicated that the treatment of long-term illness should be slow, and the prescription and medication should be closely linked to the pathogenesis, followed by good guidance. The third diagnosis is to slightly reduce the pungent heat of *Aconitum carmichaeli*, add the product of diuresis and clear away the remaining evil. After taking it for two weeks, the patient is instructed to eat carefully, to be cold and warm, and to follow the diagnosis and adjust every time the old and the new change, so as to respond to the four seasons.

4. Discussion

Modern medicine thinks that the cause of the disease is related to genetics, immune factors, infection, diet and other factors [7-8], so in clinic, drugs are used to enhance the physical integrity of patients' intestinal epithelial tissue, strengthen the activation and repair of intestinal epithelial cells and mucosa, regulate and control immune response, reduce the release of pro-inflammatory factors and reduce the degree of inflammatory response [9]; Or restore the intestinal flora of patients by regulating intestinal beneficial bacteria, fecal transplantation [10-11], Targeted medication [12] and even surgical treatment [13-14] etc ; However, the short-term effect is remarkable, it is easy to relapse after drug withdrawal, and it is difficult for patients who take drugs for a long time to persist. At the same time, the side effects of drugs lead to the decline of patients' quality of life, And in recent years, the incidence of UC in developed countries has gradually stabilized, but in some emerging countries located in Asia, the Middle East, South America and other regions, the incidence of UC is rising rapidly. Some studies have found that UC patients in China have a high cancer risk, and independent risk factors such as long course of disease and wide range of lesions make the cancer rate reach 0.8% [15-16]. According to the research of Shimeijing's team, traditional Chinese medicine has the advantages of multi-targets and resistance to drugs. The components of traditional Chinese medicine in many different prescriptions act on the signal pathway of ulcerative colitis, respectively or jointly, and regulate it as a whole to relieve inflammation, restore intestinal function and improve clinical symptoms [17], which is one of the best choices for clinical treatment of ulcerative colitis. Professor Li Yi advocated the academic viewpoint of "Yang-nourishing and Yin-suppressing for those who are ill, and Yin-transforming for those who are ill" clinically. In the treatment of this disease, we should stick to the pathogenesis, take "warming yang and activating blood circulation" as the treatment method, and make a special prescription based on clinical experience for many years, which has a remarkable curative effect. We should stress that we should conform to the qi of the four seasons, not only prevent the disease from changing, but also prevent it before it gets sick, and grasp the key points of yin and yang, that is, the yang is dense and firm, and the disease is too weak.

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