

## *Summary of Lubo's Experience in Treating Jueyin Syndrome Diseases with Modified Sini Powder*

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**Abstract:** Many versions of the textbook "Treatise on Febrile Diseases" may classify Sini San syndrome as a similar syndrome of Shaoyin disease and a syndrome of concurrent changes. The teacher combines the nature of the disease, the composition of Sini San prescription and the addition and subtraction of Sini San syndrome to classify Sini San syndrome. Classified as Jueyin disease Jueyin syndrome. He believes that Jueyin is a half-surface and half-li yin syndrome, and understands the meridian, pathogenesis and formulation of Sini San from the perspective of classic Chinese medicine, and lists the cases of treating yin pain, xerostomia, spontaneous sweating, etc., and analyzes the clinical practice of Sini San. The use of ideas must be in line with the clinical situation, pay attention to the change of symptoms, combine the disease with the syndrome, and treat it according to the syndrome, so as to further deepen the understanding of the application of Sini Powder.

Lu Bo, chief TCM physician of Shaanxi Provincial Hospital of Traditional Chinese Medicine, tutor of postgraduate students, famous TCM practitioner in Shaanxi Province, inheritor of Chang'an Mi's internal medicine school, and inheritor of the third batch of national old TCM experts with academic experience. Mr. Lu Bo has been engaged in the clinical diagnosis and treatment of internal diseases for a long time, adhering to the academic thought of "Three Yins, Three Yangs and All Diseases" in the internal medicine school of Michaelis. Unique diagnosis and treatment ideas, and flexible diagnosis and treatment. After thousands of years of clinical use, the Jingfang has reliable curative effect. If the syndrome is accurate, it will indeed have the effect of "the effect is like a drum, and the cup is covered and healed". The relevant experience is now introduced as follows.

### **1. Origin and Meaning of Sini Powder**

"Treatise on Febrile Diseases Shaoyin Disease Chapter" [1] Article 318: "Shaoyin disease, four inverse, the person coughs, or palpitations, or difficulty urinating, or pain in the abdomen, or the diarrhea is severe, the four inverse The Lord of Dispersion". Physicians of the past dynasties disputed this clause, Li Zhongzi said, "Although this is a sign of four inversions, it must not be very

cold, or the fingers are slightly warm, or the pulse is not deep and faint, it is a sign of Yin and Yang, but the qi cannot be communicated, so it is inversely cold.". Because its articles are too simplified, although it starts with "Shaoyin disease, four inverses", the medicines used do not always enter the Shaoyin meridian, and none of them have the effect of returning yang to save adversity. There is a lot of controversy as to whether this article should belong to the Shaoyin disease chapter, or Shaoyang disease and Jueyin disease chapters, and physicians of all dynasties have not yet formed a unified consensus on this article. Article 337 of "Treatise on Febrile Diseases and Jueyin Diseases": "Anyone who is Jue, when Yin and Yang Qi are not in harmony, is Jue. Jue is a person with cold hands and feet." Ke Yunbo, a physician in the Qing Dynasty, believed that there was no main evidence in the articles about Sini San, but most of them were probable evidence. Therefore, he said that there must be Que Wen under the "Si Ni San" [2]. Ke Yunbo's commentary on the Jueyin chapter of Treatise on Febrile Diseases is mainly based on Jueyin and fire. Jueyin and Shaoyang are related to the outside and inside, and in the viscera, they correspond to the liver and gallbladder, and the liver contains fire. The liver meridian is affected by fire, and the symptoms are many. Liver qi invades the stomach, wood evil restrains the earth, so it does not want to eat, likes vomiting, and it is even beneficial to the lower; the relative fire disturbs the heart, so it is annoying; the liver passes through the throat, and the relative fire follows the meridian. The main scattered, the liking is up, the evil is depression, the liver gas is stagnant and the fire is stagnant, so the yang gas does not reach the fourth end and is reversed, that is, the deep heat is also deep, and the slight heat is also mild. The Treatise on Febrile Diseases edited by Prof. Li Peisheng directly includes this article in the chapter on Jueyin Disease[3], and the modern Prof. Hao Wanshan's Selected Readings on Treatise on Febrile Diseases includes Sini San in the Jueyin Disease chapter, which can treat Qi stagnation syndrome.

Professor Lu Bo believes that the human body is an organic whole, with the five zang-organs as the core, the zang-fu organs, yin and yang as the exterior and interior, Jueyin liver wood and Shaoyang gallbladder meridian, Jueyin pericardium and Shaoyang triple energizer, through "Qi" The handover and transformation of qi is the intermediary between Jueyin wind and wood turning into Shaoyang fire and wind and fire instigating each other. He quoted "The Yellow Emperor's Classic of Internal Medicine" "Shaoyang is above, fire is controlled, Jueyin is seen in the middle... Jueyin is above, air is controlled, Shaoyang is seen in the middle" to discuss the four inverse syndromes, and he believes that the liver meridian of foot Jueyin is yin and yang. During the birth stage, when the yin and yang qi are not in harmony, not only will the qi of Jueyin wind and wood be stagnant, the yang stagnation will not stretch, the limbs will not be warm, and the "four inversions" will appear, and the normal transfer and transformation of the meridians and qi between the two meridians of Jueyin and Shaoyang will occur. The functional activities of qi are abnormal, and the flow of qi in and out is disordered, which will also affect the qi of Shaoyang and one yang. When the qi of Shaoyang Sanjiao is blocked in the upper energizer, the lung qi will not be declared, and the heart qi will not be adjusted, which will cause cough or palpitations; if the blockage of the middle energizer will cause the liver and spleen to be disharmonious and the qi mechanism will not be adjusted, the chest and flanks will be full and tight, pain, and abdominal pain. Pain, or leakage of lower weight; blocking in the lower coke causes gasification failure, then it is difficult to urinate. Therefore, the fundamental pathogenesis of Sini Sanfang syndrome is that Qi stagnation causes Jue, and yin and yang are not in harmony. Emphasize that the students have no heat and aversion to cold with the Sini Decoction syndrome, the pulse is slightly wanting to die, but want to sleep soundly, Jue Ni Xia Li and the Baihu Decoction syndrome that the limbs are juicy, but the chest and abdomen are burning, aversion to heat and irritability, thirst, Constipation and pulse count are different at the root.

There are three clear concepts in the Jueyin chapter of Treatise on Febrile Diseases: First, Jueyin

disease is the final stage of exogenous fever. This article is placed at the end of the six classics, with the most prognostic provisions and very obvious intentions. The main symptom of Jueyin disease is Jue. This can be seen from the large proportion of the original text of this article. Third, the Jueyin disease stage is faced with the prognosis of life and death.

Professor Lu quoted in "Jinjian of Medicine, Treatise on Febrile Diseases, Notes on Shaoyin Complete Chapter"[4] "There is neither warm cold nor low heat, but it is advisable to unblock the yang, and move the yin of the yin inward. Then the nature of liver and gallbladder dredging and excretion succeeds, and Jue can also pass through." It is believed that the disease location of this syndrome is in Jueyin, which affects Shaoyang. Treatment should be thoroughly expressed and guided according to the situation, and the most important thing is to run the cardinals of Jueyin and Shaoyang. Bupleurum in Sini Sanfang enters the Liver Meridian, which can not only soothe the liver and relieve stagnation, but also promote clear yang, lead yin from yang, and connect yin and yang smoothly. With Citrus aurantium "one liter and one lowering", it can benefit the three energizers of Shaoyang and help the spleen to disperse essence; with peony "one qi and one blood", it not only nourishes liver blood, but also improves liver qi; licorice is in the middle, matching with peony, sour Sweet to nourish yin, and yin to regulate yang. When all the medicines are combined, the cardinal works, the qi mechanism is smooth, the yang qi is ventilated and the qi and blood flow, the yin and yang are adjusted and the water and fire are harmonized, and all the syndromes are healed.

## 2. Basis for Classification of Sinisan as Jueyin Syndrome of Jueyin Disease

The theory of "Three Yins, Three Yangs and All Diseases" by Mr. Huang Zhuzhai, the master of the Mi's school, holds that the disease location is not outside, inside, and half outside and half inside. That is Jueyin disease. The liver meridian of foot Jueyin treats diseases along the meridian: the meridian "Lingshu Meridian" states: "The vein of liver and foot Jueyin originates from the clump of hair on the big toe, goes up the tarsus of the foot and goes up to the upper leg, goes to the inner ankle, one inch to the upper ankle. Eight cun, after handing over the Taiyin, the upper part of the popliteal, along the femoral yin, into the hair, through the genitals, reaching the lower abdomen, holding the stomach, belonging to the liver, connecting the gallbladder, upwards through the diaphragm, covering the flanks, following the throat, upwards Entering the chin, connecting the eye system, and exiting the forehead, it meets with the Governor Vessel at the top." From the perspective of the meridians, the Liver Meridian of Foot Jueyin and the Spleen Meridian of Foot Taiyin communicate with the Three Yin Meridians, and hold the stomach to communicate with the Yangming Meridian. The three yang meridians communicate with the governor meridian at the top and pass through the eight meridians. They run through the whole body, regulate the qi movement of the whole body, and regulate the blood circulation of the whole body. Therefore, diseases of the whole body organs can be directly or indirectly reflected from the liver meridian of Foot Jueyin. out [5]. The perineum, neck and throat are where the Liver Meridian of Foot Jueyin circulates and belong to its collaterals. this. Therefore, Mr. Lu Bo believes that the occurrence of diseases such as yin pain, xerostomia, and inverse cold in the hands and feet are related to the poor circulation of qi and blood in the liver meridian of Jueyin, so it can be identified as Jueyin syndrome.

## 3. Sini Powder Prescriptions, Focus on Clinical

All the medicines in the Sini San recipe are simple and concise, and are suitable for the pathogenesis. The use of Bupleurum in this recipe is very wonderful. Bupleurum is bitter, flat, slightly cold. One is like Chaihu in Xiao Chaihu Decoction, which is bitter and flat. It can release the evil qi of Shaoyang to clear the road of Sanjiao; the other is to soothe the liver and relieve

stagnation, so as to relieve the liver and gallbladder, so as to connect the yin and yang; Compatible with Citrus aurantium, it breaks qi, eliminates accumulation and guides stagnation. Must not be too strong, so the minister uses peony to benefit yin blood and liver yin. The combination of peony and Bupleurum is a classic combination of Zhongjing. The two are yin and yang, one is slow, the other is urgent, the other is nourishing and the other is clear. Accompanied by citrus aurantium to break qi and eliminate accumulation and guide stagnation, resolve phlegm and remove phlegm, and use the downward force of medicine to smooth the qi machine to help the passage of Sanjiao to be unobstructed. turbidity. Although licorice is used as a medicine, its use in this recipe is extremely wonderful and should not be underestimated. Licorice (baked), sweet in taste and flat in nature. "Compendium of Materia Medica": "Licorice, and Zhong Yi Qi, tonic and detoxification medicine. Strengthen the spleen and stomach, solidify the deficiency of Qi in the middle, coordinate yin and yang, and harmonize the health and defense." It can not only replenish the spleen and earth in the middle, so as to help the yang qi rise and hair, but also can mediate the rise and fall of the upper and lower qi. Therefore, when the four medicines are used together, the ascending and descending is orderly, the Qi and blood are in harmony, the cardinal organs can be opened, the Qi mechanism is smooth, the yin and yang qi are naturally connected, and various symptoms can be eliminated [6].

## 4. Modified Application of Sini Powder and Flexible Cutting

### 4.1 Vaginal Pain

A patient, female, 41 years old. First consultation on June 27, 2021. Complaint: pain in the second vagina for more than 3 months. Before 3 months, there was no obvious incentive for anal pain, accompanied by burning pain in the perineum such as the urethra and vaginal opening, no obvious secretions, no bleeding, no bloody stools, black stools. Rebalin, Maizhiling", the effect is not obvious. Present symptoms: dry mouth, bitter taste, headache, occasional palpitation, anal pain, bilateral knee joint pain, swelling of both lower extremities, fatigue, irritability, fear of cold, appetite, difficulty falling asleep, light sleep and easy awakening, excessive Dream, stool 1-2 times/day, yellow urine. Usually irregular menstruation, oligomenorrhea, up to 6-7 times a year, not much leucorrhea, 1mp: 2021-05-10. The amount and color are acceptable, no blood clots, dysmenorrhea, low back pain, breast tenderness before menstruation. Past and other medical history: mixed hemorrhoids. Wang, smell, incision: dark tongue, ecchymosis, fat and big tongue, white thick and greasy coating, thin and slippery pulse. Physical examination: Height: 162cm, Weight: 75.9kg. Auxiliary examination: (2021-06-02 Outer Hospital) RF: 45.5IU/mL, Anti-CCP: 78.4U/mL. Preliminary diagnosis: Chinese medicine diagnosis: Yin pain (jueyin syndrome), Western medicine diagnosis: perineal pain. Mr. Lu gave Chinese medicine: 12g Bei Bupleurum, 12g white peony root, 12g angelica, 12g stir-fried Atractylodes, 12g Poria, 12g ginger, 12g Zhigancao, 12g stir-fried Sichuan neem, 12g vinegar turmeric, 12g gentian, salt plantain 12g, Campanulaceae 12g, Cymbidium 12g, Benxiang 12g. 1 dose per day, decocted with water to extract 300 mL of juice, and taken twice in the morning and in the evening. 7 doses in total. At the follow-up visit, the patient felt that the pain in the perineum was significantly relieved, and the burning sensation in the urethra was improved compared with the previous one, but the effect was not better. He continued to take 7 doses to consolidate the curative effect. Yin pain is mostly caused by the stagnation of qi, which cannot be relieved. According to the syndrome differentiation of the six meridians and the location of the meridians, it is considered that the patient's yin pain is a symptom of half surface and half li, and the qi and blood of the liver meridian of Jueyin stagnates here and does not run smoothly. After more than half a month, the patient complained that the symptoms such as vaginal pain were relieved. The main prescription is "Si Ni San" plus or minus, and the medicine is only four flavors (Bupleurum chinensis, Citrus aurantium, peony, licorice), but the medicine is simple. In addition,

nem seeds and turmeric can increase the power of soothing liver and regulating qi, gentian and psyllium can clear heat and diuresis, and *Cyperus officinalis* and woody incense can relieve pain. Cardinal Jueyin was adjusted, and the dampness and heat were gradually eliminated.

## 4.2 Self-Perspiration T

A patient, female, 20 years old. First consultation on March 27, 2022. Chief Complaint: Sweaty hands and feet for 4 months. Before 4 months, there was no obvious incentive for sweating of the palms of the hands and feet, and he went to a hospital to take decoction to regulate the sweating. The symptoms improved: the palms of the hands and feet were damp, slightly sweating, dry mouth in the morning, foreign body sensation in the pharynx, unable to cough, pharynx If it doesn't go down, the food is satisfied, the feet are cold, the sleep is good, and the stools are adjusted. Imp: 2022-03-11, Regular menstrual cycle, red color, acceptable volume, dysmenorrhea (-), breast tenderness before menstruation (-). Wang, smell, incision: pale tongue, white and moist coating, tooth marks around the tongue, liver stagnation line on the tongue surface, and deep pulse. Physical examination: Height: 172cm, Weight: 70kg. Thyroid B-ultrasound showed no obvious abnormality. Preliminary diagnosis: TCM diagnosis: spontaneous perspiration (Qi stagnation syndrome); Western medicine diagnosis: autonomic dysfunction. Mr. Lu gave 7 doses of modified Sini powder for oral administration: Bupleurum 12g, fried white peony root 12g, roasted licorice 12g, roasted astragalus 20g, Fangfeng 12g, and floating wheat 20g. According to Article 334 of "Treatise on Febrile Diseases Jueyin Diseases": "Typhoid fever is first followed by fever, and the lowering will stop spontaneously, and the person who sweats instead and has pain in the throat, the throat is paralyzed. If it stops, if it does not stop, there will be pus and blood in the stool. If the stool is pus and blood, the throat will not be paralyzed." The teacher believes that the patient's sweating, sore throat, and cold hands and feet are signs of yin syndrome, qi and blood cannot reach the body surface, and yin and yang are not in harmony. Smooth connection, the qi machine is blocked and the evil is not smooth. Therefore, adding Astragalus, Fangfeng, and Floating Wheat on the basis of this recipe can remove evil and relieve depression, replenish qi and stop sweating. After follow-up, the sweating of the hands and feet of the patients was significantly reduced, and the condition improved.

## 4.3 Sjogren

A patient, male, 66 years old, was first diagnosed on June 6, 2021. V.: Dry mouth for more than 15 years. History of the present illness: 15 years ago, after the left submandibular lymph node resection, the dry mouth appeared at 2-3 am in the morning, mainly on the upper jaw and cheeks, and the repeated attacks continued to this day. She went to a local hospital and was treated with oral drugs, acupuncture and moxibustion, but the symptoms were not relieved significantly. Present symptoms: dry mouth at 2-3 in the morning, mainly on the upper jaw and cheeks, the above symptoms are mild and sometimes severe, the food can be satisfied, the night rest is poor, the stool is sticky, and the urine is adjusted. Wang, smell, incision: dark red tongue, yellow and greasy coating, slippery pulse. Physical examination: Height: 169cm, Weight: 66kg. Preliminary diagnosis: TCM diagnosis: dry syndrome (Jueyin syndrome). Mr. Lu gave 7 doses of traditional Chinese medicine Sini San Modified Decoction: Bupleurum 12g, Fried Citrus Fructus 12g, Fried White Peony 12g, Licorice 12g, Wolfberry 12g, Raw Coix Seed 12g, Polygonatum 12g. The patient developed dry mouth after submandibular lymph node resection. The operation site is the part where the Liver Meridian of Foot Jueyin circulates. 2-3 am is the time when liver blood runs. The disease mainly involves Jueyin deficiency and cold, so adding Coix seed to invigorate the spleen and remove dampness, and Polygonatum japonica to moisten dryness and produce body fluid. The

patient was followed up for half a year, and the treatment was slightly modified and subtracted based on this formula. During the treatment, the discomfort symptoms improved significantly.

## 5. Summary

As mentioned in the above cases, it is only a drop in the ocean, and the use of Sini San by clinicians is more extensive. The curative effect is the first vital force in the clinical practice of traditional Chinese medicine. The reason why the classics are regarded as the classics of traditional Chinese medicine by later generations is that they have been recognized by later generations because of their significant clinical efficacy. Based on the disease position, viscera and six meridians, Mr. Lu Bo explained that Sini San disease belongs to Shaoyang Jueyin, and proposed the method of using Sini San to treat Jueyin syndrome diseases. On the other hand, one of Jueyin's yang is out of Shaoyang and one yang's mechanism and it is disturbed, which affects the normal distribution of yin and yang, blood, water and fire, and also suffers from its pathological products, which in turn affects The path to the Sanjiao and the dysfunction of the zang-fu organs that are connected with the Sanjiao, resulting in various diseases [7]. "Reading Medical Essays": "All the qi transformation of the twelve meridians of the viscera must be inspired by the qi transformation of the liver and gallbladder, so that it can be regulated without disease." The normal operation of qi and blood is the premise of the normal distribution of yang qi. The liver and gallbladder send phase fire, and it has the property of rising hair, which can regulate the whole body qi and promote the circulation of blood. "Theory of Blood Syndrome: Theory of Pathogenesis of Zang-fu organs" [8] says: "Wood qi rushes and regulates, without suppressing stagnation, the blood vessels will be smooth". The theory of "Jueyin Shaoyang is the pivot" is expounded from the prescription of "Sini San", and it is believed that Sini San can adjust the pivot of Jueyin and Shaoyang, sparse and clear yang. Can use this side to add and subtract to cure. At the same time, it provides a solid theoretical basis for the clinical rational and extensive clinical application of Sini San, which is beneficial to better serve the clinical practice of Sini San's classic formula.

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