

# Based on the Theory of Chronic Liver Disease

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**Abstract:** Doctors discuss the treatment of chronic liver disease from the perspective of dampness, poison, and blood stasis, less from the perspective of spleen Yin loss. The author discusses the physiological function of spleen Yin and its relationship with chronic liver disease, and analyzes that spleen Yin deficiency is an important cause of chronic liver disease, and also an important manifestation of chronic liver disease, and puts forward three methods of solid spleen, liver and spleen treatment, sweet and flat tonic, sour and sweet Yin.

**Keywords:** Splenic Yin Deficiency; Chronic Liver Disease; Chinese Medicine Theory

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## Introduction

Chronic liver disease mainly includes chronic toxic hepatitis, autoimmune liver disease, fatty liver, chronic drug-induced liver injury and other unexplained liver damage, etc. If not controlled, it is easy to progress to cirrhosis, or even liver cancer. In recent years, a large number of clinical data show that TCM has certain advantages in inhibiting virus, protecting liver enzymes, fighting liver fibrosis, relieving symptoms, and few adverse reactions in the treatment process, which has become an important means for clinical treatment of chronic liver disease<sup>[1]</sup>. Most doctors for the treatment of this disease is detailed in the perspective of relieving liver and relieving depression, clearing heat and dampness, nourishing liver and kidney, less from the point of view of spleen Yin loss. The author discusses the relationship between the physiological function of spleen Yin and chronic liver disease, in order to provide useful reference for the traditional Chinese medicine diagnosis and treatment of chronic liver disease.

## 1. Theoretical origin

The meaning of spleen Yin was first seen in the Huangdi Neijing. "Su Wen" "its virtue is caring", "taste is too bitter, temper is not caring, stomach qi is thick" respectively discussed the performance of spleen Yin in the human body from the perspective of physiological pathology. In what Zhang Zhongjing, he proposed the spleen contract syndrome, which is the embodiment of the theory of spleen Yin, and further developed the theory of spleen Yin. The idea of "the Yin of the spleen soil was injured, and the official was negligent" was put forward by Zhu Danxi, a doctor in the Ming Dynasty, who believed that the spleen Yin was one of the basic conditions for the spleen to play its physiological function. Miao Zhongchun put forward the view that "the world only know that the fragrance and heat are the way to treat spleen deficiency, but do not know that the cold and nourishing Yin are beneficial to the spleen", and believed that the spleen and Yin deficiency should be governed by law with sweet and cold. Wu Pei in the treatment of the new, put forward "now in the palace, not dry its body fluid" like the prescription of Yin solid Yang, like spleen solid stomach, head and tail phase win-win method<sup>[2]</sup>. Mr.Zhang Xichun believes that "the spleen is too Yin, is the long of the three Yin, so the treatment of Yin deficiency, should mainly nourish the spleen Yin foot, can irrigate the viscera"<sup>[3]</sup>. Yang Jiutian<sup>[4]</sup> Based on the scattered records of spleen Yin deficiency in successive doctors, spleen Yin deficiency is divided into three common clinical evidence types: deficiency injury to spleen Yin, gastric heat injury and spleen Yin and dampness-heat injury to spleen Yin, which provides a better theoretical basis for clinical practice.

## 2. Splenic Yin theory and chronic liver disease

Chronic liver disease belongs to the category of "jaundice", "flank pain", "swelling" and so on. Traditional Chinese medicine believes that it is mostly based on "damp and heat" evil spirit. For example, as saying, "damp and heat alternate, and the people should be yellow"."Wet trapped spleen and stomach" and "hot knot Yang Ming", damp and heat evil gas is the most easy to invade the middle coke

spleen and stomach because of its pathological characteristics. Wet evil sticky, trapped Yang Qi, internal depression fire, damage spleen Yin; heat evil connotation, accumulation of spleen and stomach, also hurt Yin gas. This disease is easy to delay is easy to fire injury Yin, more see the image of spleen Yin loss, it can be seen that loose stool, grain, do not think about diet, etc.”Su ask angry through heaven” said: “Yin is born in the five tastes.”Eating bias can also lead to the imbalance of qi, blood and Yang, such as excessive drinking, excessive eating fat and spicy products are more likely to aggravate dampness and heat, damage spleen Yin. Moreover, liver wood by spleen soil, “Golden Chamber synopsis” cloud: “see liver disease know liver pass spleen”, liver wood long disease, evil accumulation, straight into the spleen and stomach, Yin and Yang are damaged. Secondly, in terms of emotion, worry and think tired, injury and spleen Yin. Liver main drainage, like to tune up to, chronic liver disease patients liver qi is not smooth, many affection is not successful, depressed. Its disease is more likely to aggravate emotional failure, hard illness, internal consumption of Yin blood, damage to spleen Yin. For example, “disease because of the pulse” said: “the cause of dysentery: sad thinking will hurt the spleen.”Long illness deficiency loss, too much use of warm dry, spleen dark consumption. The spleen is the length of the three Yin, the main irrigation four sides, for the source of qi, blood and body fluid. Liver, heart, lung and kidney four serious diseases, long illness, injury and Yin, can dark consumption spleen Yin. Medical see diarrhea for a long time, cloudy Yang has been empty, with a large dose of fragrance, warm dry products, resulting in hot and dry endogenous, can also further hurt the spleen Yin. Pan Ciming<sup>[5]</sup> put forward the idea of liver and spleen cooperation, body Yin with Yang, and further linked the two from the perspective of physiology and pathology. Splenic Yin deficiency syndrome characteristic is spleen Yin deficiency and spleen health symptoms in<sup>[6]</sup>, such as food, abdominal distension, especially after eating, thin stools, or secret, loose knots, dry mouth, thin, face, fatigue, hands, heart heat, red tongue, moss less or no, pulse weak “, such symptoms and chronic liver disease late qi Yin two injury is very similar, and from the disease of the performance of the will link the two.

### 3. Treat prescription drugs

In the treatment of chronic liver disease, “softening the liver benefits the spleen, nourishing the Yin and nourishing the stomach”. Xu Jingshi<sup>[7]</sup>, a master of Chinese medicine, put forward four points of “nourishing the spleen, nourishing and nourishing the spleen, nourishing the spleen”, and relieving the liver and regulating qi, and the prescription should be based on ganping. Therefore, the treatment should be based on the spleen, and to relieve the liver, the first place without evil.

#### 3.1 Treatment of liver and spleen

“Soil wood and reach”, liver wood smooth, can be transported for the spleen body fluid. The general adjustment of fluid fluid is Yin and Yang. Based on the perspective of the close relationship between the liver and the spleen, just as the “wood”, the soil wet by evil, spleen disease born yan “. Some scholars put forward that in modern medicine, liver disease and spleen transmission is equivalent to bad emotions such as sadness, anger, sympathetic-adrenal system stress and parasympathetic nerve inhibition, weakened digestive function, anorexia, gas and acid swallowing, that is, soil, spleen transport loss<sup>[8]</sup>. At the same time, the spleen and stomach are weak, qi and blood are passive, liver loss, drainage disorder, and spleen disease into the liver. In different pathological stages of chronic liver disease, the methods of regulating liver are adopted flexibly. Shabuhu, tangerine peel, chuanxiong, sweet, slow, white peony root, angelica, white, soft, white peony root, angelica, xiong, and to strengthen the spleen, because the spleen soil “Yang”, “spleen is Yin, not Yang medicine is not effective” characteristics<sup>[9]</sup>, so in the selection of drugs can be mixed with a small dose of Poria cocos, gold, amomum, white and other spleen to smooth the gas machine, prevention and control of Yin damage and Yang, balance of Yin and Yang.

#### 3.2 Gan weak flat fill

“The theory” cloud: “to make the spleen solid, gas without stagnation full, no sedentary, food without too acid, no food all creatures, should be sweet appropriate light”, put forward the sweet and light products can nourish the spleen Yin, such as yam, lotus seed meat, dangshen, white surgery, etc., yam flat fill three Yin, can fill the spleen Yin. Wu Ju tong cloud: “the stomach Yin mo if gan cold, sour taste sour sweet Yin also”, then with sour sweet products can nourish Yin Shengjin, and straight into the spleen and stomach, ping the Yin of the spleen

and stomach. At the same time, “the liver is bitter and urgent, urgent food to slow”, “the liver disease... with acid” so sour and sweet products in the treatment can also play a slow.

## 4. Conclusion

Chronic liver disease is difficult to treat clinically, especially when the disease develops to the stage of cirrhosis, which is a long process regardless of Chinese and Western medical treatment, and also brings pressure on the patient’s body, spirit, economy, etc. Therefore, we have to dig deeper into the classics of traditional Chinese medicine, which will bring more ideas for us to treat this disease. From the theory of spleen-yin, this article proposes three treatments, hoping to provide clinical ideas for the treatment of related diseases for the benefit of our colleagues.

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