

On the Treatment of Children's Anorexia Based on the Theory of Spleen Yin

Yuan Cheng¹, Hui Zhang^{2,*}, Xiaoxia Guo², Xuan Jin², Aimin Feng²

¹Shaanxi University of Chinese Medicine, Shaanxi, Xianyang 712000, China.

²Department of Pediatrics, Affiliated Hospital of Shaanxi University of Chinese Medicine, Shaanxi, Xianyang 712000, China.

How to cite this paper: Yuan Cheng, Hui Zhang, Xiaoxia Guo, Xuan Jin, Aimin Feng. (2021) On the Treatment of Children's Anorexia Based on the Theory of Spleen Yin. *International Journal of Clinical and Experimental Medicine Research*, 5(3), 356-361.
DOI: 10.26855/ijcemr.2021.07.020

Received: June 9, 2021

Accepted: July 2, 2021

Published: July 8, 2021

***Corresponding author:** Hui Zhang, Department of Pediatrics, Affiliated Hospital of Shaanxi University of Chinese Medicine, Shaanxi, Xianyang 712000, China.

Abstract

Infantile anorexia is a common digestive system disease of pediatrics, the more not for a long time will seriously affect the children's growth and development. In this paper, it is considered that its occurrence is related to the dysfunction of the five viscera, in which the disharmony of spleen and stomach is an important cause of its occurrence, and the deficiency of spleen and yin is the key to its long-term pathogenesis. Therefore, the treatment is generally divided into two steps: first to nourish the spleen and eliminate food, then to nourish the spleen and invigorate qi, nourishing spleen yin throughout the treatment.

Keywords

Infantile Anorexia, Spleen Yin Theory, Spleen and Stomach Discord, Nourishing Spleen Yin

Anorexia is one of the common syndromes in childhood. Children of all ages can develop disease, with more than 1-6 years old, among which the incidence of urban children is higher [1]. Clinical manifestations are prolonged loss of appetite, reduced intake and even symptoms of food rejection, and exclude systemic and digestive tract organic diseases [2]. Generally, the prognosis is good, but if it does not heal for a long time, it can affect the development of children's body and intelligence, also cause children's low immunity, and increase the incidence of recurrent respiratory tract infection and other diseases [3]. Due to the increase in the number of negative reports, increasingly in recent years, food safety and parents improper feeding, the incidence of infantile anorexia shows ascendant trend [4]. Modern medicine believes that infantile anorexia is an appetite disorder disease, the pathogenesis is not clear, it is generally believed to be related to bad eating habits, drug abuse, trace element deficiency [5], "brain intestinal peptide-feeding center" disorder [6], gastric motility disorder [7], low serum leptin level [8] and other factors. As for the treatment, zinc, gut microbial agents and gastrointestinal motility drugs are mainly used, although the effect is fast, but cannot achieve radical cure, and its side effects may cause damage to [2] gastrointestinal system of patients. However, under the guidance of the theoretical system of "whole concept" and "syndrome differentiation and treatment", TCM has unique views on the etiology and pathogenesis of the disease, and in recent years, the curative effect of TCM in the treatment of anorexia in children has been [9] satisfactorily. In clinic, we apply the theory of spleen yin to the treatment of anorexia in children. The symptoms of children have been significantly improved, and the recurrence rate has been significantly reduced.

1. Children's anorexia is closely related to the dysfunction of the five viscera, the main responsibility of the spleen and stomach

1.1 Children's anorexia is closely related to the dysfunction of the five viscera

(1) Liver loss and catharsis can cause anorexia in children. "Su-Quan-Bao life on the whole shape", said: "The

earth wood and reach.” Tang Zonghai “blood syndrome theory” cloud: “the nature of wood mainly in the catharsis, eating qi into the stomach, all rely on the liver wood qi to drain, and the water valley is not, the liver of the clear yang does not rise, but cannot drain the water valley, leakage in the full syndrome, is inevitable.” And children “liver often have more than, spleen often insufficient”, liver main catharsis, love to reach and evil depression, liver qi stagnation, will commit spleen and stomach, such as “synopsis of the Golden Chamber of viscera meridian disease syndrome and treatment of the first”: “husband treatment of disease, see liver disease, know liver spleen, when the spleen...” In addition, children are timid and weak, vulnerable to panic, if they lose care, be frightened or scolded, or want to fail, miss depression, environmental changes, can cause emotional depression, so that the liver out of tune, Qi machine is not smooth, take the spleen to commit stomach, forming anorexia.

(2) Lack of painstaking effort can cause children to be tired of eating. “Spirit Pivot determined Qi” said: “Central Jiao Qi juice, change to red, is called blood.”

The heart dominates the blood vessels, the blood is transported to the heart, and the blood circulation runs in the body. The heart blood can nourish the spleen soil, and the blood circulation is transferred to the fine substances produced by the spleen transport, so as to maintain and promote the normal operation of the spleen. If the painstaking effort is insufficient, the spleen loses glory, may cause the health to lose the division. At the same time, the spleen is thinking, thinking too much, not only affect the spleen transport, but also dark consumption of painstaking efforts, thus forming the syndrome of deficiency of the heart and spleen. At the same time, Zhang Lijuan and other [10] believe that the mind is the master of mind, the mind is hidden, the mind is weak, the choice of diet is poor, no diet, long time leads to hunger and not desire to eat, face Shaohua, thin muscles, weak body.

(3) Lack of lung qi can cause anorexia in children. Lung for Huagai, vulnerable to external evil, if lung disease for a long time, excessive gas consumption, child disease and mother, can cause deficiency of temper, shortness of breath, lazy speech, less food, and so on, therefore, clinical found that many anorexia occurred after repeated respiratory tract infection, manifested as lung and spleen deficiency syndrome [11]. On the other hand, if the lung is lost, the function of the channel is abnormal, the water dampness is cohesive and the spleen is trapped, which makes the spleen transport function abnormal. It can also lead to anorexia.

(4) Deficiency of kidney yang can cause anorexia in children. In the Southern Song Dynasty, the doctors Yan yonghe used and mentioned the theory that “tonifying spleen is not as good as tonifying kidney” in the “prescription of Jisheng”. True yang decline deficiency, fire is not warm, cannot steam spleen soil, flush and loss of cloth, Zhongzhou do not transport, is caused by diet, chest and diaphragm... If the kidney is strong, Dantian fire steam spleen soil, spleen soil mild, medium coke autonomy, diaphragm can open food. “Puji this matter prescription”: “because the kidney qi is weak, the true Yuan decline inferior, is unable to digest the diet, for example, in the tripod kettle, put in the rice valley, under no firepower, although all day long rice is not ripe, how can it turn? It can be seen that the transport of the spleen must depend on the warm steaming of kidney yang before it can be healthy.

(5) Spleen loss of health can cause anorexia in children. “Su-Quan Bi Theory”: “Diet since times, stomach is injured.” Children do not know how to eat milk, if not appropriate care, improper feeding, so that they eat fat, thick and greasy products, beyond the normal ability of the spleen and stomach of children, can lead to spleen and stomach disharmony, anorexia, as the “ancient and modern medical flow of baby theory” said: “the majority of love for children, not out of the mother, the food, let them full, so that the injury.” In addition, children on the “spleen is often insufficient”, the body of the spleen and stomach is not complete, the spleen and stomach qi is not strong, easy to be injured by other diseases, coupled with improper medication, can also cause its transport disorder, and cause aversion to eating.

1.2 Spleen and stomach disharmony is an important cause of anorexia in children

Li Dongyuan, “On the Spleen and Stomach” put forward: “Internal injury of spleen and stomach, 100 diseases by birth.” “Children’s medicine syndrome straight formula in the abdomen has a fetish” way: “spleen and stomach deficiency failure, limbs do not lift, all evil then born. It emphasizes the important position of spleen and stomach in the pathogenesis of disease.” “Lingshu pulse degree” way: “temper in the mouth, spleen and mouth can know five tastes.” “Children’s medicine syndrome straight formula Xu Lei”: “spleen and stomach discord, cannot eat milk, resulting in muscle thin. Also because of serious illness, or after vomiting diarrhea, the spleen and stomach is weak, cannot spread the valley qi also.” It shows that spleen and stomach play an important role in the pathogenesis of anorexia in children. Shen Jinao, a doctor in the Qing Dynasty, said in “the source of miscellaneous diseases, rhinoceros candle spleen disease”: “cover spleen system four viscera, spleen disease, will affect it; four viscera disease, but also need to be nurtured in the spleen. Therefore, the temper is full, the four dirty all rely on the genial education; the temper is absolute, the four dirty cannot live. The relationship between spleen and other four organs

is expounded, spleen health is healthy, spleen failure is weak, so although the occurrence of anorexia in children is closely related to the function of the five viscera, the disharmony of spleen and stomach is the key, so regulating spleen and stomach is its basic rule. As the play of the young family said: "The stomach of the main collection, spleen of the main transport, spleen and stomach strong solid, limbs tranquil, spleen and stomach weak, a hundred sick bees, so regulating the spleen and stomach, the king of medicine is also." He also said, "People take the spleen and stomach as the basis, so that the spleen of children is often inadequate, especially not without conditioning."

2. Analysis of children's anorexia based on the theory of spleen yin

2.1 Essence and Function of Spleen Yin

"The Spirit Pivot of God" said: "spleen Zang Ying." "Four words to lift," said: "The camp Yin blood." It can be seen that Ying Yin is spleen Yin. "Lingshu Camp Health Club" said: "Camp out of the Central Jiao." It shows that the spleen yin system is derived from the essence of the middle coke water valley. And "Lingshu evil guest article" further elaborated the spleen Yin function: "Camp Qi... At the end of the camp, the internal injection of the viscera." A man who nourishes his body fluid is injected into his veins and converted into blood. It shows that spleen yin can nourish body and metaplasia blood.

At the same time, the spleen in the middle of the coke, the main transport, water and valley, for the source of qi and blood biochemistry, its function is mainly through the spleen Yang transport and reflected, and "Su-Quan Bao life full-form theory" said: "life tangible, not away from yin and yang." This basic principle, spleen is no exception. Spleen yin is the internal basis of its functional activity and assists spleen yang to complete the function of spleen transportation.

That is, spleen yin moistening, can Jin blood filling, viscera body nourishing; if spleen yin deficiency, lost in moisturizing, you can see less food, or abdominal distension after eating; lack of source, subtle not cloth, then burn-out fatigue, body gradually thin.

2.2 Spleen yin deficiency is the key to the pathogenesis of long-term non-healing of infantile anorexia

Before the age of sixteen, the blood is full, such as the sun rising, such as the moon will be round. But Yin length is not enough, stomach is crisp and narrow, the way to raise must not be unscrupulous. "Here is the point that children under the action of Yang Qi, rapid growth and development, the need for water valley is particularly urgent, relatively appear to be insufficient Yin fluid [12], coupled with the stomach and other organs have not yet developed perfect, so health care should pay attention to protect the body Yin Qi. That is to say, the small son Yang more and Yin less, Yang is relatively prosperous in Yin. And this is an important aspect of the physiological characteristics [13] children." The article of febrile disease is difficult to solve the child said: "Yin Qi long and Yang is also full", suggesting that Yang does not have its own Yin deficiency, Yin deficiency also shows Yang Qi loss, so every more Yin deficiency in children, Yang damage as the standard, children spleen often less than Yin, less than Yang. Children's anorexia is a prominent manifestation of children's physiological spleen deficiency in pathology, and spleen yin deficiency is especially common in children anorexia [14].

However, in clinical treatment, the method of tonifying qi and invigorating spleen is often used. In addition, with the improvement of people's living standards, parents out of doting and ignorance, one-sided pursuit of high protein, high calorie, high nutrition. However, if the cooperation is not proper, it is not only difficult to be absorbed, but also easy to heat dryness, burn spleen yin, lead to spleen loss and biochemical deficiency [14]. In addition, children do not know their own diet, diet stagnation spleen and stomach for a long time, the spleen and stomach transport loss, resulting in insufficient formation of Yin fluid; at the same time, the accumulation of heat, will also consume Yin fluid, in the long run, forming a vicious circle, lingering difficult to heal. Therefore, spleen yin deficiency is the key to children's long-term anorexia.

2.3 Main points of clinical differentiation of spleen yin deficiency

According to the different clinical manifestations of the disease, the deficiency of spleen yin is divided into three stages: weak transportation, loss of nourishment and internal heat [15] of yin deficiency. Spleen soil Yin injury, spleen and stomach transport disorders, food in the body and not change, can appear less food, or abdominal distension after eating, and spleen rising and lowering turbid rely on the assistance of spleen Yin, spleen Yin damage, abnormal function, resulting in Qingqi depression, diarrhea, loose stools; due to the dysfunction of medium coke transport function, water valley fine production is limited, cannot be timely delivery of the whole body, resulting in the body lost in Confucianism, can appear yellow complexion, fatigue, body wasting, dry skin, etc.; Yin fluid defi-

ciency, then relatively hyperactive, manifested as Yin deficiency of internal heat, such as full, hot hands and feet, dry mouth do not want to drink, tongue light red, pulse moistening, and so on.

The symptoms of yin and yang in some anorexia children are not obvious, we can identify them through some corroboration [14]: first, the history, like hot and dry, more missing, dull, and slow onset, long course of disease; second, the treatment, anorexia deficiency is clear, the use of spleen-tonic, nourishing stomach-yin and other rule of law treatment, or primary effect and then aggravated [17]; third, signs, finger thread slightly protruding shape, palms, zygomatic bone, internal labor palace skin temperature is high, other parts of the skin temperature is normal [18], finger edge tip keratinization.

To sum up, in view of children's long-term anorexia, we should nourish spleen and yin throughout, spleen and stomach transport function recovery, the body can be nurtured, the image of deficiency and heat will be alleviated.

3. Application of nourishing spleen yin in the treatment of infantile anorexia

3.1 Differentiation between spleen yin deficiency and stomach yin deficiency in children with anorexia

Spleen and stomach cohabitation in the coke, for the internal and external related viscera, functional complement each other, clinical syndromes have both clip, but its symptoms and treatment are different.

Spleen yin deficiency is a long illness, long course of disease, because of spleen transport, Shengqing dysfunction, symptoms can be seen to eat less, or after eating abdominal distension, fatigue, body wasting, full, hot hands and feet, dry mouth do not want to drink; and stomach yin deficiency is a new disease, short course of disease, due to exogenous febrile disease or vomiting injury caused by stomach absorption, and health dysfunction, symptoms can be seen hunger, thirst, noisy, or retching hiccup, stomach burning and so on.

On the treatment, Yue Meizhong mentioned: "although the spleen and stomach are each other, spleen yin deficiency, stomach yin deficiency drugs have similarities, but eventually different. Stomach main Na Valley, down for the smooth, so vomit belching. Spleen main transport, spleen deficiency so abdominal distension, sagittal qi, stool abnormal. Yam, Dendrobium partial nourishing spleen yin, Ophiopogon japonicus partial nourishing stomach yin. There are so many such differences that they should not be confused." Because "stomach is yang soil, should cool should run", so with Gan Han nourish its yin, clear qi heat, representative prescription has Yiwei decoction, Shashen wheat winter soup, five juice drink; and spleen like dryness and dampness, Yin deficiency heat is lighter than stomach, if Gan Han treatment is more greasy, there is obstruction of transport, resulting in children anorexia aggravated, so medicine should be Gan light flat, Gan can tonify deficiency, light not stagnation dampness, representing prescription such as Zhonghe Liyin decoction, Shenrou Yang Zhen decoction, Liu Shen San, Yi spleen decoction and so on.

3.2 Differentiation between spleen yin deficiency and spleen qi deficiency in children with anorexia

Temper Yang spleen Yin and born, spleen Yin and temper and exist. Spleen yin deficiency and spleen qi deficiency both show the function of transportation, clear, and see less food, or abdominal distension after eating, fatigue, body wasting, as well as lip color or light or yellow. If accompanied by dry skin, pale white or yellowish complexion, full of annoyance, hot hands and feet, dry mouth do not want to drink, stool dry knot or upset and other yin deficiency, is spleen yin deficiency; if accompanied by Qi less lazy words, self-sweating, white face, or fat swelling, weak mouth, loose stool and other qi deficiency, is spleen qi deficiency. But if the deficiency is clear, and the treatment of tonifying qi and invigorating spleen or warming yang deficiency, or even the disease is aggravated, most of them belong to spleen yin deficiency.

"Spleen desire sweet", Yin deficiency, Qi deficiency are no exception. But the nature of the two is different, the prescription has different corresponding.

If the spleen yin is insufficient, the treatment should be Ganping, tonifying but not dryness, nourishing yin and not loving dampness, medication is not only nourishing yin, but also replenishing qi; on the other hand, spleen is yin and dirty, get yang before transportation, yin deficiency and cause yang deficiency. Pu Fu Zhou Yin deficiency kettle bottom no fire, each plus a little [19]. Spleen yin deficiency and yang, can imitate this meaning a little cinnamon or ginger, Ji its warm and intelligent nature, resulting in Yang Shengyin long. At the same time, if both Qi deficiency subsidence syndrome, can be accompanied by lifting, such as Shengma, Bupleurum and so on.

And the treatment of spleen qi deficiency, should take Gan Wen as the method, medicine such as Astragalus, ginseng, Codonopsis, Atractylodes macrocephala, such as Buzhong Yiqi decoction, Sijunzi decoction, Shengyang Yiwei decoction and so on. Clinically, spleen qi deficiency often combined with yang qi weakness, mid-qi depression, dampness evil block, treatment needs to be compatible with the syndrome. For example, warm spleen and

stomach with dry ginger, aconite, Yizhiren, Yangqi with Bupleurum, Shengma, Pueraria, spleen dryness with *Atractylodes*, French *Pinellia ternata*, *Magnolia officinalis*.

3.3 Nourishing spleen yin throughout the treatment

Generally speaking, Yin has no sudden tonifying method, spleen cannot be too successful, treatment should be square and guarded. Children are tired of eating spleen yin deficiency, one more food stagnation and tongue fur greasy, two more disease damage and qi, in Yin deficiency at the same time, and see Yang Qi deficiency. Therefore, the clinical practice is generally divided into two steps: first to nourish the spleen and eliminate food, then to nourish the spleen and invigorate qi, which lies in the treatment of symptoms, and tonifying qi is an important means of spleen transportation, while nourishing spleen yin runs through all the time. Spleen yin is sufficient, food stagnation is gone. Then only need a little Shen Yiqi, then spleen transport self-health. Do not blindly replenish Yang Qi, leading to excessive Qi, insufficient strength, oil dry lamp, the more burning, not fast. In addition, the initial dosage needs to be heavy, and the decoction needs to be fried for a long time, the maintenance amount is slightly reduced, and after the effect is remarkable, it can be changed into pills, powder, paste, cake or syrup.

4. Typical medical records

Children, Female, 4 years old, First visit on September 5, 2020. Chief complaint: anorexia 1 year, March. Since kindergarten a year ago, repeated respiratory infections, then there was a decrease in food intake, thin body, the height is short. Plain food snacks. The oral administration of Shanbu Jianpi granule, Jianwei Xiaoshi oral liquid, calcium and zinc gluconate oral liquid, Chicken's gizzard-membrane powder and traditional Chinese medicine. At first, its aftereffect is not good. Nearly March, The worse the appetite, the body is thinner. See: loss of appetite, Dry stool, 3-5 days, Dry skin, Hot palms, Irritable, Red tongue, Thin, white, greasy, Pulse string count. Western medicine diagnosis: anorexia; TCM diagnosis: infantile anorexia (deficiency of spleen yin); Principle of treatment: nourishing spleen yin, Strengthen the stomach and eliminate food. Prescription: Radix *Pseudostellariae* 10 g, *Atractylodes* 9g, *Poria cocos* 9 g, Hawthorn 10 g, white lentils 10 g, Malt 9 g, Semen raphani 9 g, yam 10 g, *Dendrobium* 9 g, Radix *Paeoniae Alba* 9 g, lotus seeds 9 g, *Platycodon grandiflorum* 9 g, Hemp kernels 6 g, licorice 5 g. Chinese medicine granules 7, Twice a day, One grid at a time. Dietary guidance from colleagues, Order snacks.

September 12, 2020: the appetite of children after taking medicine is better than before, 2-3 days to pull a shit, slightly dry, tongue light red, thin white fur, pulse acculturation, the first prescription to Semen raphani, Hemp kernels, plus Semen *Trichosanthis* 6 g, Chinese medicine granule 7 doses, 2 times a day, 1 grid.

September 20, 2020, three consultations: children eat more, spirit can be, 1-2 days to pull a shit, the second prescription to Radix *Pseudostellariae*, *Dendrobium*, Hawthorn, plus *Codonopsis* 10 g, *Astragalus* 10 g, traditional Chinese medicine granules 7, twice a day, 1 grid.

September 27, 2020, Weight gain 2.5 kg, Heartless, the third prescription to white lentils, malt, lotus seeds, Radix *Paeoniae Alba*, Semen *Trichosanthis*, *Platycodon grandiflorum*, Add peach kernel 6 g, Date 6 g, Chinese medicine granules 14, Twice a day, One grid at a time. Stop the drug two weeks later. For three months, No recurrence.

According to the language: children with anorexia longer course of disease, for the spleen and stomach Yin injury syndrome, the first diagnosis of poor food intake, and tongue coating white greasy, stool dry knot, stagnation inside stop, give Yiwei decoction plus or minus, nourishing spleen yin, appetizer, add Hemp kernels to moisten intestines and defecate, slow down accumulation stagnation; second diagnosis of children's appetite better than before, thin white tongue coating, accumulation of stagnation to half, food medicine slightly reduced, and give Semen *Trichosanthis* to moisten intestines, continue to consolidate treatment; third diagnosis of stagnation, food intake significantly increased, the sign of Yin deficiency better earlier to nourish spleen and qi, so to remove Radix *Pseudostellariae*, *Dendrobium*, Hawthorn, add *Codonopsis*, *Astragalus* to increase the effect of invigorating spleen. Four diagnosis for the later stage of nursing, the main Sijunzi decoction to protect the spleen and stomach, and yam tonifying qi and yin, peach kernel, date tonifying blood plus blood circulation, qi and blood, tonifying but not stagnation, strengthening the foundation.

References

- [1] Wang Shouchuan, Yu Jianer. (2012). Pediatrics [M]. In TCM Beijing: China Traditional Chinese Medicine Press, 2012: 134.
- [2] Yang Weihai, Xu Wenwen, Wang Yue, Kang Yong, Ni Yan. (2017). An overview of the study on the treatment of anorexia in children with traditional Chinese and western medicine [J]. *Journal of Clinical Medicine*, 2017, 29(11): 1979-1982.
- [3] Chen Yanling. (2014). Relationship between anorexia and recurrent respiratory tract infection in children [J]. *Chinese Medicine*

- Guide, 2014(14): 205-206.
- [4] Tang Lizhu, Li Changhui. (2016). Advances in the treatment of anorexia in children with [J]. Chinese Medicine Asia Pacific Traditional Medicine, 2016, 12(22): 40-42.
 - [5] Liu Jie. (2003). Relationship between zinc deficiency and anorexia in children [J]. Journal of Henan University: Medical Science Edition, 2003, 22(2): 60.
 - [6] Cao Jianxiong. A study on the clinical effect and anti-antigen effect of Weiwei Granule on infantile anorexia [D]. With appetizer Changsha: Hunan University of traditional Chinese Medicine.
 - [7] Zhang Yin, Xu Chundi, Jiang Ying, et al. Changes of gastric motility in children with anorexia and its treatment [J].
 - [8] Huang Hui, Li Guixia, Zhang Lixia, et al. (2009). Determination of serum leptin and insulin in anorexia [J]. Children Hebei Medicine, 2009, 31(14): 1735-1736.
 - [9] Wei Yi. (2019). Advances in clinical application of traditional Chinese medicine in treating infantile anorexia [J]. World's Latest Medical Information Digest, 2019, 19(48): 34-36.
 - [10] Zhang Lijuan, Yan Zhaojun. On the experience of treating infantile anorexia by Yan Zhaojun's Zhi Yi syndrome differentiation. Hunan Journal of traditional Chinese Medicine, 30(12): 43-44.
 - [11] Liu Keli, Xie Jing, Zhang Lixia, et al. (2007). Clinical Observation on Treatment of 108 Infantile Anxiety with Guanyin Powder [J]. Chinese Medicine Bulletin, 2007, 13(8): 37-39.
 - [12] Qin Yufang. (2013). Discussion on "Pure Yang" and "Childish Yin and Childish Yang" and their guiding role in pediatric clinical [J]. Health (Academic Edition), 2013, 7(15): 180-181.
 - [13] Zhu Danxi. (1985). Ge to Yu's Theory of [M]. Nanjing: Jiangsu Science and Technology Press, 1985. P. 11.
 - [14] Tang Yixin, Wei Muxin, Xiong Weimei, Li Qunlin. (2002). Deficiency of Spleen and Yin in Contemporary Children Journal of Chengdu University of Traditional Chinese Medicine, 2002, (01): 4-5.
 - [15] Xiu Chan, Bai Xiaohong. (2014). Clinical Application of Spleen Yin Theory in Children's Disease [A]. Chinese Society of traditional Chinese Medicine Pediatrics Branch. Compilation of Papers of the Thirty-first Academic Conference of the Chinese Academy of Traditional Chinese Medicine Pediatrics Branch [C]. Chinese Society of traditional Chinese Medicine Pediatrics Branch: Chinese Society of traditional Chinese Medicine, 2014: 2.
 - [16] Soup is new. [J]. Shanghai Journal of Traditional Chinese Medicine, 1985, (11): 22.
 - [17] Soup is new. (1985). Discusses the difference between spleen yin deficiency and stomach yin deficiency syndrome [J]. Journal of Beijing Institute of Traditional Chinese Medicine, 1985, 8(5): 10.
 - [18] Bei Shuying. (1987). Diagnostic value of skin temperature measurement in spleen-yin deficiency syndrome [J]. Journal of Traditional Chinese Medicine, 1987, 28(4): 54.
 - [19] Institute of traditional Chinese Medicine: Pu Fu Zhou medical experience, Beijing: people's Health Publishing House, 1976: 85. Journal of the Chinese and Foreign Medical, 2010, 18: 20-21.