

A Brief Discussion on Professor Du Yumao's Experience in Treating Exogenous Fever with Physique Theory

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Abstract

Exogenous fever is a kind of syndrome with fever and other symptoms or signs. As a common clinical disease, infectious diseases and infectious diseases in Western medicine are included in it, such as COVID-19. According to traditional Chinese medicine, exogenous fever is a process of fierce conflict between the healthy qi of human body and the warm and hot pathogenic factors. Through syndrome differentiation and treatment, the healthy qi of human body will gradually overcome the pathogenic factors and cure the fever. However, it is often seen that the same disease has different prognosis in clinical practice, which is caused by the difference of constitution. Professor Du Yumao believes that the occurrence and development of diseases, therapeutic drugs and prognosis are related to the physical characteristics of people. Professor Du attaches great importance to the study of constitution in the treatment of exogenous fever. This paper mainly describes the clinical experience of Professor Du Yumao, a famous expert of Chinese medicine, in treating exogenous fever based on the theory of constitution.

Keywords

Professor Du, Exogenous fever, physical

Exogenous fever is a kind of disease syndrome in which the main symptom is "fever" and other symptoms or symptoms occur during the course of the disease due to feelings of exogenous evil [1]. Clinically, it mainly includes several kinds of diseases such as stroke, typhoid fever, febrile disease, dampness-temperature and fever, among which infectious diseases and infectious diseases in Western medicine are classified. Traditional Chinese medicine has its unique advantages for such diseases. For critically ill patients, it greatly reduces their mortality; It is of reference significance to the treatment of syndrome differentiation in convalescence period [2]. There are still some patients with poor prognosis, there is also a certain mortality rate, Chinese medicine believes that this is related to the difference of constitution, Professor Du in the treatment of exogenous fever attaches more importance to the study of constitution. This article mainly expounds Professor Du's experience in treating exogenous fever based on the theory of constitution from three aspects: onset and transmission of exogenous fever, treatment and medication, prognosis and conditioning.

1. The onset and transmission of physical and exogenous fever

In healthy young adults, diseases cannot occur because the healthy qi in their bodies is more abundant and evil spirits cannot invade. It is mentioned in Synopsis of the Golden Chamber of the Synopsis of Zangfu, Meridian and

Collateral Diseases, that “if the five zangfu yuan are really unobtrusional, people will be peaceful and peaceful”. The sufficient vital energy and healthy qi circulation in human body can ensure the full play of the functions of zangfu, meridian and collaterals of human body, and prevent the invasion of evil spirits, so as to maintain a good physical state and prevent the occurrence of diseases [3]. The principle of syndrome differentiation and treatment of exogenous fever is based on the dialectical theory of the six classics in *Treatise on Febrile Diseases*. Professor Du believes that the difference of the strength of vital energy and other related factors affect the onset of fever, so the onset of fever may not always start from the meridian of the sun, but also from other meridians [4], When the evil spirit is strong, it can enter directly, and the phenomenon of “straight center” appears, such as hot evil directly invading Shaoyang and Yangming, and cold evil directly entering the three Yin; People with the same feeling of external evil have a stronger constitution, and the healthy qi can resist evil from the muscle surface, which is manifested as solid, and the weak constitution is incapable of evil, which is manifested as deficiency [5]. Another example is Article 7 of “*Treatises on Febrile Diseases*”: “People with fever and aversion to cold, or those whose disease occurs in Yang; No heat and cold aversion, hair in the Yin also”, that is, the onset of Yang constitution more in the three Yang meridian, Yin constitution more in the three Yin meridian [6].

Exogenous fever can be transmitted from the six channels. Professor Du believes that it does not have to be transmitted from the sun to the jue Yin, nor does all the six channels syndrome appear, but the transmission mode is also different due to the different physique. Article 4 of “*Treatise on Febrile Diseases*”: “The first day of typhoid fever, the sun received it, if the pulse is quiet, it is not transmitted. If you feel anxious to vomit, and if you are manic and bothered, the pulse number is urgent, it is to pass it on.” Article 5: “Typhoid fever on the 23rd or 23rd, if you do not see Yangming or Shaoyang syndrome, it is not to pass it on.” This explains that the transmission and non-transmission of the disease should not stick to the time of the disease, but is related to the strength of the constitution and the severity of the evil, and should be based on the pulse syndrome [7]. A prajnyang Sheng constitution into the fu-organs of Yangming, Yin Sheng constitution easily into the dirty three Yin, such as “on typhoid” article 270: “three days of typhoid, three Yang to do, three Yin when evil, its people can eat and not vomit, this is three Yin not evil” [7].

From the perspective of disease and constitution, the internal cause is the constitution, the external cause is the disease, the external cause plays a different role with the change of the internal cause, that is, the disease causes change with the different constitution, this is Conghua. Generally, people’s constitution is divided into Yang Sheng quality, Yin Sheng quality, Qi deficiency quality, phlegm dampness quality, blood deficiency quality, damp heat quality and so on. Professor Du said: people’s constitution is different, the result of the evil spirit is different, the outcome of the disease is different. Such as Yang Sheng quality feeling exogenous evil, the disease from heat, easy to display for warm disease; Yin Sheng quality feeling external evil, the disease from cold, easy to show cold disease, that is, the so-called “Yang Sheng is hot, Yin Sheng is cold” [8]; Qi deficiency quality, phlegm damp quality by evil disease, easy to cold wet; Blood deficiency by evil, easy to heat dryness [9]. In addition, individuals with the same constitution, if feeling different diseases, can also appear the same outcome. For example, hot and humid individuals, no matter feeling the evil of wind cold or wind heat, can be converted into heat, wind heat outside, damp heat inside the syndrome [10].

2. Treatment and medication of physical and exogenous fever

Usually most traditional Chinese medicine people according to the overall concept, to the disease of the main disease and concurrent disease, to the seven feelings of internal injury, food fatigue, exogenous six sex and other causes supplemented, to determine the syndrome type, treatment and medication. However, we should also consider the patient's constitution, age, location of residence and climate to dialectical treatment of cold, dry and wet, Du Lao Lin syndrome medication good differentiation body treatment.

2.1 Guide drug use according to the type of constitution

Professor Du advocated the idea of “humanism” in clinical medication, and paid special attention to the selection of medication prescription according to the difference of patients' physiques. Professor Du once complained of the influenza pandemic in one year, he, his family and neighbors were suffering from influenza at the same time, with the syndrome of wind-heat and wind-cold, and his family members took Yinforstia powder and Baihu decoction for two times of illness and fell ill. Oneself to 1 dose of cassia branch soup namely disease in addition; Neighbors husband and children are all wind-heat syndrome, but his wife for wind-cold syndrome, take her husband’s medicine to aggravate cold, and vomit more than, after changing to take Xinwen Jiebiao medicine after the disease gradually recovered. Therefore, it can be seen that the same etiology, the same time and place of disease, but due to

the differences in people's endowments and constitution, not all the syndologies are the same. People who are full of Yang are prone to wind and heat syndrome when they are full of Yang, while those who are full of Yin are prone to wind and cold syndrome when they are full of Yin. That is to say, "Yin and Yang of diseases vary from person to person" [11]. Clinically, patients with Yinsheng constitution should be treated with mild cold medicines such as cohosh, honeysuckle, cortex, rhizome, rhizome, etc., when suffering from heat syndrome. If the dose of great bitter and great cold is easy to damage Yang Qi; Patients with Yangsheng constitution should be given mild warm medicine when suffering from cold syndrome. If the agent of high heat is used, it will hurt the Yin camp [10]. In addition, Damp heat constitution often with *Atractylodes Rhizoma*, Patchouli, etc. [12]; Phlegmy wet body often give tangerine peel, bupleurum, mint and other products with the function of regulating qi; Blood stasis quality is often put into safflower, angelica sinensis, chuanxiong and other blood-activating products [13].

In his *Treatise on Febrile Diseases*, Zhang Zhongjing clearly elaborated the drug use and contraindications of Linjia, Shuangjia, Hanjia and epistorias. Article 84 of *Treatise on Febrile Diseases* mentioned that "Linjia shall not sweat, and sweat will cause bleeding in stool". Professor Du also believes that long suffering from gonorrhea, if the exogenous cold, not Xin Wen sweating, and should be used to clear heat, Yin and water and solution table. If the patient has the syndrome of deficiency of Yin and jin, the deficiency of following the law of sweating is even worse, which leads to deficiency of Yin and heat and damages the blood collaterals, then bleeding in stool is inevitable [14]. "Treatise on febrile diseases" article 86: epistaxis cannot sweat, sweat will be on the forehead depression pulse tight, direct vision can not vertigo, cannot sleep [14]. People with epistaxis are mostly Yin deficiency of blood. If they suffer from exogenous fever, they should not sweat precipitatively. Blood and sweat are homologous, and both belong to Yin. If sweating makes Yin deficiency and blood deficiency even worse, it cannot help nourishing muscles and veins, and the head and face lose nourishment, and the forehead sag and pulse are tight. Yin blood loss cannot raise eyes, then the eye rotation is not clever; Blood deficiency cannot nourish the heart, mind restless, cannot sleep [15]. "Treatise on Febrile Diseases" Article 85: Although sore home, the body aches, cannot sweat, sweat spasm [14]. Zhang Tongyan et al. [16] believe that according to the historical background and medical conditions of Zhang Zhongjing, it can be inferred that the "family of sores" referred to the chronic disease patients with moxibustion sores. Du thinks "boil" is refers to the time of patients with ulcers, ulcers, purulent blood formation and loss too much, lead to injury of qi and blood, loss on or after feeling cold and moisten the body pain, if feels cold, although have table card, but do not sweat, sweat can hurt Yin (blood), make the channels through channels detained by moisten the nasty, limb JuLuan twitches convulsion. Loss of essence, wet home, also because of injury, exhaustion of Yin and so on, easy to heat Yin, so the prohibition of sweat method, in order to prevent serious injury to Yin [17]. Zhang Zhongjing "Treatise on Febrile Diseases" Article 88: Khan home, heavy sweating, will be absent-minded heart disorder, urine has Yin pain, and Yu Yu grain pills [14]. Here "heavy" means fierce, excessive or heavy agent, precipitant agent, hanjia refers to people who are usually sweaty. Professor Du said that most of the people with perspiration are Yang deficiency constitution, easy to Wei outside is not solid, Yin fluid is easy to leak, if the reuse of the agent of sweating precipitousness, both Yin and Yang damage, resulting in Yin and Yang deficiency; Sweat steep, Xinyin, Xinqi big injury, the heart is not the Lord, so trance heart chaos; Yin fluid leakage is lost in care, so in the astringent stagnation of Yin, urinary tract pain after urination, therefore, Khan can sweat, but cannot use ephedra soup or big Qinglong soup and other drastic agent [18]. In clinical application, Professor Du used the mild retarder of sweating to relieve the surface of the people who were sweaty at ordinary times and felt the evil of wind and cold again.

2.2 Guided medication according to the strength and weakness of physique

Weak people are vulnerable to injuries caused by the seven emotions and six immoralities, resulting in loss of Qi, blood and body fluid, and they are not easy to recover quickly. Strong stomach qi and healthy enough, not easy to get sick, even by evil invasion, the disease is light, healthy qi can overcome evil, easy to recover. In *Treatise on Febrile Diseases*, "the pulse is float and late, the surface is hot and the inside is cold, the grain is clear, and the sini soup is the main one". Twenty-two pieces of cooked licorice, one and a half dried ginger, and one piece of aconite. Usage is stressed: strong people can use one piece of large aconite and 32 pieces of dried ginger [14]; Similarly, Tongmai Sini Decoction and Sanwu Bai San also need to distinguish between strong people and weak people to consider medication [19], In addition, in the clinical treatment of exogenous diseases, strong people often use ephedra, cassia twigg and other drugs with strong strength to dissolve the surface and the muscles. Generally, the weak people are treated with both strengthening the right and removing the evil. To remove the evil, they choose the products that are warm and disperse but not severe in sweating, such as Schizonephedra and paraffin, so as to achieve the effect of removing the evil without damaging the right and strengthening the right without collecting

the evil [20]. Later, he sought medical advice from Du Lao, and Du Lao gave Shen, Gui, Jiang, Fu, etc., and the patient gradually recovered. Professor Du particularly stressed that the use of severe drugs such as tonic, diarrhea, severe cold, severe fever and severe poison should be carefully taken in clinical practice, and the choice of medication, dosage and dosage should be based on the patient's condition, especially the patient's physical tolerance [21].

Professor Du believes that people have a strong body, a weak body, a cold negative constitution, a hot positive constitution, so for the same disease, different people can show different syndromes, clinical treatment does not need to stick to one side [22], should be different according to people's constitution.

3. Prognosis and conditioning of physique and exogenous fever

Take cold as an example, strong people may not get sick after catching cold, even if the onset of symptoms is the least, cannot cure and recover, it will not change; People with weak colds have more severe symptoms, which usually cannot be healed by themselves or even become symptomatic.

When people with physique inclined to Yang and those with physique inclined to Yin are in the same cold syndrome, the former is more likely to show fever, that is, the conflict between evil and normal is more intense, the healthy qi is strong, the disease resistance ability is strong, and the general prognosis is better. The latter is characterized by cold aversion, weak effect on pathogenic factors, weak healthy qi, weak disease resistance and poor prognosis. Dog meat, mutton and longan are hot and spicy food, which should be eaten with caution for those with a slightly sunny constitution, especially for those who are recovering from illness. And turtles, ripe rehmannia glutinosa and other drugs, black plum, schizandrae is astringent and astringent products, physical Yin should be less food, the disease after the beginning of the more unsuitable to eat [23]. Yang Sheng or Yin deficiency constitution of the individual, easy to change dryness or heat, dry or heat syndrome. Taking method of ephedra soup in Zhang Zhongjing's Treatise on Febrile Diseases: "Take again a little like sweat, do not need to sip porridge, and rest like cassia twig" [24]. Professor Du believed that this was Zhong Jing's idea of removing evil spirits and protecting vital qi to preserve his physique while treating exogenous fever.

Therefore, the treatment of exogenous fever should pay close attention to the living habits and dietary preferences of the patients in normal days, so as to correctly identify the patients' normal constitution, so as to achieve the correct clinical body identification and treatment.

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