Treatment of Renal Edema Based on TCM Syndrome Differentiation

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Abstract

Edema is one of the most common clinical symptoms of renal diseases, and its pathogenesis is more complex, although modern medicine in the course of treatment has achieved a certain effect, but a large number of hormones and immunosuppressants, making the condition easy to repeat, while the side effects are relatively large. TCM classifies renal edema as "water-qi disease". This paper discusses the etiology, pathogenesis and treatment principle of renal edema from the perspective of TCM syndrome differentiation and treatment. The treatment method, Yang water should be sweating, water or attack, mainly to dispel evil, and at the same time with the method of clearing heat and detoxifying, strengthening spleen and regulating qi; Yin water should warm the kidney and strengthen the spleen, mainly to support the right, and at the same time with water, nourishing Yin, promoting blood circulation, removing blood stasis and other methods, The combination of traditional Chinese medicine and Western medicine has a remarkable effect on renal edema, in addition, it also enriches the treatment idea of renal edema.

Keywords

Renal edema, differentiation treatment

Excessive fluid retention in the tissue space is called edema, edema can be caused by a variety of reasons, different edema has different characteristics [1]. Edema caused by kidney disease is called renal edema, which is characterized by edema that first occurs in the parts of the tissue that are relatively relaxed, such as the eyelids or face, and gradually develops into the lower limbs, feet and ankles, etc., and in serious cases involves the whole body, and even causes symptoms such as pleural fluid and ascites [1]. Renal edema is the most common cause of edema clinically and one of the common symptoms of kidney disease. Reduced glomerular filtration or increased renal tubule reabsorption caused by any reason reduces the discharge of water and sodium, resulting in varying degrees of edema in the loose part of the tissue [2]. Traditional Chinese medicine considers that renal edema belongs to the category of "water qi disease", and ancestral medicine has a complete understanding of it. At present, Western medicine mainly uses diuretics, hormones and immunosuppression to treat renal edema, which has large adverse reactions and is prone to repeated attacks. However, traditional Chinese medicine guides disease treatment through sound theoretical knowledge, and treats according to syndrome differentiation of different individuals, thereby improving clinical efficacy and reducing the occurrence of adverse reactions [3].

1. Etiology and pathogenesis:

The symptoms of renal edema are described in detail in "Ling Shu · Water Swelling": "The water starts up, the eyes are slightly swollen, like a new lying up, its neck pulsates, cough, cold between Yin and thigh, swollen feet..."
and tibia, and the abdomen is large. Put your hands on his belly and rise up with your hands, like wrapping water around him.” It can be seen that in the era of "Neijing", there was a clear understanding of edema disease. "Synopsis of Golden Chamber · Syndrome and Treatment of water Qi disease pulse": "Feng shui, its pulse floating, external syndrome of bone pain, bad wind. Skin water, its pulse is also floating, external syndrome tarsus swollen, according to the no finger, not evil wind, its belly such as drums, not thirsty, when the sweat. Positive water, its pulse sinking late, external syndrome from asthma. Stone water, its pulse self-sinking, external evidence belly full without panting." Zhang Zhongjing's water-air disease is divided into four types: Feng shui, skin water, positive water and stone water, basically based on Feng shui, skin water is an outward syndrome, positive water and stone water is an inner syndrome. In addition, the differentiation of "five viscera water" is described. The theory of three principles of pathogenesis (lung, spleen and kidney are the three principles of water disease) held by Li Zhongzi in an inner syndrome. In addition, the differentiation of “five viscera water” is described. The theory of three principles of pathogenesis (lung, spleen and kidney are the three principles of water disease) held by Li Zhongzi in Ming Dynasty, Zhang Jiabin in Ming Dynasty and Yu Chang in Qing Dynasty's Law of Medicine is similar. Edema is a manifestation of systemic gasifying dysfunction, lung loss, spleen loss of transport, kidney failure to open and close, three jiao gasifying disorder, resulting in water dampness evil flooding and edema, as "Jingyue Book · Swelling" said, "All edema and other symptoms, is the lung, spleen, kidney three jiao related disease." Covering water is to Yin, so this is in the kidney. Water becomes gas, so it is marked in the lungs. Water is afraid of earth, so it is made in the spleen...". "Plain question · Water heat point" pointed out that "brave and very hard kidney sweat, kidney heat out in the wind, not into the viscera, not more outside the skin, guests in the Xuanfu, line in the skin, passed as swollen". It can be seen that edema is closely related to the viscera of the lung, spleen, kidney and three jiao, and its origin is in the kidney, its end is in the lung, and its system is in the spleen.

2. Clinical classification study:

Edema can be divided into three degrees according to the degree of edema: mild, moderate and severe, mild edema is more common in the eyelids, face, anterior tibia, ankles, etc. After acupressure, there can be mild depression of the tissue, and the recovery is faster, and sometimes early edema only shows rapid weight gain, without edema characteristics [2]. Moderate edema: All loose tissues in the body can have edema, and obvious or deep tissue depression can appear after acupressure, and the recovery is relatively slow. Severe edema: serious edema of the whole body tissues, skin tension and shine in the low-hanging parts of the body, and even liquid seepage, some may be accompanied by pleural effusion, abdominal effusion, hydrocele and so on. The etiology and common diseases of renal edema, edema is one of the four characteristics of nephrotic syndrome, nephrotic syndrome in addition to general edema, there are a lot of proteinuria, hypoproteinemia and hyperlipidemia. What causes nephrotic syndrome, Renal edema can be caused both by primary (minimal degenerative nephropathy, mesangial proliferative glomerulonephritis, mesangial capillary glomerulonephritis, membranous nephropathy, focal segmental glomerulosclerosis) and secondary (anaphylein purpura, systemic lupus erythematosus, hepatitis B virus-associated nephritis, diabetic nephropathy, renal amyloidosis, and myelomatous nephropathy). Edema mostly starts from the eyelids and face, mainly in patients with acute glomerulonephritis, clinical manifestations of urine changes (hematuria, proteinuria, red cell tube type, oliguria, etc.), hypertension and edema, edema can be subsided after the acute phase [4].

3. Chinese Medicine classification Research:

Edema differentiation should first distinguish Yang water, Yin water, Yang water from the feeling of wind evil, sore poison, the onset is more urgent, every few days, edema from the face, from top to bottom, followed by the whole body, swollen skin tense bright, according to the depression, body heat and thirst, urine short red, constipation, pulse slippery and powerful. Yin water is mostly due to diet fatigue, loss of viscera in successive days, or Yang water failure, mistreatment and transformation caused by slow onset, edema from the foot and ankle, bottom to top, followed by the whole body, swollen skin slack, according to the depression is not easy to recover, even according to the mud, cold or not hot, not thirsty, urine or short but not red, thin loose stool, pulse heavy and weak. Differentiation of deficiency and fullness, young and strong, short course of disease, rapid onset, rapid swelling, sore throat or skin sores, short red or blocked urine, constipation, mostly true; Old age, long course of disease, edema, such as mud, cold limbs, waist and knees sour and soft, urine long, loose stool, mostly deficiency. Yang water disease for a long time, loss of treatment and treatment to form Yin water, from solid to virtual; Yin and water complex sense of external evil, and edema aggravated, then turn Yang water, but the syndrome is the primary deficiency standard. Also need to distinguish the nature of pathogenic diseases, if edema head and face mainly, bad wind headache, mostly wind; Edema lower limbs mainly, Na stay heavy body, mostly wet; Edema accompanied by

DOI: 10.26855/ijcemr.2023.07.032
sore throat, red deutzia, mostly belong to heat; Due to wounds, scarlet red spots caused by edema, mostly sore poison. Combined with zang-fu syndrome differentiation, edema was different in lung, spleen, kidney and heart. If edema is more severe, cough and panting less, can not lie flat, the lesion site is mostly in the lung; Edema for a long time, poor diet, heavy body fatigue, greasy fur, lesions in the spleen; Edema repeated, waist and knee soft, the lesion site is mostly in the kidney; Edema of lower limbs is obvious, palpitation of palpitation, even can not lie down, the diseased parts of the heart.

4. Principles of treatment

"Su Wen · Tang Ye Mash Li" put forward: "Leveling treatment in the balance, to Wanchen chopped... Open the ghost door and clean the house." The three basic principles of the treatment of edema are sweating, diuresis and purging water, and the specific application varies according to Yin and Yang deficiency and deficiency. "Synopsis of Golden Chamber" in the treatment of the rules pointed out that "all water, swelling below the waist should be good for urination, swelling above the waist when sweat is cured." Yang water is mainly to remove evil, should be perspiration, water or attack, clinical application with the method of clearing heat and detoxifying, regulating gasification dampness; Yin water should be based on strengthening the right, strengthening the spleen and warming the kidney, and at the same time with water, nourishing Yin, promoting blood circulation, removing blood stasis and other methods; For those mixed with deficiency and reality, it should be taken into account, or first attack and then supplement, or attack and supplement both. In the early stage of edema, the main treatment should be sweating and water withdrawal, and the prescription should be Wuling powder, Zhiling Decoction, Fangji Huangqi Decoction, etc. Edema, strong body can be purged by water, with ten zao decoction, Gansui Banxia soup, rhubarb Gansui soup, the use of disease is stopped, not long. "Yan's Jisheng Prescription · Edema door" said that "edema is a disease, all from Zhenyany timid, strain the spleen and stomach, the spleen and stomach is cold, accumulated cold water", treatment should "first solid spleen soil... After warm kidney water ", the spleen and stomach deficiency cold as the main contradiction of pathogenesis, Shi spleen drink named meaning also care about this. If the spleen deficiency water stop and blood stasis, can be used Danggui Shaoyao powder. If edema due to long-term eating disorders, the spleen and stomach are weak, not delicate, and see all over the body puffy, pale, the head and face more severe in the morning, the lower limb swelling, can eat and fatigue, stool as usual or loose, urine, tongue coating is thin and greasy, pulse is weak, the treatment should be gasified wet, not to share the injury of qi, can be added or reduced Shenling Baizhu powder. Kidney Yang deficiency patients, turbidity poison inside closed, see god faint desire to sleep, closed, pan evil, even mouth urine odor or headache irritability, with Zhenwu Tang plus rhubarb, pinellia, coptis. For intractable edema, attention should be paid to the application of activating blood and water drugs and supplementating temperature Yang drugs. Although some patients have no obvious signs of stasis, Leonurus, Zeeland, red peony, peach kernel, safflower, etc. are often used clinically to activate blood and water, and red peony can be reused. Edema does not heal for a long time, can lead to spleen and kidney decay, turbidity and poison, dampered heat, stomach disharmony, can form serious changes, such as, Guange, and see two stool obstruction, nausea and vomiting; Or kidney essence exhaustion, liver wind internal movement, and see dizziness headache, limb trembling; Or Yang deficiency water, on the heart and lung, and see palpatations chest tightness, shortness of breath difficult to lie; Or evil closed the mind, and seegod faint cold limbs, pale stagnant, pan bad breath, two stool impassibility, muscle bleeding teeth xuan. The above are serious edema changes, should be closely observed clinical changes, early detection and treatment [5].

In addition, "Jing Yue Complete book · Edema" believes: "The disease of swelling, the original internal and external division. Test of the disease, but in the word water enough to do it. Therefore, all the treatment of this disease, not in the qi, it is in the water, can distinguish the two and know its deficiency and reality, no residual accumulation. Disease in the qi points, then should be based on the treatment of qi; The disease is in the water, then the water should be the main treatment. However, this is the same kind of water, so the water control, when the rationalization of gas, cover the gasification of water also; Those who treat qi should also be combined with water, and Qi with water can also be done. There is a mystery here that is difficult to explain." From the point of view of qi, blood and water, water and blood belong to Yin physiologically, leaning on each other and living in each other's houses. In pathological state, water disease can cause blood stasis, and blood stasis can cause edema. Edema for a long time, water wet stop accumulation, chronic disease into collaterals, Qi machine unfavorable, poor blood flow, become blood stasis, blood stasis mutual knot, when the treatment of blood stasis line water, available Ze LAN, red peony, Leonurus blood stasis, water detumescence. Water stays, always caused by Qi deficiency Yang micro, spleen deficiency can not transport, lung deficiency can not transport, kidney deficiency open and closed loss, so when the
benefit of temperature Yang, can choose raw astragalus, white art, yam, lentil, aconite, cassia branch and so on.

Because patients with renal edema are prone to infection, when using antibiotics and other drugs, it is necessary to take into account the toxic side effects of drugs on the kidney, so as to rationally select varieties, reasonably adjust the dose and medication time, and avoid the use of aminoglycoside antibiotics and other nephrotoxic drugs. In addition, taking Chinese medicines containing aristolochia acid, such as aristolochia, Guanmutong, xylocene, and Qingmuxiang, can also cause kidney damage, and large doses and long-term use should be avoided as far as possible.

5. Famous doctor experience

At present, the treatment of renal edema is mainly to pay attention to whether there is protein loss. According to the characteristics of chronic nephritis edema and proteinuria, Shi Zhensheng put forward eight methods for the treatment of chronic nephritis: Xuanfei Shuihui method for edema during acute attack of chronic nephritis, TCM syndrome differentiation belongs to Feng shui or skin water, ephedrine Fuzi Licorice decoction for wind-cold, Yuexibian decoction for wind-heat, etc. The spleen-invigorating and water-invigorating method is used for spleen deficiency edema. In order to treat edema, Fangji Huangqi Decoction and Fangji Poring decoction are used. Warm kidney and Lishui method is suitable for chronic nephritis edema caused by kidney Yang deficiency, Yang failing to transform Qi, and water dampness stopping. Zhenwu Decoction combined with Wuling Powder and Jisheng Shenqi pills are used. Yuyin Lishui method is suitable for chronic nephritis edema caused by kidney Yin deficiency and water dampness stopping. Zhuling Decoction and Zhibai Dihuang Decoction are used. Huoxue Lishui method is used for chronic nephritis edema with blood and water interjunction. The prescription is Danggui Shaoyao powder, Xuefu Zhuyu Decoction, etc. For those with stagnant qi and stagnant water, big orange peel soup and water-guiding poria soup should be used. Qingjie Lishui method is used for edema caused by damp heat and toxic heat, or edema for a long time accompanied by stagnant heat, with Wuwei disinfection drink, Wupi drink, Bazheng SAN, etc. Food therapy for chronic nephritis edema, stubborn, weak body, urine test a large number of protein loss, plasma albumin is very low, TCM syndrome differentiation is mostly deficiency labor, commonly used food therapy prescriptions are "Qianjin" carp soup, "outer Taiwan" carp soup, astragalus stewed chicken, chixiao bean porridge.

6. Preventive care

Renal edema is often caused by external evil, so we should pay attention to cold and warm, avoid wind evil. Pay attention to diet, normal should be light; Combine work and rest to smooth emotions. People who are weak and easy to feel external symptoms can take Y upingfeng powder to replenish qi and strengthen the surface, and properly participate in physical exercise to improve the body's resistance to disease. Patients with renal edema should stop smoking, abstain from alcohol, avoid spicy; Swollen even, broken salt sauce; Regular urine test, renal function review, especially foam urine should pay attention to; For patients with renal edema and oliguria, fluid intake and outflow were recorded daily.

7. Conclusion

Renal edema is a syndrome of abnormal water metabolism, the causes of which are wind evil attacking the surface, internal attack of sore poison, external water dampness, improper diet and lack of endowment, long illness and fatigue. The pathogenesis was lung failure, spleen failure, kidney failure, three jiao gasification. The disease is located in the lung, spleen, kidney and three jiao, and the key is in the kidney. Clinical differentiation of Yin and Yang as the key, distinguish the cause, disease location, but also pay attention to cold heat deficiency and transformation. The treatment method, Yang water should be sweating, water or attack, mainly to dispel evil, and at the same time with the method of clearing heat and detoxifying, strengthening spleen and regulating qi; Yin water should warm the kidney and strengthen the spleen, mainly to support the right, and at the same time with water, nourishing Yin, promoting blood circulation, removing blood stasis and other methods; For those who are mixed with deficiency and solid, or attack first and then supplement, or attack and supplement both, it must be flexibly applied according to the nature, severity and change trend of the condition.

References


