

Three Cases of Prof. Pei Ruixia's Application of the Wo Methaod in the Treatment of Type 2 Diabetes Mellitus Combined with Post Neocoronary Symptoms

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Abstract:

Prof. Pei Ruixia believes that type 2 diabetes mellitus combined with post-coronary symptoms is the combination of internal and external evil, resulting in dysfunction of internal organs, qi and blood yin and yang disharmony. Its main pathology is closely related to "Shaoyang disharmony", including Shaoyang pivot unfavorable, Shaoyang viscera stagnation two aspects, put forward the disease to the "and" method as the basic rule of treatment, in order to "reconcile the Shaoyang, reconcile the liver and spleen The aim is to "reconcile the Shaoyang, harmonize the liver and spleen". Using the prescription Xiaochaihu Tang, Free and Easy San addition and subtraction treatment of this disease, and often get good results. This article lists three typical cases of fatigue, excessive sweating, anxiety and depression diagnosed and treated by Prof. Pei Ruixia in type 2 diabetes mellitus combined with post neocoronary symptoms, which can provide references and reference for clinical treatment.

Keywords:

Ruixia Pei, Type 2 Diabetes, Post Neocoronary Symptoms, Shaoyang, Harmony, Chinese Medicine

1. Introduction

Post-neocoronavirus symptoms are the persistent symptoms of neocoronavirus infection after conversion. The symptoms appear within 3 months of infection, persist for at least 2 months, and cannot be explained by any other diagnosis [1]. Novel coronavirus infection may lead to weakened glycemic control in diabetic patients, and also affect their ability to resist the disease, with subsequent sequelae such as fatigue, excessive sweating, anxiety and depression, decreased sense of smell and taste, and coughing, which seriously affects the quality of life and physical and mental health of the patients. It has been reported that the proportion of patients with diabetes mellitus

infections among patients with neocoronary pneumonia is 10.1% to 20.0% [2,3,4]. The World Health Organization has issued three calls for "attention", "research" and "rehabilitation", calling on governments and health administrations to pay more attention to patients with post-new crown symptoms [5]. Currently, due to the lack of an exact etiology and pathogenesis, Western medical treatment is based on controlling blood glucose, delaying other organ complications, and reducing mortality and disability. Chinese medicine has unique advantages in the treatment of type 2 diabetes mellitus combined with long new crowns, which can significantly alleviate patients' symptoms, adjust their physical and mental state, and improve their quality of life.

Prof. Pei Ruixia, under the tutelage of Prof. Gao Shanglin, a national famous traditional Chinese medicine practitioner, has been engaged in clinical work for more than 30 years. Based on the inheritance of Gao's "three types of diagnosis" in the treatment of diabetes mellitus, she believes that for patients with type 2 diabetes mellitus combined with post neocoronary symptoms, they should pay attention to the key of their pathology, which is the "loss of harmony of the shaoyang". The treatment of disease emphasizes on regulating qi, harmonizing internal organs and adjusting yin and yang. The author is honored to join Professor Pei's disciple, and summarizes the treatment experience of Professor Pei Ruixia in treating diabetes mellitus combined with post-new coronary symptoms of fatigue, excessive sweating, anxiety and depression in three cases for the benefit of the readers.

2. Chinese Medicine Etiology and Pathogenesis

Checking ancient and modern literature, type 2 diabetes mellitus was initially named "spleen and disease", later attributed to "thirst". The onset of thirst, traditionally blamed on the yin deficiency and dry heat, the cause, more with dietary disorders, endowment abnormalities, emotional disorders and yin deficiency, and so on. Typical clinical manifestations include polydipsia, polyphagia, polyuria, and emaciation [6]. In the period of chronic complications of diabetes mellitus, the pathogenesis is the most complex, the previous stage of dryness and heat is not removed, the fire disperses the gas, dryness and heat injures the yin, qi and yin, and then yin damage and yang, yin and yang deficiency. Pathological products such as phlegm, dampness and stasis can be trapped [7]. According to Chinese medicine theory, the new crown after the symptoms, although many, the overall can be categorized as "deficiency labor" category, for a variety of causes of disease in the human body, day on day, caused by the internal organs of qi, blood, yin and yang deficiency [8]. Its pathogenesis can be summarized as "the positive energy is damaged and the remaining evil is not exhausted". The former includes damage to qi, blood, yin and yang by evil poisons, and the latter includes blockage of the body by phlegm-dampness, phlegm-heat, phlegm-fluid, and blood stasis. Clinical manifestations include fatigue, excessive sweating and mood anxiety and depression, shortness of breath, cognitive dysfunction and loss of smell and taste [9]. Prof. Pei believes that the combination of the two diseases is mostly due to the intertwining of dampness-heat, phlegm, blood stasis, etc., resulting in the disharmony of Shaoyang and the disorder of internal organs, which leads to the disease.

3. Typical Medical Cases

3.1. *Fatigue*

Jia, female, 60 years old. Initial diagnosis: 21/8/2023. Complaint: fatigue after COVID-19 positive con for 6 months, aggravated for 2 months. Past medical history: type 2 diabetes mellitus. Present symptoms: generalized fatigue, intolerance to exertion, affecting life, accompanied by sweating all over the body, sleepiness, dry stools, 2-3 days / line, urination regulation. The tongue is red, the moss is yellow and thick, and the pulse is fine. Recent monitoring of fasting blood glucose: 6-7 mmol/L, postprandial 2h blood glucose: 9-10 mmol/L. Diagnosis in Chinese medicine: deficiency labor type of disease. Symptom: Shaoyang cardinal unfavorable. Treatment: reconcile the Shaoyang qi, clear the upper jiao and benefit the lower jiao. Formula: Xiao Chaihu Tang plus subtractions. Prescription: Bei Sha Shen 15g, Bei Chai Hu 10g, Jiang Ban Xia 10g, Zhi Gan Cao 6g, Huang Qin 15g, Huang Lian 15g, Yan Zhi Mu 15g, Mu Dan Pi 15g, Chao Shan Yao 15g, Da Huang 5g, Cu Yujin 15g, Hou Po 10g. 12 doses, 1 dose per day, boiled in water, twice in the morning and evening warm service. The patient is advised to have a light diet, regular rest and work, and not to exert oneself.

Second diagnosis: 7/9/2023. The patient complained that after taking the medication, the fatigue and weakness were slightly better than before, sweating was reduced, stools were still dry and difficult to pass but the texture was improved compared to before, 1-2 days/walk, and urination was regulated. The tongue is red with white fur, and the pulse is thin. Prescription: Above, remove the Chao Shan Yao and add 30g of Tian Hua Fen, increase the dosage of Da Huang to 10g. 6 doses, the decoction method is the same as before.

Third diagnosis: 19/9/2023. The patient complained that after taking the medicine, the lack of sleepiness is reduced, the spirit can be, sweating repeated, stools improved significantly so remove Da Huang, Tian Hua Fen, add Cu Wu Wei Zi 10g, Bai Shao 15g. 12 doses.

Fourth diagnosis: 10/10/2023. The patient complained of a marked reduction in fatigue and weakness, occasional sweating, acceptable food and nutrition, nocturnal rest, and regulation of the second bowel movement. The tongue was red, the moss was thin and white, and the pulse was fine. The above go Cu Wu Wei Zi, add Hou Po 10 g, served 12 doses.

Press: 37.5% incidence of fatigue or muscle weakness in patients with post neocoronary symptoms, according to a study related to 2019-2021 [10]. Under the aggression of neocoronavirus, another anti-inflammatory mode, the dominant disease mode of alternatively polarized macrophages, has emerged in patients, which directly induces chronic fatigue syndrome [11]. Traditional Chinese Medicine (TCM) categorizes fatigue as a “deficiency disease”. People with diabetes often develop neurological and musculoskeletal problems in the middle to late stages of the disease, especially in older people with low muscle and bone mass. When infected with a severe form of the new coronavirus, protein deficiencies or the use of corticosteroid medications can irritate the body’s muscle groups, leading to muscle atrophy, resulting in fatigue and difficulty walking, which is especially prevalent in the older female population. Jin Gui Yao Liao said: “long deficiency is not called loss, loss is not called labor”, deficiency, loss, labor three successive [12]. Thirsty for a long time, dry heat injury to the yin, yin deficiency is hot blood, blood is composed of yin and Yingqi, yin deficiency, then cause blood deficiency, qi and blood deficiency, then fatigue. Due to the generation of qi, blood and fluid, all for the yang gas, so there is a “strong yang is born, yang failure is premature,” said. The harmonization of qi, blood

and fluids, the rise of yang qi and the regulation of the human body is closely related to health.

Prof. Pei Ruixia thinks that after the patient in this case was infected with the new coronavirus, firstly, after antiviral treatment, although the evil qi was discharged, but due to too much dispersal, the qi, blood and fluid were damaged, and the muscles were not moistened which could lead to the feeling of fatigue. Secondly, in the late stage of the disease, the evil qi of dampness, heat and water-drinking is blocked, so that the qi of Shaoyang is unable to rise and develop, thus showing the symptom of fatigue and weakness. This kind of fatigue can not be relieved by rest, the treatment needs to focus on the promotion of yang qi and tonifying yin essence in order to achieve the internal organs and regulate the orderly. Clinical diagnosis and treatment, should pay attention to the sequence and urgency, the specific treatment ideas are as follows: Xiao Chaihu Tang as the main formula and penetration, to lead the evil out, rise the body of Yang [13]. Due to the loss of yin fluid, gastric fluid insufficiency, intestinal loss of moistening, it is difficult for the dregs to go down, therefore, in addition to the original formula of scutellaria baicalensis, add Huanglian 15g, not only can lower blood sugar, but also remove the upper focus of dampness and heat; the stomach and intestines are mutually exclusive, replace the original ginseng with Panax ginseng, with Zhi Mu to clear and nourish the gastric yin, Hou Pu, Rheumatism to pass through the bowels and downward qi, Jiang Bianxia to invigorate the spleen yang and restore the spleen to run and Buda fluids, the combination of all the medicines, clearing through the gastric bowels and help evil go out. The combination of these herbs clears the stomach and internal organs and helps the evil to go out. Yin fluid deficiency for a long time will be hot, Peony Dan Pi is bitter and cold, good at clearing camp, Yin deficiency and blood heat. Add appropriate vinegar tulip to regulate qi; fried white peony to nourish blood and astringent yin to stop sweating. The second diagnosis, the patient complained of fatigue and weakness is slightly better than before, sweating is slightly reduced, stools are still dry and difficult to go down, but the texture is slightly improved than before, food can be, night rest can be, urine is normal, red tongue, thin white moss, pulse is fine. Therefore, remove the fried white peony plus smallpox powder 30g, rhubarb dosage increased to 10g. At the third diagnosis, after taking the medicine, the fatigue was reduced, the spirit was available, the sweating was repeated, and the stool was normal. The foul evil has gone, so remove Da Huang, Tian Hua Fen, add Cu Wu Wei Zi 10g, Bai Shao 15g, to enhance the effect of astringent yin to stop sweating. At the fourth consultation, the patient complained that the tiredness and weakness were obviously reduced, and there was occasional sweating, and the food could be eaten, and the night rest could be taken, and the bowel movement could be adjusted. The tongue was red, the moss was thin and white, and the pulse was fine. All the symptoms have improved, then the above to Cu Wu Wei Zi add Hou Po 10 g, to prevent nourishing and greasy products hinder the operation of the stomach, followed by 12 doses, serving the same as before. After that, the patient adhered to the regular outpatient clinic for 1 month, and his mental strength and sleep and food were all fine. Professor Pei is good at treating with Xiao Chaihu Tang and Shaoyang pivotal mechanism, keeping in mind that the core of the middle jiao is to “regulate and smooth the qi”, and treating the patient by not using the medicines of draining heat and laxative to prevent damage to the spleen and stomach, and not using the medicines of tonifying the deficiency to prevent aggravation of the stagnation of qi.

3.2. Excessive sweating

Bai, male, 43 years old. Initial diagnosis: 18/9/2023. Complaint: excessive sweating after COVID-19 positive con for more than 1 month, aggravated for 2 weeks. Past: type 2 diabetes mellitus. Present symptoms: the patient appeared hyperhidrosis 1 month ago, especially after food, obvious after exercise, 2 weeks ago, sweating aggravated after work, accompanied by dry cough, natriuretic, sleep shallow and easy to wake up, stools are not shaped, 1 time / day, urinary regulation. Recent fasting blood glucose: 6-7mmol/L, postprandial blood glucose: 8-9mmol/L. Tongue dark red, moss white and thick. Pulse is fine. Diagnosis in Chinese medicine: Sweat syndrome. Pattern: Yin deficiency, internal dryness and liver depression. Treatment: nourish yin and reduce fire, relieve liver depression. Formula: Xiao Chaihu Tang plus subtraction. Prescription: Bei Chai Hu 10g, Jiang Ban Xia 10g, Bei Sha Shen 15g, Zhi Gan Cao 6g, Huang Qin 15g, Huanglian 15g, Mi Sang Bai Pi 15g, Cu Wu Wei Zi 15g, Yan Zhi Mu 15g, Chao Shan Yao 30g, after the 6g of Sha Ren, Hou Po 10g. 6 doses, 1 dose per day, boiled in water, divided into the morning and evening two times warm service. The patient is advised to eat a light diet, regulate emotions, regular rest and relaxation.

Second diagnosis: 25/9/2023. Sweating is better than before, occasional cough, shortness of breath, restful sleep at night, stools formed, 1x/day, urine regulated. The tongue is dark red with little moss, and the pulse is stringy and slippery. A diagnosis of the prescription to go to the Sha Ren, Bei Sha Shen, Yan Zhi Mu, add Chao Zi Su Zi, Cu Wu Wei Zi, Di Gu Pi. 12 doses, decoction method as before.

Third diagnosis: 16/10/2023. After 12 doses of medicine, the patient's sweating decreased significantly, no cough, sleep improved, food can be, stools are not shaped, and the spirit of peace. The second diagnosis formula to go Chao Zi Su Zi, add Chao Zhi Qiao 12g, Bai Shao 10g. 6 doses, decoction method is the same as before.

Fourth diagnosis: 23/10/2023. The patient had almost no sweating, sleep, and bowel movement. Keep the prescription and take 12 doses to consolidate the therapeutic effect.

Press: According to the modern medical point of view, conditions such as vegetative nerve dysfunction, tuberculosis, and peripheral menopausal syndrome produce the manifestation of profuse sweating. The main mechanism is the dysfunction of central nervous system regulation, which produces excessive and strong excitability or stimulation of the sympathetic nerves, causing the sweat glands to produce excessive sweat [14]. The new crown infection causes the body's immune system to be in a highly active state, which increases the body's metabolic level and energy expenditure, resulting in the body needing more water to maintain physiological balance. In Western medicine, diabetic hyperhidrosis is caused by peripheral neuropathy. From the Chinese medicine point of view, sweating and thirst-quenching disease interact with each other, cause and effect each other. Su Wen - yin and yang, said: "Yang added to the yin is called sweat". Sweating hurts yin, long time hurts yang, mixed reality, yin and yang, cold and heat disorder. Yin and yang disharmony, yin does not guard the inner, yang does not protect the muscle surface, the metaphysical openings are out of order, then the yin liquid from the sweat. "Su Wen - five organs generation" cloud: "people lying down blood return to the liver". Liver blood, blood and sweat from the same source, while the liver is the main excretion leads to Yingwei and sweat leakage. Human body fluid is yin, its nature is quiet, relying on the warmth of Yang Qi and promote the function of the five viscera and bowels, limbs and nine orifices to be able to lose cloth and moistening. Fluid

filling is the material basis for sweating, yang qi is full of sweating power base, and the San Jiao Tong Li, Wei Ying coordinated operation, Xuanfu open and close the normal is the basic pathway of sweating. Prof. Pei clinically found that some type 2 diabetic patients have the symptom of excessive sweating after Yang Kang, which is often caused by external evils entering the body, disharmony of yin and yang, and unfavorable pivot of Shaoyang, resulting in abnormal sweat production or excretion. Reconciliation of Shaoyang is the root of the treatment of sweating, and harmonization of yin and yang is the purpose of the treatment. In this case, the patient was infected with a new crown after the first invasion of the lungs, lung gas is weak cough does not heal, the course of the disease for a long time to consume the yin and blood, yin deficiency and fire, forcing the Jin leakage, so the sweat. Heart blood dark depletion, the heart and spirit of the loss of nourishment, yin deficiency can not be nano-yang, so sleep shallow and easy to wake up. In addition, the recent work exhaustion, emotional upset, liver depression fire, sweating aggravated, and liver depression for a long time, affecting the spleen and stomach transportation, so the stool is not shaped. Therefore, the method of "harmony", the formula is Xiao Chaihu Tang plus subtractions, Chaihu is good at diarrhea half-expression and half-li outside the evil as the ruler, Scutellaria is good at diarrhea half-expression and half-li inside the evil as the subject, with Huang Lian Lian, not only to clear the evil heat in the chest, but also to restore the qi; plus Mi Sang Bai Pi to drain the evil heat left behind by the lungs of the ambush fire, stop coughing and asthma. Excessive sweating, fluid depletion, Bei Sha Shen, Yan Zhi Mu nourishes yin and fluids; properly equipped with Cu Yu Jin to prevent too much greasiness, the second can be dredged liver qi; sweat from the water and grain essence micro-biochemistry, sweat stops when the solid protection of the spleen and stomach, and the patient's stool is not shaped, Chao Shan Yao, spleen and qi, to strengthen the stool effect of the solid formula. Jiang Ban Xia pungent dispersal to reduce reversal, Scutellaria baicalensis bitter cold to clear heat, the two drugs together, a cold and a warm, pungent and bitter descending, in order to comply with the nature of its yin and yang and harmonize the yin and yang [15]. The second diagnosis of the patient's stool shaped, the symptoms improved significantly, fear of nourishing Yin is too much, to go to the Sha Ren, Bei Sha Shen, Yan Zhi Mu, plus Chao Zi Su Zi, Cu Wu Wei Zi, Di Gu Pi. Perilla seeds, aromatic gas strong, outside the open fur, drain lung gas and pass the coupling, on the nasal congestion, declassification of phlegm in order to enhance the power of cough, open the chest and diaphragm, wake up the spleen and stomach, relieve the depression and stagnation of qi. Cu Wu Wei Zi converges the heart qi, benefits qi and Di Gu Pi, and the combination of dibasic bark plays the function of benefiting qi and converging yin, and stopping sweating. The combination of all the medicines, so that the San Jiao decision malfeasance has the right, water and fluid four cloth, the five meridians parallel, the water is not overflowing, excessive sweating can be eliminated. Third diagnosis of the patient no cough, sweating significantly reduced, so go Chao Zi Su Zi, plus Chao Zhi Qiao 12g, protect the spleen and stomach, Bai Shao 10g, liver astringent liver. Pei Shi clinical evidence, the example of three, the dispatch of medicine prudent and appropriate, in order to prevent nourishing greasy obstruction of the stomach, cold and cold stomach, dry heat injury to the yin, often pay attention to the nature of the drug four qi and five flavors, so as to take into account the overall situation, to prevent the loss of a small big, so often Hou Po, Sha Ren to enhance the function of the transport of water and liquids, and reach a total of the liver and qi, and the stomach and the function of lowering the inverse.

3.3. Anxiety and depression

Ren, female, 41 years old. Initial diagnosis: 15/4/2023. Complaint: anxiety and depression after COVID-19 positive con for 2 months. Past: type 2 diabetes mellitus. Present symptoms: irritability, depression, heartburn and bitter mouth, fear of wind and cold, poor appetite, night rest is possible, second bowel movement. The tongue is dark red, the moss is white and greasy, and the pulse is slippery. Fasting blood glucose: 5-8mmol/L, postprandial blood glucose: 8-10mmol/L. Complained that her blood glucose fluctuated greatly due to her mood. Diagnosis in Chinese medicine: Depression syndrome. Pattern: Liver depression and fire. Treatment: Proposed formula: Plus and minus of Free San. Prescription: Bei Chai Hu 10g, Dang Gui 12g, Bai Shao 12g, Fu Ling 15g, Chao Bai Zhu 12g, Gan Cao 6g, Chuan Xiong 10g, Yu Jin 15g, Mu Dan Pi 15g, Hou Po 10g, Zhi Mu 15g, Qiang Huo 6g. 6 doses, 1 dose per day, boiled in water, twice in the morning and evening warm service. The patient is advised to take a light diet, regulate emotions, regular rest and relaxation.

Second diagnosis: 20/4/2023. The patient's fear of cold obviously improved, emotional anxiety was reduced, appetite gradually available, monitoring fasting blood glucose: 6-7mmol/L, postprandial 2h blood glucose: 8-10mmol/L. Considering that the liver is depressed for a long time, and still have heartburn and bitterness in the mouth, go to Qiang Huo and add Huang Qin 6g, to clear and drain the evil heat in the upper focus. 12 dosages, decoctions are the same as the previous method.

Third diagnosis: 4/5/2023. the patient's mood improved significantly. The patient's mood improved significantly, heartburn and bitterness decreased, fasting blood glucose: 5-6mmol/L, postprandial 2h blood glucose: 8-9mmol/L. Keeping the prescription and taking 12 doses.

Thereafter, the patient insisted on weekly clinic visits for 1 month, and his symptoms disappeared and he was basically cured.

Press: Due to the potential destructive effect of novel coronavirus on the nervous system, it may cause psychoemotional symptoms. And mental tension, hyper-emotional and psychological stress will lead to a large increase in the secretion of stress hormones such as glucagon, catecholamines, growth hormone, and adrenocorticotrophic hormone, resulting in difficulties in glycemic control, further aggravating the patient's state of depression and anxiety, and forming a vicious circle [16]. The incidence of gastrointestinal symptoms also increases during the new crown outbreak blockade, which is related to dysfunction of the gut-brain axis, which leads to changes in the neuroimmune and endocrine systems, triggering anxiety and depression. At present, the treatment of such diseases is more widely used in the clinic with antipsychotic drugs, but there is the problem of large side effects. Traditional Chinese medicine (TCM) treatment of this disease has the advantages of flexible treatment methods and small side effects [17]. Jingyue Encyclopedia, "where the evidence of depression belongs to the seven emotions", the development of depression is mostly related to emotions, stagnant qi, viscera and bowels out of order. Chinese medicine believes that anxiety and depression is mainly due to the liver, heart, spleen, three organs of the qi and blood disorders caused by, belong to the "Yu evidence" category. The liver is the main excretory, the nature of the temperament, anxiety, depression, anger and other mental stimuli can cause the liver loss of excretory, qi is not smooth, resulting in stagnation of qi in the liver; or due to anxiety, nervousness or long illness and fatigue, resulting in qi stagnation in the spleen, or spleen qi cross-reversal qi stagnation in the liver, the spleen is not healthy and

transportation, thus affecting the spleen's function of transportation and transformation [18].

Prof. Pei believes that the patient has a long course of disease, the initial wind temperature and wind heat evil has not been resolved, the external evil into the inside, coupled with the middle-aged women, emotional upset, liver depression and fire, blocking the qi, resulting in internal heat and external cold phenomenon. The patient's blood sugar is affected by her emotions, so she should focus on regulating her emotions, not simply lowering her blood sugar. The treatment focuses on sparing the liver qi of the syncopated yin, and the gallbladder qi of the shaoyang, and the prescription is to add subtractions to the formula of Easy San. Modern medical research has shown that Proscar has an antioxidant response, regulates endocrine and balances hormone levels [19]. In the formula, Chai Hu is the ruler to relieve liver qi; Dang GUI and Bai Shao are the ministers, especially *Angelica sinensis* which is aromatic to promote qi, sweet and slow, sweet and warm to nourish the blood, as the key medicine for the deficiency of liver and blood; Bai Zhu and Fu Ling are the adjuvant, reflecting the principle of “to see the liver’s disease, it is necessary to strengthen the spleen”, which can help to promote the earth and wood, strengthen the spleen to dispel dampness, so that the power of transportation and transformation can be carried out, and the qi and blood have a source; Gan Cao, although it is an adjuvant, has the function of benefiting qi and tonifying the middle and slowing the urgency of liver. Although licorice is an adjuvant, it has the function of supporting, benefiting qi and tonifying the middle, and easing the urgency of the liver. Cu Yu Jin transmits wood depression, and Chai hu regulates the liver and gallbladder, elevates fire depression, and combines to form a formula, which is in line with the method of “Wood Depression and Dampness”. The patient's impatience and irritability belongs to heat, so the addition of Mudanpi relieves muscle heat and clears the fire. Liver depression will definitely affect the spleen and earth, so Hou Po was used to regulate qi and strengthen the spleen, protect the qi in the middle jiao of the spleen and stomach, and prevent qi and blood-activating drugs from damaging the spleen and stomach. Zhi Mu is an important Yin nourishing medicine for clearing heat and keeping Yin in the body. This combination not only replenished the liver body, but also helped the liver, taking into account both qi and blood, and treating the liver and spleen at the same time, making the legislation comprehensive and the medication thoughtful. The patient was afraid of wind-cold and had a dark red tongue, so Qiang Huo and Chuan Xiong were added to the combination, traveling up to the top of the head, down to the sea of blood, reaching the four extremities and penetrating the skin externally, dispersing the wind to move the qi, and unobstructing the qi mechanism of the triple jiao. In the second consultation, the patient’s fear of wind and cold was obviously improved, but he still had heartburn and bitter taste in the mouth, so Qiang Huo was removed and *Scutellaria baicalensis* was used to clear the evil heat in the upper Jiao. *Scutellaria baicalensis* was used in combination with Chaihu to clear the heat of the Shaoyang, so that the Shaoyang meridians could flow and not be depressed. The combination of all the medicines makes the liver qi smooth, the spleen get healthy transportation and the fire get diarrhea, then all the symptoms can be eliminated. According to Prof. Pei, the treatment of this disease should closely follow the mechanism of stagnation of Shaoyang qi, imbalance of qi, blood, yin and yang, and use sparing, suppleness and harmony in the treatment, so that all the symptoms can be solved.

4. Conclusions

The sequelae of type 2 diabetic patients infected with the novel coronavirus after conversion are complex and varied, leaving the organs of the body in a state of impaired or decreased function. To a large extent, it affects patients' daily activities and quality of life. Prof. Pei pointed out that the general mechanism of the disease is "unfavorable Shaoyang pivotal mechanism". The general principle of treatment: reconcile the Shaoyang, harmonize the spleen and stomach. Prof. Pei focuses on the addition and subtraction of classical prescriptions, and most of the prescriptions are mild and gentle, with no harsh and violent agents, reflecting the meaning of "mild and gentle" in the "Harmony Method"; On the medication, Prof. Pei used to use the medicines with calm nature, and the amount of medicines is not intentionally increased to avoid the damage to the human body due to the bias of the medicines, which reflects the meaning of "calmness and harmony" in the "Law of Harmony". Prof. Pei believes that if the yin and yang are balanced, the qi is harmonized, the internal organs function normally, and the qi, blood, and fluids have their own duties, the human body will be "harmonious".

Conflicts of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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