

Progress of Treating Syndrome Based on the Theory of “Treating Impotence Alone”

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Abstract:

“Huangdi neijing” in the impotence syndrome is impotence or impotence disease, also called “impotence”, mainly with the body weakness, can not exercise at will, or accompanied by muscle atrophy for the performance of a kind of disease syndrome. More common in the lower limb impotence weak do not use. Modern myelitis, myasthenia gravis, periodic paralysis, polyitis and other diseases can also be attributed to the “impotence disease” category. “Treat impotence alone take Yangming” is one of the classic theories of “Huangdi Neijing”, from the diagnosis and treatment of impotence disease from Yangming is very effective. This paper aims to review its theory and its clinical application and discuss relevant research progress.

Keywords:

Impotence Alone, Impotence Syndrome, Huangdi Neijing

1. Introduction

The study of impotence syndrome and its treatment in traditional Chinese medicine has been detailed since the Huangdi Neijing. Since the “element ask impotence theory” wrote: “cure impotence alone take Yangming”, successive doctors have continuously explored and summarized its theory and clinical application [1], and achieved good effect in clinical practice. Yang Ming, the sea of the viscera, the main run zong tendon, the main bundle bone and benefit organs also. Yangming is the meridian of more qi and more blood [2], the source of qi, blood and body fluid, and also the acquired foundation of the human body. Therefore, the fascia and muscle of the whole body need to be nurtured by the Yangming Sutra. Impotence syndrome as a common disease of traditional Chinese medicine, motor neuron disease, syringomyelia, myasthenia gravis and other difficult diseases. In the “Huangdi Neijing” is generally known as impotence or impotence disease, according to the difference of symptoms have impotence [3], impotence fistula, impotence, etc.; according to the different disease has tendon impotence. In the modern myasthenia gravis, periodic paralysis, multiple neuritis and other diseases can also be attributed to the “impotence disease” category [4].

2. Literature Review

The treatment of the theoretical basis of Yangming “impotence”: “Yang Ming, the sea of the six viscera, the main run of the tendon, the main bundle bone and benefit the mechanism also.” It is believed that Yangming is the sea of the viscera and the source of qi and blood biochemistry [5], moistening the tendons, and maintaining the motor and sensory functions of the limbs. If Yang Ming is damaged, the biochemistry of qi and blood is insufficient, the loss of tendon, resulting in weak limbs. Therefore, the treatment of impotence should pay attention to the conditioning of Yangming, so that qi and blood sufficient, zong jin, so as to improve the limb function. “To cure impotence alone” theory first from the Warring States period “Huangdi Neijing asked impotence [6]”, the original day: “Emperor day: five zang make people impotence, why also? Qi Bo day: the fur of the lung body, the blood of the heart body, the fascia of the liver body, the muscle of the spleen body, and the bone marrow of the kidney body. So lung hot leaf coke, fur weakness acute thin, with impotence addiction; heart hot pulse impotence, blood dry, not nutrition, so impotence frown; liver hot membrane dry, fascia dry urgent and not flexion and extend, therefore impotence; spleen hot meat dry, muscle, therefore impotence; kidney hot pulp, bone dry and pulp deficiency, so foot [7].”

The relationship between impotence and Yangming The onset of impotence is closely related to Yangming. Yangming includes the large intestine meridian and the stomach meridian, which is an important part of the digestive system and nervous system of the human body. Impotence syndrome patients often have indigestion, loss of appetite, constipation and other digestive system symptoms, but also have body movement dysfunction, sensory loss and other neurological symptoms. According to traditional Chinese medicine [8], these symptoms are related to the lesions of the Yangming meridian. Yangming large intestine through the “main blood”, the foot stomach through the “main blood”, the two coordinate with each other to jointly maintain the balance of the human body. If Yang Ming lesions, the blood metabolism disorder, resulting in loss of limbs, impotence syndrome [9].

Under the guidance of “treating impotence and taking yangming alone”, successive doctors have accumulated rich treatment experience in clinical practice. Such as Zhang Jingyue put forward “if impotence waste for a long time, the spleen and stomach weak, operation has the right, can not push the essence of water valley, to fill the limbs, and impotence, this should be to the spleen and stomach.” Ye Tianshi thinks that “Yangming stomach soil is the most afraid of wood, the liver is the wind wood dirty, because of the angry liver, liver qi transverse, to cross the spleen and stomach, the soil by the wood and the spleen can not transport.” These theories and experiences provide an important clinical reference for the treatment of impotence in traditional Chinese medicine [10].

3. Knowledge of Traditional Chinese and Western Medicine

Traditional Chinese and western medicine have different understandings and treatment methods for the theory of “treating impotence alone” in Huangdi Neijing.

Traditional Chinese medicine fills the north, according to the theory of Huangdi Neijing, impotence syndrome is a disease caused by the loss of blood and muscles and veins. The principle of treatment includes “taking Yangming alone”, that is, paying attention to the conditioning of the spleen and stomach, because the spleen and stomach are the acquired foundation and is the source of qi and blood biochemistry. In

addition, there is “diarrhea south” treatment method, namely attention to nourish Yin clear heat, in order to supplement the deficiency of liver and kidney blood. Professor Xiong Jibai [11], a master of traditional Chinese medicine, proposed that the treatment of impotence syndrome should not be limited to “taking Yangming alone”, but should adopt the treatment principles of “nourishing the lung and stomach”, “clearing heat and benefiting dampness”, “nourishing the spleen and stomach” according to the specific pathological mechanism, combine the ancient prescription and prescription, and treat the disease in various directions.

The understanding of impotence syndrome in western medicine is often diagnosed by exquisite instruments and reports the results for careful diagnosis and treatment plan and measures. The commonly used diagnosis and treatment methods are mostly open Chinese patent medicine, surgical treatment, auxiliary treatment of medical instruments, etc. There are many drugs for impotence treatment, such as: inosine tablet: help to enhance muscle vitality; acetate prednisolone tablet: when the occurrence of muscle atrophy and joint inflammation, can play an anti-inflammatory effect, relieve symptoms [12], etc.

In general, traditional Chinese medicine in the treatment of impotence syndrome based on the “cure impotence alone take yangming” and other theories, more from the whole and syndrome differentiation and treatment level of governance of impotence syndrome. Western medicine treatment focuses on the etiology treatment and the application of science and technology. Mainly through the use of drugs, surgery and other ways, to achieve the purpose of treating diseases. Through the combination of theory and modern medicine, the treatment of impotence syndrome will be more and more effective and more scientific [13].

4. Mechanism Research

4.1. Study on TCM pathogenesis

The onset of impotence syndrome is closely related to Yangming. Yangming includes the large intestine meridian and the stomach meridian, which is an important part of the digestive system and nervous system of the human body. Impotence syndrome patients often have indigestion, loss of appetite, constipation and other digestive system symptoms, but also have body movement dysfunction, sensory loss and other neurological symptoms. According to traditional Chinese medicine, these symptoms are related to the lesions of the Yangming meridian. To cure impotence alone take the theoretical basis of Yang Ming “element ask impotence theory [14]”: “Yangming, the viscera of the sea, the main run the tendon, the main bundle of the bone and benefit the mechanism also.” It is believed that Yangming is the sea of the viscera and the source of qi and blood biochemistry, moistening the tendons, and maintaining the motor and sensory functions of the limbs. If Yang Ming is damaged, the biochemistry of qi and blood is insufficient, the loss of tendon, resulting in weak limbs [15]. Therefore, the treatment of impotence should pay attention to the conditioning of Yangming, so that qi and blood sufficient, zong jin, so as to improve the limb function.

4.2. Etiology and mechanism of Western medicine

In Western medicine, impotence syndrome may be associated with a variety of diseases, such as neuromuscular diseases, metabolic diseases, infectious diseases, etc.

The etiology and pathogenesis analysis of western medicine is usually based on the knowledge of the anatomy, physiology and pathology of modern medicine, such as:

A. Neuromuscular joint disease: such as myasthenia gravis, which may be related to the transmission disorder of neuromuscular joints [16].

B. Muscle disorders: such as muscular dystrophy, which may be associated with inherited muscle protein abnormalities.

C. Neurological diseases: such as post-polio syndrome, which may be associated with spinal cord motor neuron injury.

D. Metabolic diseases: such as neuropathy caused by diabetes, which may be related to nerve damage caused by long-term hyperglycemia.

E. Infectious diseases: such as motor dysfunction after encephalitis, meningitis, may be related to the pathogen damage to the nervous system.

Western medicine treatment of impotence will take the corresponding treatment measures according to the specific etiology, such as drug treatment, physical therapy, surgical treatment, etc. For example, myasthenia gravis may be administered with anticholinesterase drugs [17], diabetic neuropathy may require control of blood glucose levels, etc.

It is worth noting that there are conceptual and method differences in the theory of "treating impotence and taking Yangming alone" in traditional Chinese medicine and the etiology and pathogenesis analysis of western medicine, but both aim to provide a comprehensive understanding and effective treatment of impotence syndrome. The treatment of TCM focuses more on adjusting and restoring the balance of zang-fu organs' functions, while western medicine focuses on the treatment of specific pathological mechanisms[18].

5. Chinese Traditional Treatment

The theory of "treating impotence alone and taking yangming" put forward in "Huangdi Neijing" emphasizes the focus of yangming Sutra in the treatment of impotence, because the Yangming Sutra is considered to be the "sea of the five zang organs and six viscera", mainly responsible for nourishing the tendons, and the tendon is responsible for the bone and joint. In TCM theory, Yangming meridian mainly refers to the meridians of the stomach and large intestine [19], which is closely related to the transport function of the spleen and stomach. The following is according to the "treatment of impotence alone yangming" theory of impotence treatment of some traditional Chinese medicine treatment methods [20]:

Tonifying the spleen and stomach method: the spleen and stomach is the acquired, the source of qi and blood biochemistry, Yangming is the meridian of more qi and blood, Yangming is strong qi, qi and blood, body tendons can be nourished, on the contrary, the limb is weak without. In clinical practice, tonifying qi soup, four gentleman soup, and spleen soup are commonly used to treat the spleen and stomach weakness, in order to achieve the purpose of nourishing the spleen and stomach and nourishing qi and blood [21].

Clear heat and detoxification method: Yangming hot sheng, easy to change fire, hot poison evil accumulate in the inside, easy to hurt and limb tendons, leading to the occurrence of impotence syndrome. In clinical practice, puji disinfection drink, stomach clearing and other prescriptions are commonly used to treat Yangming hot

sheng impotence syndrome [22], in order to achieve the purpose of clearing heat and detoxification, promoting blood circulation and dredging collaterals.

Method of activating blood circulation and removing blood stasis: impotence syndrome for a long time, vein stasis, not smooth blood flow, loss of limb muscles and veins, leading to the aggravation of the condition. In clinical practice, taohong four things soup, blood fu by yu soup and other prescriptions are commonly used to treat blood stasis block impotence, so as to achieve the purpose of promoting blood circulation and removing blood stasis [23], dredging collaterals and stagnation.

Reconcile liver and spleen method: the occurrence of impotence is closely related to liver and spleen disorders, liver main tendon, liver loss, easy to cause tendons and veins; spleen main muscle, spleen loss, easy to cause muscle atrophy. In clinical practice, common xiaoyao powder, pain and diarrhea and other prescriptions to treat liver and spleen irregular impotence, in order to achieve the purpose of harmonizing liver and spleen [24], relaxing tendons and activating collaterals.

Acupuncture treatment: Acupuncture can regulate the circulation of qi and blood in the Yangming meridian and improve the impotence syndrome by stimulating specific acupoints. Commonly used acupoints are related to Yuan, Zusanli, Hetian, Quchi, etc.

Psychological counseling: psychological counseling for some patients with a bad mood, because the spleen and stomach are emotional organs [25].

6. Western Medicine Treatment

Western medicine treatment of impotence syndrome (muscle atrophy, weakness) is mainly based on the specific etiology and pathological mechanism to develop the treatment plan. And the treatment of the further deep cable and practice, generally speaking, can not be satisfactory [26], to some disease evidence is almost helpless. However, due to the rapid progress of modern science and technology, the development of modern medicine is also fast, especially the deepening of the understanding of the etiology and pathology, the incidence of the disease is more specific, more clear, this point is beyond doubt. Western medicine treatment usually includes the following aspects [27]:

A. Drug treatment: According to the etiology of impotence syndrome, anti-inflammatory drugs, immunosuppressive agents, neurotrophic drugs and other may be used. For example, inosine tablets: it helps to increase muscle vitality. Prednisolone acetate tablets: when the occurrence of muscle atrophy is related to joint inflammation, it can play an anti-inflammatory effect and relieve the symptoms.

B. Physical therapy: A physical therapist may guide the patient in specific exercise and rehabilitation exercises to enhance muscle strength and improve function.

C. Nutritional support: Good nutritional support is essential to maintaining muscle health and may require dietary adjustment or the use of nutritional supplements.

And d. Surgical treatment: Surgery may be required in some more critical moments.

Due to the rapid progress of modern science and technology, the development of modern medicine is also fast, especially the deepening of the understanding of the etiology and pathology, the incidence of the disease is more specific, more clear, this point is beyond doubt [28].

7. Traditional Chinese and Western Medicine Treatment

With the In-depth research of modern medicine, more and more scholars begin to start from the theory of “treating impotence alone” to explore the mechanism of treating impotence. If there are studies show that regulating Yangming can enhance the digestion and absorption function, improve the body immunity, promote the recovery of nerve muscle, thus improving the symptoms of impotence syndrome. In addition, studies have found that some drugs in traditional Chinese medicine prescriptions have the effect of regulating Yangming qi and blood, such as astragalus, Dangshen, Atractylodes, which can promote the recovery of neuromuscle and improve the limb movement function [29].

Under the guidance of the theory of “treating impotence alone”, there are various clinical methods of treating impotence in traditional Chinese medicine, including internal medicine, acupuncture, massage, diet and conditioning, etc. Internal administration of traditional Chinese medicine is one of the important means to “cure impotence and take yangming alone”. According to the specific disease certificate of the patient, syndrome differentiation and treatment, TCM has the effect of regulating Yangming qi and blood and promoting neuromuscular recovery. Such as impotence soup, dry save lung soup, ShenLing Bai powder, etc. Acupuncture and moxibustion is also one of the common methods of treating impotence in traditional Chinese medicine [30]. You can choose Yangming meridian, local a right point, and corresponding pickled point for acupuncture or moxibustion. Diet conditioning is also one of the important means of “traditional Chinese medicine to cure impotence alone”. Patients with impotence syndrome should pay attention to diet, avoid overeating or excessive hunger, and at the same time, they can appropriately eat some food with the effect of regulating Yangming through qi and blood, such as yam, red dates, gelatin, etc.

8. Other Governance

According to the theory of “Huangdi Neijing”, the treatment of impotence also includes the following other treatments besides the conventional herbal prescriptions:

Acupuncture and moxibustion treatment: according to the principle of “each fill its Ying and through its yu”, through acupuncture to the corresponding acupoints to regulate qi and blood, promote the self-recovery of the body. The commonly used acupoints include Zusanli, Sanyin, ishū, yu, etc., and other acupoints selected according to the specific symptoms of the patient [31].

“Diet recuperation: internal Classics” emphasizes the importance of the spleen and stomach, so diet recuperation is also an important part of the treatment of impotence. It is suggested that patients eat food that is easy to digest and can nourish the spleen and stomach, such as japonica rice, yam, etc., to avoid too greasy, cold and spicy food.

Emotional adjustment: “Inner Jing” believes that the change of emotion is also one of the causes of impotence, so psychological adjustment is equally important for the treatment of impotence.

Physical therapy: including massage, massage and other techniques, through stimulating the meridians and acupoints, promote the circulation of qi and blood, enhance muscle strength and joint movement ability.

Exercise therapy: moderate exercise can help patients to enhance their physical fitness, improve muscle vitality and function . Exercise should be carried out according to the specific situation of the patient, such as tai Chi, qigong and other soft exercise modes [32].

Comprehensive treatment: “Neijing” put forward “adjust its virtual and real, and its reverse”, means that the treatment of impotence should be considered the overall condition of the patient, according to the condition of the virtual and real, the reverse to adjust the treatment plan.

Diarrhea south fill north law: this is a kind of treatment principle, diarrhea south namely clear heat, fill north namely nourish Yin, in order to reconcile Yin and Yang, achieve the purpose of treating impotence syndrome.

Impotence arthralgia combined therapy: in the treatment of impotence syndrome, sometimes it is necessary to consider the association with impotence syndrome, adopt the treatment method of impotence arthralgia general theory, and treat the characteristics of impotence and arthralgia.

These treatment methods reflect the holistic view of TCM impotence treatment and the principle of syndrome differentiation, through various regulation and treatment, to achieve the purpose of restoring the body function and improving the disease [33].

9. Conclusions

Through the ages, the research on the treatment of malaria based on the “treatment of impotence alone” has become more and more thorough. In the field of traditional Chinese medicine, we have made a more comprehensive analysis on the evidence of “impotence alone” and impotence [34]; in modern medicine, due to the development of modern medical technology, through various instruments, the cause of the impotence and the influence on all aspects of the body. Through the combination of traditional theory and modern medicine, it is expected that the treatment of impotence syndrome will be more and more effective and more scientific [35].

Conflicts of Interest

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

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