

## Flexible Application of Buyang Huanwu Decoction

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**Abstract:** The classic name buyang huanwu decoction from the Qing Dynasty doctor Wang Qingren, for the treatment of stroke sequelae commonly used. Wang Keqiong, chief physician, uses this prescription with a high frequency, in addition to stroke sequelae, but also flexibly used buyang huanwu decoction for the treatment of gynecology, cardiovascular, endocrine, digestive, and other diseases, where there are qi and blood disorders and now deficiency, blood stasis signs, which can be used according to the evidence. Satisfactory curative effect is often obtained. By analyzing the tutor's medical theory and medical case, he summarized his dialectical and prescription thinking in clinic, and provided clinical experience for the use of yangwutang to treat miscellaneous diseases of various departments.

Director Wang Keqiong, director of the Third Department of Oncology of the Second Affiliated Hospital of Shaanxi University of Traditional Chinese Medicine, familiar with classics, has been a doctor for nearly 40 years, rich knowledge and certification experience, and is especially good at using the original dosage [1] of to treat miscellaneous diseases in various departments. In the clinic, the authors constantly explored the essence of the square of teacher Wang, and then the use of buyang Huanwu decoction temporary certificate experience in this enjoyment together.

### 1. Medical Theory of Buyang Huanwu Decoction

Composition of buyang huanwu decoction and common dosage of teacher Wang: raw astragalus (30-90)g, Angelica (6-30)g, peony (6-15)g, ground dragon (9-30)g, Chuanxiong (6-9)g, peach kernel (3-15)g, safflower (6-9)g. According to the condition, the syndrome adjustment of each medicinal dosage (as shown in Table 1).

Table 1: Composition and common dosage of Buyang Huanwu Decoction

	Raw astragalus	Angelica	peony	Ground dragon	Chuanxiong	Peach kernel	safflower
Dosage(g)	30-90	6-30	6-15	9-30	6-9	3-15	6-9

Teacher Wang believes that this prescription can be called the first prescription of nourishing qi

and promoting blood circulation, and the amount of astragalus is large, many clinicians consider its rise too much, causing increased blood pressure, often reduced to the Pharmacopoeia prescribed dose, or adding keel, oyster supervision, the effect is unknown. Modern doctors are also common to use high-dose astragalus. Deng Tietao [2] in the treatment of muscular atrophy, myasthenia gravis, the use of Astragalus according to 240g, Zhu Liangchun [3] in the treatment of nephrotic syndrome, the common dose of 30-60g, Tong Xiaolin [4] in the treatment of more than 100 grams. For the disadvantages of rising blood pressure, Teacher Wang according to many years of experience in using astragalus agent, temporary observation of astragalus itself has a bidirectional regulation effect, small dose (about 15g) does have a pressure boost effect, but the application of high dose (more than 30g), but can be used for the treatment of qi deficiency hypertension. In this side, the selection of ground dragon which has its unique insight, astragalus amount, although the temperature rises, but the ground dragon is cool, has the function of lowering, oppose each other and yet also complement each other with astragalus, the mystery of the group also lies in this.

When teacher Wang used this prescription to treat many miscellaneous diseases, he never went to Didragon. Adjusting the ratio of astragalus and didragon in the prescription could often receive an unexpected effects. And peach kernel and Angelica is the "agent" of blood, blood stasis caused by dry disease, can add the amount of two drugs; Chuanxiong for the blood of qi medicine, qi depression, increases its amount, qi deficiency, is not useful; in addition to be noted that Chinese herbaceous peony has white, red, jin loss, soft liver should collect white Chinese herbaceous peony, and blood stasis even should choose red one (as shown in figure 1).

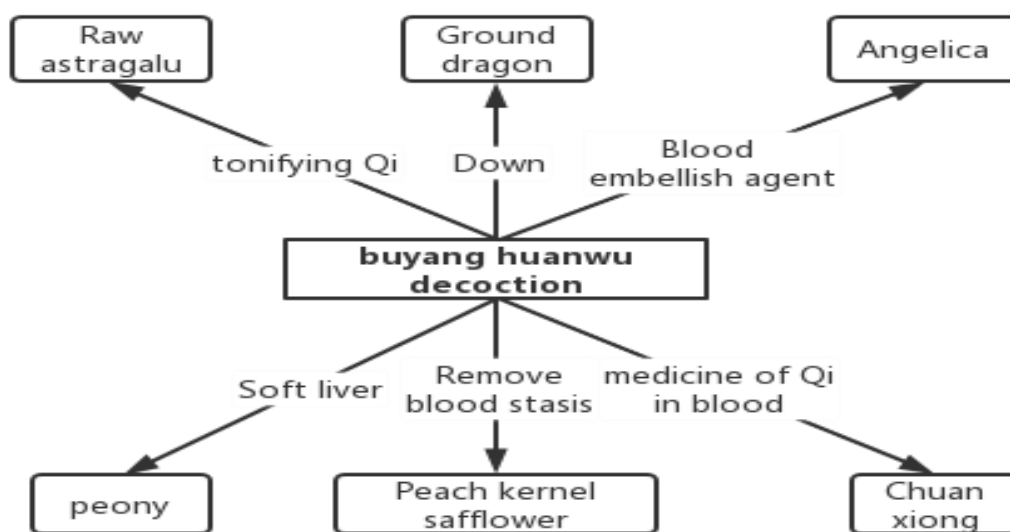


Figure 1: Effects of various drugs in Buyang Huanwu Decoction.

Wang Qingren said: this prescription can cure hemiplegia, crooked mouth and eyes, mouth drooling, urination frequency, enuresis can not help.[5] seen from this text, not simply about treating hemiplegia, but about the sequelae of the stroke. Modern doctors have been extended to treat many diseases, such as Zhang Xuewen [6] for cardiac disorders, Shen Huifeng [7] is used for the treatment of night sweats, fatty liver, and Tang Zhenrong [8] for the treatment of diabetic nephropathy, cervical spondylosis and vertigo. Teacher Wang uses this prescription with a high frequency, in addition to stroke sequelae, but also used for the treatment of gynecology, cardiovascular, endocrine, digestive and other diseases, where there are qi and blood disorders and now deficiency, blood stasis signs, can be used according to the evidence(as shown in figure 2)[9].

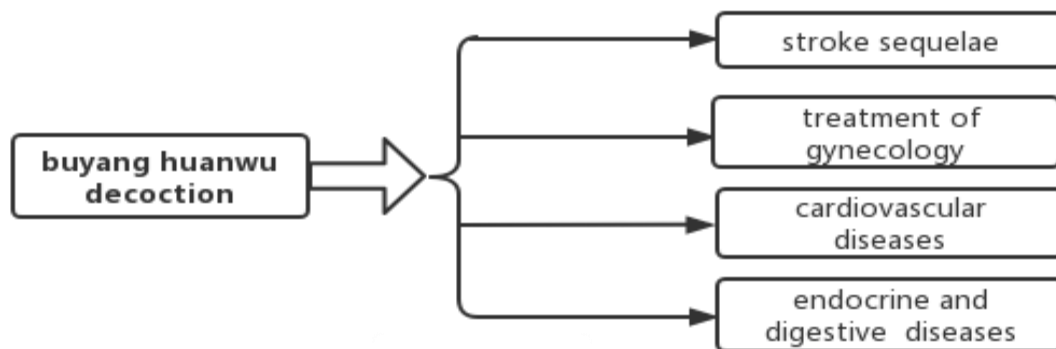


Figure 2: Clinical Application of Buyang Huanwu Decoction.

## 2. Example of Successful Cases

### 2.1. Postmenstrual Headache

Wang mou, female, 31 years old, married, teacher, first diagnosed on August 18, 2020. Chief complaint: headache after half a year. Self-complaint half a year ago because of oral contraceptive "levonorgestrel tablet" caused by menstrual disorders, after his medical treatment (the specific drug is unknown), menstruation than before, but after 2-3 days began to headache, before the forehead, swelling pain, in the hand slightly can be relieved. Many doctors did not get good results, this period is coming, especially to seek diagnosis. The quantity of menstrual is less, color, dark red, a small amount of blood clots, menstrual period 4-6 days, the first day of menstruation small abdomen distension pain feeling. Often show body fatigue, spirit, sleep, na, two as usual. The tongue is dull, pechystasis, scattered, moss, thin white, and smooth, slow pulse. This is due to buyang huanwu decoction square certificate, prescription transformation: Raw Astragalus 45g, Angelica 9g, ground Dragon 9g, Chuanxiong 15g, angelica dahurica 6g, peach kernel 6g, red chinese herbaceous peony 9g, safflower 6g, cooked ground 15g.5 Fu, take method: 1Fu/day, 3 consecutive cycles. On August 31, the patient called: after the end of the menstrual period, after taking the medicine, the headache did not break out, and he only felt the feeling of swelling in the forehead consciously. Ask him to take residual medicine as before. After 3 months of visit, V. illness recovered.

Explanatory note: the patient after menstruation, the blood sea is empty, blood is not moistened and headache, the former doctor did not worry about the relationship between qi and blood and medication deviation. Patients with qi deficiency, weakness, qi stagnation, qi stagnation, blood stasis, so the selection of prescription drugs is also heavy on the circulation of qi and blood[10]. The amount of Astragalus and Angelica is 5:1, Angelica blood soup method, tonic qi, and blood patients before the forehead swelling pain, add a little, angelica dahurica meridian; deficiency in stagnation, forehead swelling pain, increase the amount of Chuanxiong, and ground dragon, stagnation can be eliminated. All drugs to perform their own duties, help each other, and take the appropriate method, the patient will be solved(as shown in Figure 3)[11].

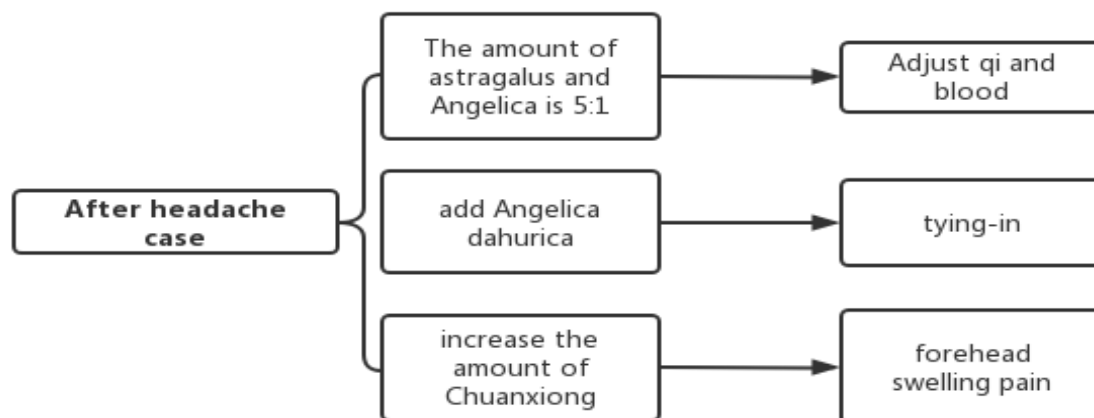


Figure 3: Treatment of Postmenstrual Headache.

## 2.2. Constipation Case

Mr.Li, male, 68 years old, retired, first diagnosis on November 16, 2020. Chief complaint: repeated constipation for more than 1 year, aggravated by chest tightness, wheezing for 3 months. Self-complaint nearly 1 year, repeated constipation, 5-7 days 1 time, when the stool is difficult, self-serving "Ma Zi ren pill" or "diarrhea leaf bubble water" can solve the stool. In recent March, constipation is more aggravated than before, and constipation for a long time appears as chest tightness, wheezing feeling. He needs to increase the amount of medicine to solve the stool, and chest tightness and wheezing will also be reduced accordingly. Once asked him to take dozens of doses of traditional Chinese medicine after the condition is still repeated, very painful, then came to teacher Wang. Current disease: has 3 days not solved stool, no abdominal distension, no abdominal pain, accompanied by chest tightness and wheezing. Fearless air and cold feeling, sometimes fatigue and weakness, sometimes waist pain, there is dizziness after exercise, poor sleep. Blood pressure: 165/92mmHg. The tongue is lavender, and the collateral vein under the tongue is circuitous. The left vein string is more astringent, and the right vein string is fine. Prescription cutting: raw astragalus 60g, peach kernel 15g, Angelica 30g, ground dragon 20g, herba cistanches 15g, dodder 30g, Chuanxiong 9g, safflower 9g, white peony root 15g. 7 Fu, and ask the patient to eat reasonably, and go to the toilet every morning. Second diagnosis on November 23: the patient was very happy. After taking 3 doses, he did not take other "laxatives", and successfully discharged the formed stool once, which was released again from this morning, with blood pressure: 158 / 86mmHg. There is still a sense of fatigue, chest tightness, wheezing feeling is still obvious. The tongue is the same as the front. Prescription: delete the white peony root, increase aurantii 15 and platycodon 15 of the first prescription. 7 fu, take the same method as before. Three visits on November 30: 1 formed stool in 2-3 days, chest tightness and wheezing basically disappeared, and the conscious spirit turned significantly better than before blood pressure: 150 / 82mmHg. The tongue is dull, and the undertongue is circuitous. Left vein string, right pulse string is fine and smooth. Prescription: the front will reduce astragalus reduced to 30g, Angelica reduced to 15g, ground dragon reduced to 9g, Chuanxiong, peach kernel, safflower reduced to 6g. Take the same method as before. After half a month of prior conditioning, the patient had a stool once in 1-2 days, and his blood pressure fluctuated at 140-150 / 80-85mmHg. No more chest tightness, wheezing feeling. The above party takes 7 fu, 1 fu/2 days, to consolidate the curative effect. Ask he to eat more fruits and vegetables reasonable living. In the first month of 2021, the patients visited and told

about no constipation again.

Explanatory note: In the diagnosis, the patient's qi deficiency and blood stasis were obvious, and the dryness, in addition to the large dose of astragalus, increased the amount of angelica and peach kernels, with white peony root exchange red peony, added herba cistanches to preserve the essence of blood, increase the effect of moisten. Add dodder is the use of Chen Chaozu experience, Chen Lao in the treatment of senile constipation, on the dialectical basis of the large dose of dodder can increase its kidney qi, promote intestinal peristalsis.[12] increases the amount of dragon, increase the amount of the disease. Second diagnosis, the patient's disease relief, only chest tightness and wheezing feeling is still obvious, investigating the reason, which may be related to the use of white peony root, according to Zhongjing "theory of typhoid fever" article 21: "..... Pulse promotes chest full cinnamon branch delete peony soup "method, delete white peony root, increase of fructus aurantii, platycodon grandiflorum, xuan lowering machine. After three diagnoses, the disease situation is laxation, reduce the amount of prescription, and tells the patient to maintain a good living life diet and receive full work(as shown in Figure 4)[13].

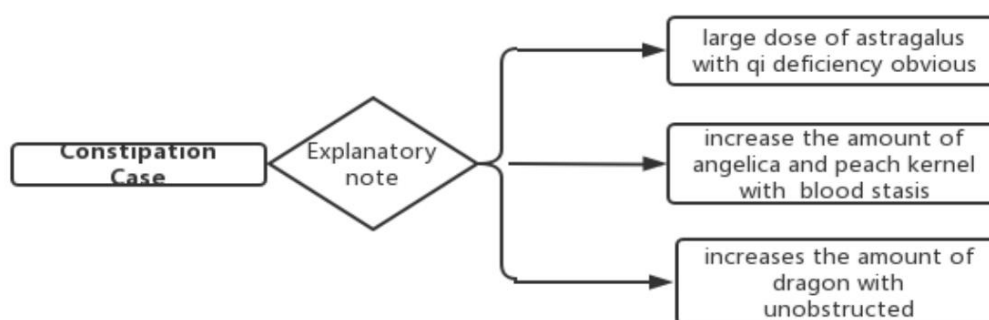


Figure 4: Treatment ideas of Constipation.

### 2.3. Idiopathic edema case

Ma, female, 43 years old, worker, was first diagnosed on April 6, 2021. Chief complaint: repeated lower ankle oedema for more than 2 months. It did not develop lower ankle edema before 2 months, which was relieved after rest. Later, it became more frequent and aggravated after fatigue. He was hospitalized in the local people's hospital and diagnosed as "idiopathic edema", which was relieved and discharged after treatment. This disease is still recurrent and aggravated and not easy to subside, then came to my place for treatment. Current disease: the ankle joint of both lower limbs is obvious edema, according to the depression, the surrounding skin, nail error, a small amount of blood collateral can be seen inside the ankle joint, no head and face and other edema. When walking, both lower limbs are weak, sometimes dizziness, palpitations, loose stool, urine, na , and sleep can be. The tongue is light and greasy. The left pulse is weak and the right pulse is fine. Prescription: raw Astragalus 90g, safflower 9g, a pberetima 30g, radix clematidis 15g, cassia branch 15g., licorice 6g, Chuanxiong 9g, peach kernel 3g, Poria 30g, Atractylodes 15g, Angelica 9g, red peony 15g.7 Pay, The second diagnosis on April 13: the patient felt that the lower limbs were significantly stronger than the previous one, and the spirit was better than the previous one. The ankle edema was still obvious, the remaining diseases were slightly decreased, the tongue was light, the mass was white and smooth, and the pulse was soft. On April 28, three visits: the ankle joint edema basically disappeared, the patient felt that the fatigue of both lower limbs disappeared, the stool was normal, and no dizziness or palpitation appeared again. Recently, it is thirsty, dry pharynx, light tongue, white moss is dry, the left pulse is slow, the right pulse string. Prescription: front of

Poria cocos, atractylodes, astragalus reduced to 60g, Poria cocos reduced to 15g. After the patient's telephone visit, no ankle edema, the constitution was enhanced, and the mood was happy. consolidate the curative effect. As its reasonable diet, daily life can not be excessive fatigue.

Explanatory note: this disease should belong to the traditional Chinese medicine "beriberi disease" category. The patient's qi deficiency signs are prominent, the blood stasis signs are more prominent locally, the blood is not good for water edema, the use of tonic Yang, and five soup is indeed ingenuity. Sometimes dizziness, palpitation for the signs of brume, combined with lingui zhu sweet soup is also appropriate. The stool is thin, reducing the amount of peach kernel; take radix clematidis Zhu Liangchun said that its "especially good for all benefits, direct to the disease".[14] Then, all diseases are relieved, reduce the amount of astragalus; the patient is thirsty, dry throat, is the image of injury, then abandon Ling, surgery, reduce the amount of Wei Ling fairy(as shown in figure 5).

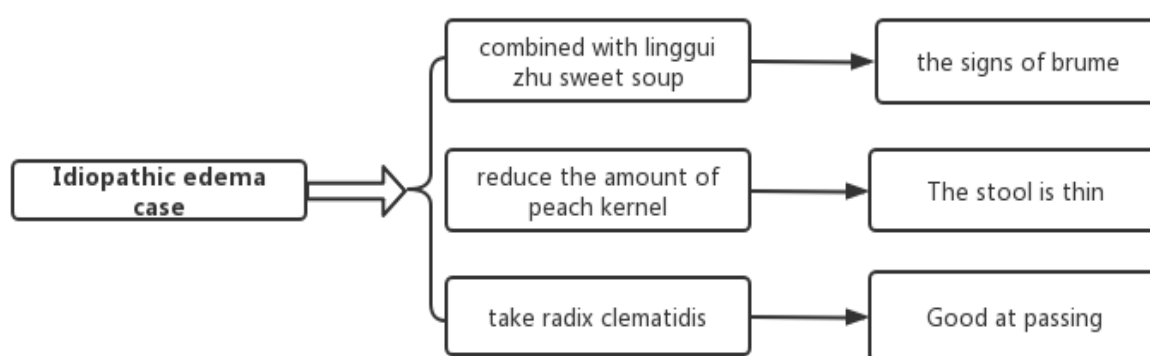


Figure 5: Treatment ideas of Idiopathic Edema.

### 3. Conclusions

Teacher Wang said: On the treatment of all diseases, where qi and blood harmony, the viscera unobstructed, all diseases can be healed. In order to achieve the treatment goal of "qi pass without stagnation, blood activity without blood stasis". Indeed, the importance of qi and blood circulation in daily health care and medical care stands the test. Use of this TCM prescription in the clinic can not be a comprehensive method, must be detailed syndrome differentiation, pay attention to the relationship between drugs, drug flexible increase or decrease, but not arbitrary, do not lead to errors in the clinic.

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