

Clinical research progress of TCM and integrated Chinese and Western medicine in treating chronic schizophrenia

Yu Zhang¹, Zhixiang Zhang²

¹*Shaanxi University of Traditional Chinese Medicine, Xianyang, Shaanxi, 712046, China*

²*Affiliated Hospital of Shaanxi University of Traditional Chinese Medicine, Xianyang, Shaanxi, 712000, China*

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Abstract: With the increasing pressure of modern society, the incidence of chronic schizophrenia gradually rises, is a common clinical mental illness. The etiology and pathogenesis of this disease are complex, and the treatment is difficult. There are many adverse reactions of commonly used therapeutic drugs, and the prognosis of patients is poor, which is a major difficulty in treatment. Based on TCM treatment, this paper reviews the current progress of TCM treatment of chronic schizophrenia from the aspects of pathogenesis analysis, dialectical typing and clinical treatment.

1. Introduction

Schizophrenia is one of the most common mental diseases characterized by basic personality change, split thinking, emotion and behavior, and disharmony between mental activities and the environment. The pathogenesis is unknown, the onset is slow, the course of disease is long, and the residual sequelae after treatment are easy. Chronic schizophrenia lacks a clear definition. Generally through the combination of patients with the course of disease and clinical manifestations, the negative symptoms of schizophrenia patients, such as indifference, lack of motivation, social withdrawal, unwilling to deal with people, work and life ability to decline significantly, or the disease for a long time, the course of more than two years of patients, known as chronic schizophrenia. [1]

With the increasing pressure of modern society, the incidence of this disease has shown an obvious upward trend in recent years [2] and the clinical treatment is difficult, easy to relapse. Traditional Chinese medicine adopts the classification treatment strategy, and has obtained relatively significant curative effect, but the adverse effect is small, so it has been paid more and more attention and favor in clinical treatment. Now the recent years for the treatment of chronic schizophrenia TCM and integrated traditional Chinese and western medicine therapy to make the following summary.

2. Etiology and pathogenesis

TCM does not have the name of schizophrenia, according to the description of its symptoms can be attributed to TCM "epilepsy" "crazy syndrome" and other categories. Clinical syndrome

differentiation mainly takes Yin and Yang as the general outline, and its pathogenesis is varied and its syndrome types are complex and diverse. The occurrence of madness and seven feelings of internal injury, diet disjointed. Endowments are abnormally correlated. Damage viscera function, resulting in Yin and Yang imbalance. "Plain ask Xuanji original disease type · five Yun main disease" said: "The note said many happy for epilepsy, anger for crazy, but happy for the mind. Therefore, the heart is very hot, more happy and mad, the situation five Chi, are hot. So crazy people five chi between hair. "This is a disease caused by internal injury of seven emotions; "Plain question · Strange disease Theory": "born sick epilepsy disease, this got in the mother's abdomen", pointed out that congenital abnormal disease;"Danxi heart Method · Madness": "Madness is Yin, madness is Yang, the majority of the phlegm in the heart", its "Spittoon" theory for clinical treatment to provide important guidance. "Difficult classic" cloud: "Double Yin epilepsy" "double Yang crazy", double Yang is hot disturbance, insanity caused by God disorder, acute disease, disease position in the brain, related to the heart, liver and gallbladder stomach; Heavy Yin is spittoon qi stagnation or deficiency of heart and liver and spleen blind Qingqiao, deities caused by epilepsy, slow onset, disease position in the brain, involving the liver, heart and spleen.

According to the clinical symptoms and medical history data, Wang Yanheng [3] found that liver depression was the first symptom, and depression, unhappiness, depression and other symptoms were the most common. Its pathogenesis, easy to get spleen soil, liver main drainage and spleen main transport influence each other, liver qi stagnation, loss in the drainage, resulting in "liver and spleen discord", eventually lead to the occurrence of chronic schizophrenia of liver depression and spleen deficiency type. Confirmed that epilepsy is a disease, "originated in the liver, concurrent in the heart, disorder in the dirty, on the brain, epilepsy is made" of the pathogenesis theory. The course of the disease is long. Drugs, especially psychotropic drugs, damage the spleen and stomach, and the patients lack regularity in eating after the disease. Various factors will lead to the gradual appearance of the related symptoms of "spleen deficiency", such as deficiency of the spleen and kidney, deficiency of the heart and spleen, and blood stasis of spleen deficiency. It shows that chronic schizophrenia, the disease location is mainly located in the spleen and kidney, and its nature is mostly seen in the deficiency.

3. Dialectical typing

Syndrome is a pathological summary of the body at a certain stage in the course of disease development, including the data collected from the four diagnoses, symptoms and signs. The syndrome types of chronic schizophrenia are complex and varied, and the doctors have their own emphasis in dialectic.

Wang Yanheng treated chronic schizophrenia of spleen deficiency type by categorizing pure Chinese medicine, and divided chronic schizophrenia of spleen deficiency type into four types: liver depression and spleen deficiency, the upper inrong brain; Spleen and kidney two deficiency, not beneficial brain; Heart and spleen two deficiency, on the brain; Spleen deficiency blood stasis, brain god disorder.

According to the Differentiation Standard for Syndrome Classification of Schizophrenia based on Integrated Traditional Chinese and Western Medicine formulated in 1991 and combined with the patient's symptoms, tongue and pulse, mental manifestations, chronic schizophrenia was divided into 7 types: Qi stagnation and blood stasis, liver depression and spleen deficiency, deficiency of both heart and spleen, deficiency of Yang, deficiency of Yin and fire, internal disturbance of phlegm and internal obstruction of phlegm and dampness.[4] Among them, Qi stagnation and blood stasis is the most common type, followed by liver depression and spleen deficiency, two deficiency of the heart and spleen. Phlegm fire internal disturbance, phlegm wet internal resistance type is rare.

Bai Bing et al.[5] used multivariate mathematical statistics methods of factor analysis and cluster analysis, based on patients' symptoms, tongue and pulse, combined with professional knowledge and expert opinions, and concluded the six main TCM syndrome types of chronic schizophrenia: Qi stagnation and blood stasis, internal blockage of phlegm and dampness, deficiency of the heart and spleen, fire and injury of Yin, liver depression and spleen deficiency, and burning of the heart and liver. Qi stagnation blood stasis is the most common, liver depression and spleen deficiency, heart and liver fire rare.

4. Clinical treatment

4.1. Chinese Medicine

Based on the clinical classification of Wang Yanheng, Liu Xinfu et al. [6] used codonopsis codonopsis, poria codonopsis, sauted jujube kernel, sauted malt, *Cornus officinalis*, *turniflora*, *bupleurum*, *Xiangfu*, *paeoniflora*, and sauted *atropterygia* for the treatment of chronic schizophrenia with ganya depression and spleen deficiency. The total effective rate was 85.71% and the clinical efficacy was significant.

In the treatment of chronic schizophrenia (spleen deficiency type) with *Astragalus membranaceus*, American ginseng, *gastrodia elata*, *atropterygote*, wolfberry, *paeonia lactiflora*, far Zhizhi, *angelica sinensis*, *poria cocos*, Yanzhen [7] obtained 97.06% of the total clinical effective rate, which was statistically significant ($P < 0.05$), suggesting that Chinese medicine is significantly effective in the treatment of chronic schizophrenia (spleen deficiency type).

According to the clinical observation results and the dialectical argumentation of the doctors, it is determined that the important link to relieve and control the development of the disease is to relax the liver and regulate the Qi, and to cultivate the soil and water to nourish the brain as the treatment of the disease.

4.2. Integrated Chinese and Western medicine therapy

Deng Chao [8] was treated with risperidone combined with traditional Chinese medicine. According to the type of TCM syndrome differentiation, the phlegm fire internal disturbance type was selected as Jieyu Huatan decoction; Phlegm-dampness internal resistance selected phlegm-guiding soup; Those with Qi stagnation and blood stasis choose new chaihu soup; Yin deficiency and fire prosperous choose calming and clearing heat soup. The results showed that the use of TCM syndrome differentiation treatment can significantly relieve the negative symptoms of patients and play a multi-therapeutic effect.

The negative symptoms of chronic schizophrenia were treated with Wenyang Jianpi Huoxue Decoction combined with aripiprazole. [9] 100 patients were randomly divided into 2 groups. The control group was treated with aripiprazole alone, while the treatment group was treated with Wenyang Jianpi Huoxue Decoction (cooked aconite 6g, Xianmao 10g, Xianling PI 10g, Poria 10g, Dangshen 12g, Astragalus 15g, *Atractylopathy* 12g, Suanjuoren 15g, Zhigancao 10g, *Shicorus* 15g, *Angelica* 15g, Sudi 10g, *Salvia miltiorrhiza* 30g) the results showed that the therapeutic effect of the treatment group was significantly different. In the treatment group, Wenyang Jianpi Huoxue Decoction combined with aripiprazole played a synergistic therapeutic effect on chronic schizophrenia through different mechanisms, and the disease was more effectively alleviated.

Ren Kangming et al. [10] on the basis of olanzapine drug treatment, bupi Dingyuan decoction (American ginseng, *Radix polygonatum*, *gastrodia elata* 10g each, *angelica sinensis*, *atractyloides*, wolfberry 15g each, white peony 12g, *Tuckaia tuckauri* 20g, *astragalus astragalus* 30g). The total effective rate was 96.72%, indicating that Bupi Dingyuan Decoction had better therapeutic effect on

chronic schizophrenia with spleen deficiency, and the adverse reactions of patients in the study group were less than that of Western medicine alone.

4.3. Non-drug therapy

Cui Jiefeng et al. [11] treated refractory auditory hallucinations in chronic schizophrenia patients with antipsychotics combined with acupuncture. Through the clinical treatment and evaluation of 114 patients, acupuncture therapy showed that as a non-drug treatment of traditional Chinese medicine, it can improve the social function (PSP scale), cognitive processing speed, attention alertness and other cognitive dimensions (including TMT, SC, CPT tests) of chronic schizophrenia patients with auditory hallucinations. Significantly improve patients' sleep status, and increase appetite; Reduce the degree of behavioral disorder and improve the quality of life (SQLS) of patients. It provides a feasible way for patients to live with the disease and recover their functions.

Ruan Ling et al. [12] applied TCM emotional nursing to the treatment of patients with chronic schizophrenia, using the theory of the five elements of traditional Chinese medicine, through the view of "joy over sorrow" with positive emotions to restrain negative emotions. After the evaluation of patients' psychological status and rehabilitation, it was shown that patients receiving TCM emotional nursing had significantly lower scores of psychological status after nursing, and significantly higher scores of rehabilitation status, which effectively improved the rehabilitation effect.

Zhu Jinya et al [13] applied Baduanjin combined broadcast gymnastics in the treatment of 94 patients with chronic schizophrenia and insomnia. In the intervention group, antipsychotics therapy, psychological intervention, cognitive education, behavioral guidance and other conventional treatment, combined with Baduanjin, broadcast gymnastics and other exercise intervention. There were significant differences in the comparison of mood status, PSQI score and quality of life score in the intervention group, suggesting that exercise intervention can effectively improve the mood status, sleep status and quality of life of schizophrenia patients.

5. Summary

According to the above studies, both simple TCM treatment and integrated TCM and western medicine treatment have significant curative effects in the treatment of chronic schizophrenia, which can be reflected in the following aspects: comprehensively improve the symptoms of chronic schizophrenia, reduce the dose of antipsychotic drugs, reduce adverse drug reactions, and improve patients' medication compliance. As a long-term chronic disease, chronic schizophrenia is difficult to treat and complicated. Chinese medicine treatment can effectively control the progress of the disease and even achieve clinical cure. Acupuncture and moxibustion, Baduanjin, and emotional conditioning, as characteristic treatments of traditional Chinese medicine, also have significant effects on improving the single symptoms of chronic schizophrenia and improving the quality of life of patients.

6. Deficiencies

TCM is based on syndrome differentiation in diagnosis and treatment, but doctors are not clear about the syndrome type of chronic schizophrenia, and there is no definite prescription for treatment. Therefore, to determine more scientific diagnosis and treatment standards of traditional Chinese and western medicine and to carry out large-sample collaborative research will remain the focus of research on TCM treatment of chronic schizophrenia.

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