

# *Treating IgA Nephropathy from Wind*

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**Abstract:** The wind evil is the first of the six evils, the strength of a hundred diseases, and the good deeds that change several times are the key to the etiology and pathogenesis of many diseases. The pathogenesis, characteristics of onset, and clinical manifestations of autoimmune diseases in western medicine are similar to those of wind pathogen treatment. Kidney diseases are mostly autoimmune diseases, of which IgA is the most typical. This paper expounds the pathogenic characteristics etiology and pathogenesis, and dialectical treatment of wind pathogen.

## 1. Introduction

IgA nephropathy is an immunopathological diagnosis characterized by IgA based immunoglobulin with or without the deposition of complement C3 in the mesangial region. It is the most common primary glomerular disease in Asia and China, and also the main cause of chronic kidney disease. About 20 years after the diagnosis, as many as 40% of patients will develop into end-stage renal disease<sup>[1]</sup>. Its clinical manifestation is usually asymptomatic hematuria, and some patients are accompanied by proteinuria, acute, progressive, chronic nephritis syndrome, or nephrotic syndrome. For the treatment of IgA nephropathy, western medicine is relatively lack of specific treatment, and the main treatment mode is supportive treatment, or use glucocorticoid, immunosuppressants, such as cyclophosphamide, tacrolimus and other drugs, which have many side effects; Traditional Chinese medicine has significant effects on improving the quality of life and general status, serum creatinine, urinary protein, development process of IgA nephropathy patients. Based on Professor Cao Shili's clinical diagnosis and treatment experience, the treatment of IgA nephropathy from wind has gradually become an important part of the treatment of IgA nephropathy<sup>[2]</sup>.

## 2. Analysis of Etiology and Pathogenesis of IgA Nephropathy from

### 2.1 "Pathogenic Characteristics of Wind Pathogen"

Wind evil has been "loved" by physicians since ancient times. There was a "Plain Questions" saying: "Wind is the strength of all diseases", a "Differentiation of Febrile Diseases" also saying: "Wind is also the commander of six qi, and the leader of all diseases", and a "Inner Diameter"

saying: “The person who is in the evil in winter is the kidney wind.” Wang Bing notes: “Winter people are in the water, and the kidney is in the charge”, and a “Discussion on the Origin of Various Diseases” says: “When wind evil invades less yin, urine and blood”, etc. It can be seen that the occurrence and development of kidney disease is closely related to wind evil. IgA nephropathy usually has a history of respiratory tract infection before its onset, with multiple symptoms and repeated attacks, which are similar to the wind pathogen treatment. Therefore, the etiology and pathogenesis of IgA nephropathy are analyzed through the characteristics of wind pathogen in the treatment of IgA nephropathy from the beginning to the end.

## **2.2 Wind is a Kind of Yang Evil, Whose Nature is Open and Easy to Attack the Yang Position**

When the external wind invades the human body, the upper part receives it first, and the lung is in the upper position, which is “delicate and dirty”. The throat is the door of the lung, and the foot Shaoyin kidney channel “is straight, which passes through the liver diaphragm from the kidney, enters the lung, passes through the throat, and holds the tongue”. Therefore, IgA nephropathy usually has a history of upper respiratory tract infection before onset, especially tonsillar inflammation. “Su Wen Feng Lun” said: “The Yu in the wind is also the wind of the viscera”, indicating that the wind evil can directly hit the viscera, and then said “the kidney wind is like. sweaty and evil wind, the face is swollen, the spine pain cannot stand upright, its color increases, the hidden curve is not good, the diagnosis is on the muscles, its color is black”. The wind and evil go in looking for the meridians, wandering between the meridians and the viscera, waiting for the opportunity to move. When the body is weak, they take the opportunity to enter, wasting the body. It is the so-called “positive qi exists inside, evil cannot do it; when evil qi gathers, its qi will be empty”. The invasion of wind and evil can easily damage the lungs. The lungs are responsible for spreading and descending. The lungs are blocked by the water channel. The lungs cannot descend. The lung qi is blocked, resulting in the inability to dredge body fluid and reach the bladder. Cough, edema and other symptoms will occur.

## **2.3 Wind Evil and Good Deeds Change a Lot**

The clinical manifestations of IgA nephropathy are diverse, including hematuria, proteinuria, edema, low back pain, etc, but also involving multiple systems: respiratory system, digestive system, sports system, etc. The clinical manifestations can be nausea and vomiting, anorexia, ecchymosis and ecchymosis on the skin, poor flexion and extension of joints, pain, abdominal pain, abdominal distention. constipation and blood circulation<sup>[3]</sup>. IgA nephropathy shows multi system damage consistent with the characteristics of wind evil and good deeds. The pathogenic wind is changeable, the disease is changeable, and the onset is rapid, If not actively treated, some acute and urgent nephritis may have a sharp decline in renal function within a few months and develop into acute renal failure, and even require dialysis treatment if necessary.

## **2.4 Wind Pathogens Are Easily Mixed with Other Pathogens to Cause Disease**

Usually, wind evil does not cause disease alone, but often mixed with other six evils, of which wind cold, rheumatism and wind heat are more common. In modern medicine, kidney damage caused by rheumatoid arthritis, systemic lupus erythematosus, nephrotic syndrome, etc. is mostly caused by rheumatism and wind chill. The constitution of patients with kidney disease is more complex. Even if different constitutions feel the same evil, there will be different secondary diseases. Connective tissue diseases tend to occur in rheumatism, and upper respiratory tract infections, especially tonsillar infections, tend to occur in wind heat<sup>[4]</sup>. The wind evil is easily mixed

with the damp evil. The damp evil is heavy and sticky, and the course of the disease is lingering. It is easy to stay in the joints and block the spleen and stomach. Rheumatism often comes together, causing joint pain and other symptoms. In addition, the spleen likes dampness and is vulnerable to dampness. The evil of rheumatism tends to block the spleen, and the spleen dominates transportation. If the spleen is not good enough, the diet will be difficult to eliminate. After a long illness, the spleen yang will be injured, and the essence cannot be transported. Therefore, the essence cannot be released, and proteinuria will occur, which is similar to the clinical manifestations of nephrotic syndrome. Professor Zhang Qi<sup>[5]</sup>, a master of traditional Chinese medicine, believes that heat evil runs through IgA nephropathy, and wind evil and heat evil play an important role in the process of kidney onset, development, aggravation and delay of recovery.

### 3. Traditional Chinese Medicine Dialectics of IgA Nephropathy

#### 3.1 Dialectical Classification of Many Doctors

Ren Jixue, a master of traditional Chinese medicine, has rich experience in the treatment of kidney disease. Ren believes that<sup>[6]</sup>, IgA kidney disease can be divided into acute attack period and chronic delay period. The acute attack period includes: toxin accumulation in throat, lower energizer damp heat; Chronic migration delay is divided into: kidney qi deficiency syndrome, liver and kidney yin deficiency syndrome, spleen and kidney yin deficiency syndrome, lung and kidney qi deficiency syndrome, spleen and kidney yang deficiency syndrome. The Nephropathy Professional Committee of the Chinese Association of Integrated Traditional and Western Medicine once issued the Practice Guide for Western Medicine Diagnosis and TCM Syndrome Differentiation of IgA Nephropathy<sup>[7]</sup> in 2013, which clearly proposed the TCM dialectical classification of IgA: IgA Nephropathy should focus on the first differentiation of acute and slow stages (acute attack period and chronic duration period), and then distinguish the main and secondary syndromes; First identify the positive and the negative, and then identify the negative and the positive. The acute attack period is divided into exogenous wind heat syndrome and lower energizer damp heat syndrome; Chronic duration includes deficiency of lung and spleen qi, deficiency of spleen and kidney yang, deficiency of liver and kidney yin, and deficiency of both qi and yin. When IgA nephropathy patients take large doses of hormone or combined immunosuppressive drugs, the symptoms are similar to those of the syndrome of yin deficiency and fire hyperactivity, and the syndrome of spleen and kidney yang deficiency is often presented in the process of slowly reducing the amount of hormone. Nie Lifang<sup>[8]</sup> and others have studied the distribution of syndrome types of 308 patients with IgA nephropathy, and concluded that the wind heat attacking the lung syndrome accounts for about 20.5%, the kidney yang deficiency syndrome and the large intestine damp heat syndrome account for 7.8% respectively, and the kidney yang deficiency syndrome accounts for the largest proportion, about 29.5%. Gong Yongjie<sup>[9]</sup> and others treated IgA nephropathy from the lung, spleen and kidney, and observed from clinical practice that the focus of the disease was originally deficiency, and patients often manifested as deficiency of lung qi clinically, mostly with exogenous wind heat, rheumatism or wind cold; Most patients with IgA nephropathy have gastrointestinal diseases, which belong to the category of spleen and stomach in traditional Chinese medicine. Therefore, we should treat them from the spleen, calm the cold and regulate the heat, and regulate the qi; Kidney is directly damaged viscera, which is the main point of this disease. Many doctors have their own characteristics, but the changes are always there. This disease is the syndrome of deficiency of the root and excess of the root.

### 3.2 Dialectical Typing from the Perspective of “Wind Evil”

Wind evil is the main cause of IgA nephropathy. From the perspective of wind evil, it can be divided into two categories: external wind, internal wind and latent wind<sup>[10]</sup>. IgA is mostly due to deficiency of origin and excess of essence, “excess of essence” is mostly caused by external wind, and “deficiency of origin” is mostly caused by internal wind. If external wind stays in the human body for a long time, looking for channels and entering between the viscera to damage the body, it will also lead to deficiency syndrome. Many doctors have treated IgA nephropathy from the perspective of rheumatism, wind and heat. Although the syndrome types are different, there are similarities and differences. In summary, the standard reality can be divided into: wind and heat, rheumatism, wind and cold, and the “deficiency of origin” can be divided into: yin deficiency moving wind, liver yang transforming wind, heat and wind generation, yang deficiency moving wind. Wind cold, wind heat and rheumatism are mostly felt, and their symptoms are relatively mild, mostly manifested as evidence, and the course of disease is relatively short; The syndrome of deficiency of origin mostly refers to the prolonged disease or the deficiency of essence of the body, or the loss of treatment and mistreatment of exogenous factors, the entry of exogenous pathogens, and the injury of internal organs. The course of the disease is quite long. the symptoms are complex, and multiple systems are involved.

## 4. Treatment of IgA Nephropathy

### 4.1 Dialectical Treatment of IgA Nephropathy with Traditional Chinese Medicine

IgA nephropathy is treated from the perspective of wind. According to the etiology, the exogenous treatment is: three methods of dispelling wind cold, wind dampness and wind heat; The treatment methods of deficiency syndrome are: regulating blood and calming wind, warming yang and calming wind, supplementing qi and calming wind, and calming liver and calming wind. For exogenous wind cold syndrome, drugs such as ephedra, cassia twig, schizonepeta tenuifolia, fangji. *Elsholtzia chinensis*, etc. can be used to disperse wind cold, relieve cough and asthma, and promote diuresis and detumescence to alleviate symptoms first, and then Yupingfeng Powder can be taken to strengthen healthy qi and stabilize the condition. The wind and heat are competing with each other. You can take Yinqiao Powder, which is spicy and cool. Rheumatoid patients, such as Qiang Huo, Duhuo, Weiling Xian, Qingfeng Teng, can expel wind and dehumidify, relax muscles and activate collaterals, especially for patients with rheumatoid joints, who have joint pain and difficulty in walking, can take Chuanwu, Haifeng Teng to stop arthralgia pain. The three evils of rheumatism and heat are equally important. You can take Danggui Niantong Decoction. The “Medical School Must Read” says: “To cure wind, we should cure blood first, and blood will kill wind itself”. For patients with blood deficiency and wind, blood tonifying substances such as angelica, rehmannia glutinosa and donkey hide gelatin can be used. In addition, Xia Junfeng believes that<sup>[11]</sup> modified Danggui Buxue Decoction has a good improvement effect on various experimental indicators of patients with IgA nephropathy. Yang deficiency is mostly due to yang deficiency of spleen and kidney, so Jishengqi Pill or Yougui Pill can be added or subtracted. For example, for skin itching, Fangfeng, *Cnidium monnieri* and other drugs can be added; For those with cold joint pain, use *Panax notoginseng*, *Rubia cordifolia* and *Cinnamomum cassia* twig to disperse cold, relax channels and promote blood circulation. Huang Liangzhi<sup>[12]</sup> has a good effect on IgA nephropathy patients with deficiency of both qi and yin syndrome by adding Shenqi Dihuang Decoction, which can not only reduce the content of proteinuria, but also play a certain role in the recovery of renal function. Those with hyperactivity of liver yang can use keel, oyster, chinaberry and other medicines. If the patient suffers from low back pain, hematuria, proteinuria, dull complexion, dry skin, and blue claw

nails, insect wind medicine<sup>[13]</sup> can be selected, such as leeches, bombyx batryticatus, scorpion centipede and other drugs to search wind and activate blood circulation to unblock the meridians. Professor Li Xueming<sup>[14]</sup> pays attention to pulse diagnosis when treating patients. When the patient's pulse changes from slippery to fine, he will use aconite to enhance the therapeutic effect of hormone; Fructus Ligustri Lucidi, Herba Eclipta and other sweet, cold and moist products can resist the hot and dry properties of hormones, and can increase efficiency and reduce toxicity.

#### 4.2 Chinese Patent Medicine for IgA Nephropathy

Chinese patent medicine can often block the development of IgA nephropathy, stabilize treatment, improve clinical symptoms, protect the kidney, reduce side effects of drugs, etc., so in recent years, more and more people take Chinese patent medicine in combination with western medicine, with significant effects. Bailing capsule is “familiar” to patients. Its main ingredient is cordyceps fungus powder, which can nourish the lungs and kidneys, and benefit the vital energy. It can enhance the immunity of cells, activate the activity of macrophages, change the T cell population. eliminate the airway hyperresponsiveness to a certain extent, and regulate the immune system and endocrine system in both directions<sup>[15]</sup>. Bailing capsule contains more trace elements and vitamins, which can slow down the thickening rate of glomerular basement membrane, limit its fusion with the foot process, and thus play a role in protecting the kidney. According to<sup>[16]</sup>, 50 IgA patients in the observation group took Bailing capsule, compared with benazepril and 50 patients in the control group only took benazepril, the observation group had obvious efficacy, and the 24-hour urine protein quantity, creatinine, and IgA levels were lower than those in the control group. which further confirmed that patients with IgA nephropathy who took Bailing capsule combined with benazepril had better general conditions, It reflects the advantages of integrated traditional Chinese and western medicine. Tripterygium wilfordii is also widely used in the treatment of IgA nephropathy because of its immunosuppressive and anti-inflammatory effects<sup>[17]</sup>. According to the clinical efficacy of Tripterygium wilfordii in 40 patients with<sup>[18]</sup> IgA nephropathy, the number of red blood cells in urine, 24-hour urine protein quantity, IL-18 and IL-15 in urine were significantly reduced after the patient insisted on taking tripterygium wilfordii for a long time, which was not different from that of healthy people. This indicates that the inflammatory indicators and clinical symptoms of patients can be significantly alleviated after the treatment of tripterygium wilfordii polyglycosides, thus delaying the development of the disease. Chinese patent medicine can also be used to treat IgA nephropathy according to the patient's dialectics, so that it can be treated according to the disease and different syndromes, giving better play to the advantages of integrated traditional and western medicine.

#### 5. Conclusion

According to the characteristics of wind pathogen treatment, IgA nephropathy is treated from the perspective of wind, combined with the corresponding clinical symptoms of patients, symptomatic treatment, and skillfully use “wind dispelling drugs”. It is not necessary to stick to one side. The disease changes a lot, and the clinic is complex. Dialectical treatment should vary from person to person. Traditional Chinese medicine and Chinese patent medicine have significant effects, combined with the use of western medicine, so as to better delay the development of the disease.

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