
RESEARCH ARTICLE

Analyzing the Method of Yang Ming's "Inheriting Qi" from the Surface and Interior of the Lung and Large Intestine

LI Lanqing^{1a}, ZHAO Xufan^{1b}, QIAO Fanyu^{1c}, WANG Sailan^{1d}, WANG Zhen^{1e}, YANG fei^{1f}, LI shumin^{1g} and ZHANG Zhiyun^{1h} ✉

^a^c^d^e^f^gYunnan University of Traditional Chinese Medicine, Kun Ming City, Yun Nan Province, China

^bAffiliated Hospital of Traditional Chinese Medicine of Guangzhou Medical University, Guang Zhou City, Guang Dong Province, China

^hKunming Traditional Chinese Medicine Hospital, Kun Ming City, Yun Nan Province, China

Corresponding Author: ZHANG Zhiyun, **E-mail:** 1494795697@qq.com

ABSTRACT

Looking at the theory of typhoid fever, there are often cases of "asthma" in the differentiation of Yangming disease with pulse syndrome. One is that typhoid fever mistakenly enters Yangming and causes asthma, and the other is that Yangming organs are solid and the abdomen is swollen and wheezing. Yangming has a stroke, with a bitter mouth and dry throat, a slight wheezing in the abdomen, high fever and aversion to cold, and a floating and tight pulse. If it goes down, it will be difficult for the abdomen to be full and urinate. The Yangming disease has a floating and tight pulse, a dry throat and bitter mouth, and a full stomach and wheezing. Although the Yangming disease has a delayed pulse, it is not aversive to cold. For those with hot flashes, if they want to relieve it, they can attack the inside. "The Warm Disease Diagnosis:" Yangming Warm Disease has five symptoms: unstable wheezing, stagnation of phlegm and saliva, enlarged right inch, or non descending lung qi, which can be dominated by the Xuanbai Chengqi Decoction. "From this, it can be seen that Yangming Asthma is more common than lung related diseases; it can be said that in the "Su Wen Ke Lun", "coughing leads to fullness of the abdomen, which all gather in the stomach and is related to the lungs." It can be seen that the asthma of Yangming is more related to the lungs, and the meridians of the lungs and large intestine are interconnected. There are many discussions on the theory of Yang Ming's asthma attacking and releasing qi, but there are few explanations for the method of "inheriting qi" in Yang Ming's asthma from the surface of the lung and large intestine. Therefore, the author will analyze the method of "inheriting qi" in Yang Ming's asthma from the surface of the lung and large intestine in order to provide detailed information on the treatment of Yang Ming's visceral excess.

KEYWORDS

Lungs and large intestine complement each other, Yangming disease; Chengqi governance method; Treatise on Febrile Diseases.

ARTICLE INFORMATION

ACCEPTED: 01 December 2023

PUBLISHED: 10 December 2023

DOI: 10.32996/bjns.2023.3.2.4

1. Introduction: The nature of the relationship between the lungs and the large intestine

1.1 Meridian interconnection means that the meridians in the body are interconnected

"Lingshu Benshu" states that the lungs are connected to the large intestine. According to "Lingshu Meridians", the Yangming pulse of the large intestine begins at the end of the second finger of the big finger, extends to the upper shoulder, passes through the patella, and exits above the column bone. It then descends into the pelvis, connecting with the lungs, and the lower diaphragm is part of the large intestine. The pulse of the lung, hand, and taiyin originates from the middle burner, descends to the large intestine, passes through the stomach, traverses the upper diaphragm to reach the lungs, and finally exits from the lung system to the armpit [Gao et al. 2013]. Subsequent studies have suggested a correlation between the lungs and the large intestine, both externally and internally, with the meridians connecting them. This correlation serves as a theoretical foundation for the treatment of diseases associated with the lungs and large intestine [Zhou et al. 2013]. The Lung Meridian of Hand Taiyin and the Large Intestine Meridian

of Hand Yangming intersect at the index finger, allowing the two meridians to converge. This creates an interconnected channel between the two meridians through their separation, entry, exit, and combination, emphasizing the significance of the lungs and large intestine. The relationship between these two organs serves as the basis for treating diseases associated with them [Li et al. 2009].

1.2 Physiologically and pathologically related

"The Essence of Medical Classics-Zang Fu Zhi Guan"[2016] believes that the lungs and intestines interact with each other in the lifting and lowering of Qi. The descending of the lungs can promote the intestinal transmission of waste, and the smooth transmission of the intestinal tract can effectively promote the descending of the lungs. This allows the large intestine to better disseminate waste. Therefore, the functions of the lungs, such as controlling qi, controlling exhalation, promoting hair and descending, regulating water channels, and directing the meridians, are all important components of the large intestine. The function of the lungs is normal; body fluids are dispersed and run normally, and the large intestine will transport waste matter to the outside of the body when it is moistened [Gao et al. 2010]. In terms of pathology, the same is true for the functions of the lungs and the large intestine. When the function of the lungs is imbalanced, body fluids cannot be transported and transported into the large intestine normally, resulting in abnormal transmission of waste in the large intestine, resulting in symptoms such as constipation and constipation conversely, when the conduction function of the large intestine is imbalanced, it will also interfere with the function of the lungs. Once there is a problem with Xuanfa and Qi, and the lung qi rises and reverses, a series of lung system problems will occur. Therefore, in the treatment of lung disease and cough due to Yangming Abdominal Deficiency, When asthma occurs, it can be used to relieve diarrhea and turbidity, which can help to relieve lung qi and regulate the flow of qi. Cough and asthma can be cured [Wang et al. 2011].

1.3 The five elements of the lungs and large intestine belong to the same metal

"Shangshu" has a saying: "The floods of the Gun River gush out the five elements." It also explains the five elements one by one, pointing out: "The five elements, one is water, the second is fire, the third is wood, the fourth is gold, and the fifth is earth." "Water is moist, fire is hot, wood is straight, gold is leather, and earth is good for crops" [Lin 1992]. The lungs belong to metal, so the corresponding meaning of metal is Congge. Traditional medicine extends it to all things and phenomena that have properties or effects, such as settling, chilling, and astringent. The lungs and large intestine have such properties and belong to metal. There are similarities in the development and treatment of lung and large intestine diseases. For example, Citrus aurantium and Magnolia officinalis in "Chengqi Prescription" are medicines for regulating qi and clearing the abdomen, and also have the effect of relieving coughs. Among them, the "Xuanbaicheng Prescription" "Qi Tang" is specially designed for Yangming febrile disease, where lung qi does not fall [Wang et al. 2022].

2. Modern mechanism research.

The modern research on the mechanism of "the lungs and the large intestine, both external and internal" is currently mostly studied from the aspects of experimental animal models and clinical patients' biochemistry. The current common mechanisms are summarized as follows:

2.1 Lung-intestine structural homology and immune correlation

From the perspective of biological structure, during the embryonic development stage, the lungs and intestines are derived from the foregut stage, so the two may have homology in mucosal immunity. Studies have shown that the lungs and intestines have the same mucosal immunity under hyperoxic stimulation. Origin [Han et al. 2015]. On the other hand, genetic map testing will also reveal a homology between the lungs and intestines during embryonic development [Liu et al. 2016]. Lung and intestinal T lymphocyte subpopulations also have homology [Liu et al. 2012]. Some scholars have found that the lungs and intestines can share the same signaling pathway. After successfully modeling ulcerative colitis in rats, lung-related problems also appeared. The degree of damage can be synchronized with the degree of ulcerative colitis, and some bacterial colonies in the lungs and intestines can appear. Synchronous changes, based on the synchronization of lung and intestinal microecology and TGF- β 1/Smads/ERK signaling pathway, explore the protective and repair effects of this pathway on lung injury in rats with ulcerative colitis and mediate the pathological transformation process of "intestinal disease and lung". Lung injury in rats with ulcerative colitis may be related to changes in lung and intestinal microecology and activation of the TGF- β 1/Smads/ERK signaling pathway^[12]. Similar studies have largely shown that the lungs and large intestine are the important biological basis of each other's exterior and interior.

2.2 Enteric-respiratory microecological relationship

Research has found that synchronous changes in respiratory flora can occur after modeling ulcerative colitis in rats. During the pathological transformation process of "enteropathy and lung", some bacterial flora in the respiratory tract and intestines of enteropathy rats show synchronous regularity. Variety. This shows that changes in microbial flora may be one of the mechanisms and manifestations of "intestinal disease and lung disease" [Zheng 2013]. In 2021, a team found that intestinal flora plays a protective role in regulating immunity against acute lung injury induced by lipopolysaccharide (LPS) by regulating the TLR4/nuclear

factor-kB signaling pathway. This signaling pathway may induce inflammation and oxidative stress [Tang et al. 2021]. From the perspective of the lungs and intestines, the traditional Chinese medicine Qinbai Qingfei Concentrated Pills are used to intervene in the intestinal flora and lungs to treat mycoplasma pneumonia [Liu et al 2022].

3. Yang Ming disease and bearing qi interpretation

Yangming disease is discussed in detail in *Treatise on Febrile Diseases* and *Treatise on Febrile Diseases*. In *Treatise on Febrile Diseases*, it is stated in the chapter *Differentiating Yangming's Pulses and Symptoms and Treating them* that "Yangming's stomach disease is caused by the stomach disease" [Zhang 2018]. "Stomach" does not simply refer to the stomach and intestines but also includes the large intestine and intestines, both of which belong to the category of Yangming disease. Wei Jiashi refers to the Yangming Fu-organ syndrome. When the Yang is received, it enters the six Fu-organs. Most of the evil heat enters the Fu-organs through the Yangming Meridian and combines with the residue in the large intestine, causing the intestines to accumulate and "fullness and dryness" from the Yangming abdomen. Empirical evidence says, "The six fu organs are used to clear the air. If the six fu organs are not clear, the turbid qi will not descend, and the clear qi will not rise. If the qi movement is reversed, the fu organs will become full and cough and wheeze." Therefore, the method of attacking Yang Ming abdominal syndrome is used to treat Yang Ming abdominal syndrome, and the method of transforming Cheng Qi is used to treat Yang Ming fu organ syndrome. "Yangming febrile disease is characterized by blockage of the lower organs. There are five syndromes." Among them, the syndrome of Yangming fu-organ excess and phlegm-heat blocking the lungs is used to clear the lungs and resolve phlegm asthma [Bao et al. 2021].

The Qi-Cheng method comes from Zhang Zhongjing's *Treatise on Febrile Diseases* and *Miscellaneous Diseases*. The Qi-Cheng method is also often used in various diseases [Liu et al. 1994]. In the Yangming disease chapter, *Sanchengqi* decoction using the Chengqi method is also a method often used by Zhongjing to treat Yangming fu-organ syndrome, but it is not limited to this. Among them, it is mentioned in *Treatise on Febrile Diseases* and *Synopsis of the Golden Chamber*. These two ancient books include 38 articles on *Daochengqi* Prescriptions and 8 *Tiaowei Chengqi* Decoctions, which are found in Yangming, Taiyang, Shaoyin and other diseases, indicating that when external evils invade the Yangming Fu organs of the three yin and three yang, the syndrome Every time, this prescription is used to treat it. Most of Zhongjing's Ming prescriptions, such as *Daxianxiong* Decoction, *Xiaoxianxiong* Decoction, *Taohe Chengqi* Decoction, *Dahuang Mudan* Decoction, etc., all use the method of holding Qi. Tracing back to the source, the so-called "Qi holding person" means *Chengshang*. Its original intention was to expel evil spirits and lower them so that the upper and lower spirits that have been blocked by the six evil spirits from the outside can once again take over [Zhang et al. 2022].

"Qing" refers to the heat caused by Qing Yangming disease, that is, the Baihu prescription. For example, in item 221, the various transformations of Yangming heat syndrome after mistreatment and the residual heat that disturbs the chest diaphragm, the main ingredient of *Gardenia Soybean Soup* is After the 222 *Zhongyang Ming* syndrome is mistakenly acquired, not only the evil heat is not eliminated, but also the consumption of qi and body fluids, thirst for water, dry mouth and dry lips. Therefore, Baihu plus ginseng decoction is often used to clear the stomach heat, replenish qi and nourish body fluids. For example, in Article 223, if the patient has a floating pulse, fever, thirst for water, and difficulty in urination, *Zhuling* Decoction should be used [Zhang 2018]. The pathogenesis of this syndrome is not mainly due to sweating but to promoting urination. Water and heat come down from urination. These three items are linked together, and they are different changes caused by the mistreatment of Yangming disease. This method is what Ke Yunbo said was the "Three Yangming Methods", and it also contributed to the application and development of Qingfa by later generations [Liang 2014].

The "down" method is the method of attacking the bitter cold in Yangming's disease. "*Treatise on Febrile Diseases*" states that "difficulty in defecation, hard stool, and inability to defecate" can be treated [Wang et al. 2013]. First, dryness and heat in the intestines and stagnation of fu qi in the middle intestine are obvious symptoms of fullness. The main manifestations are constipation, which can last for five to six days or even more than ten days, or abdominal distension due to the flow of heat. Hard pain that refuses to be pressed, hot flashes, delirium, etc., can be treated with *Dachengqi* Decoction. For example, those with Yangming disease in Article 238, feeling depressed and irritated in the heart, and having dry feces in the stomach can be treated. The abdomen is slightly full, with whiplash at the beginning and looseness later, so don't attack it. If you have a dry stool, you should use *Da Chengqi* Decoction. Second: In the treatment of symptoms of Fu-organ syndrome with obvious stagnation of Fu-Qi but not yet fullness, abdominal fullness and hard pain, hot flashes, delirium, etc., *Chang Xiao Chengqi* Decoction can be used as in Article 213 [Zhang 2018], Yangming disease, the person suffers from excessive sweating, exudation of body fluids, dryness in the stomach, and constipation, and whipping causes delirium. *Xiaochengqi* Decoction is the treatment. If the delirium stops after one dose, do not take it later [Zhang 2018]. The third one is to treat the symptoms of Fu-organ syndrome, but not too much, mainly dryness and heat. Symptoms include inability to defecate, abdominal fullness, evaporation and heat, etc. *Tiaoweichengqi* Decoction is mainly used to treat Taiyang disease, and it can be used as a relieving agent. For example, in Article 207, Yangming

disease, non-vomiting and upset, can be treated with Tiaowei Chengqi Decoction, 248 Taiyang disease for three days, unexplained sweating, and evaporation. Heat belongs to the stomach, and Tiaowei Chengqi Decoction is the main treatment [Zhang 2018].

4. Examples of medical records

The case was taken from the Anorectal Department of Kunming Hospital of Traditional Chinese Medicine. The patient was a 20-year-old female who went to the hospital on October 1, 2022. The main complaint was dry and hard stools for more than 6 months, which worsened for 5 days. The patient said that the stools had been dry and hard for the past six months and had not been passed for the past 5 days. Stool, abdominal distension, a daily diet that is pungent and hot, last menstrual period on September 20, dark color with blood clots, a small amount, dry and hard stool. The patient has habitual constipation, and the treatment improved with the usual methods of clearing away heat, attacking, and moisturizing. The constipation recurred after a slight discontinuation of the drug. The current symptoms include a sallow complexion, heavy breathing, abdominal distension, yellow urine, red tongue and yellow coating, and a large right pulse. The treatment should be to relieve the lungs and relieve heat. Prescription: Gypsum (gypsum (Decoction first) 18g rhubarb 12g Platycodon 9g 9g almonds Trichosanthes trichosanthes 9g Citrus aurantium 9g Polygonum multiflorum 12g The patient reported that 1 hour after taking medicine, he felt a loud rumbling in the abdomen, and randomly passed out a large amount of foul-smelling loose stools, but felt that he was weak, and then added Yiqi Decoction to replenish the deficiency. , 3 After taking the medicine for consolidation, the patient reported that his long-term constipation symptoms had improved, and there were few subsequent recurrences after taking the medicine for 3 courses. Analysis of medical records: In the Yangming disease chapter of Zhongjing's "Treatise on Febrile Diseases", most of them are characterized by dryness and heat in the fu organs, and the treatment methods are also mostly based on "clearing and lowering" [Zeng et al 2013]. However, the lungs are not clear and fall. , the Qi movement is not smooth, the intestines are blocked, and the conduction is limited. On the upper side, cough, chest tightness, and wheezing can be seen. On the lower side, epigastric distension and abdominal distension can be seen, and dry stools are treated. The treatment should be to disseminate the lungs and relieve asthma, lower the Qi and open the Fu organs, that is, open the lungs and clear the Qi. Transmission, the upper orifices are connected, and the lower orifices are self-directed. It can be seen that the conduction function of the large intestine is closely related to the lungs and relies on the purification and decline of lung qi. Therefore, the method of lifting the pot and uncovering the lid is very effective for those with habitual constipation.

5. summary

Loss of Xuan Qi in the lungs causes an imbalance in the movement of stool, Yangming Qi does not fall, and loss of transmission in the large intestine leads to constipation. When the lungs are invaded by external evils or evils such as cold, heat, dryness, fire, phlegm, or dampness, various syndromes can occur. Types of lung disease and constipation have various treatments. Doctors cannot try to conquer the disease quickly and treat intractable defecation problems. In terms of function, the function of the lungs in regulating qi is mainly "in", while the function of the large intestine is mainly in "exit". When it comes out, it contains in, the large intestine can come out, the lung prescription can contain it, and the turbid stool can be contained in the lungs. If the airflow is dominant, the stool can be passed down. It is unfavorable to remove turbidity, which cuts off the source of fluid in the intestines and intestines, and the gasification of the intestines is blocked, making it difficult to move. If fluid cannot be distributed down the intestines, the intestines will be dry and dry, and it will be difficult to pass stool without water. Therefore, the Qi-holding method is necessary to regulate the Qi movement of the lungs. If the Yang Ming Fu organs are confirmed, the Qi movement will be supported and lowered, and the water and liquid will travel, dryness and moistening of the intestines will be achieved, and intractable defecation symptoms will also be alleviated.

Funding: This research was funded by the Kunming Science and Technology Plan Project in Yunnan Province, grant number 201901AG0701648

Conflicts of Interest: The authors declare no conflict of interest.

Publisher's Note: All claims expressed in this article are solely those of the authors and do not necessarily represent those of their affiliated organizations, or those of the publisher, the editors and the reviewers.

References

- [1] Bao C and Jiang Y (2021) Research progress in the treatment of pulmonary diseases with Xuanbai Chengqi Tang *Journal of Shandong University of Traditional Chinese Medicine*, 2021, 45(02): 280-284
- [2] Gao L, Wang J, and Deng Y (2010) Exploration of the visceral relationship between the lungs and large intestine *Journal of Anhui University of Traditional Chinese Medicine*, 2010, 29(03): 1-3
- [3] Gao B, Cheng Y, Zeng Y, et al. (2013) Analysis of Doubts on the Twelve Classics. Chinese acupuncture and moxibustion, 2020, 40(08): 887-890
- [4] Han J, Liu X, Zhang L, et al. (2015) A study on the mechanism of "lung and large intestine interface" - the effect of high oxygen stimulation on the expression of immune factors in the lung and intestinal mucosa *World Traditional Chinese Medicine*, 2015, 10(01): 80-82+85

- [5] Liu S, Yang G, and Wang X (2016) Analyzing the relationship between lung and large intestine based on changes in gene expression profiles of embryonic epithelial cells *Journal of Traditional Chinese Medicine*, 2016, 31(03): 390-393
- [6] Liu S, Liu X, Li L, et al. (2012) A basic study on tissue cytology of lung and large intestine *Chinese Journal of Traditional Chinese Medicine*, 2012, 27(04): 1167-1170
- [7] Li L, Zhang Y, Yan X, et al. (2009) Clinical application of acupoints in the lungs and large intestine *Journal of Changchun University of Traditional Chinese Medicine*, 2009, 25(05): 805-806
- [8] Liu Z, Dong W, Wei W, et al. (2022) Exploring the mechanism of Qinbaiqingfei-concentrate pills in the treatment of Mycoplasma pneumoniae pneumonia from the perspective of intestinal microbiota and mucosal immunity. *Journal of ethnopharmacology*, 2022, 293: 115308
- [9] Liu J et al. (1994) On Typhoon Fever and Miscellaneous Diseases {M}. Shijiazhuang: Hebei Science and Technology Press, 1994.
- [10] Lin Z (Song) (1992) Complete Explanation of Shangshu 1 {M}. Jinan: Shandong Friendship Publishing House, 1992.
- [11] Liang H (2014) Chapter 32 of the Commentary on the Treatise on Cold Damage: The Treatment of Yang Ming Meridian Surface Syndrome and Invisible Evil Heat *Journal of Traditional Chinese Medicine*, 2014, 29(08): 1131-1134
- [12] (Qing Dynasty) (2016) Written by Tang Rongchuan. Complete Book of Tang Rongchuan's Medicine {M}. Taiyuan: Shanxi Science and Technology Press, 2016.
- [13] Tang J, Xu L, Zeng Y, et al. (2021) Effect of gut microbiota on LPS-induced acute lung injury by regulating the TLR4/NF- κ B signaling pathway. *International immunopharmacology*, 2021, 91: 107272
- [14] Wang D, Liu E, Zhang G, et al. (2011) On the Relationship between Lung and Large Intestine from the Perspective of Qi Mechanism *Liaoning Journal of Traditional Chinese Medicine*, 2011, 38(07): 1345-1346
- [15] Wang R and Xie Z (2022) Exploring the clinical application of Xuanbai Chengqi Tang from the perspective of lung and intestine co-treatment *Henan Traditional Chinese Medicine*, 2022, 42(01): 33-36
- [16] Wang B, Yang Y, Zheng X, et al. (2014) Based on pulmonary intestinal microecology and TGF- β Exploring the mechanism of lung injury in rats with ulcerative colitis through the Smads/ERK signaling pathway *Chinese Journal of Traditional Chinese Medicine*, 2014, 29(11): 3555-3559
- [17] Wang A and Wang X (2013) Analysis of the method of treating Yangming disease *Jilin Traditional Chinese Medicine*, 2013, 33(09): 960-962
- [18] Zhang Z. (2018) Treatise on Cold Damage {M}. Beijing: Traditional Chinese Medicine Ancient Books Publishing House.2018.}
- [19] Zhang W and Lin X (2022) Analysis on the Treatment of Epidemic with Chengqi Prescriptions *Journal of Changchun University of Traditional Chinese Medicine*, 2022, 38(05): 477-479
- [20] Zheng X. (2013) Exploring the Biological Basis of Lung and Large Intestine Pathological Changes Based on Pulmonary Intestinal Microecology and MEK/ERK Signaling Pathways {D; Chengdu University of Traditional Chinese Medicine, 2013.}
- [21] Zeng Z and Chen M (2013) The contingency treatment method in Yangming disease in the Treatise on Cold Damage *Journal of Changchun University of Traditional Chinese Medicine*, 2014, 30(02): 353-355
- [22] Zhou C, Liang Z, Chen J, et al. (2013) Clinical experience of using the method of descending lung qi to treat constipation *Chinese Journal of Basic Traditional Chinese Medicine*, 2013, 19(03): 301-302