

Application of "Three Factors and Measures" Theory of Traditional Chinese Medicine in the Prevention and Treatment of early Chronic Kidney Disease

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Abstract

Chronic kidney Disease is a frequently occurring and common disease in clinic. However, due to the complexity of pathogenesis and clinical symptoms and the endless emergence of complications, people are helpless. It not only consumes huge medical resources, but also has many negative effects on people's production and life. Therefore, it is of great significance for the early prevention and treatment of the disease. "Three causes theory" is an important part of the basic theory of traditional Chinese medicine, and it is also the concentrated embodiment of the overall concept of traditional Chinese medicine and the thought of syndrome differentiation and treatment. "Three causes theory", that is, adjusting measures to time, local conditions and individual conditions, is one of the basic treatment principles of traditional Chinese medicine, and fundamentally follows the principle of dialectical treatment of traditional Chinese medicine. This paper will elaborate the application of early prevention of chronic kidney disease according to individual conditions, local conditions and time conditions, hoping to guide clinical diagnosis and treatment and provide some treatment ideas for the prevention and treatment of traditional Chinese medicine.

Keywords

Three Measures According to Conditions; Chronic Kidney Disease; Traditional Chinese Medicine; Prevention and Cure; Basic Theories of Chinese Medicine.

1. Introduction

"Suit measures to individual conditions", that is, formulate corresponding treatment methods according to people's age, physique, gender and other differences; "Suit measures to time" means to formulate corresponding treatment methods according to the differences of four seasons and climate; "Adjusting measures to local conditions" refers to formulating corresponding treatment methods considering the height of geographical location, eating habits, product differences and other aspects, which has a inextricable impact on the prevention and treatment of early onset and the development and change of diseases[1]. Chronic kidney disease is a disease with a long course and many complications. Various complications intersect with other pathological factors, resulting in more complex diseases. Therefore, in the process of treatment, we should not only focus on the part, but also on the whole. In terms of treatment and prescriptions, we should achieve dialectical treatment of "people", "time" and "place".

Chronic Kidney Disease (CKD) is a chronic syndrome in which the structure and function of kidney are damaged, which affects individual health. The performance of patients is different in different stages. Patients in stage 1-3 of chronic kidney disease may have no particularly obvious symptoms. With the aggravation of the disease, they reach stage ckd4. At this time, the symptoms are obvious, mostly manifested in patients with depression and lower limb edema, while patients in stage 5 are

mostly uremic symptoms. Although there are drugs related to the treatment of CDK and CKD complications, the therapeutic effect is not satisfactory. In order to prevent the occurrence of CKD, it is necessary to take targeted treatment for different potential causes.

2. Suit Measures to Individual Conditions

Adjusting measures to individual conditions is reflected in the treatment of diseases, only seeing the whole and ignoring people's individual differences. More appropriate diagnosis and treatment schemes should be formulated according to people's age, physique, gender and other aspects.

2.1 One Year System is Suitable for Age

The physical condition of different ages is different, and the medication should also be different. "On pestilence · on different treatment of old and young people" points out: "exploitation is the most taboo for people of high age. It is set to invest in Qi and take one as ten; it is set to use skills, and ten is not equal to one. It covers the old age, the glory and health are dry, and a little vitality is easy to consume and difficult to recover." It is no more vigorous and vigorous than young people's Qi and blood, but once evil Qi is eliminated, healthy qi returns. Young people have good health, abundant blood gas, strong anti evil power, mild disease at the time of onset, and quick drug effect[2]. The elderly are relatively weak. In terms of treatment, they should use drugs according to their age differences. The elderly should not use drugs fast and fiercely. The drug properties of drugs are mild. Those with younger dosage should be considered according to the patient's physical condition. There are many causes of kidney diseases, such as emotion, diet, work and rest, drugs and other internal and external factors[3]. It will accumulate for a long time, damage the kidney for a long time, and even induce related complications. Deficiency of kidney qi is the internal basis of the onset of chronic kidney disease [4], while the elderly have a heavy depletion of kidney essence. Combined with the thought of "preventing disease" in traditional Chinese medicine, the so-called "healthy qi exists in the body, and evil can not be dried", that is, before the onset of chronic kidney disease, they should be given corresponding drugs to replenish kidney and Qi in time to prevent and treat the onset of chronic kidney disease. The elderly can also maintain an appropriate amount of exercise every day and go out for more walking. Based on the principle of "step by step and adhere to exercise", it can promote the movement of Qi and blood and enhance their physique, which coincides with Zhao's[5] "one walk is better than one hundred exercises".

2.2 Adapt to Physical Conditions

Everyone's constitution is different, and their susceptibility and transmissibility to diseases are also different. Therefore, we should distinguish their constitution and use drugs in combination. When people enter middle age, the physiological functions of Zang Fu organs, meridians and collaterals gradually decline, and the physical functions decline. "Lingshu · Tiannian" pointed out that "at the age of 40, the five internal organs, six houses and twelve meridians are in great prosperity to calm down, the reason is sparse, the glory is decadent, the hair is quite gray, and the peace is not shaking, so it's easy to sit." "Dry book of changes": "one voice corresponds to one spirit. Water is wet, fire is dry, clouds from the dragon, wind from the tiger, and all things can be seen by saints". It shows that the susceptibility of groups to diseases caused by individual differences is also different. CKD patients are mostly middle-aged people over 40 years old, and the physique of middle-aged and elderly people mostly belongs to Qi deficiency, Yang deficiency, phlegm dampness and blood stasis[6]; Qi deficiency is a deficiency of vital energy, which is mainly characterized by weak Qi and low functional state of the body and viscera [6]. During treatment, we should pay attention to Tonifying Qi. It is often combined with Chinese yam, *Atractylodes macrocephala*, tangerine peel, *Astragalus membranaceus* and other Qi tonifying drugs. Those with blood deficiency can be combined with *Angelica sinensis*, donkey hide gelatin, *radix rehmanniae*, *Radix Paeoniae Alba* and other drugs; Yang deficiency is mainly due to the deficiency of Yang Qi and the phenomenon of deficiency and cold [6]. Medication is often combined with cinnamon, dodder, *Psoralea corylifolia* and other drugs; Phlegm dampness is due to the stagnation of water and fluid and the condensation

of phlegm dampness, which is mainly characterized by viscosity and turbidity [6]. The treatment is often combined with white lentils, coix seed, red adzuki bean, *Acorus tatarinowii* and other drugs; Blood stasis refers to the physical state in which the body has the potential tendency of poor blood operation or the pathological basis of blood stasis internal resistance, and shows a series of external signs[7]. Treatment is often compatible with curcuma, safflower, *Herba Leonuri* and other blood activating and stasis removing methods. Heavy persons can be combined with *Rhizoma curcumae*, *Rhizoma trigonis*, woodlouse worm, etc., to compel blood stasis and stasis [8]. Professor He Liqun [9] believes that it should be based on the nature and taste, tonify the kidney, not forget the acid and slow down the liver. For example, the prescription of consistent Decoction should be combined with treatment to complement each other.

2.3 Gender Specific

“Su Wen on ancient innocence” describes in detail all stages of the growth of men and women, taking the age of eight as a stage for men and seven as a stage for women[10]. "Women's may seventh, Yang Ming pulse failure, face scorching, hair falling. June seventh, three Yang pulse failure on the top, face scorching, hair beginning to white. Men's may eighth, kidney qi failure, hair falling, tooth haggard. June eighth, Yang Qi failure on the top, face scorching, hair white." At the same stage, the growth and development of men and women are different. According to incomplete surveys, overall, women are at greater risk of chronic kidney disease than men[11]. “Su Wen on Yin and Yang should be like” said: "Yin and yang are men and women of blood and Qi." "Female Kebai asked" mentioned: "men are based on essence, women are based on blood." Women belong to Yin and are based on blood. Men belong to Yang and are based on essence. Therefore, in dialectical treatment, women supplement blood and men supplement essence[12]. According to the physiological function of the five internal organs, the liver nourishes blood and the kidney stores essence. Therefore, in the early prevention and treatment of CKD, women should regulate qi and soothe the liver, and men should protect essence and kidney to prevent the onset of CKD.

In addition to the influence of educational level and family level, patients with high educational level may have high acceptance of information and strong health concept[13], and will go to the doctor for relevant examination in time in case of relevant symptoms. Because the initial symptoms of CKD are not obvious, those with low education level have relatively weak health awareness, so they delay the condition and miss the best diagnosis and treatment time. Therefore, we should improve people's awareness of chronic kidney disease, popularize relevant knowledge, increase preferential efforts, and advocate regular physical examination, so as to achieve early detection and early treatment. The later treatment of CKD is not only economic pressure, but also psychological pressure. Patients with higher family income can get more comprehensive diagnosis and treatment and nutritional supplement. The psychological pressure is relatively small, which has a good impact on the development of the disease. For low-income patients, we should dredge their psychological burden in time, give correct guidance, and formulate corresponding more appropriate and effective treatment methods.

3. Suit Measures to Local Conditions

Adjust measures to local conditions, that is, take different treatment and preventive measures according to the different physical characteristics of people in each region. The difference of cold and hot climate, different eating habits and terrain in the region are also related to the disease. As recorded in “Su Wen Yi Fa Fang Lun”: "In the eastern region, where heaven and earth came into being,...., so its people eat fish and are addicted to salt,.... Fish makes people warm, salt is better than blood, so its people are black and clear, its diseases are carbuncle and ulcer, its treatment is suitable for stone Bian, so stone Bian also comes from the East; in the west,...., the Qi of heaven and earth also comes from the East. Its people eat fat and fat, so evil can not hurt its body. Its disease is born in the interior, its treatment is suitable for poison. Therefore, poison also comes from the West; Those in the north are also the areas closed by heaven and earth Its people enjoy wild places and eat milk. Cold in the viscera

leads to full disease, so moxibustion comes from the north; The southerners are raised by the director of heaven and earth. Its people are acidophilic and eat rice, so its people are reasonable and red. Its disease is contracture and arthralgia, and its treatment should be micro acupuncture. Therefore, the nine needles also come from the South; In the center, the horizon is wet,... Its people eat miscellaneous but do not work, so its disease is mostly flaccid, Jue cold and heat, and its treatment should be guided by stilts. Therefore, those who guide and press the stilt also go out from the center[14]. " It can be seen that people living in different areas have different pathogenic factors and susceptibility diseases due to differences in eating habits. Therefore, a reasonable treatment plan should be made for their deficiencies to cooperate with the early prevention and treatment of CKD. The northern region has a high altitude, the northern human body is strong and vigorous, and the medicine should be fierce when attacking evil. Moreover, the northern climate is cold and cold is easy to hurt the Yang. For patients with early CKD in this region, Zhenwu Decoction should be used to warm the Yang[15]; There are many plains in the south, the terrain is low, and the climate is hot, humid and rainy. It is a land of fish and rice in the south, and the body is delicate. It should be treated with mild and mild agents. In addition, the moisture in the south is heavy, which is easy to gather moisture, generate phlegm and transform heat. During early treatment, it is appropriate to use heat clearing and dampness promoting agents to dispel disease pathogens in time and prevent trouble in the first place.

4. Adapt to the Time

Adjusting measures to time is to consider the physiological and pathological changes caused by time-related factors. Therefore, appropriate measures shall be taken for the changes caused by season and daily rhythm during treatment[16].

4.1 According to the Four Seasons

“Su Wen jin gui zhen speech “mentioned: "the east wind is born in spring, the disease is in the liver, Shu is in the neck; the south wind is born in summer, the disease is in the heart, Shu is in the chest and rib; the west wind is born in autumn, the disease is in the lung, Shu is in the shoulder and back; the north wind is born in the East, the disease is in the kidney, Shu is in the waist and thigh; the center is soil, the disease is in the spleen, Shu is in the spine". With the change of seasons, the corresponding lesion sites are also different. Therefore, we should comply with the law of the four seasons, pay attention to the protection of the corresponding viscera and prevent the occurrence of diseases. It is pointed out in” Su Wen four Qi and regulating spirit”that "from Yin and Yang, life is born, vice versa, death is cured, and vice versa." spring is the season when all things are full of vitality. People should lie down at night and get up early, take more outdoor walks, strengthen exercise and stretch their bodies; In summer, people should also lie down at night and get up early. They should keep a calm mind and don't get tired of the long and hot summer; Autumn is a harvest season. You should lie down early and get up early to maintain emotional stability in order to alleviate the purge of autumn; In winter, we should lie down early and get up late. When the sun rises, we should get up and stay away from the cold[17].CKD is a chronic kidney disease, so in winter, we should comply with the natural law, take care of healthy qi, pay attention to protecting the kidney and effectively prevent the occurrence of the disease. “Nei jing”mentioned: "use heat to keep away from heat, use cold to keep away from cold, use temperature to keep away from temperature, and use cool to keep away from cold." it expounded the characteristics of drug properties contrary to cold and heat in four seasons, that is, in spring and summer, drugs should not be warm and hot; In autumn and winter, the medicine should not be cold.

4.2 Due to Daily Rhythm

The alternation of day and night is a natural phenomenon marked by the rise and fall of the sun due to the rotation of the earth.”Su Wen jin gui zhen speech”said: "from the middle of the day to dusk, the sun in the sky, the Yin fluid in the Yang.... the chicken crows to a flat, the Yin in the sky, the Yang in the Yin." The alternation of day and night can affect the changes of human Yin and Yang, thus affecting human physiological and metabolic functions[18], and continue to affect the

development of diseases, such as "Dan Hui", "day an", "Xi Jia" and "night very" in the internal classic. According to the application of the visceral Qi method, the theory of five elements generating restraint and the meridian flow receiving branch method, the time rhythm of the five zang organs and the flow order of Qi and blood at twelve hours can be obtained[19]. According to its change law, it can be treated according to law and guide clinical medication. If CKD patients have Yin deficiency and blood deficiency, they can take Yin nourishing drugs in the afternoon or next night to improve the curative effect with the help of the vigorous Yin Qi; Patients with Yang deficiency can take compatible Warm Yang drugs in the morning to improve the curative effect with the help of the rising trend of Yang Qi. In the clinical practice of traditional Chinese medicine, observing the development stage of the disease according to the pathological changes of organs and carrying out targeted dialectical analysis is the key to the treatment of early CKD[20]. It can also be supplemented according to its law to stabilize the function of viscera, improve the ability of disease resistance and effectively prevent the disease.

5. Conclusion

At present, the treatment level of CKD in China is limited, and the idea of "three factors and measures" is particularly important in its early intervention. Effective scientific prevention is the starting point for the treatment of chronic kidney disease. Prevention and treatment should not only grasp the essence of the disease and identify the main and secondary contradictions affecting the disease, but also respond flexibly according to people, time and place. It has profound significance in the early prevention and treatment of CKD and provides some ideas for the prevention and treatment of diseases with traditional Chinese medicine.

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