

Treatment of Renal Hematuria Based on the Theory of Deficiency, Heat and Blood Stasis

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Abstract

The mechanism of glomerular hematuria is complex, and there is no single theory that can fully explain its cause. "The clinical treatment is often based on the theory of "deficiency", "heat" and "stasis", and often achieves better results. The clinical treatment is often based on the theory of "deficiency", "heat" and "stasis", and often achieves better results."

Keywords

Renal hematuria, deficiency, heat, stasis, identification and treatment.

1. Introduction

Renal hematuria refers to the exclusion of urinary tract infection, stones, tuberculosis, tumors, trauma and other factors caused, urine red blood cells excreted more than normal, glomerular hematuria production is mostly due to red blood cells through the broken glomerular basement membrane by the intravascular pressure squeeze damage, and then through the renal tubules and by different osmotic pressure and pH value, showing deformed red blood cell hematuria, red blood cell volume becomes smaller, or even ruptured, can be divided into gross hematuria and microscopic hematuria, the epidemiology of hematuria varies greatly, screening studies have shown, The prevalence of hematuria in healthy adults ranges from 0.18 to 20.1 percent [1-2], with an individual glomerulonephritis registry in Spain showing an overall prevalence of haematuria of 63 percent.[3],

The treatment of this disease is difficult, hematuria is difficult to disappear, especially microscopic hematuria, and more and more evidence shows that hematuria has a negative impact on the progression of kidney disease, its persistence and severity are significantly related to the long-term poor prognosis of glomerular disease, and in terms of treatment, for the treatment of renal hematuria, Western medicine has no special drugs, especially for patients with simple hematuria, most of them are mainly observed and followed, only for patients with proteinuria, hypertension, renal function abnormalities, hormones, angiotensin-converting enzyme inhibitors, Angiotensin receptor blockers, immunosuppressants and other drug treatments. The effect of traditional Chinese medicine in the treatment of renal hematuria is remarkable, based on basic theoretical cognition, so as to be able to distinguish and treat, select prescription drugs, and have great advantages.

2. Etiology and pathogenesis

2.1. Background of the study area

Renal hematuria was first recorded in "Yellow Emperor Neijing, Suwen, Qi": "If the cell moves heat to the bladder, it drowns blood". The Suwen-Yu Treatise contains "heat all over the body, heat inside and drowning." "They all point to fever as the key to the occurrence of this

disease." And "Medicine Zhongzhong Ginseng Xilu - Theory of Blood Management" points out that "the middle qi is weak, unable to take in blood, and the vital gate phase fire is weak, lacking the power of absorption, so that the kidneys cannot seal the blood, and blood comes out with urine." "Danxi Heart method drowns Blood" points out that "it is virtual if the person is always sick." Modern physicians' understanding of the pathogenesis of renal hematuria also presents a situation in which a hundred schools of thought contend. The etiology and exogenous factors of hematuria are mostly related to wind, heat, dampness and fire, while internal injury factors are mostly related to qi, blood, water and blood stasis. Wang Lihong et al. [4] believe that renal hematuria is a common disease of chronic kidney disease, often caused by insufficient congenital endowments, acquired failure to recuperate, or other visceral dysfunction involving the kidneys, so kidney deficiency is the most basic pathological change in the formation and development of renal hematuria. Zhao Zhenchang [5] believes that the key to the pathogenesis of renal hematuria lies in spleen and kidney deficiency, moist heat and stasis. Sun Jinqiu [6] believes that internal injury is also one of the important causes of hematuria. Ni Huimin [7] and others believe that the occurrence of diseases is nothing more than external sensation or internal injury, as well as hematuria. Its pathological characteristics are virtual and real, and the original is false.

2.2. Deficiency of spleen and kidney is the basis

"Medical Sect Must Read" puts forward that "the spleen is the foundation of the day after tomorrow, and the kidney is the foundation of the innate nature", and the "Suwen, Six Sections of the Tibetan Elephant Theory" is called: "The kidney, the main sting, the essence of the seal, the essence is also". In a broad sense, essence refers to the general term for the fine substances that constitute the human body and maintain the growth and development, reproduction and viscera functions of the human body, including the life substances of parents, that is, congenital essence and acquired water valley essence, as well as qi, blood, body fluid, etc. Red blood cells are part of kidney essence, which leads to albuminuria and hematuria. "Lingshu decision Qi" said: "Zhongjiao receives qi to extract juice, change and red is called blood", spleen is the source of qi and blood biochemistry, spleen deficiency can not transform water valley fine, qi and blood deficiency, blood loss solid and overflow; spleen deficiency leads to spleen deficiency, spleen does not rise clear, spleen does not clear water valley can not be normally transported and absorbed, resulting in fine injection; spleen deficiency can also cause spleen not to regulate blood, spleen does not regulate blood, and blood overflows outside the pulse. Hematuria evidence, repeatedly, every cold, exertion after aggravation, the course of the disease is long, because of the spleen and kidney deficiency for its basis.

2.3. Treatment from stasis and heat

Blood stasis also has a very important role in the occurrence of hematuria. "Blood from menstruation is blood stasis, and hematuria should be blood away from menstruation." The "Taiping Shenghui Fang - Treatment of blood in urine" says: "The blood in urine is the result of guest heat in the bladder and blood seepage in the bladder." The heart moves heat to the small intestine, or foreign evil heat guest in the bladder and kidneys, heat burns the blood channels, less fluid and blood wither into stasis, damage the blood vessels, blood gets heat to move delusionally, forming hematuria. The blood evidence theory - blood in urine: "The bladder and the blood room and the domain and live, heat into the blood room will be stored blood, heat knot bladder will urinate blood, the cause of the disease, then there are two internal and external causes. The external cause is the heat of the Sun and Yangming channels, which is knotted in the lower jiao, while the internal cause is the heat left in the small intestine by the heart channel and in the blood chamber by the liver channel. Chronic kidney disease hematuria confirms the existence of blood stasis in the kidney channels, and internal obstruction of blood stasis leads to blood not following the meridians and overflowing outside the veins. On the one

hand, stasis is a consequence of hematuria, and in turn, stasis leads to blood overflowing in the kidney and bladder channels and aggravates hematuria. The deficiency of the spleen and kidney causes the spleen not to regulate the blood and the kidney not to seal the blood, resulting in the blood leaving the meridian and becoming stagnant, and causes the lack of qi and blood sources, making the blood's ability to push and warm weakened, and the weakness of pushing makes the blood slow and stagnant, and the insufficient warming makes the blood cold and stagnant, which all promote the generation of stagnant blood to some extent. To a certain extent, this promotes the generation and change of blood stasis. If not intervened in time, it will form obstruction in the kidney, leading to kidney fibrosis and progressive loss of kidney function, which is difficult to be reversed, as stated in "Blood Evidence - Stasis of Blood": "Stasis of blood in the meridians and viscera will form obstruction".

3. Identification and treatment

3.1. Tonifying the kidneys and strengthening the spleen, tonifying the qi and blood

Deficiency of both spleen and kidney, Qi does not take in blood, blood overflows the state, which can lead to renal hematuria. With time, the deficiency of Qi in the spleen and kidney is aggravated and not easily recovered. It is characterized by repeated microscopic hematuria, microscopic red blood cell increase with slight exertion, and even carnal hematuria. Clinical symptoms include fatigue, soreness and weakness of the waist and knees, excessive nocturnal urination, loose stools, pale fat tongue with teeth marks on the edges, thin white fur, and sunken weak pulse. Treatment is to tonify the kidneys, strengthen the spleen, and nourish the qi and blood. Professor Zhang Jun [9] considered the deficiency of the root as the root of the pathogenesis, so the treatment often includes Astragalus, Radix Codonopsis, Atractylodes, Poria and Coix seeds to strengthen the spleen and benefit the qi to improve the righteousness. Astragalus can benefit qi and blood intake, benefit qi and help yang, promote water retention and reduce swelling. Atractylodes macrocephala tonifies the qi and strengthens the spleen, dries dampness and facilitates water retention.

3.2. Clearing heat to dispel evil, cooling the blood and stopping bleeding

Renal hematuria caused by external invasion of the lungs is mostly of urgent onset, often caused by upper respiratory tract infections such as colds and sore throats, and more red blood cells under the microscope in this type of urine, which often advocates treating both the surface and the lung, and mostly obtains rafter effects. The formula uses Yin Qiao San with Xiaoxi, Maogan and Shengdiyu to remove wind and clear heat, cool the blood and stop bleeding. Heat directly attacks the kidney and bladder and carries dampness with it. The clinical symptoms are hematuria under the mirror or hematuria in the naked eye, lumbar soreness, urine short and red, cheek redness, fatigue, red tongue with yellowish coating and sunken pulse. Treatment is to clear heat and remove dampness, tonify kidney and nourish yin. The formula is based on the agreement formula Jade Kidney Dew with Huang Bai, Bai Mao Root and Xi Cao to clear heat and remove dampness, Wolfberry, Semen Cuscutae and Cornu Cervi Pantotrichum to tonify the liver and kidney and strengthen the waist and knees, Tortoise Plate to nourish kidney yin, and Poria to promote water and remove dampness.

3.3. Promote blood circulation and dispel blood stasis

In most cases of renal hematuria, the course of the disease is prolonged and the evil qi enters the blood from the long-standing disease, so that the qi and blood in the kidney lobe are not harmonized and the kidney lobe is paralyzed. Therapeutically, according to Sun Yuzhi, simple hemostasis is not conducive to eliminating blood stasis, and activating blood is afraid of aggravating bleeding, so combining blood-activating drugs in hemostatic formulas can serve

the opposite purpose. Modern studies have found that drugs that invigorate blood and resolve blood stasis can effectively improve renal blood flow and renal microcirculation [10]. In the treatment of heat-induced stasis, the effect of cooling the blood to stop bleeding is more prominent when combined with activating the blood to remove stasis. The cold nature of cooling blood and stopping bleeding drugs can easily coagulate Qi and blood and cause stasis, so appropriate combination of blood-activating and stasis-removing drugs can eliminate the problem of retained stasis. Clinical use of small thistle and lotus root, which have the dual effect of stopping bleeding and resolving stasis, is aimed at eliminating existing stasis and preventing blood from remaining stasis. Modern pharmacological research shows that by activating blood circulation and removing stasis, it can improve blood clotting in the glomerulus, reduce fibrin deposition, platelet aggregation and fibrin deposition, thus increasing the glomerular filtration rate and improving renal blood flow for the purpose of treating hematuria.

4. Conclusions and Discussion

In summary, renal hematuria is a complex disease, with many clinical manifestations, mixed deficiency and reality, deficiency-heat and stagnation, which is difficult to cure. Chinese medicine treatment should grasp the essence and main contradiction of the disease, correctly identify the disease, and then treat it with evidence, the disease provides evidence, the evidence comes out from the disease, the disease is consistent with the evidence, and the evidence belongs to the stage, in order to improve the clinical efficacy of treating renal hematuria. In conclusion, renal hematuria is a complex disease with many clinical manifestations, mixed deficiency and reality, deficiency-heat and stagnation, which is difficult to cure. Chinese medicine treatment should grasp the essence and main contradiction of the disease, correctly identify the disease, and then treat it with evidence, the disease provides evidence, the evidence comes out from the disease, the disease is consistent with the evidence, and the evidence belongs to the stage, in order to improve the clinical efficacy of treating renal hematuria.

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