

Experience in The Treatment of Chronic Atrophic and "Inflammatory" is Based on The Theory of Qi Loss

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ABSTRACT

Chronic atrophic gastritis is a common precancerous lesion of gastric cancer, which seriously affects the quality of life and mental health of patients. On the basis of inheriting the academic theory of spleen and stomach disease of Professor Lu Zhizheng, a master of traditional Chinese medicine, and combined with his own clinical diagnosis and treatment experience, Professor Wang pointed out that ' Qi dysfunction ' is the basis of chronic atrophic gastritis. The location of the disease is closely related to the stomach, liver, spleen and lung. Clinically, ' Tongtiao ' is the key link, focusing on dredging Sanjiao and mediating qi movement. The legislation uses Chaihu Shugan Powder to soothe the liver pivot, Xiangsha Liujunzi to regulate the spleen pivot, and Xiaqi Decoction to activate the lung pivot, and constructs the method of regulating qi by dividing the spleen, liver and lung.

KEYWORDS

Chronic atrophic gastritis; Precancerous lesions; Wang Zhenqiang; The loss of gas engine

1 Introduction

Chronic atrophic gastritis (CAG) is a disease that is seriously harmful to the human body. According to the different lesions, it is divided into atrophic and non-atrophic ^[1]. As a common precancerous lesion of gastric cancer, chronic atrophic gastritis, especially with intestinal metaplasia and intraepithelial neoplasia (IN), is an important hidden danger affecting human health ^[2-3]. The disease lacks specific symptoms in the early stage of onset, or only mild abdominal discomfort. At present, there is a lack of specific drug treatment, and quadruple therapy is often used to eradicate *Helicobacter pylori* as the main treatment for chronic atrophic gastritis ^[4].

2 Causes of chronic atrophic gastritis based on disorder of Qi

Atrophic gastritis falls under the category of "stomach pain" in traditional Chinese medicine ^[5]. There are five basic syndrome types of symptoms that are often seen in front of the eyes: weakness of the spleen and stomach, lack of stomach yin, disharmony of the liver and stomach, dampness and heat of the spleen and stomach, and obstruction of the stomach line ^[6]. Wang Shi pointed out that the five major clinical syndrome holes are closely related to qi disorders, and qi disorders are like the core elements throughout the whole process, so that qi and blood can be combined, and jin follows the qi "function", and finally make dampness, heat, depression, deficiency, and disease treatment appear. The main part of the lesion is in the stomach, and the spleen, spleen, spleen and lungs have a secret connection, among which the pathological changes of spleen and stomach disorder, liver stagnation, and lung loss are the key points of cardiac disorder.

2.1 Spleen dysfunction, ascending and descending disorders

Wang Shi thought that the disorder of the spleen and stomach was not only the initiating factor of chronic atrophy, but also the basis for his prolonged and long-term illness. In many words, it is also reasonable ^[7]. The spleen and stomach are the source of the day after tomorrow, in charge of the subtlety of the water valley, and have the responsibility of lifting and clearing turbidity. If the spleen qi is weakened due to eating disorders, poor mood or long-term illness, it will cause a series of pathological conditions. On the one hand, the weakness of the spleen and stomach leads to a lack of qi and blood, which makes the stomach lose its nourishment and is vulnerable to the attack of external evils, and leads to external risks such as qi and blood withering and weakness and atrophy due to physical weakness. The complex pathogenesis induces mucosal changes, which eventually evolve into organic lesions such as gland atrophy and intestinal hyperplasia ^[8].

2.2 Liver depression and qi stagnation, transverse invasion of the stomach

Professor Xie Jingri believes that the pathogenesis of chronic atrophic gastritis lies in the liver, and the stomach is the crux of the disease. Stomach fullness is the external manifestation of liver qi disorder ^[9]. Professor Wang believes that the function of liver 's catharsis mainly affects the spleen and stomach through three aspects : first, liver qi stagnation affects the rise and fall of the spleen and stomach ; second, liver depression and gallbladder invasion affect bile catharsis ; third, liver depression transforms fire and invades the stomach. Wang pointed out that if the long-term emotional depression or

anger hurt the liver, resulting in liver qi stagnation, dredging dereliction of duty, then the wood gas horizontal inverse, offending the spleen and stomach. In the early stage, liver depression and qi stagnation were the main manifestations of common epigastric fullness, frequent belching, chest tightness and hypochondriac pain. If the delay does not heal, qi stagnation for a long time will cause fire damage to yin, or qi disease and blood to form stasis, further damage to the stomach collaterals, resulting in the loss of gastric mucosa to nourish, and gradually develop into atrophic lesions. In this process, patients often have dark tongue, thin yellow fur, thin or stringy pulse, and some have dry mouth, bitter mouth, acid reflux and heartburn.

2.3 Lung failure Xuan Su, Qi inverse body fluid injury

"The Taiyin meridians of the lungs and hands start from the middle focus, connect with the large intestine downward, return to follow the entrance of the stomach, penetrate the diaphragm, and enter the lungs ^[10]. The lung and stomach meridians are connected, and the pathophysiology is related to each other. Professor Wang believes that the occurrence and development of chronic atrophic gastritis is also related to the dysfunction of lung failure. If the lung qi is stagnant, the Xuansu is abnormal. If the qi activity is suppressed, the ascending and descending of the middle energizer is blocked, and the stomach qi does not drop and see the abdominal distension, anorexia, and belching ; the second is the loss of water distribution, accumulation of dampness and phlegm, phlegm dampness obstructing the middle energizer, obstructing the stomach collaterals, damaging the stomach yin and stomach collaterals for a long time, and accelerating mucosal atrophy and intestinal metaplasia. Clinically, such patients are often accompanied by lung symptoms such as dry throat cough, chest tightness and shortness of breath, white and greasy tongue coating, forming the syndrome of ' lung and stomach disease '. The lung and the large intestine are interlinked, and the two meridians are interlinked. If the lung qi is blocked, the fu qi is difficult to pass, causing intestinal symptoms such as food stagnation in the stomach, poor defecation, and tenesmus ^[11].

3 Regulating qi, syndrome differentiation and treatment

Professor Wang believes that CAG has the pathogenesis characteristics of deficiency in origin and excess in superficiality, and the key to its pathogenesis lies in the imbalance of qi activity. The stagnation of the middle energizer qi causes the stomach collaterals to lose nourishment as the deficiency of the image ; the accumulation of pathological products such as dampness turbidity, phlegm coagulation, blood stasis and so on is the sign of excess in superficiality. These pathological factors are not only the direct pathogenic factors leading to gastric mucosal atrophy or intestinal metaplasia, but also the important pathological basis for the development of the disease ^[12]. Professor WANG pays attention to the regulation of the overall balance of qi movement, takes ' regulating qi movement and nourishing stomach collaterals ' as the core treatment principle, and systematically regulates the balance of qi movement of the human body through the triple energizer co-treatment method of invigorating spleen and consolidating zhongzhou, soothing liver and regulating pivot, and dispersing lung and qi in the upper energizer. At the same time, according to the characteristics of the evolution of pathogenesis, flexible compatibility with dampness turbidity, blood circulation, nourishing yin and other treatment methods, forming a treatment system with simultaneous treatment of symptoms and signs, deficiency and excess.

3.1 Invigorating spleen and removing dampness, restoring the machine of ascending and descending

The weakness of spleen and stomach runs through the development of the disease. Wang pointed out that the weakness of spleen and stomach is divided into spleen qi deficiency, spleen yang deficiency and stomach yin deficiency, but qi deficiency is more common ^[13]. Therefore, the clinical treatment is closely related to invigorating spleen and nourishing yuan, paying attention to the care and regulation of spleen and stomach qi, and advocating the method of invigorating spleen and regulating qi, tonify its deficiency and dredge its qi, and the curative effect is remarkable. Be good at adding and subtracting on the basis of Xiangsha Liujunzi Decoction, and use mild drugs to avoid severe products. More use of astragalus and codonopsis instead of ginseng to strengthen the spleen and replenish qi, spleen is not easy to be evil ; based on the concept of ' tonifying but not stagnation ' in traditional Chinese medicine, Chenpi and Xiangfu were added to regulate the qi movement of spleen and stomach. If the qi movement was smooth, the symptoms of epigastric fullness could be alleviated. At the same time, it was added with licorice, fried malt and other sweet medicine to relieve pain and Zhejiang, corrugated, pinellia and other acid products to protect the gastric mucosa. The spleen and stomach are good when the vital qi is exuberant and the pathogen is declining. Hedyotis diffusa can be added to clinical medication to inhibit the reproduction of *Helicobacter pylori* ^[14], Patients with abdominal distension can be added to raise yang qi ; for patients with spleen deficiency and phlegm accumulation, drugs for invigorating spleen and removing dampness such as tangerine peel and poria cocos were added to help transport phlegm and dampness ; spleen yang deficiency leads to epigastric dull pain, likes warm and fears cold, and can be added to warm yang products such as cassia twig and dried ginger. Among them, licorice dried ginger decoction composed of dried ginger and licorice can play the

role of warming and dispelling cold. Due to the long course of disease, considering the risk of blood stasis caused by deficiency, we often use Sanleng, Ezhu and other products to remove blood stasis and remove abdominal mass.

3.2 Shugan Jieyu, Tongyuzhi road

The rhythm of modern people's life is tense, the work pressure is great, and the influence of various external environmental factors is easy to cause the liver to lose the catharsis, the spleen soil, the soil without pivot, and even the pathological changes of liver depression transforming into fire. Professor Wang often takes soothing liver and invigorating spleen as the basic treatment principle, and pays attention to regulating liver qi to restore the dynamic balance of qi movement. Its core prescription Chaihu Shugan Powder uses Radix Bupleuri as the main drug to exert the function of soothing the liver and relieving depression. It is compatible with stir-fried Radix Paeoniae Alba to soften the liver and astringe yin, forming a trend of hardness and softness. It is also combined with spicy medicines such as Rhizoma Cyperi, Sugeng, stir-fried Fructus Aurantii, Radix Corydalis, and Radix Glycyrrhizae to treat the root cause. Xinneng Powder can be used, and the use of spicy medicines focuses on soothing the liver and regulating qi to regulate qi, reflecting the idea of treating spleen and stomach diseases from the liver. In view of the syndrome of liver depression transforming into fire damaging fluid, flexible compatibility of Radix Ophiopogonis, Radix Glehniae, Rhizoma Polygonati and other products for nourishing yin and moistening dryness; if there is deficiency fire disturbing the mind, bamboo leaves, gardenia and so on can be added to clear fire and remove troubles; following the treatment concept of 'eliminating pathogenic factors without damaging the healthy qi' in traditional Chinese medicine, " " is accompanied by atracylodes macrocephala koidz, poria cocos and other drugs for invigorating the middle energizer while soothing the liver qi. It not only regulates the qi movement of liver and gallbladder, but also protects the biochemistry of spleen and stomach, so as to achieve the therapeutic effect of both attack and supplement.

3.3 Xuanfei Jiangni, Tongtiao Sanjiao

The lung is in the upper Jiao, and the higher should be lowered, and it can spread the defensive Qi outside and play a role in resisting external evils. Professor Wang believes that the treatment of chronic atrophic gastritis should first regulate the spleen and stomach, while taking into account the nature of lung gold clearing and descending. The method of " " emphasizes 'cultivating and tonifying the middle earth to generate lung gold', advocates the simultaneous treatment of lung and spleen, Xuanjiang Xiangyin, and aims to restore the normality of Taiyin gasification. The clinical prescriptions are mostly based on Huang Yuanyu's Xiaqi Decoction, which is flexible in combination with individual differences^[15]. Poria cocos and astragalus mongholicus in the prescription can strengthen the spleen qi, protect the middle energizer, help the spleen to rise and clear, and the stomach to drop turbidity; licorice to reconcile the spleen and stomach qi; supplemented by Pinellia, peony and other settlement products, mobilize the lung qi to decline; the prescription is good at using peach kernel to moisten the intestines and purge the bowels. It is also accompanied by light wind-dispelling drugs such as Suye and Platycodon grandiflorum, combined with flower medicinal materials such as Inula japonica and honey aster, so as to play the role of dispersing lung qi and regulating qi movement, and achieve the function of clearing lung qi and moistening the intestines.

4 Test cases

Zhao, female, 46 years old, was first diagnosed on July 24, 2024. Because of repeated epigastric pain for more than 3 years, aggravated for 1 month. In the past three years, patients often have epigastric distention and pain due to emotional fluctuations or improper diet, with two flanks, frequent belching, occasional acid reflux, obvious epigastric distention after eating, loss of appetite, and loose stools when dry. In the past 1 month, due to work pressure, symptoms worsened, accompanied by upset and irritability, bitter mouth and dry throat, fatigue, pale tongue, thin yellow fur, deep pulse. The effect of omeprazole and other western medicine was not significant. The diet was irregular, liked spicy food, drank occasionally, and had a smoking history of 10 years (had quit 2 years). Past history: 2 years of chronic hepatitis B, 5 years of chronic gastritis, denied history of hypertension and diabetes. On May 15, 2024, gastroscopy showed that the gastric antrum mucosa was red and white, mainly white, and the blood vessels were visible. It was diagnosed as chronic atrophic gastritis (type C1). Pathological biopsy: mild active inflammation and focal intestinal intestinal metaplasia; helicobacter pylori detection (13C breath test): negative (-). Western medicine diagnosis: chronic atrophic gastritis; tCM diagnosis: stomachache (liver stomach disharmony syndrome). Treatment: Lidanhewei, Liqizhitong. Chaihu Shugan Powder combined with Zuojin Pill was selected. Medicinal: Radix Bupleuri 9g, stir-fried Radix Paeoniae Alba, stir-fried Fructus Aurantii, Rhizoma Cyperi, Jinei Jin, Fructus Citri Reticulatae, Pericarpium Citri Reticulatae 1

Annotations: Patients with epigastric pain, flank pain, dry mouth and bitter mouth, usually irritable, can be diagnosed as liver and stomach disharmony type stomach pain, the treatment is mainly to soothe the liver, taking into account the stomach. In the clinical treatment of such diseases, Professor Wang is good at adding and subtracting drugs on the basis of Chaihu Shugan Powder and Zuojin Pill. The patient's long-term mood is not smooth, liver qi stagnation, transverse

invasion of the stomach, resulting in stomach loss and drop, qi block, so the stomach pain is even ; liver depression into fire, upset the mind is upset, bitter taste ; liver depression by the spleen, spleen loss of health transport is poor appetite, loose stools. Red tongue, thin yellow fur and deep pulse are the signs of liver depression transforming into heat. Chaihu and Xiangfu soothe the liver and relieve depression in the first diagnostic prescription ; white peony liver gentle emergency ; chenpi, fried aurantii fructus, bergamot regulating qi to relieve pain ; coptidis rhizoma, evodia rutaecarpa acrid bitter drop, clear liver purging fire ; licorice to reconcile the various drugs, emergency pain ; chicken gold, malt digestion and stomach. Add Yejiaoteng and Hehuanpi to relieve depression and tranquilize mind in the second diagnosis ; polygonatum sibiricum tonify qi and nourish yin, to prevent heat injury yin. During the three examinations, the patient developed a fear of eating Xinliang, so cassia twig and ginger were added to warm the cold. At the seventh diagnosis, Astragalus membranaceus is used to help the spleen and stomach to prevent excessive attack. The combined use of Astragalus membranaceus and Polygonati Rhizoma can promote regeneration and play a vital role in the recovery of gastric mucosa. At the same time, the patients were instructed to maintain emotional comfort and regular diet.

5 Talked

Professor Wang emphasizes that the core of the pathogenesis of chronic atrophic gastritis lies in the failure of stomach collaterals caused by obstruction of triple energizer. Spleen dysfunction, liver dysfunction, and lung dysfunction together constitute the key links in the development of the disease. The clinical treatment focuses on coordinating the functions of the three zang-organs : invigorating the spleen to restore the ascending and descending, soothing the liver to smooth the stagnation, dispersing the lung to unblock the waterway, supplemented by nourishing yin, removing blood stasis, removing dampness and other methods. The prescription is flexible and flexible based on the mutual exploration of the four diagnostic methods, so as to achieve good results.

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