

# Clinical Experience of Tian Yu in the Treatment of Hiccups by Using Xuan Zhe Chai Yue Recipe Combined with Diaphragmatic Three Needles

Siyu Zhao<sup>1,4</sup>, Lina Dai<sup>2</sup>, Hui Li<sup>3</sup>, Wensheng Ma<sup>1</sup>, Yu Tian<sup>1,\*</sup>

<sup>1</sup>Department of Traditional Chinese Medicine, Baotou City Central Hospital, Baotou 014040, Inner Mongolia Autonomous Region, China

<sup>2</sup>Department of Rheumatology and Endocrinology, Baotou Hospital of Mongolian Traditional Chinese Medicine, Baotou 014060, Inner Mongolia Autonomous Region, China

<sup>3</sup>Goumen Town Central Health Center, Tumed Right Banner, Baotou City Central Hospital, Baotou 014040, Inner Mongolia Autonomous Region, China

<sup>4</sup>Inner Mongolia Medical University, Hohhot 010110, Inner Mongolia Autonomous Region, China

\*Correspondence Author

**Abstract:** Upset, also known as “diaphragmatic spasm”, is a kind of qi against the upward impulse, the throat er er continuous sound, short and frequent sound and difficult to self-control for the characteristics of the disease. Chinese medicine will be categorized as “retch” category, that its pathology is mostly due to gastric qi upward reversal, diaphragm, and emotional disorders, dietary disorders, or cold and heat internal factors related. Modern medical treatment is often based on drug inhibition of phrenic nerve excitation, but it is easy to be accompanied by dry mouth, drowsiness and other side effects, and the efficacy of intractable retching is limited. Traditional Chinese medicine can significantly improve the symptoms and reduce the recurrence of the disease by combining acupuncture and medicine with evidence-based treatment, which has significant advantages. This article introduces the clinical experience of Dr. Tian Yu in the treatment of hiccups by combining xuan ge chai yue recipe with diaphragmatic three needles, which reflects the characteristics of holistic treatment in Chinese medicine.

**Keywords:** Hiccups, Xuan zhe chai yue recipe, Diaphragmatic three needles, Characteristics of regulation.

## 1. Introduction

Lucheng famous doctor Tian Yu chief physician (respectfully called “Tian Shi”) is the Baotou City, the second and third batch of old traditional Chinese medicine experts academic experience inheritance work instructor, Baotou City, famous Chinese medicine practitioners, engaged in the clinical work of traditional Chinese medicine for more than 30 years, formed a “compliance with ancient teachings and innovative methods, fusion of Chinese and Western to the emphasis on the effectiveness of the” diagnosis and treatment characteristics. Ms.Tian is especially good at diagnosis and treatment of diseases of spleen and gastric system, in the treatment of eructation, stomach pain, abdominal pain and other diseases, he creates a unique “xuan zhe chai yue recipe” with “diaphragmatic three needles” featured therapy, and builds up a three-dimensional diagnostic and therapeutic system of regulating qi and stomach, lowering the reversal of the eructation through the precise matching of prescription medicines and acupuncture. The author, as an academic inheritor, has systematically summarized the characteristics of the rationale, methodology, prescription and medication of Tian Shi’s treatment of eructation through his long-term practice with the master, and is now combing the relevant clinical experience, with a view to providing a new diagnostic and therapeutic idea and methodological reference for the clinical diagnosis and treatment of functional gastrointestinal disorders in Chinese medicine.

## 2. The Concept of Hiccup and the Progress of Research in Chinese and Western Medicine

Hiccup is an involuntary paroxysmal spasm of the diaphragm,

manifested by a short sound in the larynx, which is called “retch” in Chinese medicine. Intractable hiccups (lasting more than 48 hours) are often secondary to organic diseases, such as stroke, intracranial tumors, electrolyte disorders, etc., which can lead to feeding difficulties, respiratory disorders, and even life-threatening [1]. Modern medicine believes that the reflex arc involves the phrenic nerve, vagus nerve and medullary center; Chinese medicine [2] believes that the pathogenesis of the disease is “gastric qi upward reversal”, which is related to the imbalance of qi of the liver, spleen and kidney. Traditional Chinese medicine emphasizes different types of treatment: clove persimmon recipe for cold cases, recipeerine peel and bamboo pill recipe for hot cases, five mill drink for Qi stagnation, Lizhong pill for spleen and stomach deficiency, and Yiqi recipe for stomach yin insufficiency. Modern medicine focuses on medication, physical and surgical interventions, and so on. In summary, Chinese medicine combines the overall regulation of qi with targeted reduction and reversal, while Western medicine focuses on neurological reflex intervention and pharmacological modulation.

## 3. Composition and Clinical Application of the Formula of Xuan Zhe Chai Yue Recipe

The formula of Spinning Ochre and Chai-Yuei recipe is made by adding and subtracting and customizing the following ingredients with years of clinical experience based on Xuan Fu Dai zhe Tang, Yue Ju Wan and Xiao Chai Hu Tang with additions and reductions: Cangzhu 10g Xiangfu 20g Jiaozhizi 15g Chuanxiong 10g Shenqu 20g Chaihu 15g Scutellaria baicalensis 10g Jiang half-sia 10g codonopsis root 10g Radix et Rhizoma Glycyrrhizae 10g, Radix et Rhizoma Glycyrrhizae 15g. Ochraceae 30g, which is mainly used for

the treatment of gastric qi retrogradation, disharmony between liver and stomach and qi and phlegm blockage. It is mainly used in treating the hiccups caused by the upward reversal of stomach qi, disharmony between liver and stomach, and stagnation of qi and phlegm.

Firstly, it adopts the core combination of reducing rebelliousness and stopping vomiting: Cynanchum dai ochre recipe [3]: Cynanchum is warm in nature, subduing qi and resolving phlegm, and is good at treating gastric qi rebelliousness, belching, and vomiting; Dai ochre stone: heavy and sedentary, calming the liver and submerging yang, and suppressing and subduing rebelliousness, which can target stubborn eructations and regurgitation; the two of them are combined together, which is the core pair of Cynanchum dai ochre recipe of Typhoid Fever, which is specialized in treating stomach deficiency and phlegmatic obstruction, qi rebelliousness and non-decreasing, and it is particularly effective in treating eructations, belching, and acid regurgitation.

Secondly, Xiao Chaihu recipe, which harmonizes the liver and stomach and detoxifies the Shaoyang, is incorporated [4]. Chaihu detoxifies the liver and relieves depression and rises the Shaoyang qi, Scutellaria baicalensis clears the liver and gallbladder of heat and prevents the liver from attacking the stomach, Jiang Bianxia lowers the rebelliousness of the liver and the stomach, resolves phlegm and stops vomiting, which is in harmony with Chaihu's qi by raising the level of qi and lowering the level of qi, while Codonopsis pilosulae and licorice replenish the spleen and the stomach, and prevents ochre from injuring zhenzheng by heavy zhenzheng. It is also used for those with distension and fullness in the chest, bitter mouth and dry throat.

Lastly, the Yue ju pill [5] is added to move qi and relieve depression and remove phlegm and fire: Cangzhu dries dampness and strengthens the spleen, targeting at phlegm-dampness obstruction, Xiangfu dredges the liver and regulates qi, relieving qi and depression as the main medicine of Yuejuwan, Chuanxiong activates blood and moves qi, relieving blood and depression, Shenqu eliminates food and stomach, relieving food and depression, and Jiaojiaoxiao purifies heat and diarrhea and relieves fire and depression, and the original formula is gardenia, and the jiao is used to enhance the effect of antiemetic action, which is the original cure for qi, blood, phlegm, fire, dampness, food and six depression, here reintroduced. Six depression", here reuse Xiangfu, jiao gardenia, focusing on gas stagnation and fire, phlegm and food stopping caused by erbication.

The whole formula is equipped with the characteristics and mechanism of action: lowering and reversing mainly, attacking and supplementing at the same time: cyclamen, ochre, half-summer heavy town to lower the reversal, direct relief of hiccups; Chaihu, Xiangfu dredge the liver and regulate the qi, to lift the root cause of the stagnation of qi; Codonopsis pilosulae, licorice replenish the middle and benefit the qi, preventing the heavy town medicine to hurt the stomach. Taking into account phlegm, fire, dampness and food, Semixia and Cangzhu dissolve phlegm and dry dampness; Jiao Gardenia and Scutellaria clear fire in the liver, gallbladder and stomach; Shenqu eliminates food and leads to

stagnation, eliminating the cause of stagnation in the stomach and intestines. Lifting and descending are compatible with each other to harmonize the qi: Chai Hu Sheng San is matched with Ban Xia and Dai Ochre Sinking and Descending to restore the function of lifting and descending of the spleen and stomach. Indications: This formula is indicated for the following pathologies of eruption: upward reversal of stomach qi: frequent hiccups, belching, acid reflux and vomiting. Liver-stomach disharmony: aggravated by emotional fluctuations, accompanied by distension and tightness in the chest, bitter taste in the mouth. Phlegm-fire internal obstruction: yellowish tongue coating, slippery pulse, phlegm is sticky. Combined with food stagnation: distention and fullness in the epigastrium, loss of appetite.

Modern application: For functional dyspepsia, reflux esophagitis, diaphragmatic spasm, etc. belonging to liver-stomach disharmony, phlegm-heat and qi reversal.

This formula is aimed at treating the core pathogenesis (upward reversal of gastric qi) and potential triggers (liver depression, phlegm fire and qi stagnation) of hiccups through the combination of lowering retrogression and stopping nausea, dredging the liver and harmonizing the stomach, and clearing away heat and removing phlegm, reflecting the traditional Chinese medicine principle of "treating the symptoms as well as the root cause".

#### 4. Principles and Advantages of the Three Diaphragmatic Needles (Geshu, Zhongwan, Gongsun) in the Treatment of Hiccups

Geshu (BL17) [6] belongs to the foot solar bladder meridian, and is the "blood meeting" of the eight meeting points. Mechanism of action: geshu is close to the diaphragm, directly regulating diaphragmatic spasm (the core pathogenesis of hiccups is diaphragmatic spasm), and as a "blood meeting", it can activate blood circulation and remove blood stasis to improve localized qi and blood stagnation in the diaphragm. The bladder meridian circulates in the back and is related to the internal organs. Stimulating the diaphragm can regulate the qi of the internal organs, especially the stomach qi. Acupuncture and Moxibustion Dacheng: "Lord of eructation, chest and hypochondriac pain, vomiting blood, coughing." Stab obliquely 0.5~0.8 inches (avoid deep stabbing and injuring the lungs), perform twisting diaphragm method, localized soreness and distension is obvious. Stimulation of geshu can regulate phrenic nerve excitability through nerve reflex and relieve diaphragmatic spasm. It may improve the symptoms of ergotism by regulating the hypothalamic-pituitary-adrenocortical axis and reducing the stress response. Acupuncture of the diaphragm point also stimulates the release of endorphins and enkephalins, neurotransmitters that have analgesic and sedative effects and may have a therapeutic effect on hiccups.

Zhongwan, (RN12) [7] belongs to the Ren vein, which is the recruitment point of the stomach and the "viscera meeting" of the eight meeting points. Mechanism of action: Stomach recruitment point directly regulates the stomach and internal organs, harmonizes the stomach and reduces rebelliousness, and relieves the eructation caused by the upward rush of stomach qi. The Ren Vessel is responsible for the yin of the

whole body, and the middle epigastric region can regulate the qi of the middle jiao, dredge up pathological factors such as stagnation of qi, phlegm obstruction, and accumulation of food. Acupuncture and Moxibustion jiaji Jing: "If the stomach is distended, the middle epigastric region is the mainstay." Straight stabbing 1~1.5 inches, lifting and inserting the diarrhea method, the needle sensation radiating towards the gastric epigastric region is preferred. It regulates the function of gastrointestinal peristalsis and inhibits gastric acid secretion [8]. Acupuncture at the mid-epigastric point relieves hiccups by regulating the contraction and diastole of the smooth muscles of the gastrointestinal tract and improving gastric motility. It can stimulate the release of neurotransmitters in the gastrointestinal tract, such as acetylcholine, thereby regulating the function of the gastric nervous system, which may affect the function of the autonomic nervous system by regulating the central nervous system, thereby improving gastrointestinal function and reducing the occurrence of ergotism.

Gongsun (SP4) [9] belongs to the foot taiyin spleen meridian, is the spleen meridian point, through the Chong vein. The Chong vein is the "sea of twelve meridians", which can regulate the elevation of qi in the whole body. As the spleen is responsible for transportation, Gongsun can strengthen the spleen and resolve phlegm, eliminating the pathological basis of gastric qi upward reversal. Acupuncture and Moxibustion Dacheng: "Gongsun is the main point for phlegm congestion in the diaphragm, pain in the heart and chest, and food not being transformed." The idea of matching points is the core prescription for the treatment of hiccups: geshu can regulate the diaphragm, the middle epigastric region can lower stomach qi, and Gongsun can regulate the Chongqi and strengthen the spleen. Together, they regulate the field of qi, lowering the rebelliousness and stopping the ergonomics. Straight stabbing 0.5~1 inch, flat tonic and flat diarrhea, can be combined with moxibustion or electroacupuncture to enhance the therapeutic effect. It affects gastrointestinal dynamics through the vagus nerve pathway of the spleen meridian [10]. Acupuncture Gongsun point is able to alleviate the symptoms of ergotism by regulating the neuro-endocrine-immune network, affecting the nerve reflexes of the stomach wall, and reducing the spasm of the stomach wall muscles. It can regulate the tension and contraction of the smooth muscle of the digestive tract, improve the peristaltic function of the stomach, and reduce the upward reversal of gastric qi. Modern research has found that electro-acupuncture Gongsun acupoint can stimulate the nervous system and promote the release of neurotransmitters such as endorphins, thus achieving the effect of analgesia and stopping of eructation.

Add and subtract matching points: cold evil offenders in the stomach: add moxibustion Shenque, foot Sanli, Shenque point near the stomach, moxibustion can warm the cold, harmonize the spleen and stomach, and promote the operation of qi and blood, which can help dispel the cold evil in the stomach, and help to restore the normal rise and fall of gastric qi, so as to alleviate the symptoms of hiccups, foot Sanli point is known as the "foot yangming gastric meridian joint point," which has the strengthening of the spleen and the stomach, It has the function of strengthening the spleen, harmonizing the stomach, regulating qi and relieving pain, and has a good

therapeutic effect on stomach diseases such as stomach pain and hiccups. Moxibustion of the Foot Sanli point can enhance the function of the spleen and the stomach's transportation, and promote the production and operation of qi and blood, which can help to warm up the middle and disperse the cold and alleviate the coldness in the stomach, and improve the hiccups. Liver depression and Qi stagnation: add Taichong and Neiguan; Taichong point is located on the dorsal side of the foot and belongs to the foot syncopal liver meridian. The liver is responsible for dispersing and regulating emotions, and Taichong point is the original and acupoint of the liver meridian. It has the function of dispersing the liver and relieving depression, harmonizing qi and blood. It can regulate liver qi and relieve liver depression and stagnation, thus calming the liver and lowering rebelliousness. It prevents the stagnation of liver qi that leads to the upward reversal of stomach qi; Neiguan point: Neiguan point is located on the inner side of the forearm and belongs to the hand syncopal pericardium meridian, which is capable of broadening the chest and regulating the qi, harmonizing the stomach and lowering the rebellious effect. Neiguan acupoint can regulate the qi of the heart and stomach, which helps to harmonize and lower the stomach qi. In the treatment of liver depression and qi stagnation type of hiccups, Neiguan acupoint can help to calm the rebellious qi of the heart and stomach, so that the stomach qi can go downward, reducing or eliminating the symptoms of hiccups. Stomach heat: add Nei Ting and He Gu; Nei Ting is located on the dorsum of the foot and belongs to the Xing point of the Foot Yangming Stomach meridian. Xing points belong to fire in the Five Elements and have the effect of clearing fire and heat. It is effective in clearing stomach heat, lowering stomach qi, moving qi and harmonizing the stomach. For eruption caused by stomach heat, Nei Ting can act directly on the stomach meridian, clearing stomach heat and allowing stomach qi to flow downward, thus relieving the symptoms of eruption. The Hegu point is located on the back of the hand and belongs to the original point of the Hand Yangming Large Intestine Meridian. The large intestine meridian and the stomach meridian are mutually exclusive, and the Hegu acupoint has the functions of relieving the surface and clearing heat, dispersing wind and dispersing cold, and harmonizing the intestines and stomach. It can regulate Yangming meridian qi and has the effect of clearing heat and reducing fire. For stomach-heat upward eruption type, Hegu point can assist Neiting point to clear stomach-heat, lowering and stopping eruption. Long-term illness and deficiency: add Qihai and Guanyuan to replenish vital energy. Qihai point is located in the lower abdomen and belongs to the Ren vein, which has the effect of cultivating vital energy, benefiting vital energy and tonifying Chongren. It is considered to be the gathering place of vital energy, and is able to replenish and regulate the body's vital energy, and has a good therapeutic effect on the symptoms of qi deficiency caused by prolonged illness and body weakness. Acupuncture and moxibustion of Qihai point can enhance the function of the spleen and stomach, harmonize the elevation and elevation of the spleen and stomach, promote qi and blood biochemistry, and have an obvious alleviating effect on the ergonomics caused by weakness of the spleen and stomach; Guanyuan point is located in the lower abdomen and belongs to the Ren vein, which is capable of cultivating vital energy and consolidating the root, warming the kidneys and strengthening the yang, and regulating the spleen and stomach, and is considered to be the

root of the vital energy, capable of warming the vital energy, and has the function of warming the kidneys and stomach and tonifying the kidney yang, and the spleen and stomach. Acupuncture Guanyuan point can enhance the function of the spleen and stomach, promote the generation and operation of qi and blood, help to restore the elevation function of the spleen and stomach, and have a significant therapeutic effect on the ergonomics due to the weakness of the spleen and stomach; diaphragm three needles: diaphragm yu, zhongkou, Gongsun three acupuncture points are paired together to have a synergistic effect on the local level (diaphragm), the internal organs (stomach), and the meridians (collaterals), embodying the idea of “symptomatic-epidemiological” of traditional Chinese medicine. The idea of “both symptoms and root cause” is reflected in Chinese medicine. In clinical practice, it is necessary to combine the identification and selection of acupuncture points with the flexible use of manipulation, which can significantly enhance the therapeutic effect.

## 5. Case Examples

patients Sun, female, 55 years old, recurrent hiccups for more than 3 months, aggravated for 1 week. The patient developed hiccups 3 months ago due to mood swings, initially several episodes per day, aggravated when she was angry, and did not pay attention to it. In the past week, due to dietary disorders, the eructations occurred frequently, with high voice and shortness of breath, accompanied by epigastric distension and fullness, acidic belching, especially after emotional fluctuations and at night, accompanied by bitter taste in the mouth, and occasional white mucous sputum, which was not easy to cough up, and made it difficult to fall asleep. She had taken oral mosapride tablets and other medications to treat the symptoms, so she came to see the doctor. Physical examination: red tongue, yellow moss, slippery pulse, poor sleep. Diagnosis of Chinese medicine: eructation (stomach qi upward, liver and stomach disharmony, qi stagnation and phlegm obstruction type); diagnosis of Western medicine: stubborn diaphragmatic spasm. Treatment: stopping vomiting by lowering the rebelliousness, dispersing the liver and harmonizing the stomach, clearing heat and resolving phlegm. After dialectic treatment, Tian Shi gave spin ochre chai yue recipe plus and minus: Cangzhu 10g Xiangfu 20g Jiao gardenia 15g Chuanxiong 10g Shenqu 20g Chaihu 15g Scutellaria baicalensis 10g Jiang Banxia 10g Codonopsis 10g Glycyrrhiza glabra 10g Flos Inulae 15g Dai ochre 30g, 5 dosages of decoction to be taken in the morning and evening, warm and divided; and at the same time, with the diaphragmatic three needles plus and minus: geshu, zhonggong, Gongsun, with tai chong, nei guan, using laxative, leaving 30 minutes and then starting. The needle was left in place for 30 minutes and then started.

After the first treatment, the patient's frequency of eruption was reduced by 50%, and the symptoms of abdominal distension and acid reflux and heartburn were reduced; after 3 times of acupuncture, eruption occurred occasionally, and the patient could sleep peacefully at night; the symptoms disappeared after 5 times. The patient was followed up for 1 month without recurrence.

## 6. Press

According to Ms. Tian, uh-retrograde is mostly caused by the imbalance of liver and stomach qi, phlegm-heat rising up, and the diaphragm not being moistened. The treatment requires “synergy of acupuncture and medicine”: Xuan zhe chai yue recipe is based on Flos Inulae Ochre recipe the power of Chai-Hu prescription to relieve the liver and clear heat, which can not only lower the rebelliousness and stop the eructation, but also regulate the qi, and is also included in the treatment of the “six depressions” of Yue-Ju Pill, which is in line with the concept of “simultaneous treatment of the liver and stomach”. This is in line with the concept of “treating the liver and stomach at the same time”. diaphragmatic three needles from the local, to the internal organs, and meridians and multi-level synergistic effect, playing a total of regulating the qi, descending reversal of the right and left to stop the er, reflecting the idea of “symptomatic and curative”. This program combines medication and acupuncture to regulate the center to treat both the symptoms and the root cause of the disease, which is more advantageous than single therapy and provides a new idea for clinical treatment of diarrhea.

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