

RESEARCH ON LITERATURE AND OBSERVATION OF GUI  
PI TANG TREATING PALPITATION

BY

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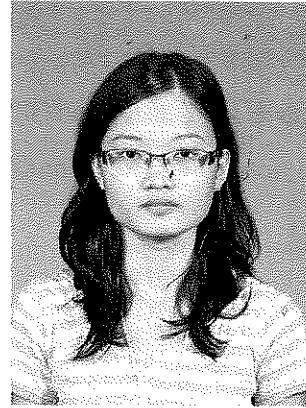
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## DECLARATION

I hereby declare that the thesis is based on my original work except where due references are made.



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# RESEARCH ON LITERATURE AND OBSERVATION OF GUI PI TANG TREATING PALPITATION

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## ABSTRACT

Palpitation refers to a kind of disease where patients felt a conscious heart throb, restlessness, and even not autonomous. Deficiency of heart-spleen cause insufficiency of Qi-blood, which lead to heart lack of nourishment and resulting in palpitation. Gui Pi Tang is created by Yan Yong He according to the theory "Two yang develop from the heart and spleen" stated in <Nei Jing> and Gui Pi Tang is recorded in <Ji Sheng Fang> which indicate excessive thought, heart-spleen fatigue, forgetfulness, and palpitation.

In this study, our purpose is to do the further literature study on treating heart-spleen deficiency of palpitation by Gui Pi Tang as well as clinical observation through evaluation using the numerical rate scale (NRS) for the palpitation severity rate and a questionnaire questioning for the condition happening of palpitation and the frequency of palpitation occurred as well as also the tongue manifestation and the pulse condition of subjects before and after the treatment. The total will be five subjects selected for the study, which prior to this treatment. In this study, two of the subjects felt heatiness to the Gui Pi Tang, but they soundly fit with this formula after consuming for one week.

Throughout this study, the observational study shows a mean value decrease of 1.7 in total NRS as well as the significantly improved of the palpitation occur condition and times. These results indicate that Gui Pi Tang is a potent formula, which is effective in treating palpitation.

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## LIST OF ABBREVIATIONS

GPT	Gui Pi Tang
NRS	Numerical Rating Scale
TCM	Traditional Chinese Medicine
CNKI	China National Knowledge Infrastructure
NSCMH	Negeri Sembilan Chinese Maternal Hospital

## CHAPTER 1 INTRODUCTION

### 1.1 Introduction

Palpitation has the symptoms of feelings that you will feel your heart is skipping a beat, fluttering, or beating too hard or fast. Besides that, can also have these feelings in your chest, throat, or neck. Palpitation may occur during activity and even when you are sitting down or lying down. It's usually is harmless and your heart is functioning normally. For more serious problem, you will experience of dizziness or confused, lightheaded, think you may faint, or do faint, having trouble in breathing, chest, jaw or arm feel pain, pressure or tightness, shortness of breath, and experience of unusual sweating (The World of David Darling).

They usually not serious or harmful, although may be bothersome or frightening, though often go away on their own. They most of the time related to stress and anxiety, excessive consumption of caffeine or alcohol, intake of nicotine, stimulant medicines such as weight loss pills, cough and cold medicine. It also related with your changes of lifestyle. (Beckermen. 2015).

Since 2008, National Heart Centre Singapore (NHCS) has actually been seeing more patients with heart palpitations. According to Dr Ching Chi Keong, Senior Consultant, Cardiology and Director, Electrophysiology and Pacing, NHCS, a member of the SingHealth group said: "Heart palpitations are a very frequent symptom in the general population and it may account for about 15 percent of clinic consultations here at NHCS, our arrhythmia clinics have increased from five sessions a week in 2008 to nine sessions a week this year." Palpitation are common in all age of groups. As said by Dr Ching: "Heart palpitations among women and younger patients usually have a benign cause. Men and older patients are more likely to have palpitations caused by arrhythmias" (Teresa. C)

Palpitation affects at least a million people in the UK. It can be linked to heart failure (where the heart doesn't pump blood properly) although it's not clear whether atrial fibrillation causes heart failure, or vice versa. The main danger with atrial

fibrillation is stroke. It increases the risk five-fold, as the irregular heart rhythm causes blood to pool, allowing blood clots to form then travel to the brain (Waters. 2013).

According to the diagnostic approach to palpitations done by the American Academy of Family Physicians, from 190 of patients who complaint of palpitation, 43 percent had palpitations caused by cardiac causes (40 percent had an arrhythmia, 3 percent had other cardiac causes), 31 percent had palpitations caused by anxiety or panic disorder, 6 percent had palpitations caused by street drugs or prescription and over-the-counter medications, and 4 percent had palpitations caused by other noncardiac causes. No specific cause of the palpitations could be identified in 16 percent of the patients (Abbott, M.D.2005).

## **1.2 Objectives**

### General objective

- To do the further literature study on treating heart-spleen deficiency of palpitation by Gui Pi Tang.

### Specific objectives

- To study the past physicians studies on palpitation and Gui Pi Tang.
- To study the modern physicians studies on palpitation and Gui Pi Tang.
- To study the clinical observation on treating heart-spleen deficiency of palpitation by Gui Pi Tang.

## **1.3 Hypothesis**

Gui Pi Tang is an effective formula in treating Heart and Spleen syndrome type of palpitation.

## CHAPTER 2

### PALPITATION

#### 2.1 Introduction of Palpitation

Palpitation is due to the Heart lack of nourishment or invaded by evil pathogens to the Heart and Spirit, lead to abnormal of Heartbeat, consciously anxiety of throbbing palpitation disorder, more common in neurosis and Heart arrhythmias.

According to TCM Syndrome Diagnostic Efficacy Standards (1994) 《中医病证诊断疗效标准 (1994)》 of China, palpitation manifest as:

- I. Consciously cardiac abnormalities, or rapid, or slow, or excessive beating, or sudden beat and sudden stop, paroxysmal or persistent, nervous, anxiety, cannot autonomously
- II. Accompanied with discomfort chest, depression, irritability, poor sleep, trembling fatigue, dizziness. In elderly patients, associated with cardiothoracic pain, and even breathlessness, sweating, cold limbs, or seen syncope.
- III. Rapid, or hasten, or irregular, or slow, or deep, or tardy pulses.
- IV. Often due to aggressive emotional, shock, nervous, fatigue, drinking alcohol, excessive meals.
- V. Blood count, erythrocyte sedimentation rate, anti- "O", T3, T4 and ECG, X-ray chest radiography, blood pressure and other tests help confirm the diagnosis.

The blood containing abundant of nutritious substances, along the vessels, blood circulates throughout the body, internally circulate to organs, externally reach the skin-muscle-tendon-bone, continuing roles in nourishing and moistening function to body organs and tissues, in order to maintain its normal physiological function, and to ensure the normal activities of human life. Heart manage to store blood as well as to store Spirit, while Spleen manage deliberate as well as to store thought, owing to overly deliberation will injure the Heart and Spleen, which will then lead to Spirit do not have a host to store, as well as thought cannot be stored. In addition, the Spleen-Stomach as the source of

acquired are the origin transformation of the qi and blood, the Heart governs the blood vessels, if there is an injury of the Heart and Spleen can cause insufficiency of Heart blood, which can lead to lack of nourishment to the Heart, and insecurity of Heartbeat therefore palpitation can be occurred. If Blood do not nourish the Heart, Heart Spirit will be distraught, and lead to occurred of insomnia and dreaminess. As well as deficiency of blood, unable to nourish the head and face area, thus will manifest dizziness, forgetfulness, pale white or yellowish complexion, and lips and tongue pale in colour. The deficiency of blood yet unable to sufficiently filled the pulse, thus pulse condition shown thin and weak.

## **2.2 Causes of palpitation**

Inadequate endowment of physical weakness, chronic illness dystrophy, and overstrain resulting in qi-blood-yin-yang deficiency, disharmony of zang fu function, Heart Spirit lack of nourishment and finally initiation palpitation. Heart qi deficiency resulting in abnormal circulation of blood vessels, weakness in promoting, Heart meridian blockage by blood stasis and lead to palpitation; Heart-Kidney yang deficiency resulting in irregular of qi transformation, internal accumulation of water and fluid, upward approach to the Heart, Heart yang suppressed and palpitation occurred; Heart-Liver-Kidney yin deficiency resulting in yin deficiency and exuberant of fire, the water of Kidney does not supply to the Heart which then cause Heart fire overbearing, Heart Spirit been disturbed and cause occurrence of palpitation; deficiency of Heart blood resulting in blood not nourish the Heart thus Spirit lack of nourishment and lead to palpitation (Yan XY, Ma YD. 2012).

Improper of dietary intake of heavy, greasy, oily, fried food, the accumulated heat transforms into fire and generate phlegm, phlegm fire upward approaches the Heart and lead to palpitation; Tea, coffee and heavy smoking can lead to sympathetic hyperactivity and caused palpitations; Overly fullness of Stomach burden the Heart, more can induce coronary heart arrhythmia; Overdose of alcohol or toxicity may injured and damaged the Heart qi and Heart yin and thus resulting in palpitation (Yan XY. Ma YD. 2012).

Internal damaged of seven emotions can result in palpitation. <Su Wen. Ling Lan Mi Dian Lun> stated: “Liver is the general officer, role in strategy”. If fail in emotion, Liver loss of arrangement, qi mechanism block and stagnate and lead to qi depression and qi stagnation, yet circulation of Heart blood depend to the qi to promote and warmth, the failure circulation of qi can cause poor blood circulation, thus palpitation occurred; <Ling Shu. Xie Ke> stated: “Heart, is the host of organs, residence of the Spirit” (Zheng QY. 2002). Prolonged consideration can cause Heart qi depressed and stagnate, which is then transformed into fire and generate of phlegm, phlegm fire disturbed the Heart, result in Heart Spirit unsecure and palpitation occurred; Depression of Heart qi can also result in yin blood damage, Heart lack of nourishment and cause palpitation; Qi overflow when angry while qi flow downward when scare which lead to disturbance the circulation of qi mechanism and result in palpitation (Yan XY. Ma YD. 2012).

Body invaded by exogenous pathogens, especially wind-cold-dampness pathogens attack to the body and cause Bi syndrome, unhealed and again get attacked by exogenous pathogens, internally invade to the Heart and lead to Heart Bi, Heart meridian Bi and blockage thus poor blood circulation and develop to palpitation. Just like stated in <Su Wen. Bi Lun>: “meridian extremely numbness and again get attacked by exogenous pathogens, internally invade to Heart” and “Heart Bi cause meridian blockage, irritate thus under Heart beat”. In short, palpitation can be cause with various exogenous pathogens attack with independent or predisposing factors (Yan XY. Ma YD. 2012).

Besides that, transmission of other diseases or mistreatment and late for treatment can cause Zheng qi damaged or giving opportunities for exogenous pathogens to invade and result in palpitation (Yan XY. Ma YD. 2012).

### **2.3 Pathogenesis of palpitation**

The chief location palpitation occurred is at Heart, if there occurred illness at organs, also may cause Heart Spirit disturbance syndrome and palpitation to occur, therefore, the happening of palpitation is also closely related to the other four organs, Liver, Spleen, Kidney, and Lung. Heart qi-blood deficiency, yin-yang damaged, Heart Spirit lack of nourishment, or phlegm, stasis, fire etc of the pathological product can