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CAO Hongxin's Experience in Treating Systemic Lupus Erythematosus

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ABSTRACT This article summarizes professor CAO Hongxin's experience in treating systemic lupus erythematosus (SLE). The author holds that the main pathogenesis of SLE is Yin deficiency with internal heat and binding of stasis and heat, so it should be treated with the method of nourishing Yin, clearing heat, invigorating blood and unblocking the collaterals. In clinical practice, the syndromes are often divided into four types, including 1) syndrome of intense heat toxin with blazing of both Ying and blood, which could be treated with the method of clearing heat, resolving toxin, cooling the blood and removing macules, with commonly used *Xijiao Dihuang Decoction* (犀角地黄汤); 2) syndrome of liver-kidney Yin deficiency with vigorous fire, which could be treated with the method of nourishing the liver and the kidney and clearing deficiency-heat, with commonly used *Zhibai Dihuang Pill* (知柏地黄丸) and modified *Shangzhongxia Tongyong Tongfeng Decoction* (上中下通用痛风方); 3) syndrome of arthralgia (pain caused by Bi syndrome) due to wind-dampness with collateral obstruction of blood stasis, which could be treated with the method of expelling wind and dampness, diffusing Bi and unblocking the collaterals, with commonly used modified *Shentong Zhuyu Decoction* (身痛逐瘀汤) and *Huangqi Guizhi Wuwu Decoction* (黄芪桂枝五物汤); 4) syndrome of spleen-kidney deficiency with excessive water dampness, which could be treated with the method of warming and nourishing the spleen and the kidney, promoting urination and percolating dampness, with commonly used modified *Qingxin Lianzi Decoction* (清心莲子饮), *Fuzi Decoction* (附子汤) and *Shipi Decoction* (实脾饮). At the same time, the combination of Chinese medicine and western medicine as well as holistic treatment should be paid attention to, and eagerness for quick efficacy should be avoided.

Keywords systemic lupus erythematosus; nourishing Yin and clearing heat; invigorating the blood and unblocking the collaterals; experience of famous doctor; CAO Hongxin

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