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Clinical Application and Dosage of Lily in Treating Dryness

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Abstract: *Objective:* To systematically sort out the application rules of traditional Chinese medicine lily in ancient Chinese medicine classics and modern clinical practice, and to clarify the scope of application, compatibility rules and pharmacological effects of differentiated doses. *Methods:* By searching and sorting out the relevant records of ancient medical books in past dynasties, the clinical diagnosis and treatment experience and clinical application research data of modern doctors on lily were summarized, and the clinical application characteristics and medication rules of lily were summarized from multiple dimensions such as dosage, indications, syndrome differentiation and compatibility and pharmacological activity. *Results:* The clinical routine dosage range of lily was wide. The oral dose range was 5.55–60 g, and the maximum dose for external use could reach 65 g. The dose could be adjusted flexibly with the disease, syndrome type and clinical symptoms. *Conclusion:* Lily is clinically used to treat dryness, which has distinct differentiation characteristics of syndrome differentiation dose and compatibility characteristics of regular changes with attending dryness syndrome. In the treatment of different dryness syndromes, it can be accurately selected according to the pathogenesis, and its clinical application value is high.

Keywords: Lily; Dose-effect study; Compatibility of medicines; Clinical application

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1. Introduction

Lily is the dried fleshy scale leaf of *Lilium lancifolium Thunb., Lilium brownii F.E. Br var. viridulum Baker, or Lilium pumilum DC. in the family Liliaceae.* This product mainly contains lily polysaccharides, steroidal saponins, alkaloids, flavonoids, and phenolic compounds. According to the Pharmacopoeia of the People's Republic of China (2020 edition), lilies have a sweet taste, a slightly cold nature, and can nourish the heart and lung meridians. They have the effects of nourishing Yin, moistening the lungs, clearing the heart [1], and calming the mind. They are the core medicinal and edible herbs for the clinical treatment of dryness

syndrome. The main symptoms include “Yin deficiency, dry cough, and coughing up blood due to fatigue”, and traditional Chinese medicine has a saYing that “the secret of not passing down lies in the dosage”, which directly determines the moisturizing effect of lilies. This article summarizes the clinical experience of traditional Chinese medicine ancient books and modern medical practitioners on the application of lilies, in order to explore the clinical dosage and compatibility rules of lilies, and provide favorable references for their clinical application.

2. Classic formula dosage and compatibility

In ancient times, medical practitioners often used lilies in combination with different traditional Chinese medicines to treat diseases such as lily disease, lung dryness, cough, insomnia, and epigastric pain. The conversion rates were also different in different dynasties, such as about 13.8 g for one tael of lily in the Eastern Han Dynasty, 41.4 g for one tael of lily in the Song, Jin, and Yuan Dynasties, 37 g for one tael of lily in the Ming Dynasty, 37.3 g for one-tael lily in the Qing Dynasty, and 1.6 g for one tael of lily in the Eastern Han Dynasty [2]. Throughout history, medical practitioners have used lilies as the main medicine, combining different drugs to treat various dryness syndromes, forming a classic compatibility paradigm. As described in Zhang Zhongjing’s “Synopsis of the Golden Chamber”, Baihe Zhimu Tang is a combination of seven lilies and three taels of Zhimu (Seven lilies, three taels of cicada; a lily weighs about 11.2 g), which can tonify deficiency, clear heat, nourish Yin and moisten dryness [2-3]. It is mainly used to treat the Yin deficiency and dry heat syndrome of Baihe disease. The symptoms include accidental sweating of Baihe disease, injury to body fluids, deficiency heat at home, and restlessness and thirst [4]. Jin Kui Yao Lve “Lily and Rehmannia Decoction is a combination of seven lilies and one liter of raw Rehmannia juice (Seven lilies, one liter of raw Rehmannia juice, about 11.2 g lilies). It nourishes Yin and clears heat, nourishes the heart and lungs, and is mainly used for treating lily disease with severe Yin deficiency, dryness, and mental confusion. The “Synopsis of the Golden Chamber” states, “For those with fever caused by lily lesions, lily talc powder is the main treatment [5]. The combination of roasted lilies and talc in the formula (One or two roasted lilies, three taels of talc; lilies weigh approximately 13.8 grams) is beneficial for the heart and lungs, clearing heat and promoting diuresis. Zhao Ji’s “General Record of Shengji” states that “after treating typhoid fever, it has been 14 days and the hot flashes are not clear.” [6] Baihe Qianhu Tang, consisting of three raw lilies (about 4.8 g) combined with kudzu root, raw Ophiopogon japonicus, and gypsum, is mainly used to clear residual pathogens and nourish the lungs and stomach. Yan Yong and “Ji Sheng Fang” Baihe Powder, one-tael lilies (about 37.3 g), combined with chrysanthemum mushrooms, Fritillaria, and stir-fried Campanula, have the function of moistening the lungs, resolving phlegm, and relieving cough [7]. Zhou Zhigan’s “Shenzhai Yishu” Baihe Gujin Tang, Baihe 1.5 Qian (about 4.5 g), combined with Rehmannia glutinosa, Ophiopogon japonicus, and Scrophularia suspensa, nourishes the lungs and kidneys, reduces phlegm and cough, and is mainly used to treat dry cough, dry throat, and phlegm with blood in the lungs and kidneys due to Yin deficiency. It is a representative formula for treating lung and kidney Yin deficiency and dryness syndrome [8]. Wu Zhiwang’s “Ji Yang Gang Mu” Baihe Er Mu Tang is a famous prescription for treating cough caused by hot blood deficiency. It is made by combining lilies with Zhimu and Beimu, and adding Ophiopogon japonicus and Shengdi (one Qian of lily, about 3 g). Its functions are to moisten the lungs, relieve cough, nourish Yin, and lower fire [9]. Huang Yuanyu’s “Four Saints Heart Source” Lily, Platycodon, and Chicken Seed Soup, with three Qian of Lily (about 9g), combined with Platycodon, moistens the lungs and throat, clears heat and

detoxifies, and is used to treat hoarseness [7]. The right eye is red and painful; the "Four Saints Heart Source" Lily Five Flavor Soup (Lily three Qian, about 9g) is recommended. Yu Genchu's "Popular Treatise on Cold Damage": Lily and Maogen Soup, fresh lily five Qian (about 15g), clears lung Qi to nourish the source[10]. Chen Xiuyuan's "Shi Fang Ge Kuo" Lily Soup, one-tael lilies (about 30g), combined with black medicine, nourishes Yin and promotes diuresis, and nourishes stomach Yin [11]. Liang Lianfu's "Unknowing the Medical Necessity" modified Baihe Tang, consisting of black medicine, Baihe combined with Fritillaria, and Gualou peel (Baihe four Qian, about 12g), has the effects of moistening the lungs, resolving phlegm, relieving cough and regulating Qi, and widening the chest and dispersing nodules [12].

3. Clinical experience of renowned veteran Chinese medicine physicians in prescription dosage and medicinal combination

3.1. Lu Zhizheng

Professor Lu Zhizheng divided dryness syndrome into three categories: warm dryness, cool dryness, and Yin deficiency dryness. "Dryness is the main Qi of autumn, and its nature is dry and astringent, which can easily damage the body fluids. Although there are internal and external differences in dryness syndrome observed in clinical practice, it is generally classified into three categories: warm dryness, cool dryness, and Yin deficiency dryness. Warm dryness syndrome is characterized by autumn Yang exposure dryness, combined dryness and heat, which can easily damage the Yin of the lungs and stomach; cool dryness syndrome is characterized by autumn cold suppression, combined dryness and cold, which can easily condense Qi; Yin deficiency dryness syndrome is mostly due to insufficient endowment, deficiency of Yin in the body, or prolonged illness, resulting in a lack of Yin fluids and loss of nourishment of muscles, meridians, and joints [13]. Emphasize that lung-stomach Yin deficiency is the core pathogenesis of dryness syndrome. When treating cough caused by lung-stomach Yin deficiency and dry mouth and throat, lily is used to nourish Yin and moisten the lungs, combined with sand ginseng, Ophiopogon japonicus, and Polygonatum sibiricum. The dosage of lily is 10-15 g [14], taking into account the spleen and stomach, and preventing nourishing Yin and obstructing the stomach [15].

3.2. Chao Enxiang

Chao Enxiang, a master of traditional Chinese medicine, is skilled in treating pulmonary dryness syndrome. For chronic obstructive pulmonary disease, dry cough, and phlegm deficiency syndrome of lung dryness and Yin, he uses lily to moisten the lungs and relieve cough, combined with almond and chrysanthemum [16-17], with a dosage of 12g, to lower Qi, relieve asthma, moisten dryness, and relieve cough. He is suitable for patients with chronic cough, lung dryness, and Yin fluid depletion.

3.3. Zhu Liangchun

Zhu Liangchun is skilled in treating Yin deficiency, intestinal dryness, and constipation. He believes that lung dryness can cause fluid deficiency and constipation in the large intestine [18]. He uses lilies to nourish Yin and moisten the lungs, combined with fire hemp kernels and Yu Li kernels [4], with a dosage of 15-20 g, taking the meaning of "the lungs and large intestine are on the surface and inside", to moisten dryness and promote bowel movements without harming the upright [19].

3.4. Zhou ZhongYing

Zhou ZhongYing is used to treat liver and kidney Yin deficiency combined with lung dryness syndrome. Lily nourishes lung Yin, combined with wolfberry and Ligustrum lucidum, with a dosage of 12g [20]. It nourishes Yin and moistens dryness, and regulates the liver, kidney, and lungs. It is suitable for patients with Yin deficiency and dryness syndrome involving multiple organs [21].

3.5. Chen Shaohong

Chen Shaohong's treatment for hemoptysis of the Yin deficiency and lung dryness type is based on Baihe Gujin Tang. Baihe is reused in 30g and combined with *Rehmannia glutinosa* and Xianhe grass to nourish Yin, clear the lungs, cool the blood, and stop bleeding. It is aimed at the dry cough and hemoptysis caused by lung and kidney Yin deficiency, dryness and fire damage to collaterals [22-23].

4. Dosage and Compatibility Experience of Experts from the Formula-Dose Effect Research Committee

4.1. Tong Xiaolin

Academician Tong Xiaolin proposed the four-phase evolution theory of "depression, heat, deficiency, and impairment" of diabetes, in which the "deficiency phase" includes the syndrome type of Yin deficiency and fluid deficiency, manifested as dry mouth, dry throat, dry stool, and other symptoms. It is clearly stated that lilies nourish Yin, moisten dryness, generate fluids, and quench thirst. When combined with smallpox pollen and Ophiopogon japonicus (dosage 15-30g), they can also reduce blood sugar and improve various symptoms of Yin deficiency, dryness, and thirst. Emphasize the use of nourishing Yin and moistening dryness method in the stage of "regulating and supplementing deficiency and damage", targeting the pathological characteristics of Qi and fluid deficiency at the beginning of the disease, and Yin and Yang deficiency and damage over time [24-25].

4.2. Fan Jiping

Fan Jiping believes that insufficient heart Yin and dryness disturbing the mind are one of the core mechanisms of insomnia. Lily is used to clear the heart and moisten dryness, calm the heart and calm the mind, and is combined with sour jujube kernels and cypress kernels, with a dosage of 12- 15 g. It is suitable for autumn dryness or Yin deficiency causing restlessness, insomnia, and easy awakening from dreams [26].

4.3. Li Saimei

Li Saimei is used to treat hyperthyroidism with Yin deficiency and dry heat syndrome (restlessness, dry mouth, insomnia). Lily is used to nourish Yin, clear heat, moisturize dryness, and calm the mind, combined with Rehmannia glutinosa and Scrophularia ningpoensis, with a dosage of 30g [27]. It clears and eliminates deficiency fire, nourishes Yin fluid, and relieves dryness and heat restlessness [28].

4.4. Wang Xuefeng

When Professor Wang Xuefeng treats children with lung dryness, dry cough, and Yin deficiency cough, the frequency of using lilies reaches 68.2%, with a commonly used dose of 6-10g. They are often combined with Fritillaria thunbergii and pear peel to reflect the principle of "light clearing and moistening dryness, caring for the spleen and stomach", avoiding nourishing the stomach and tonifying the body [29]. To treat dryness and

cough in children's lungs, whose organs are delicate and prone to Yin deficiency, a light dose of lily is used to moisten the lungs, combined with Sichuan Fritillaria and pear peel, with a dosage of 6-10g, to protect the spleen and stomach, moisten dryness and relieve cough, and avoid tonifYing and damaging the body [30].

5. Modern medical dosage and compatibility

5.1. Compatibility of Ophiopogon japonicus and Fritillaria chuanbergii

For the treatment of lung dryness and dry cough, as well as Yin deficiency induced cough, 10 g of Lily and 10 g of Ophiopogon japonicus can enhance the effects of nourishing Yin, moistening the lungs, moistening dryness, and relieving cough. It is suitable for those who suffer from autumn dryness and lung injury, dry cough, and low phlegm. The combination of Chuanbeimu is used to treat dry cough with less phlegm and blood in the phlegm. Lily 10g and Chuanbeimu 6g are used to moisten the lungs, reduce phlegm, cough and stop bleeding. It is suitable for patients with lung dryness and Yin deficiency, deficiency fire and burning collaterals.

5.2. Compatibility with Wu Yao

Qihuang scholar Zhang Shengsheng combined lily with black medicine to treat spleen Yin deficiency, dry mouth and lips. Lily 30g and Beisha ginseng 10g are used to supplement spleen and stomach Yin, reduce Qi and moisten dryness. They are suitable for diseases such as gastric distension and acid vomiting [31].

5.3. Compatibility with Beisha Ginseng

Treating insufficient stomach Yin, dryness and thirst, and dry throat, using 12g of lily and 12g of northern ginseng to nourish the stomach, promote fluid production, moisten dryness and quench thirst, suitable for the late stage of fever with stomach Yin deficiency and dryness syndrome. Chai Songyan, a master of traditional Chinese medicine, is used to treat injuries such as Yin deficiency, Qi depletion, Yin blood deficiency, and Yang deficiency. He uses 12g of lily and 20g of sand ginseng to nourish Yin, nourish blood, and invigorate Qi and calm the mind. He is suitable for those with menopausal syndrome who experience heat and restlessness [32].

5.4. Lily compatibility with sour jujube kernels and hemp kernels

Chinese medicine master Zhang Lei combines lily with sour jujube kernel to treat heart Yin deficiency, dryness and insomnia. Lily 30g and sour jujube kernel 20g can clear the heart, moisten dryness, calm the heart and calm the mind, suitable for patients with dryness syndrome and insomnia [33]. The combination of Huoma Ren is used to treat elderly and postpartum intestinal dryness and constipation. 20 g of Baihe and 15 g of Huoma Ren nourish Yin, moisten dryness, and promote bowel movements. It is suitable for Jin deficiency and intestinal dryness.

6. Conclusion

Based on the clinical experience of various dynasties and modern times, the standardized dosage of Baihe for treating dryness syndrome is determined. When treating dryness syndrome with Baihe, the commonly used decoction is 6-30g, the pill powder is 1-3g, and the external application is appropriate; Layered dosage according to the severity of dryness syndrome -6-15g for nourishing Yin and moistening the lungs to treat

lung dryness and Yin deficiency cough, 10-20g for clearing the heart and calming the mind to treat dryness and insomnia, and 15-30g for generating fluid and moistening dryness to treat intestinal dryness and fluid deficiency. When used for nourishing Yin and moistening the lungs and moistening cough, treating pulmonary diseases such as chronic cough, coughing up blood, bronchitis, tuberculosis, etc., the commonly used dosage is 5.55-30g; when used for nourishing Yin and clearing the heart, calming the heart and calming the mind, treating cardiovascular diseases such as lily disease, insomnia, menopausal syndrome, etc., the oral dosage is 10-60g. In terms of compatibility, lily is often used to treat pulmonary dryness cough in combination with Qian Donghua, Bai Bu, Mai Dong, Sheng Dihuang, Xuan Shen. Waiting for medicinal herbs; For the treatment of heart and mind disorders, it is often combined with medicinal herbs such as Anemarrhena, talc, ochre, chicken roe, and *Rehmannia glutinosa*. Modern pharmacological research has confirmed that lilies have various pharmacological activities such as cough and phlegm suppression, sedation and calming, anti-inflammatory, anti-tumor, and antioxidant effects. According to the disease, syndrome type, and symptoms, choose the precise combination of lily and treat lung dryness with wheat winter and sand ginseng; Treat heart dryness with sour jujube kernels and raw Rehmannia root; Treat intestinal dryness with a combination of fire sesame seeds and plum seeds; treat the syndrome of deficiency and dryness of lung and kidney Yin with cooked Radix Rehmanniae and Radix Scrophulariae. Modern pharmacological research has confirmed that lily polysaccharides and steroidal saponins have cough suppressant, expectorant, sedative, hypnotic, antioxidant, and immunomodulatory effects, providing modern evidence for their treatment of dryness syndrome [31]. Although the clinical use of tiger cane has a wide range of safe doses, it should be noted that it is not suitable for people with wind-cold cough, spleen deficiency and loose stools to avoid cold dampness and spleen damage [1]; Clinically, the dosage should be adjusted according to the patient's physical condition and dryness type to improve the therapeutic effect [12].

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