

Progress in the Treatment of Ovarian Cysts by Combination of Traditional Chinese and Western Medicine

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Abstract: *Ovarian cyst is a common benign tumor in gynecology, often occurring in women of childbearing age. Its essence is a solid or liquid cystic filling structural disease formed inside or on the surface of the ovary, which is not easy to be detected in the early stage, the onset is slow, and serious symptoms and signs such as abdominal fullness, menstrual disorders, and touching mass will occur, affecting women's work and life. At present, both Chinese medicine and Western medicine have certain cognition and advantages in the treatment of ovarian cysts. Chinese medicine can be divided into internal treatment and external treatment, while Western medicine can be divided into drug treatment and surgical treatment. Clinical treatment should be fully considered in the selection of patients' clinical conditions. This paper analyzes the advantages of TCM and Western medicine in clinical treatment, aiming to improve clinical efficacy, reduce cyst recurrence, promote ovarian function recovery, and better protect female ovarian health through the combination of traditional Chinese and Western medicine.*

Keywords: Ovarian cyst, Integration of traditional Chinese and western medicine, Traditional Chinese Medicine, Western medicine, Research progress.

1. Introduction

Ovarian cyst is a kind of solid or liquid cystic filling structural disease formed inside or on the surface of the ovary, which mainly occurs in women of childbearing age, with slow onset and no obvious symptoms. Clinically, with the continuous development of ovarian cysts, patients may gradually show symptoms and signs such as abdominal fullness, pain, menstrual disorders, and touching masses, and can also appear serious malignant changes such as cyst rupture, cyst torsion, bleeding, and shock. Modern Western medicine believes that ovarian cyst is a benign gynecological tumor, which is treated with drugs and surgery. At present, with the development of traditional Chinese medicine, TCM has made great progress in the diagnosis and treatment of ovarian cysts. Therefore, this review systematically summarizes the diagnosis and treatment of ovarian cysts by traditional Chinese medicine and Western medicine, with the purpose of improving clinical efficacy, reducing cyst recurrence, promoting ovarian function recovery, and better protecting female ovarian health through the combination of traditional Chinese and Western medicine.

2. Understanding and Treatment of Ovarian Cysts in Traditional Chinese Medicine

2.1 Etiology and Pathogenesis

In traditional Chinese medicine, ovarian cysts are called "mass", "accumulation" and "intestinal congest". According to the prescription of the Women's Complete book, the disease of hernia in couples is caused by improper diet, unadjusted cold and temperature, Qi and blood strain, weakness of the viscera, cold from the wind, cold into the abdomen, and blood conformation. Liu Xinmin [1] believes that ovarian cysts are mainly caused by a variety of pathogenic factors such as the

accumulation of phlegm and dampness, and the internal blockage of blood stasis in the lower jiao, and the diseases caused by phlegm and blood stasis are complicated, stubborn and difficult to cure. Liu Zeqiang [2] believes that ovarian cysts are mostly caused by feeling cold evil, internal obstruction of dampness evil, obstruction of Qi and blood stasis. The function of liver and spleen and other viscera is weak, body fluid transport is weak, the production of qi and blood is disorganized, and time comes together to form a mass. Therefore, it is thought that the cause of the disease is mainly divided into "deficiency" and "real" two kinds, "real" with "phlegm", "stasis", and "deficiency" with "Zang-fu, Qi and blood deficiency" as the main cause.

2.2 Traditional Chinese Medicine Internal Treatment

2.2.1 Empirical Evidence

The empirical evidence is mainly caused by the interjunction of phlegm and blood stasis, which is gathered in the annex, so many clinical doctors take eliminating phlegm and promoting blood circulation as the basic diagnosis and treatment method. Medical sage Zhang Zhongjing's book "Jin GUI Strategy" recorded that "the woman has a disease, not until three months..... So the blood more than, the disease does not go so also, the current disease, the main of the laurel branch poria pills." Guizhi and Poria pills are made of Guizhi, Poria, Peony, peach kernel and peony bark, in which the guizhi has the effect of warming meridians, the Poria has the effect of removing dampness and invigorating spleen and calming the heart, the peony has the effect of nourishing blood and soothing the liver, the peach kernel has the effect of activating blood and removing blood stasis, and the peony bark has the effect of activating blood and removing blood stasis. "Medical Introduction · Women's Gate" pointed out that "good treatment of addiction, regulate its qi and break its blood, eliminate its food and clear its phlegm, and fail most of its

stop." Therefore, the treatment of ovarian cyst should be based on promoting blood circulation and removing blood stasis.

Yang Qiujie et al [3] believed that the disease was due to the obstruction of qi and the stagnation of qi and blood. Therefore, Guizhi Poria pills combined with Jiawei Xiaoyao Powder were used to ease the liver and regulate qi and promote blood circulation to remove blood stasis. They used this formula in the clinical treatment of 39 patients with ovarian cysts, and the results showed that the total effective rate was 94.87%, indicating that this formula can significantly improve the clinical treatment effect, promote the coordination of zang fu function, promote blood circulation to remove blood stasis. Reduce the recurrence rate of ovarian cysts.

Studies have shown that Guizhi Poria pills combined with Dahuang Zhezhe pills have a certain promoting effect on the elimination of ovarian cysts. Peng Huangqing et al [4] selected 60 patients with ovarian cysts admitted to hospital and randomly divided them into conventional control group and experimental group (Guizhi Poria pills combined with Dahuang Zhezhe pills), with 30 people in each group. The results showed that the total effective rate of Guizhi Poria pill combined with Dahuang Zhezhe Pill in the treatment of ovarian cyst was 83.33% higher than that of the control group, and the incidence of adverse reactions was 6.67%, all of which were statistically significant. Therefore, this method can quickly relieve symptoms, reduce the volume of ovarian cyst and promote the recovery of patients.

Sheng Wenwen et al [5] clinically applied Guizhi Poring pills combined with Xuefu Zhuyu decoction to treat patients with ovarian cysts, and after standardized treatment of 25 patients with this formula, the total effective rate was 92%, which proves that the power has a significant role in alleviating disease and improving curative effect in clinic.

2.2.2 Deficiency syndrome

Another important pathogenesis of ovarian cyst is "vacuity", which is recorded in the book "Lingshu" that "healthy qi is stored in, evil cannot be done"; "Doctor Jin Jian · Woman's heart law to decide" records: "All the treatment of disease, should first review the body strong and weak, the disease of the slow and urgent treatment, such as the deficiency of Qi and blood should not be attacked, although the disease is full, when the first to help the right qi, after the treatment of the disease." Zhao Yide [6] believed that the ovaries were located in the abdomen of the liver meridian, liver blood loss and spleen loss of transport, and phlegm and blood stasis intermingled in the abdomen, which could affect the ovaries and form mass.

Xiao Chengjun [7] considered that the disease was closely related to liver and spleen organs. Liver was the main storage of blood, and spleen was the main control of blood. Liver was weak, so liver blood was insufficient, liver was not clear, Qi was not smooth, wood was depressed by soil, and spleen was damaged. The spleen is the source of Qi-blood biochemistry, and the acquired, the spleen is weak, then the Qi-blood biochemistry is insufficient, the transport of chemical loss, the blood does not nourish the liver, phlegm and dampness gather.

Therefore, the use of Danggui Shaoyao powder to enhance blood regulating liver, spleen diuresis, and in the basic formula to add Lulutong, pig ling to increase the effect of water, with the use of activating blood stasis drugs such as verberna, red peony to promote blood eliminating disease.

2.3 Traditional Chinese Medicine External Treatment

The external treatment of Chinese medicine for ovarian cyst mainly includes enema of Chinese medicine, encapsulation of Chinese medicine, collapse of Chinese medicine and acupuncture and other methods. The external treatment of Chinese medicine is of great significance in modern clinical application because of its simple and convenient operation and remarkable clinical effect.

Xu Qiuyun [8] conducted a clinical study on the diagnosis and treatment of ovarian cysts with Fuyanning Decoction enema combined with Guizhe Poria pills. 92 patients with ovarian cysts were randomly divided into the experimental group (Fuyanning Decoction enema combined with Guizhe Poria pills) and the control group (only taking guizhe poria pills), with 46 cases in each group. The results showed that the total effective rate of the experimental group was much higher than that of the control group. The results showed that the addition of Fuyanning decoction can effectively reduce the volume of cysts and relieve clinical symptoms.

Shen Zonglan [9] conducted a clinical observation study on 32 patients with ovarian cysts by using traditional Chinese medicine encapsulation combined with internal Chinese medicine, and the results showed that the total effective rate of this prescription was 84.38%, indicating that external Chinese medicine encapsulation combined with internal Chinese medicine was superior to single internal Chinese medicine, with high safety and good long-term effect.

Wang Xin [10] made clinical observation on ovarian cysts with Qi-stagnation and blood-stasis syndrome by applying traditional Chinese medicine Tauwa combined with Xiaomu Decoction. 64 patients were randomly divided into two groups, 32 in each group. The results showed that the total effective rate of the experimental group applying traditional Chinese medicine Tauwa combined with Xiaomu Decoction was 90%, which was statistically significant, indicating that the treatment method could effectively reduce the size of ovarian cysts and could be widely used in clinic.

Zhao Manlin [11] believed that the basic cause of ovarian cyst was mainly qi stagnation and blood stasis, phlegm and blood stasis interjunction, so the combination of fire needle and milli acupuncture was used to carry out acupuncture treatment for patients. The main points selected were Ren Du two veins, Foot Sun bladder channel and foot Yang Ming stomach channel. Ren pulse is called "Yin pulse sea", Du pulse is called "Yang pulse sea", thorn can balance Yin and Yang; Acupuncture foot sun bladder channel can promote blood circulation and expel blood stasis, qi and collaterals; Acupuncture of the stomach channel of foot Yangming can regulate qi and blood. The fire needle therapy can promote the movement of qi and blood in the whole body, and play the role of opening the plug and clearing the source, draining the accumulation and eliminating the evil. Milli acupuncture

therapy can dredge meridians, help fire acupuncture regulate qi and blood, strengthen spleen and eliminate phlegm.

3. Understanding and Treatment of Ovarian Cysts in Western Medicine

3.1 Etiology

At present, the etiology and pathogenesis of ovarian cysts have not been accurately expressed, but are mostly related to external environment, dietary habits, hormone levels, infection factors, and genetic factors.

The external environment, including the natural environment and mental environment, the deterioration of the external natural environment, the increase in exposure to ionizing radiation, and the increase in the pressure of work and life, will have a certain impact on the physiological function of women, make endocrine disorders, hormone secretion dysfunction, and thus have a certain toxic effect on the normal reproductive function of women [12].

Poor diet is also a cause of ovarian cysts. Studies have found that the intake of more cholesterol will increase blood lipids, affect the growth and release of hormones, so that women's physical function is reduced, and the imbalance of nutritional structure and intake of high-fat food will promote the mechanism [13].

Patients with ovarian cysts have significantly abnormal hormone levels, and the imbalance of the hypothalamic-pituitary-ovarian axis may lead to the increase of pathological sex hormone secretion, thus affecting the growth, development and release of follicles [14].

Studies have shown that repeated pelvic infection may cause inflammatory exudation of the tube wall of the fallopian tube, increase the thickness of the fallopian tube, the tubal cloth occurs adhesion, affect the normal physiological function of the ovary, so that the exclusion of egg cells is blocked, and serious cysts will be formed [15].

Although the etiology and pathogenesis of ovarian cysts are not yet clear, many doctors believe that the occurrence of ovarian cysts is also related to family genetic factors, according to statistics, 20%-25% of patients have a family genetic history. However, most modern researchers tend to be caused by a combination of various pathogenic factors, which affect and interact with each other to jointly induce the occurrence of female ovarian cysts.

3.2 Drug Treatment

Most of the early ovarian cysts have no obvious symptoms, so it is difficult to detect, and as the cyst increases, patients may have symptoms and signs such as lower abdominal pain, difficulty urinating, and touching the mass. Clinically, patients with ovarian cysts less than 5cm in diameter are generally treated with drug conservatively.

Zheng Qiaomei et al [16] applied oral dydrogesterone as a conservative treatment for ovarian endometrial cysts, and the results showed that long-term oral dydrogesterone could make

cysts with a diameter of less than 4cm shrink continuously or even disappear, indicating that dydrogesterone can effectively inhibit the enlargement of ovarian endometrial cysts, and can be used in clinical practice as a long-term conservative treatment.

Feng Yuling et al [17] treated 34 patients with ovarian chocolate cyst with gonadotropin releasing hormone analogue, and the results showed that the total effective rate of the treatment was 97.06%, indicating that gonadotropin releasing hormone analogue can strongly improve the physiological function of the ovary, reduce the enlargement of ovarian chocolate cyst, and reduce the recurrence rate.

Wang Yihong et al [18] treated 41 patients with ovarian endometriosis cysts with goserelin, and the diagnosis and treatment results showed that Goserelin had a good sex hormone regulation effect, inhibited the growth of cysts by regulating the pituitary-ovarian axis, improved the level of related tumor factors, and played a certain role in the recovery of ovarian function and the reduction of cyst recurrence. With the development of modern medicine, the drug application of integrated Chinese and Western medicine has been recognized by more people.

Yin Lingling et al [19] randomly divided 200 cases of ovarian cyst patients in clinical treatment into two groups, the control group adopted conventional Western medicine diagnosis and treatment, and the experimental group added laurel branch and poria decoction on the basis of conventional Western medicine diagnosis and treatment. The experimental results showed that the total effective rate of the observation group was 88%. The results showed that the combination of traditional Chinese and western medicine has a significant effect on the treatment of ovarian cyst, and it is more safe and reliable.

3.3 Surgical Treatment

In clinical practice, patients with ovarian cysts larger than 5cm in diameter generally use surgical treatment. The advantage of surgery is that it can better remove the lesion and reduce the recurrence of ovarian cysts. The surgery is generally divided into traditional open surgery, laparoscopic surgery, vaginal surgery, interventional surgery and so on. With the development of society, traditional open surgery has been gradually replaced by laparoscopic surgery due to its large trauma, large amount of blood loss and long recovery time after surgery. With the development of minimally invasive technology, the advantages of laparoscopic surgery, such as less trauma, light pain and beautiful appearance, have gradually emerged, making laparoscopic surgery the first choice for gynecological ovarian cyst surgery.

Wei Zhuangli [20] randomly divided 188 patients with ovarian cysts admitted to the hospital to compare the advantages and disadvantages of traditional open surgery and laparoscopic surgery. The results showed that laparoscopic surgery had significant advantages in terms of bleeding volume, postoperative exhaust time, trauma size, hospital stay, and postoperative recovery time.

Li Li [22] randomly divided 120 patients with benign ovarian

tumors into open group and laparoscopic group. 59 patients in the open group and 61 patients in the laparoscopic group were treated with open surgery. The results showed that compared with open surgery, laparoscopic surgery had obvious advantages in terms of intraoperative blood loss, complications and sex hormones 3 days after surgery, and its recovery time was short, safety was high and was strongly in line with the needs of patients.

Leng Jinhua et al [22] believe that Yin surgery is the most consistent with evidence-based medicine, with the advantages of less trauma, less bleeding, and faster recovery after surgery.

Interventional surgery means that under the guidance of ultrasound, the puncture needle is directly inserted into the ovarian cyst, the fluid in the cyst is extracted, and sterile pro-inflammatory drugs are injected, so as to eliminate the ovarian cyst and inhibit the recurrence of the cyst [23]. Gao Chongyu et al [24] randomly divided 76 patients with ovarian cysts into the laparoscopic group and the interventional group. After 3 months of treatment, the results showed that the total effective rate of the interventional group was 97.37%, which had no statistical significance compared with the total effective rate of 100% in the laparoscopic group, indicating that interventional surgery provided a precise and minimally invasive program with low risk and easy operation for the clinic.

4. Conclusion

Ovarian cyst is a benign tumor commonly occurring in women. At present, the pathogenesis of the disease has not been clearly stated, but with the mature progress of Western medicine, surgical methods, surgical techniques and surgical equipment, as well as the continuous development of traditional Chinese medicine, the understanding and treatment of the disease have made certain progress.

For small-diameter ovarian cysts, the internal treatment of traditional Chinese medicine can be based on the understanding of the pathogenesis, according to different syndromes such as phlegm dampness, blood stasis, and zan-fu weakness, and different Chinese medicine prescriptions can be adopted to remove the evil and support the right, dissipate the syndrome. In addition, traditional Chinese medicine encapsulation, enema, acupuncture and other external treatment methods can be combined to enhance the efficacy of Chinese medicine and reduce the pain of patients. And because the curative effect of Chinese medicine is obvious, no obvious side effects, can relieve the pain has been widely recognized; In Western medicine, progesterone antagonists, gonadotropin releasing hormone analogues, non-steroidal anti-estrogen drugs and antibiotics are often used for drug conservative treatment of small cysts.

However, for ovarian cysts with large diameter and clear surgical indications, surgical treatment is still recommended clinically, and laparoscopic surgery is the first choice. Its advantages such as less blood loss, less trauma, faster postoperative recovery and beauty have been widely promoted and applied. Interventional surgery also has the advantages of low risk, precision and simplicity, but because its technology is not mature, it has not been widely promoted,

and it needs to continue to develop and progress.

In short, modern medicine has many treatment methods for ovarian cysts, which can fully consider the clinical situation of patients to choose treatment plans, and the treatment plan of integrated Chinese and Western medicine can effectively make up for the shortcomings of traditional Chinese medicine and Western medicine, better remove ovarian cysts, reduce cyst recurrence, and promote the recovery of normal physiological functions of the ovary. It is of great clinical significance to strengthen the in-depth study on the treatment of ovarian cysts and other gynecological diseases by combining traditional Chinese and Western medicine.

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