

Chinese Medicine Treatment of Functional Constipation in Children

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Abstract: Constipation is a common clinical syndrome in children in recent years. Western medicine divides it into organic constipation and functional constipation. The latter generally accounts for more than 90% of constipation in children. This article discusses the traditional Chinese medicine treatment of constipation is mainly functional constipation. Traditional Chinese medicine constipation is mainly functional constipation, which can occur alone or in the course of other diseases. This article is mainly to summarize the Chinese medicine treatment of constipation in children in recent years, that is, the use of Chinese medicine to treat constipation orally, or the use of Chinese medicine external treatment, including massage, Chinese medicine umbilical compress, medicinal bath and suppository treatment, Chinese medicine gives play to its unique advantages, not only safe and green in children constipation, and the effect is significant.

Keywords: Constipation in children, Chinese medicine treatment, Acupuncture and massage, Medicated bath; Review.

1. Introduction

Children functional constipation, refers to the intestinal no organic disease, mainly for the large intestine conduction dysfunction caused by dry stool, defecation time lengthening or to solve the stool and difficult to discharge symptoms, generally accounted for more than 90% of children constipation, in recent years, functional constipation in healthy children incidence increased year by year. The main consideration is that there is a significant relationship with the diet and living habits of modern children. Constipation in children by reasonable treatment and lifestyle adjustment, generally have a good cure rate.

2. Understanding of Constipation in Traditional Chinese Medicine

Constipation, also known as "Yang knot" in "Treatise on Febrilis," is defined by traditional Chinese medicine as dry stool caused by diet, emotion, positive deficiency and fever injury and other factors, and the defecation time is prolonged or it is difficult to discharge the stool [1]. It can be a single disease, but also a symptom of other diseases [2]. Its disease is in the large intestine, closely related to the spleen, liver and kidney three viscera, there are many children feeding improper, picky eating, partial eating, external illness and other history. The etiology and pathogenesis of pediatric constipation are: (1) milk and food stagnation: The physiological characteristics of children are delicate organs, the shape of qi is not full, milk and food are difficult to control themselves, do not know hunger and satiety, or when parents are too spoiling children, blindly follow the flow of nutrition leading to excess nutrition, or parents are careless feeding, causing milk and food stagnation in children, spleen dysfunction, milk and food stagnation is easy to damage the spleen and stomach, spleen and stomach transport disorders, milk and food stagnation in the middle coke, accumulation and retention in the gastrointestinal tract, Easy to heat, hot gas transpiration, damage the gastrointestinal body fluid, intestinal fluid is less lost in moistening, resulting in dry stool

difficult to discharge, constipation. (2) Evil heat injury to fluid: children are "pure Yang" body, when the temperature regulation is not easy to warm evil, evil heat invasion, residual heat nostalgia, or due to improper diet, such as overeating fat, thick and greasy, burning the fluid damage Yin, intestinal fluid loss of moistening, constipation. (3) Qi Qi stagnation: "Liuzhou Medical Dialect" said: "seven emotions disease, must start from the liver." Liver main regulation, is the basis of the five viscera qi machine, children because of living environment or living habits change, it is difficult to adapt in a short time, physical and mental dysfunction, emotional discomfort; The liver qi by the spleen, resulting in the spleen and stomach rise and fall damage, the dross left in the stomach and intestines resulting in constipation; Or children because of the past defecation difficulties, constipation again has a fear of it, so that children have stool but no defecation will, over time the body qi machinery blocked, qi machinery stagnation, large intestine conduction dereliction of duty, easy for constipation. (4) Deficiency of Qi and blood: children form qi is not full, if the congenital endowment is insufficient, spleen and stomach qi deficiency, Qi deficiency of the large intestine conduction weakness into constipation. Or serious illness, long illness after the loss of weak, or some drugs and other effects, resulting in insufficient Yin blood, Yin blood deficiency of the large intestine dry loss of moistening, constipation by birth. [3]Its clinical manifestations are: dry stool, defecation time lengthening or to solve the stool and difficult to discharge the symptoms; Constipation accompanied by epigastric distention, nausea and vomiting, dry mouth, halitosis, poor appetite, thick fur, fingerprints for purple stagnation and other manifestations; Dry and hot constipation accompanied by yellow urine and small amount, accompanied by ulcers in the mouth, occasionally fever, fingerprint purple; Qi stagnation constipation accompanied by emotional discomfort, occasional sighing, chest tightness and pain, abdominal distension full, fingerprint stagnation; Qi-deficiency constipation accompanied by weakness after the stool, less qi lazy words, defecation sweat, fingerprint light red; Constipation with blood deficiency accompanied by complexion and nails without blood color, pale, occasionally dizzy, light fingerprints [4].

3. Chinese Medicine Treatment

3.1 Internal Treatment

Traditional Chinese medicine has unique advantages in the treatment of constipation in children. According to the combination of TCM observation, smell, inquiry and incision, different syndrome types are identified for dialectical formulation, clinical addition and subtraction, which can effectively relieve the physical and mental discomfort caused by constipation in children. According to the related etiology and pathogenesis of the disease, Professor Wang Qi [5] has four types of treatment, namely, food accumulation and constipation, intestinal dryness and fluid depletion, deficiency of Yin and fluid, and weakness of spleen and stomach. Clearing heat and nourishing fluid, moistening bowel and defecating; Nourishing Yin moistening dryness, increasing fluid traveling boat and health transport spleen and stomach, the treatment principle of dampness guiding stagnation. (1) Milk and food stagnation constipation. Professor Zhao Xia [6] applied Wang Baochi pill to treat children's internal heat constipation, which has the effect of moistening intestine and guiding stagnation, purging heat and defecating. Professor Sun Xiaoxu [7] applied scutellaria, trifoliate, licorice and other traditional Chinese medicine formulations to clear lung heat, wash the large intestine dross, treatment of children constipation (food accumulation lung heat). Professor Zheng Yedong [8,9] used Maziren pill to treat constipation in children. (2) Qi-stagnation constipation. Professor Zhang Jianyu [10] used Simo decoction to treat the constipation of large intestine Qi-stagnation caused by emotional discomfort in children. Hao Hongwen and other professors [11] believe that the liver has a great impact on constipation in children, liver qi stagnation, liver victory by spleen, resulting in spleen deficiency and liver-wang constipation, the treatment to spleen and liver, qi and constipation, Zhishu pill combined with Chaihu Shugan powder to add or reduce. (3) Qi and blood deficiency constipation. Professor Liu Feng [12] treated constipation caused by spleen deficiency deficiency in children, using Shenling Baizhu powder to add or reduce, to strengthen spleen qi, moisten bowel constipation, through the regulation of large intestine conduction function, promote stool operation, superior effect. Professor Ren Yuzhe [13] thinks that children's constipation and children's spleen is often insufficient, lung is often insufficient, kidney is often insufficient "three deficiency" theory is closely related, then the Tongxian decoction (Jiao Hawthorn, Jiao Liushenqu, etc.), successfully cured many cases of children's constipation. Case examples: Sun, female, 2 years old, the main complaint is constipation for more than 1 year, the main symptoms include: defecation difficulty, defecation time is significantly extended, about 3 days 1 time, black as a ball, less, night rest poor, tongue light red, moss white, fingerprint light. Prescription: Jianqu 10g, Tuckahoe 6g, red 6g, Fulong liver 10g, Xixilicorice 10g, hook vine 10g, MAO root 10g. Take medicine 3 pay, constipation improved, defecation time for 2-3 days 1 time, stool texture at the beginning of the hard and then soft, increase, night rest improved. In the original prescription 5 pay, stool 2 days 1 time, stool is dry, has no stool induration performance, no defecation difficulties, mental appetite is significantly better than before. After taking 5 Fu, constipation was cured [14].

3.2 External Treatment

Traditional Chinese medicine external treatment of constipation in children has remarkable effect, simple operation, children without fear, high degree of cooperation, and the treatment method is mostly through contact with children's skin for treatment, more green and safe treatment methods, parents easy to accept. External treatment includes massage treatment, traditional Chinese medicine umbilical compress, medicine bath and suppository and other aspects.

3.2.1 Traditional Chinese massage therapy

In recent years, pediatric massage therapy has rapidly developed into a specialized direction for the treatment of children's diseases. In the book of "Clarifying massage to the art", it is discussed: "massage-south people specialize in treating children, called massage." Massage can form corresponding physical stimulation to the human body by means of manipulation, dredge meridians, regulate Yin and Yang, act qi and blood, and achieve the purpose of disease prevention and treatment. Treatment principle: to run the bowel as the main program, supplemented by digestion guide stagnation, soothing the liver and regulating the qi. Technique prescription: push the spleen meridian, transport inside the eight trigrams, clear the large intestine, rubbing the abdomen, take the belly Angle, knead the Tianshu, push down the seven bones, pinch the ridge. Specific dialectical prescription is as follows: (1) milk and food stagnation: plus pinch the ridge, Yun eight trigram, rubbing the abdomen, pushing the spleen meridian to supplement the method, strengthening the spleen and stomach, digestion guide stagnation. Such as Professor Wang Xuefeng [15] massage treatment 106 cases of constipation in children, positive constipation point rubbing abdomen, push down seven bones, clear tonifying spleen, clear large intestine, withdraw six fu organs, knead Tianshu (bilateral), pinch the spine. Add kneading small Tianxin, clear four horizontal lines to clear the heat of food accumulation in the intestine, eliminate swelling and stagnation. (2) evil heat injury: clear the plate door, clear the spleen can clear the spleen and stomach heat, clear the lung, withdraw the six fu-organs can clear the large intestine heat, push the spleen by regulating the method to clear the zang fu damp heat, wash the intestine fu-accumulation stagnation. ProfessorJing Liufang [16] treated constipation of children with evil heat injury, using the two massage techniques of nourishing Yin, moistening dryness and defecation, pushing the lower abdomen to loosen defecation, the effective rate reached 90%. Lu Yanling [17] and other use of Qingxie according to the massage method to treat children intestinal dryness and jin deficiency constipation, the prescription is to clear the large intestine, clear the Banmen, clear the stomach, clear the Tianhe river and other methods to cleanse the dry heat in the intestine. (3) Qi stagnation: add flat liver channel, push spleen channel using the method of regulating spleen channel to regulate Qi Qi, Qingtianhe River soothing liver Qi, flat liver channel to compensate the temper, regulate the operation of Qi. (4) Qi and blood deficiency: Qi deficiency by kneading foot Sanli, tonifying spleen soil, kneading ridge, soft foreign labor palace can tonify deficiency and support the right, kneading umbilical, kneading Tianshu spleen and stomach, in order to help fu-fu Qi can be relaxed. Blood deficiency knead small Tianxin, tonifying spleen, pushing up the three key

spleen and stomach day after tomorrow to replenish blood vitality, according to kneading foot Sanli, tonifying spleen Yang to help the day after temper, kneading kidney Shu to nourish Yin moistening dry, moistening bowel. Professor Qin Wei [18] believes that massage treatment of constipation in children must first distinguish its deficiency and reality.

3.2.2 Applying traditional Chinese medicine to the umbilicus

It is mentioned in the "LiYue Wen" that "the reason of external treatment is the reason of internal treatment, the drugs of external treatment are the drugs of internal treatment, and the different ones are the ear". The method of traditional Chinese medicine compress umbilicus is to choose traditional Chinese medicine externally to stimulate the skin meridians, to choose drugs as single drugs or prescriptions [19], the effect is to speed up the new metabolism, increase gastrointestinal peralsis, so as to achieve the movement of Qi and Tong fu organs. The commonly used acupoint is Shenque. The choice of acupoint for the disease is Shenque (umbilical center), Shenque in traditional Chinese medicine has "umbilical Tongbai pulse" said; For any pulse to the point, and strange channel eight veins interlinked, is the human body in supplementing the important point of qi [20], can be said to be a trigger the whole body. Specific treatment: (1) Professor Chen Xiuyan [21] with rhubarb 10g production of rhubarb powder, with the right amount of wine to blend it into a paste, with its umbilical coating, covered with gauze fixed, and hot water bag hot compress for ten minutes, the treatment of milk and food stagnation constipation has a good effect. (2) He Min et al. [22] used the drugs croton, Xuanming powder, gleditsia sinensis, Suhe Xiang pills and asarum, and made the drug powder as ointment by applying the umbilicus to treat constipation in children. (3) Professor Li Yanhua [15] made clove appetizer paste by applying clove powder, such as clove, white rhizoma, atracylodes, amomum kernel, borneol and xylobalm, and used it to treat constipation in children. (4) Guo Yinan [15] used Wu Cornus, gypsum, yellow cedar, mountain zhi and other drugs, for the production of ointment affixed to the umbilical cord treatment of children with milk and food stagnation constipation. (5) Xin Shiyong [15] used medicines, such as rhubarb, borneol, Zedoary, rhizoma turmeria, salt salt, tricolor and other drugs into powder, will be mixed with green onion juice, made of medicine cake, thickness of about 0.5cm, diameter of 6cm, the medicine cake attached to the children's umbilical cord treatment of constipation in children.

3.2.3 Medicinal bath and suppository treatment

Medicinal bath and suppository are also unique in the treatment of constipation in children. Medicinal bath method, the children can be treated by sitting bath after boiling Chinese medicine, so that the drug can be absorbed through the skin, in order to regulate the qi machine, qi and constipation. Suppository method, that is, the Chinese medicine is made into suppository, administered through the anus into the rectum, and the drug goes directly to the hospital, which can effectively relieve the irritation of oral Chinese medicine on the gastrointestinal tract. (1) Shao Juan [15] boiled raw rhubarb, sophora flower, small thistle, whole gualou and other drugs to boil, boil after the first with hot steam fumigated anus, such as decoction temperature suitable after sitting bath. (2) Cheng Pengju and other professors [15]

used hemp seeds, almonds, cypress seeds, plum seeds, peach seeds and other purgative drugs from the five ren constipation suppository, the bowel embolism anal treatment of children's constipation, effectively improve the oral oral Chinese medicine difficulties in children. (3) Wang Jun [23] 's homemade honey embolization anal treatment of infant constipation, after treatment, the duration and interval of stool was significantly shortened, and some children had spontaneous defecation reaction.

4. Daily Health Protection

In view of modern constipation in children, we should not only start from the medical treatment, but more importantly, solve some problems that may cause constipation from daily life, and fundamentally solve the problem of constipation in children. You can start from the following aspects: (1) diet: children with constipation should be diet conditioning, children's parents should avoid too spoiling children, first of all, the diet needs to be balanced, can reduce the occurrence of constipation, parents must not let children develop the habit of picky eating. Whole grains can supplement some cellulose in the body, and we should give them to eat more fruits and vegetables. For smaller babies, we can appropriately give some vegetable puree or fruit puree, such as yam, banana and so on. Relatively older children can drink fresh fruit juice, these methods can increase the cellulose in the child's gastrointestinal tract, promote intestinal activity, and be more conducive to the child's defecation. For some children have constipation phenomenon, usually should pay attention to eat more fresh fruits, vegetables and so on, pay attention not to eat some special dry food. (2) Exercise: parents in the promotion of children's learning should also pay more attention to the amount of exercise of children, reasonable exercise of children, appropriate exercise can promote the increase of intestinal peristalsis, can prevent the difficulty of defecation, generally can choose to exercise in the morning, on the one hand, the morning air is better, on the other hand, develop the habit of morning defecation. Regularly let the child outside outdoor activities, can make the child's physical and mental health more healthy, reduce the obstacles to defecation. If the child does not usually love sports, the amount of gastrointestinal peristalsis is not enough, you can take the child to participate in outdoor activities, such as playing football, outing, etc., while the child can also breathe fresh air and adjust emotions. That can exercise the child's lung capacity, but also to prevent constipation in children. (3) Defecation habits: children's families should pay attention to let the child develop a good habit of regular defecation, it is best to defecate every morning, as far as possible to train the child to have a good habit of defecation, you can let the child sit on the bedpan in the morning, pay special attention to the comfort of the bedpan, you can choose the bedpan according to the child's height, the bedpan is uncomfortable will also cause obstacles to defecation. Let the baby use small toys when defecating, can make him feel better, he can form conditioned reflex to defecate on time in the morning. (4) Drink more water: children drink more water, can effectively prevent constipation, but also can help improve immunity, promote the body's metabolism. Need to give children from childhood to develop a good habit of drinking more water, preferably warm water or fresh juice, resolutely avoid letting children drink carbonated drinks and other drinks.

5. Epilogue

In recent years, the incidence of functional constipation in children is high, and if the duration of constipation is too long, it will affect the physical and mental health of children. However, due to the treatment of constipation in children with western medicine, constipation in children can be significantly improved in the short term, but it is easy to repeat after drug withdrawal, and long-term use is easy to cause dependence and other problems, especially in the treatment [30] of intractable constipation, which has a great impact on the growth and development of children. Therefore, in recent years, the internal and external treatment of traditional Chinese medicine is an effective method for children's constipation, with high compliance and green and safe therapy. The internal administration of Chinese medicine is oral Chinese medicine, through Chinese medicine to take Tongqi machine, qi and constipation, but the taste of Chinese medicine is poor, many children are difficult to take, so that the clinical choice of drugs become limited, need to further improve. Choose Chinese medicine therapy to treat children constipation related diseases, according to the theory of traditional Chinese medicine syndrome differentiation treatment, cure the root. Actively improve the quality of life of children, and gradually get rid of defecation difficulties. As a graduate student of the University of Traditional Chinese Medicine, I will devote myself to the long river of TCM treatment of diseases, constantly improve what I have learned, and contribute my strength to the society.

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