

Analysis of The Correlation between the Yin-yang Doctrine and The Pathogenic Factors of Perianal Eczema in Adults

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Abstract: *This paper discusses the pathogenic factors of adult perianal eczema through the Yin-yang doctrine, combined with the holistic concept of Chinese medicine, to provide new ideas for the prevention and treatment of adult perianal eczema. Methods: By means of a questionnaire, 648 cases of adults aged 18 years or older were collected, and patients with perianal eczema were grouped with those without perianal eczema, comparing the gender, frequency of anal cleansing, time of defecation, anal cleansing products after defecation, and the habit of sitting in the bath or not. analyzed the correlation between perianal eczema and gender, frequency of anal cleansing, time of defecation, anal cleansing products after defecation, and the habit of sitting in the bath or not. The correlation was analyzed. RESULTS: Data analysis revealed that the differences between adult perianal eczema patients and non-perianal eczema patients in terms of gender, frequency of anal cleansing, anal cleansing products, and sitz-bath habits were statistically significant (all $P < 0.05$). Comparison of defecation time between perianal eczema patients and non-perianal eczema patients, the difference was not statistically significant ($P > 0.05$). Conclusion: The pathogenic factors of perianal eczema are closely related to patient's gender, cleaning frequency, anal cleaning products, sitz bath habits, we combine the above pathogenic factors of perianal eczema with the Yin-yang doctrine, and believe that excessive cleaning and nursing care disrupts the perianal Yin and Yang in harmony state. We combine the above factors with the Yin-yang doctrine and believe that excessive cleansing and nursing disrupts Yin and Yang in harmony in the perianal area, thus triggering the appearance of perianal eczema.*

Keywords: Perianal eczema, Questionnaire, Yin-yang doctrine, Yin and Yang in harmony, Excessive.

1. Background

Perianal eczema is one of the common diseases in anus and intestinal department, which has a trend of rapid growth in recent years, and is a specific manifestation of eczematous dermatitis in the perianal area. The concept and classification of eczematous dermatitis refer to the international classification of disease (ICD)-11, including atopic dermatitis, seborrheic dermatitis, contact dermatitis, bruising dermatitis, neurodermatitis/chronic lichen simplex, nummular eczema, eczema of the hands, eczema of the scrotum, and perianal eczema as well as the diseases of non atopic dermatitis [1]. Eczema affects about 2-7% of adults worldwide [2]. Perianal eczema is a skin lesion characterized primarily by itching, burning and oozing [3]. It is also known as anal wet ulcers and blood wind sores in Chinese medicine. Perianal eczema belongs to the category of eczema in Chinese medicine, also known as "anal wet ulcer", "blood wind sores". The Surgical Genuine Text mentions: "Blood-wind sores are caused by wind-heat, damp-heat, and blood-heat. It is recorded in the "Medical Zong Jinjian - Surgical Heart Method Essentials" that: "These sores start out like corn, itchy and painful, break and flow with yellow water, soak into pieces, and can be born anywhere. By the spleen and stomach dampness and heat, the external wind, and wrestled with each other". Western medicine believes that perianal eczema is due to a variety of anal and intestinal diseases, skin diseases, allergic reactions or pathogens, mainly divided into irritation toxic, atopic and allergic contact dermatitis [4]. There are also studies that the occurrence of perianal eczema is related to the perianal microbiota [5]. With the improvement of our people's living standards, methods and products related to anal cleansing and care are emerging, which have been dramatically improved

from a hygiene point of view, but also bring some new phenomena and problems along with it. In this study, a questionnaire was used to collect data on whether 648 adults aged 18 years or older had anal itching, gender, frequency of perianal cleansing, time of defecation, what items were used to clean the anus after defecation, and whether they had the habit of taking sitz baths, etc. We hope that, in combination with the Yin-yang doctrine, we can further conclude that over-stimulation of the perianal skin will break the human body's "Yin and Yang in harmony" state, thus leading to the development of the "Yin and Yang in harmony" state. It is hoped to combine Yin-yang doctrine to further conclude that excessive stimulation of the perianal skin will break the "Yin and Yang in harmony" state of the human body, which will lead to the emergence of perianal eczema, cause perianal itching, and even the emergence of systemic symptoms of the body, and to provide a new way of thinking for the prevention and treatment of perianal eczema in the later stage of life.

2. General Information

2.1 Diagnostic Criteria

Diagnostic Criteria refers to the German Dermatological Society guidelines for the diagnosis and treatment of perianal dermatitis (anal eczema).

2.2 Inclusion Criteria

650 adults aged greater than or equal to 18 years were collected between April 2024 and August 2024, 2 cases with incomplete information were excluded, and 648 cases were actually adopted.

2.3 Study Design and Methodology

The questionnaire included questions on "gender", "do you have perianal itching", "frequency of anal cleansing", "time of defecation", "what do you use to clean your anus after defecation", "do you have sitz bath habit", etc. The questionnaire also included questions on "whether you have a habit of anal cleansing", "time of defecation", "what you use to clean your anus after defecation", "whether you have the habit of sitz bath" and so on. The patients with perianal eczema and non-perianal eczema were divided into two groups, and the gender, frequency of anal cleansing, time of defecation, what items were used to clean the anus after defecation, and whether or not they had the habit of sitz bath were counted for the patients with perianal eczema and non-perianal eczema, so as to analyze the correlation between perianal eczema and gender, frequency of anal cleansing, time of defecation, what items were used to clean the anus after defecation, and whether or not they had the habit of sitz bath.

2.4 Statistical Methods

SPSS26.0 software was used to analyze the data, and the count data were expressed as [cases (%)] with the χ^2 test; the correlation analysis was performed by Spearman correlation analysis; $P < 0.05$ was taken as the difference was statistically significant.

3. Results

3.1 Comparison of General Information between the Two Groups

Whether suffering from perianal eczema and the time of defecation compared with the difference is not statistically significant ($P > 0.05$), and gender, cleaning frequency, anal cleaning products and the presence of sitz bath habits compared with the difference is statistically significant (all $P < 0.05$), see Table 1.

Table 1: Comparison of general information of patients with perianal eczema and non-perianal eczema patients [cases (%)]

groups	n	Perianal eczema patients	Non-perianal eczema patients	χ^2 value	P-value
distinguishing between the sexes					
male	366	162 (44.26)	204 (55.74)	4.71	0.03
daughter	282	101 (35.82)	181 (64.18)		
Frequency of anal cleansing				162.86	0.00
Frequent cleaning	312	201 (64.42)	111 (35.58)		
Clean and normal defecation time	336	52 (15.48)	284 (84.52)		
Daytime defecation	391	148 (37.85)	243 (62.15)	0.59	0.44
Nocturnal defecation	257	105 (40.86)	152 (59.14)		
Anal cleansing products				6.78	0.01
Sterilized paper towels	183	86 (46.99)	97 (53.01)		
bathroom tissue	465	167 (35.91)	298 (64.09)		
Have a sitz bath				13.63	0.00
there are	132	70 (53.03)	62 (46.97)		
not have	516	183 (35.47)	333 (64.53)		

4. Discussion

4.1 Yin-yang Doctrine

The concept of yin and yang began in the I Ching: "One yin and one yang is called the Way", then the doctrine of yin and yang was introduced into the motherland medicine and combined with it to form the doctrine of yin and yang [6]. In the yin-yang doctrine, it is believed that yin and yang, is a generalization of the opposing sides of certain things and phenomena that are interrelated in nature [7]. Su Wen - Jin Gui true speech " cloud: " the man of yin and yang, then the outside for the yang, the inside for the yin. Yin and Yang of the human body, the back is Yang, the abdomen is Yin. The words of the human body in the Yin and Yang of the Tibetan House, then the Tibetan Yin, the House for Yang....." The Su Wen - Six Sections of the Theory of Hidden Elements mentions that the sky is Yang and the earth is Yin; the sun is Yang and the moon is Yin. The concept of yin and yang can not only be used to represent the same thing of the relationship between opposites, but also can be more to represent the nature of the opposite of the two substances and their phenomena of the attributes of both nature, whether it is nature, or the human body can be used to express the yin and yang of the relationship between their opposites [8]. Everything in the world can be divided into yin and yang, as far as the human body is concerned, "Yellow Emperor's

Classic of Internal Medicine" has said, the man's yin and yang, then outside for the yang, inside for the yin. The yin and yang of the human body, the back is yang, the abdomen is yin. By analogy, as far as the anus is concerned, the inside of the anus is yin, the skin outside the anus is yang, and the anus is located on the back side of the human body, in line with the concept of "the abdomen is yin, the back of the yang".

4.2 The Balance between Yin and Yang

The Yellow Emperor's Classic of Internal Medicine - Suwen - Anger and Tongtian Theory mentions that "When yin and yang are in balance, the spirit is even". At present, many scholars have different opinions about "yin and yang secret". Part of the scholars believe that Yin Ping is the ideal state of not too much or too little Yin, Yin is tangible; Yang Secret, Yang is hidden, is an invisible state, is an optimal state of human health [9]. Another part of the scholars believe that yin and yang secret is not equal to the balance of yin and yang, but rather a "state of harmony" characterized by the orderliness, self-regulation and relative stability of yin and yang [10]. Some scholars believe that the "Yin and Yang in harmony" in Chinese medicine is the "self-stabilizing state" in Western medicine [11]. In short, the human body only to achieve "Yin and Yang in harmony" state, is not easy to be attacked by external evil, to maintain the best state of health, once this either "harmony" or "self-stabilizing state" was Once this

"harmony state" or "self-stabilizing state" is broken, diseases will occur.

Perianal eczema is a common and easy to ignore a disease, recently, we through a large number of outpatient clinic patients with perianal eczema found that, due to the improvement of people's living environment in recent years, perianal eczema patients often pay great attention to the perianal cleaning, and some patients also have the habit of sitting in the bath, and excessive stimulation of the perianal area will trigger and even aggravate the perianal eczema, destroying the perianal area, "yin and yang secret! The state of "yin and yang secrecy" in the perianal area is destroyed. Chinese medicine - Ye Tianshi late program of the real book, said: "the movement are Yanghua". The perianal skin outside is Yang, the patient's excessive cleaning of the perianal area, sitz baths and other stimulating behavior will also promote Yang, and then appear too much Yang overgrowth. And yang is full of yin deficiency, yin deficiency is wind, wind evil into the coupling, resulting in perianal local skin qi and blood can not be moistened, will trigger perianal itching. The origin of the disease theory" mentioned, the wind itch, is the body virtual wind, wind such as the coupling, and blood and gas combat, and all the exchanges between the skin, the evil gas micro, can not impact for the pain, so but itch also. In the treatment process, we advocate that patients do not over-clean the perianal area of the skin, to do "quiet", so that our "Yin" aspect of the growth, in order to achieve " Yin and Yang in harmony ".

The motherland medicine, the anus is called prana door, "difficult classic - forty-four difficult" has the cloud: "lips for the fly door, teeth for the door, will be disgust for the suction door, the stomach for the cardia door, taikang under the mouth for the pylorus door, the large intestine, the small intestine will be the appendage door, under the extremely prana door, so that the seven rushing door also." The Ming Dynasty Ma Maki in the "Su Wen note evidence hair micro" said "but the prana door, the anus is also." And "Su Wen - five organs, " also mentioned that "the prana door is also the five viscera make". Excessive stimulation of the anus localization, caused by the anus local "yin and yang secret" state is broken. The integral view of the five organs is an important part of the holistic view of traditional Chinese medicine, centering on the five organs, which are connected to each other through the meridian system, constituting the five systems of the liver, heart, spleen, lungs, and kidneys, and an imbalance of yin and yang in the five organs will cause a series of systemic symptoms [12]. "Jingyue quanquan - blood evidence" states that the role of the heart as: "to nourish the internal organs, safe soul, run the color, full of Yingwei, the fluid can pass, two Yin can be adjusted." Li Tang of the Ming Dynasty said, "The liver is connected to the large intestine, and it is appropriate to dredge the large intestine for liver diseases, and it is appropriate to level the liver for large intestine diseases." The spleen is the source of qi and blood biochemistry, and together with the large intestine, it completes the function of transmitting and transforming dross. There is a source of qi and blood biochemistry, normal opening and closing of the qi, opening and closing of the prana gate is in order, and the normal physiological function of "clear yang out of the upper orifices and turbid yin out of the lower orifices" can be maintained [13]. The origin of all diseases - wind itching wait

"in the cloud:" wind itching, is the body of the wind, wind into the coupling, and the blood and gas combat, and all to and from the skin between. Evil gas micro, can not impact for pain, so but itching. Exogenous six, wind is the main cause of itchy skin, and qi and blood disharmony is the internal cause, internal wind, external wind, internal wind more due to blood deficiency, wind dryness, skin loss caused by [14]. Therefore, heart, spleen, liver dysfunction, qi and blood disharmony, generate wind and blood, then perianal skin itching. Some literature suggests that the addition and subtraction of four substances and wind elimination drink with millimeters of fire needle treatment of perianal eczema blood deficiency and wind dryness type of treatment for two courses of treatment, the patient itching symptoms disappeared, and the clinical efficacy is remarkable [15]. "Medical alcohol has been righteous - autumn dryness" cloud: "lungs and large intestines with the surface, complement its viscera must be both sparse its internal organs, diarrhea of its internal organs must take into account its viscera, this viscera is connected, indivisible theorem." "Medical Guan" pointed out that "the large intestine, " "kidney main five fluid", "fluid, fluid are kidney water". Su Wen - Jin Gui true speech" said: "into the kidney, open the orifices in the two yin, hiding essence in the kidney." According to "Su Wen - Yin and Yang Ying Xiang Da Lun", "The lungs produce the skin and fur, and the skin and fur produce the kidneys". Therefore, when the lungs fail in their purging and descending functions, the prana opens and closes abnormally, and the kidney fluid overflows into the back of the yin, i.e. the anus, stimulating the skin around the anus, then itching will be triggered. Prof. Wang Jin believes that the main pathological basis of chronic eczema is heat and stagnation, and the main related organs are kidney, often associated with the lungs, spleen and liver, and the treatment of medication is often used to tonify the liver, kidney, yin and yang of the *Cuscuta chinensis*, or the Bain Long Pill combined with the Er Zhi Pill to reduce the tailoring, and the clinical efficacy of the good [16]. The Han Shu - Fang Jiliao has the following words: "The five viscera are the li and belong to the yin." When the five organs are damaged, the yin is damaged, and when the yin is damaged, the yang is partial, which then triggers the local lesions in the perianal area, and the two affect each other, which is manifested as itching locally in the perianal area, and as dysfunction of the five organs in the whole body.

Through the questionnaire, we found that there are more male than female patients with perianal eczema. The Yellow Emperor's Classic of Internal Medicine says that "male yang and female yin", so compared with women, yang is more vigorous, which is manifested as itching in the perianal area, and is more likely to suffer from perianal eczema. And most of the patients' defecation time are chosen in the daytime, and the daytime compared to the night, Yang Qi is more vigorous, it is more likely to trigger the localized itching of the perianal skin.

Western medicine believes that perianal eczema is caused by a variety of anorectal diseases, skin diseases, allergic reactions or pathogens, which are mainly categorized into irritant toxic, atopic and allergic contact dermatitis. Whereas perianal eczema is a manifestation of systemic contact dermatitis, with modern lifestyle changes and industrial development have increased our exposure to allergens, such

as some nickel, chromium, cobalt or zinc, of which nickel is the most prevalent contact allergen in our environment and is a common component of different alloys, jewelry, food or kitchen utensils, and in the life of peanuts, oatmeal, cereal, soybeans, chocolate, lettuce, broccoli or offal, all contain relatively high levels of nickel, and even drinking water is an important source of nickel [17]. Although there is no close link between the prevalence of perianal eczema and the type of post-poo wipes used by statistical analysis, it is clear from the questionnaire that some perianal patients have the habit of using sterilized paper towels to wipe their anus, and I believe that it is important to reduce the use of such irritants to clean the anus in daily life.

5. Summary

Through the above study, we can conclude that the incidence of perianal eczema has a close relationship with gender, male patients are more likely to suffer from perianal eczema than female patients, and at the same time, the perianal overcleaning, sitz baths and the use of disinfectant paper towels are more likely to cause perianal eczema, so we suggest that the anorectal medical practitioners should increase the correct perianal cleaning care for the health of the population to educate the public, and try to minimize excessive stimulation of the perianal skin, so as to reduce the incidence of perianal eczema. Therefore, we suggest that anorectal medical workers should increase the promotion of proper perianal cleaning care to healthy people, minimize the excessive stimulation of perianal skin, and thus reduce the incidence of perianal eczema. At the same time, we should avoid the above triggering factors in the treatment of perianal eczema, to achieve the scientific matching of treatment methods, to realize the balance of yin and yang in the perianal environment, so as to enhance the cure rate of perianal eczema and reduce the recurrence rate of perianal eczema.

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