

Introduction to the Chinese Medicine Characteristic Therapy of Constipation

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Abstract: Constipation is defined as having fewer than three bowel movements per week, dry stools, and difficulty in defecation. Occasional constipation is common, but when constipation lasts more than 12 weeks for chronic constipation. Traditional Chinese medicine (TCM) has a long history of treating constipation, and has been used in a large number of clinical applications with good results. The role of Chinese medicine in the treatment of constipation is also growing.

Keywords: Constipation, Chinese medicine, Acupuncture, Massage, Dietary therapy.

1. Research Purpose

With the gradual improvement of Chinese people's living standards, the number of people suffering from chronic gastrointestinal diseases is also increasing, according to a recent statistics show that China's current constipation patients have reached 90 million, accounting for about 6% of the total number of the country, but there are less than 2% of the people still need to be treated, i.e., to receive treatment for constipation is less than 20 million people, more people are still enduring constipation, and more and more people are still close to constipation, especially women, has become a high prevalence group, need to attract our attention. More and more people are still suffering from constipation, and more and more people are still approaching constipation, especially women, who have become a high prevalence group of constipation and need to draw our attention. Traditional Chinese Medicine (TCM) is also quite unique in its treatment of constipation. Chinese medicine treatment is mainly based on dialectical evidence and disease, supplemented by internal and external treatments [1]. The main purpose of TCM treatment is dialectic, supplemented by internal and external treatments.

2. Research

2.1 History

"Constipation" disease name first appeared in the "Yellow Emperor's Classic of Internal Medicine", such as "Su Wen - Lift the pain theory" said: "hot gas to stay in the small intestine, pain in the intestines, hot and burnt thirst, the hard can not be dry out, so the pain and can not be closed [2]. The pain cannot be closed." During the Eastern Han Dynasty, Zhang Zhongjing called constipation "spleen about", "closed", etc., and proposed that this disease is related to cold, heat, stagnation of qi, etc., and suggested that there are different mechanisms of occurrence. In addition, he created the method of "pouring pig's bile and vinegar into the valley tract" and so on [3]. In the Jin-Yuan period, Danxi Xinfu suggested that constipation was caused by blood deficiency, or wind in the intestines and stomach, which resulted in dryness and constipation [4]. In the Jin-Yuan period, the Danxi Xinfu suggested that constipation was caused by the lack of blood,

or wind in the intestines and stomach, and dryness and secretion. Until the Ming and Qing Dynasties, Zhang Jiebin divided constipation into yin knot and yang knot according to the method of Zhongjing, and thought that there is fire for yang knot and no fire for yin knot [5].

When treating constipation, Chinese medicine practitioners do not simply attack the lower part of the body for treatment, but adopt the treatment principles of moistening the lower part of the body, warming and nourishing the yin after carefully analyzing the etiology and mechanism of the disease.

2.2 Different Treatments for the Same Disease (Etiology and Pathogenesis of Chinese Medicine, Identification)

Most of the causes of constipation are due to external sensation and internal injury, external sensation is generally wind-cold and heat, internal injury is generally the weakness of positive qi, yin and yang, qi and blood insufficiency factors resulting in [6] The cause of constipation is mostly due to external infection and internal injury. External infection is usually wind, cold and heat, internal injury is usually caused by the weakness of positive energy and deficiency of yin, yang, qi and blood. The disease site is generally intestinal-based, but also includes the spleen, stomach, lungs, kidneys and many other internal organs, the important reason is that the intestinal conduction malfunction [7]. The important reason is the malfunction of intestinal conduction.

The treatment of constipation is mainly to grasp two aspects, the deficiency and the actuality, when the evil qi is stagnant in the large intestine, this is the actual evidence. Solid evidence of the treatment is mainly to get rid of the evil, according to the causative factors of cold, heat, gas, respectively, in addition to the leakage, warmth, qi, in the basic prescription and then add some of the drugs that can move qi stagnation, so that not only can treat the symptoms can also treat the root cause of the problem, the symptoms and the root cause, the solid evidence of the treatment of the evil will be dispelled, the intestinal tract, so that the stools can be fluent [8]. The main causative factors are heat and cold. The main causative factors are heat, cold and gas stagnation, respectively, leading to three types of constipation, first of all, heat constipation, heat constipation of the patient's most important manifestations of dry stools, abdominal distension, or

abdomen, dry mouth, halitosis, face red, red tongue, moss, yellow dryness, pulse slippery, the drug is mainly to drain the heat is the main, the formula can be selected hemp Ziren Pills, and then for the patient's other accompanying circumstances for the use of medication with subtractions. The second type is cold constipation, the main clinical manifestations of these patients are abdominal pain and constriction, hands and feet are not warm, the tongue is white and greasy, the pulse is tight and a series of cold manifestations coupled with hard and astringent stools, the treatment of this type of disease mainly needs to be warm heat and dispersal of cold, and if the evil is removed, the stools will be passed, and can be used to warm the spleen soup combined with the hemisulfuric pills for treatment. The third is gas constipation, the patient is constipated with the symptoms of qi stagnation coupled with dry stools, or not very dry, want to enter the stools can not come out, or dry stools, qi stagnation of the symptoms of the performance of the different people, the main manifestations, such as intestinal tinnitus, abdominal distension, belching frequently, etc., in the treatment of qi to smooth the main, the formula selected six mill soup plus subtractions, so-called deficiency is the yin and yang of qi and blood deficiencies, according to the identification of the specific kind of weak! When the positive qi is sufficient, it can overcome the evil qi and relieve the symptoms of constipation. There are four types of deficiency, namely, qi deficiency, blood deficiency, yin deficiency and yang deficiency. Patients with qi deficiency mainly have difficulty in defecation and need to use force, so they will be weak after defecation. Normally, patients usually have a series of symptoms of qi deficiency such as white face, tiredness and laziness, so when treating them, it is necessary to replenish the qi and pass stools at the same time, the formula is Astragalus Soup. Patients with blood deficiency have the same idea of identifying patients with qi deficiency, and these patients usually have symptoms of blood deficiency such as lack of blushing color, dizziness and dizziness, palpitation, shortness of breath, and amnesia. Stool dryness, so the treatment needs to replenish blood, replenish blood at the same time should be added to some nourishing drugs, moistening dryness and laxative, the formula used to moisten the intestines of the pill plus subtractions. The patient's body is thin, usually dizziness, tinnitus, red face, insomnia, hot flashes and night sweating, soreness and weakness of the waist and knees, in the treatment, we need to focus on nourishing Yin and generating fluids, the formula can be added to or subtracted by increasing liquid soup, while the patient's body is not warm in the extremities or the waist and knees are cold and sore, but the urine is clear and long, in the treatment, we need to focus on the warming of the kidney and replenishment of the function of the yang, the formula should be used in the soup of Jichuan Decoction or subtracted for the appropriate [9]. The formula is Jichuan Decoction or additional subtraction. The treatment should not only internal treatment, for the old and weak, constipation is serious, take medicine is ineffective patients, with external treatment, internal and external combination of the use of Zhongjing honey decoction guide method has created the first external treatment of constipation, the current use of traditional Chinese medicine enemas in the treatment of constipation [10]. The method of Chinese medicine enema is now mostly used to treat constipation.

Chronic constipation has a long treatment period, large

medical costs, and is less effective, prone to recurrence, and may produce disease over time. For children and constipated people with gastrointestinal diseases, acupuncture and massage can also be used, and acupuncture and massage can also treat patients with low digestive and absorption ability [11]. Acupuncture and massage can also be used to treat patients with low digestive and absorptive ability.

2.3 Acupuncture and Massage Therapy

2.3.1 Acupuncture treatment

The term acupuncture can be derived from the "Acupuncture and Moxibustion A and B Classic", as early as the "Spiritual Pivot - Miscellaneous Diseases" in the "abdomen fullness, then the stool is not favorable" [12].

For patients with constipation, the treatment is mainly based on the selection of acupuncture points of the foot yangming, hand shaoyang meridian points (or take the back of the large intestine Yu points, collection points and the lower meridian points as the main), the main acupuncture points are: the Tianshu, Yu of the Large Intestine, the upper Giant Hollow, the foot Sanli, the Zhigou, the Zhai, and then according to the different corresponding acupuncture points, the real evidence: 1) hot secret: Quchi, Naiting, the Hetani, the back of the Large Intestine Yu points, the collection points, and the lower meridian points. 2) cold secret: Guan Yuan, Shen Que. 3) qi secret: Tai Chong on the upper part, the middle part of the epigastric region; deficiency: foot Sanli point, spleen Yu point, Qi Hai point. Diagnosis: 1) Qi deficiency: spleen yu, qihai. 2) Blood deficiency: spleen yu, sanyinjiao [13].

The selection of acupuncture points for the treatment of constipation should follow the principle of treating with yang meridian as the main point, yin meridian as the supplementary point, and odd points with the principle of treatment. For the acupuncture treatment of constipation, it should also take into account the principle of abdominal and dorsal inter-regulation between the five viscera and six bowels, combined with the meridian identification, with the therapeutic effect of specific empirical points, so as to achieve the therapeutic effect of treatment [14]. The treatment of constipation can only be achieved by combining acupuncture with specific empirical points.

2.3.2 Tui Na Therapy

Chinese medicine pointed out that visceral diseases can also be manifested in a part of the human organism or acupuncture points, that is, "there is a form of the internal, will be the form of the external", so touching a part of the body and acupoints, you can prevent and control visceral diseases. Tui na meridians or acupoints can promote the circulation of body qi and blood, moisturize the five viscera and bowels and make them give full play to or restore normal physiological function [15]. The acupoints or meridians can promote the circulation of qi and blood in the body, moisturize the five organs and make them give full play to or restore normal physiological functions.

Crizheng Massage Essentials" contains: "the large intestine side in the second section of the index finger side".

Gastrointestinal function can be complementary can be clear, clear gastrointestinal function can be used mainly for dampness and heat, food retention in the stomach and intestines, as well as constipation and other diseases, "Pediatric Massage Jing" contains massage abdomen, there are points to push the yin and yang of the points, it also has the role of elimination of food, clearing heat and strengthening the spleen and stomach to eliminate food [16]. It also has the function of eliminating food, regulating Qi and clearing heat, strengthening the spleen and stomach, and eliminating food.

Tui na abdominal acupuncture points can effectively promote fecal excretion, because the center of fecal disease position of the stomach and intestines, and the stomach is below the stomach and intestines, so the abdomen can be through the effect of tui na in the stomach and small intestines, increase the ability of intestinal and gastrointestinal motility, which promotes the stomach and small intestinal fecal movement, to help faster discharge of feces; through the tui na meridian acupuncture points, so as to activate the viscera so that their functions to return to normal, and the operation of this method is simple and easy to carry out, due to patient This method is simple and easy to operate, and can be widely spread because it is easy to be accepted by patients and has a high degree of social acceptance [17]. This method is easy to operate and can be widely spread because it is easily accepted by patients and recognized by society.

Tui na treatment of constipation in the elderly, most of the parts are located in the abdomen, such as Tianshu, Qihai, Guanyuan, etc., pediatric constipation is divided into two types of evidence [18]. In the treatment of pediatric constipation, there are two types of constipation: solid and deficiency. 1, solid constipation is mainly heat-clearing, and the large intestine and heat-clearing related acupoints are usually paired together. 2, deficiency constipation is mainly the result of spleen and stomach strengthening, and replenishment of qi and blood, such as the spleen meridian and the foot Sanli. 3, deficiency constipation is mainly the result of spleen and stomach strengthening, and replenishment of qi and blood [19]. The main purpose is to strengthen the spleen, stomach and qi and blood.

Constipation patients also need to focus on their own usual diet when undergoing treatment. Adjust the diet structure of daily life. Ordinary people should also pay attention to the daily diet and thus preventive care.

2.4 Daily Diet - preventive Care

Food therapy is a means of health care and treatment of disease in life, using diet, and is increasingly favored by many physicians and patients in daily life and medicine [20]. It is increasingly favored by many physicians and patients in daily life and medicine.

Another major factor in the development of constipation is that the daily intake of dietary fiber in the body is not adequate, therefore, increasing the daily intake of dietary fiber appropriately will help to alleviate constipation, which has been proved by research studies to be a safe, simple, efficient, and painless solution, which is also a gentler approach than that applied in laxatives and enemas, and can be widely used

by the patients by changing the diet structure, increasing the intake of green vegetables, fruit juices, whole grains, etc., is the most chance to prevent and alleviate constipation, and the best way to prevent and alleviate the development of constipation. Dietary changes that increase the intake of green vegetables, fruit juices, whole grains, etc. have the best chance of preventing and relieving constipation [21]. The best chance of preventing and relieving constipation is through dietary changes that increase the intake of green vegetables, fruit juices, and whole grains.

Dietary fiber in food can improve the texture of stools and increase the frequency of bowel movements. A good diet, with low-calorie foods, moderate intake of greens, fruit juices, water and whole grains, is essential for preventing constipation in healthy patients and curing constipation in patients with constipation [22]. The dietary structure of low calorie foods, moderate amount of green vegetables, fruit juices, water and whole grain intake are essential to prevent constipation in healthy patients and cure constipation in patients with constipation.

Ordinary people's daily diet can choose the following foods, which contain a large amount of dietary fiber 1, sweet potatoes, for chronic constipation patients, daily diet should increase the intake of sweet potatoes. 2, bananas, bananas, bananas sweet and cold, can clear intestinal heat, for hot constipation and habitual intestinal constipation is very suitable for patients. But weak people are not recommended to eat too much banana, easy to loss of positive energy, resulting in cold stomach. 3, mulberry: mulberry can help digestion and absorption, can strengthen the spleen and stomach nourishing yin and intestines, is a more gentle dietary supplements, and mulberry is more suitable for weak people constipation, but also more suitable for chronic blood constipation of the service. 4, sugar cane: sugar cane can promote the gastrointestinal tract to produce a wealth of gastric and intestinal fluids in order to digest food! It is especially suitable for those who have heat excretion. Sugar cane can clear away heat, produce fluids, moisturize the intestines. 5, pine nuts: pine nuts can moisturize the intestines and laxatives, in the treatment of constipation and the role of slow, suitable for chronic intestinal constipation [23]. Pine nuts: pine nuts can moisten the bowels and laxative, which is suitable for chronic constipation.

Both constipation sufferers and healthy people should take targeted supplements of konjac- or rye-related foods, yogurt or foods with added dietary fiber supplements and drink plenty of water in their daily lives [24].

3. Case Analysis

Zhang, female, 30 years old, at the time of the first visit, the patient has been constipated for more than 10 years, at first the patient did not pay attention to it, thinking that it might be because he did not eat well, with the development of the disease, often 5-6 days or even more than 10 days to go to the toilet. Therefore, the patient is very painful, and to many hospitals for diagnosis and treatment, doctors are diagnosed as functional constipation. The doctors diagnosed it as functional constipation. And the treatments are various, Chinese and Western medicine have been tried, the specific

drugs are not known. However, the patient complained that the effect is not good, when taking western medicine, the symptoms can be relieved but the stool texture is thin, and as soon as the drug is stopped, it will continue to be constipated. Even sometimes the symptoms will be aggravated, the patient has gradually lost confidence in the process of seeking medical treatment, according to the patient's description, usually pale, palpitations, shortness of breath, forgetfulness, so the diagnosis and treatment of constipation for blood deficiency, then select the lun intestinal pill formula for treatment. Before and after the treatment for four times, constipation symptoms have been relieved, since then the treatment has been interrupted [25]. The treatment was discontinued since then.

Another year later, the patient came to the clinic again, this time she said that a year ago, because of the birth of a baby girl, her husband and her mother-in-law treated her coldly, the patient felt aggrieved, and was usually in a low mood, often in tears, and gradually felt tightness in the chest, poor mental health, dizziness, poor quality of sleep, and half a year later, her body was very thin, and her skin had lost its luster. Constipation was still present. According to the patient's symptoms, we can know that the root cause of the disease is due to liver depression and spleen deficiency, which leads to the loss of fluid distribution, thus causing intestinal conduction malfunction, and the dregs of dregs are stored inside; constipation is the symptom, and stagnation of liver qi is the root cause. According to the "Nei Jing" in the "Wooden Depression", what we should do is to follow the nature of the liver, the liver is organized. Therefore, the basic formula adopted the formula of "Free and Easy San" to follow the nature of the liver and make the liver's nature organized, and the Chinese herbs were added and subtracted according to the patient's symptoms of blood deficiency. After five doses of medicine, the patient felt the urge to go to the toilet, and had a heavy feeling in the anus, and then went to the toilet, and after nearly one hour, he had not come out of the toilet, and the doctor rushed to watch, and found that the patient fainted on the ground, and then helped the patient to go back to the ward and gave him nutrition, etc. After waking up, the patient told us that after going to the toilet as hard as he could, he felt sweating all over the body, and then when he got up he felt dizziness and then he collapsed on the ground [26].

One week later, the patient reported that he felt very comfortable in the abdomen after he had diarrhea a week ago, and after taking traditional Chinese medicine, he felt good in spirit, and the phenomenon of chest tightness and panic was alleviated. Because the patient was constipated for a long time, and his body was deficient, so he used Ba Zhen Tang with Astragalus to replenish qi and activate blood, and after six doses of the medicine, all the illnesses were gradually cured, and the patient was no longer constipated, and his skin was smooth again, and the quality of his sleep was improved, and his mental state was still good [27]. This patient was no longer constipated, and her skin was smooth, her sleep quality improved and her mental state was good.

4. Pressing the Language:

This patient had been suffering from constipation for more than 11 years, and was finally cured by the treatment of

smoothing the liver's disposition and releasing the wood's stagnation [28]. The patient was finally cured by the method of harmonizing the nature of the Liver and unblocking the stagnant wood. In the first diagnosis and treatment, the patient's symptoms were mainly due to blood deficiency, so the main focus was to tonify the blood, and was given the lun-intestinal pills plus subtractions, which had a certain effect, but it was short-lived. The treatment of its symptoms failed to treat its root cause, but also prolonged the patient's suffering. One year later, we found out the specific cause of the disease and analyzed the patient's condition, which was mainly due to emotional disorder, loss of liver detachment and drainage, loss of fluid, accumulation of food and drink, and blockage of intestines, which led to the inability of qi conduction, and no propulsion of stools in the intestines, like a ship that could not move away from the water, and then we chose the formula "Free and Easy" to regulate the liver and spleen, and to detach the liver and resolve the depression. If the liver qi is smooth, the transmission of fluid will be normalized and the constipation symptoms will be relieved or even cured.

When treating diseases, it is important to focus on the cause and mechanism of the disease and grasp the essence in order to truly treat the disease.

5. Summarize

Constipation seriously reduces the quality of life of modern people, and even causes cardiovascular and cerebrovascular diseases, jeopardizing the whole life [29]. The constipation is a serious problem that reduces the quality of life of modern people. Western medicine to treat constipation is generally symptomatic therapy based on the use of laxatives, but this method of treatment of the symptoms rather than the root cause, will make the patient's condition after the use of medication to improve, and once the drug is discontinued, will continue to defecate, so the adverse effects are also more. However, the efficacy of Chinese medicine in the prevention and treatment of constipation is remarkable. The role of traditional Chinese medicine is fully utilized, and at the same time, combined with acupuncture, tuina and other traditional Chinese medicine characteristics of the therapy [30]. The following are some of the most important things you can do to prevent constipation.

Treatment of constipation, in the clinical identification is also very important, the treatment of disease first sought at the root, for constipation can not be abused laxatives, if the application of improper, but exacerbated the constipation, depletion of fluids, should be the first to replenish fluids, if the patient due to the usual dietary intake of constipation, do not be in a hurry to pass the stools, just support the stomach qi, to be increased in the amount of food, the stools naturally will be smooth for the elderly constipated patients, can be coupled with the method of enemas, etc. External treatment, for pediatric constipation patients, appropriate massage and other auxiliary treatment. Diet, you can take the traditional food therapy methods, such as walnut meat, pine nuts, or daily honey, take dishes rich in dietary fiber.

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