

Professor Sha Jingtao's Experience in Treating Chronic Anal Sinusitis from Liver and Spleen

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Abstract: Professor Sha Jingtao believes that the initial stage of anal sinusitis is more hot and humid, and after a long illness, the deficiency and deficiency are seen. He innovatively proposed that the treatment of chronic anal sinusitis should be beneficial and spleen, liver and spleen treatment, combined with traditional Chinese medicine and western medicine, and the clinical effect is remarkable.

Keywords: Chronic anal sinusitis, Liver and spleen deficiency, Liver and spleen management, Sha Jingtao, Experience of famous doctor.

1. Introduction

Sha Jingtao, xi'an hospital of traditional Chinese medicine anorectal disease hospital, national key specialized subject leader, engaged in anorectal professional medical research for 33 years, good at using TCM treatment of colorectal proctitis, constipation, anal sinusitis, anorectal diseases complicated and perioperative disease treatment, good at treating high complexity anal fistula, high perianal abscess, ring mixed diseases such as hemorrhoids. In order to reduce the symptoms of anal sinusitis patients, Shamaster read ancient books and combined with clinical experience, selected Li Dongyuan's tonifying qi soup, Chaihu and liver powder as the base, add and subtract drugs to treat chronic anal sinusitis, every good effect. Now Professor Sha Jingtao's experience in treating chronic anal sinusitis is shared as follows.

Anal sinusitis is an acute and chronic inflammatory disease occurring in the dentate line of the anus [1] Due to the unique funnel shape of the anal sinus, it is easy to be infected by bacteria, which is mostly manifested as anal swelling and falling with pain and discomfort. Western medicine treatment drug use is single, the first choice of anti-inflammatory and antibacterial antibiotic treatment, but easy to produce drug resistance, and the curative effect is not good, easy to relapse. The operation method is easy to cause too much trauma, and the anal sinus is not easy to completely remove, so it often cannot be cured, not often used clinically. It is urgent to seek convenient and effective treatment methods. Anal sinusitis is not clearly defined in traditional Chinese medicine, and its symptoms can be attributed to the category of "dirty poison". Most because of diet, spicy and stimulating food or excessive alcohol caused by internal heat, injection anus and rectum; or because of intestinal dry body loss, dry excrement, insect harassment, anus rupture infection [2] And hair. There are various ways of TCM treatment, including oral Chinese medicine, enema preservation of Chinese medicine, etc. However, the treatment process is long and complicated, making it difficult for patients to adhere to it. All of the above reasons lead to anal sinusitis delay is difficult to heal and easy to relapse [3-5].

2. Dialectical Thinking

(1) From the spleen on the treatment of "Su wen · yin

Yangming theory" cloud: "... hurt in the wet, the first to suffer it." [5] The anus is located in the lower coke, anal sinusitis disease more because of dampness and heat. Wet evil heavy turbidity sticky difficult to go, but where does the wet come from? Patient 19 said "all wet swollen, all belong to the spleen", so the spleen is the key [6,7]. Main spleen transport, rise. That is, the spleen can not only transport water grain and water, but also transport it to the leader. temper deficiency, water metabolism disorder, concentrated in coke, wet, wet down, long depression and heat, the door induced anal sinusitis; and damp suppress the spleen Yang, spleen Yang is unable to lift the water valley essence, forming a vicious circle, the course of repeated lingering, over time the spleen deficiency qi filling. Fine micro can not reach the upper, clear turbidity rise and fall imbalance, so clinical patients or accompanied by dizziness, fatigue and diarrhea and other symptoms. Professor Sha Jingtao believes that temper deficiency is one of the important pathogenesis of chronic anal sinusitis, and attention should be paid to tonifying temper in treatment.

(2) From the liver theory of treatment "element ask · the five zang theory" cloud "the door is also the five zang". The anus is the soul door, although the position is located, and also closely related to the five viscera. Clinicians use the method of clearing heat, clearing dampness, reducing fire and detoxification to treat anal sinusitis, while the sand division takes a new way to start with the syndrome differentiation of viscera organs. Sha division believes that anal sinusitis repeated attacks, delay is difficult to heal, worry to hurt the spleen, easy to lead to temper deficiency and liver qi stagnation. Clinical evidence in the initial majority, for a long time to spleen deficiency and liver depression, anxiety sleepless, mental state loss in stability, anal swelling and defecation feeling, more seen in perimenopausal women, because of the repeated symptoms and more anxiety and irritability. "Lingxiu · inian" said: "fifty years old, liver qi began to decline, liver leaves began to thin", this stage liver function began to decline. Liver main drainage, xi bar and evil depression, liver function decline is liver drainage, qi lift imbalance, qi and blood easy to stagnation. In the anus local performance for the anal rectum swelling and falling discomfort. Liver body Yin and with Yang, extremely easy to consume liver Yin, coupled with liver qi stagnation, over time fire, make liver Yin deficiency more, both for the anus rectum fall distension discomfort, also make the patient anxiety

agitated mood more and more serious. Therefore, Professor Sha Jingtao also pays great attention to the importance of liver thinning in the treatment of repeated chronic anal sinusitis.

First of all, according to the five elements of traditional Chinese medicine, the main rise of the liver belongs to wood, the main transport of the spleen belongs to soil, and the liver leaves the spleen soil. When the balance between the viscera is destroyed by the disease, that is, there will be "liver wood by spleen soil" or "spleen soil insult liver wood" phase, so whether clinical liver disease or spleen disease, treatment should be treated with liver and spleen, so as to achieve the effect of "soil and wood, wood and glory". Secondly, on the basis of inheriting the excellent theories of predecessors, Zhang Zhongjing's Synopsis of the Golden Chamber has clearly concluded that "seeing the disease of the liver, know the liver and pass the spleen, first strengthen the spleen", and the treatment of liver and spleen has long had a solid theoretical foundation. Moreover, read its pathogenesis, spleen deficiency and qi machine lift imbalance, wet resistance in coke, with located in the coke of the liver drainage function will also be affected, "element ask" said "spleen wet liver... Sync and become a disease ". On the contrary, the liver qi stagnation, drainage disorder, the spleen, spleen dampness and then against the liver wood, the two mutual influence, wet evil stay in the coke is not loose, eventually depressed and heat under the injection door [6-14]. Professor Eisha Jingtao has decades of clinical experience, the treatment of chronic anal sinusitis patients in northwest China with the concept of liver and spleen, the effect is extremely significant, so this article is worthy to review.

3. Treatment Method

Due to the special anatomical shape and location of the anal sinus, it is easy to occur repeatedly. Due to the insufficient sample size at the present stage, its long-term efficacy still needs to be further studied [15] Therefore, Professor Sha Jingtao tends to use conservative treatment with drugs. Sand division thinks that chronic anal sinusitis is this false mark solid. In clinical practice, according to the priority of the patient's disease certificate, the sand division weighed the specimen to treat, and according to the situation, the treatment of anal sinusitis was divided into three. First: the initial standard is mainly real. First clear heat and dampness; second: prolong this deficiency. The treatment is mainly spleen and qi, supplemented by clearing damp and depression; third, long disease and deficiency, fuquxie. Sthe spleen and dampness, liver and depression parallel [16], With dach effect. Chronic anal sinusitis, the condition is repeated for a long time, the delay is difficult to heal, the anal falling discomfort is particularly prominent, often aggravated after fatigue, or with internal hemorrhoids, anal hemorrhoids, nipple and other prolapse, generally easy to dizziness, fatigue, poor appetite, poor mood, tongue light or dark, white moss, weak pulse.

3.1 Ancient Prescriptions

Chinese medicine sand division clinical every patient suffering from pain, eating and sleeping, feeling the pain. We read ancient books, consulted materials, and finally selected Li Dongyuan's original Yiqi Tang and Muga San as the basis [16-18]. Then, we finely simplified the cutting and made

clinical adjustments. The prescriptions include: Astragalus, Astragalus, Dangshen, Angelica, vinegar, bupleurum, aurantii, cohosh, jiao sanxian, Atractylodes, tangerine peel, vinegar, and licorice. Splen deficiency with yam, ginger ellia; damp and hot with wine scutel, purslane, sauce grass, white, wild chrysanthemum, dandelion. There's also evidence that patients with emotional depression can add chuanxiong, fragrant, peony, acacia skin, etc [18].

3.2 Chinese Medicine Sitting Bath

Chinese medicine sitting bath through the absorption of anal local medicine and the efficacy of the play, can make the medicine power directly to the disease. Sand master plans to clear sinus prescription, focusing on clearing heat, benefiting dampness and relieving pain, the specific prescriptions are purslane, side cypress, atractylodes, windbreak, licorice, aurantii, dandelion, wild chrysanthemum, Poria, yellow cypress, purple flower ground, sky sunflower. Above the stainless steel basin wu fire boil, fry for 15 minutes, dry until warm, sit bath 5-10 minutes, morning and evening once. Those with inconvenient sitting bath can choose the collapse method, wet the clean gauze with the Chinese medicine liquid, and repeatedly collapse in the affected area [20].

3.3 Suppositories

The anal suppository is conducive to drug absorption. At the same time, the drugs can be absorbed by the rectal secretion fluid as the medium and absorbed into the lymphatic system through the rectal mucosa, so as to make the treatment effect better. In clinical practice, sand division choose different suppository combined with Chinese medicine bath according to patients' different constitution, stool characteristics and frequency.

3.4 Traditional Chinese Medicine Treatment

Professor Sha Jingtao took the method of clearing heat and dampness, promoting blood circulation and relieving pain to drop the Chinese medicine as follows: purslane, black sauce grass, salt cypress, Scutellaria baicalensis, peony skin, dandelion, wild chrysanthemum, fried peach kernel, red flower, vinegar, angelica dahurica. Fry the upper water until about 200ml, and slowly drop into the rectum with disposable infusion set, and keep for about half an hour, once a day [19-21].

3.5 Microwave and Red Light Treatment

Local microwave and red light treatment can improve the perianal microcirculation, accelerate the repair of the injured anal sinus, so as to relieve the discomfort of the anus [22, 23] It is often combined to promote drug absorption.

3.6 Adjusting Emotions

Generally, patients who have been suffering from pain for a long time are accompanied by anxiety, depression and other negative emotions. Sha Jingtao is full of patience and often gently solves the patients, soothing their emotions to avoid their abnormal liver qi caused by excessive prosperity and riding the spleen and aggravating the condition. Ask patients

to keep a comfortable mood, less angry, more exercise, especially pay attention to the diet should avoid spicy mellow, cold and dry and other things, so as not to induce or aggravate the condition [23].

4. Conclusion

Anal sinusitis is a common anorectal disease that is easy to repeat and is not easy to heal. Because the location in the anus seriously affects the quality of life of patients, and in addition, the patients often worry and anxiety aggravates the disease, so it is more difficult to cure. Therefore, it is particularly important to clarify rational drug use. Professor Sha Jingtao discussed the treatment from the liver and spleen, one tonic and one thinning, one liter and one drop, emphasizing the treatment principle of "invigorating the spleen and replenishing qi supplemented by relieving the liver and relieving depression". Chinese medicine regulates the function of spleen and stomach, accelerates the metabolism of water and liquid, and prevents the accumulation of dampness and heat, to reduce the local symptoms of patients, improve the quality of life, relieving the anxiety and blocking the road, and avoid the discomfort. It should be noted that the prescription described in this paper is only the application of the treatment method of liver and spleen in the treatment of chronic anal sinusitis and the personal experience of Professor Sha Jingtao. The specific drug addition and dosage should be adapted to human and local conditions.

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