

Application of the Theory of "Treating the Future Disease" in Spleen and Stomach Damp-heat Type Chronic Atrophic Gastritis: an Investigation

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Abstract: *Chronic atrophic gastritis is a kind of digestive disease which is easy to recur and difficult to be cured. Damp-heat syndrome of spleen and stomach is one of the main syndromes of chronic atrophic gastritis, and the intractability of this disease determines the importance of its prevention and treatment. In this paper, we analyze the prevention and treatment of chronic atrophic gastritis of the damp-heat spleen and stomach type from three aspects of the theory of "treating the disease before it gets worse", and elaborate the etiology of chronic atrophic gastritis of the damp-heat spleen and stomach type in Chinese medicine as well as the prevention and treatment strategy of chronic atrophic gastritis of the "treating the disease before it gets worse" theory. It also describes in detail how the theory of "treating the future disease" guides its prevention and treatment strategies. The prospect of the theory of "treating the disease before it is diagnosed" in the treatment of CAG with damp-heat spleen and stomach is also discussed, which will provide new ideas and methods for the clinical treatment of spleen-stomach-damp-heat chronic atrophic gastritis.*

Keywords: Theory of treatment of unhealthy diseases, Chronic atrophic gastritis, Damp-heat syndrome of spleen and stomach.

1. Introduction

Chronic atrophic gastritis (CAG) is a type of chronic gastritis, which refers to a chronic gastric disease with a decrease in the intrinsic glands of the gastric mucosal epithelium, with or without intestinal adenosis and/or pseudo-pyloric adenosis [1], and damp-heat syndrome of the spleen and stomach is one of the main syndromes of this disease. The theory of "treating the future disease" originated from the Yellow Emperor's Classic of Internal Medicine, which is a concept unique to Chinese medicine, and is one of the important ideological concepts of Chinese medicine, coinciding with the modern idea of preventive medicine, whose theoretical ideas include "preventing the disease before it occurs, treating the disease before it has already occurred, preventing the change of the established disease, and preventing the recurrence of the disease after the disease has progressed [2]." It is widely recognized that "prevention before disease" and "prevention of changes in existing diseases" are the essence of the theory of "treating the future disease". As early as 1978, the World Health Organization listed CAG as a precancerous state [3], and Correa's hypothesis proposed that normal gastric mucosa → chronic non-atrophic gastritis → chronic atrophic gastritis → gastric mucosa intestinal epithelial hyperplasia → gastric mucosa atypical hyperplasia → gastric mucosa cancerous process [4], in which *Helicobacter pylori* (Hp) is an important factor in the development of the disease process. Therefore, effective prevention and treatment of CAG is considered to be the key stage in the early prevention of gastric cancer, which is also an important manifestation of the TCM principle of "preventing disease and preventing change". Starting from the theory of treating the future disease and the pathogenesis of chronic atrophic gastritis with dampness and heat in the spleen and stomach, the article combines disease and evidence to elaborate the significance of the three phases of "treating the future disease" for the prevention and treatment of chronic atrophic gastritis with dampness and heat in the spleen and stomach, so as to provide references for further

research and development in the future.

2. Theory of Treating Future Diseases

The theory of "treating the future" in Chinese medicine emphasizes "preventing illness before it occurs, preventing the spread of illness when it has already occurred, and preventing the recurrence of illness when it has recovered", which mainly refers to the adoption of effective measures in advance to prevent the occurrence, development and recurrence of diseases. The idea of "treating the disease before it occurs" originated in the Spring and Autumn period and the Warring States period, and has a history of 5,000 years, as early as in the "Suwen" records: "Therefore, the sage does not treat the disease before it occurs, and does not treat the chaos before it occurs, which is what it is also called. If the disease has become after the medicine, chaos has become after the treatment of..... not also late", the image describes the importance of the "treatment of the disease". To the Han Dynasty, the theory of the treatment of the disease has been further deepened, "Jin Gui Yao Liao" said: "see the liver disease, know the liver passes to the spleen, when the first real spleen", put forward the liver to treat the first real spleen point of view. Treating the disease before it occurs has three main meanings: first, "preventing the disease before it occurs", preventing the disease before it occurs, and emphasizing the prevention of disease. The famous physician Sun Simiao proposed: "the upper work to cure the disease, the middle work to cure the disease, the lower work to cure the disease", emphasizing the importance of prevention over cure. Specifically manifested as: people as part of the natural world, work and rest should follow the laws of nature, the "Yellow Emperor's Classic of Internal Medicine" records: "Spring March... night lying early rise, winter March... early lying late rise." Conform to the four seasons to adjust their own work and rest will help to fully regulate their own internal organs and qi and blood function, to achieve the purpose of disease prevention. In addition, "Huang Di Nei Jing" also mentioned:

"dietary discipline, living and living with regularity, do not make labor, so can form and God are..... ", refers to the daily life to have good habits, dietary discipline, neither hunger, nor overeating, emotions and will is also the key to health care. The key. The second is "prevention of disease", refers to the disease has occurred, to take appropriate treatment means, to prevent the development and transmission of disease, to control the progress of the disease, emphasizing the early diagnosis and early treatment, and timely control of the development of the disease; the third is "prevention of recurrence after milliliters", refers to the prognosis to prevent the recurrence of the disease. The third is "prevention of recurrence after disease", which refers to the prevention of disease recurrence and after-effects of cure, i. e., when a disease is first cured, the positive deficiency and evil love, yin and yang have not been leveled, and the various functions of the body are still in the state of not fully recovered, which requires people to pay attention to the post-disease regimen. In recent years, the theoretical discussion of "treatment of the future disease" has become more active, and some new ideas have emerged.

Zhang Yudan [5] that the idea of treatment of the future disease is based on the differences in the state of the body's preventive interventions, the purpose of the treatment of the future disease is in order to "already sick" before the occurrence of the distinction between different qualities of the body, the use of certain interventions to make the occurrence of bias in the body of the state of yin and yang deficiency to return to the equilibrium. Lv Peiwan and others [6] believe that "treatment of the future disease" is to comply with the four seasons, "treatment of the future disease" is the root of the "spring and summer Yang, autumn and winter Yin". Zhang Guiping [7] believes that the "treatment of the future disease" focus on "regulating the spirit", spiritual regimen that is, regulating the spirit, the four qi regulating the spirit is the focus of regulating the spirit. The Yellow Emperor's Classic of Internal Medicine recorded: "although the disease has not yet occurred, see the red color of the prick, known as the treatment of the disease", which explains the meaning of the treatment of the disease, for the future of traditional Chinese medicine to prevent and treat the disease laid the foundation, but also embodies the prevention of the disease before the first prevention of the disease, prevention of disease and change of the disease thought. And after disease prevention, refers to the disease has not yet fully recovered state, that is, "treatment of its not yet recovered" stage, at this time there is still a lack of positive qi, should focus on supporting the positive qi, improve the quality of the body, to prevent the disease from recurring.

3. Spleen-stomach Damp-heat Type CAG

There is no name for chronic atrophic gastritis in Chinese medicine, but it is a disease with multiple pathogenic factors, such as pain in the upper abdomen, flatulence, belching, poor appetite and emaciation as clinical manifestations. According to the clinical manifestations, it can be categorized as "noisy", "stomach and epigastric pain", "fullness" and other categories in Chinese medicine. Su Wen - six Yuan Zheng Ji Dai Lun "recorded:" wood depression of the hair..... Min disease stomach and epigastric when the heart and pain "emphasizes the symptoms of stomach pain. The etiology of this disease is

complex, mainly by external evil, bad dietary habits, emotional and emotional disorders and physical spleen and stomach weakness and other factors damage to the spleen and stomach, resulting in spleen and stomach qi not smooth and the disease [8]. Professor Wei Muxin [9] believes that the onset of chronic atrophic gastritis is related to diet and emotion, especially drinking alcohol and overeating irritating foods, which leads to injury of the spleen and stomach, stagnation of yang qi in the body, and malfunction of the spleen and stomach natriuresis. The "Zhenzhi Huizhixian-plankton": "Most of the plumpness under the heart, must be the spleen and stomach suffers from deficiency, turbid qi holding phlegm, can not be transported and transformed for the disease..... ", put forward the spleen and stomach weakness as the root of the disease, and entrapment of phlegm, entrapment of depression, or the transformation of the heat as the standard. Research has shown [10] that the development of chronic atrophic gastritis is characterized by "mixing of deficiency and reality, solidity due to deficiency, and deficiency due to reality". Its basic pathogenesis is a deficiency of spleen qi leading to dysfunction of the physiological functions of the spleen and stomach, and the etiology of spleen and stomach qi deficiency is often due to external six evil influences, poor diet, emotional disorders, and physical endowment [11].

Since ancient times, most of our population has gathered in places with abundant rainfall, which makes them more vulnerable to dampness. The spleen likes dryness and hates dampness, and dampness tends to bother the spleen and stomach. Spleen and stomach for the wet trapped, affecting the elevation function of the spleen and stomach, resulting in poor qi, phlegm and dampness, phlegm and dampness often turn hot, wet and hot entangled in the spleen and stomach. In addition, the sky corresponds to man, the climate of warmth and humidity will also lead to the body of the human body dampness and heat in favor of the prevalence. Modern people's material standard of living, over-eating greasy, cold and other foods, diet stagnation, coupled with the modern fast-paced life, people often eat and drink, irregular work and rest, emotional upset, damage to the spleen and stomach yang qi, qi is not smooth, internal and external combination of evil, dampness and heat that is born.

In general, the basic pathology of CAG is deficiency of spleen qi, the spleen and stomach are trapped by dampness, and the qi is not smooth, and the dampness is often transformed into heat for a long time, and the heat and the tangible dampness are entangled and embraced in the spleen and stomach, so the evidence of chronic atrophic gastritis is often seen in dampness and heat, suggesting that the pathology of dampness and heat in the spleen and stomach is highly correlated with the onset of CAG, and that it is of great significance to the prevention and treatment of this disease to prevent and control the dampness and heat that is generated by the evils of the dampness and heat so as to trap and injure the spleen and stomach.

4. The Theory of Treating Future Diseases and Spleen-stomach Damp-heat Type CAG

4.1 Preventing Disease before It Occurs

Preventing disease before it occurs emphasizes early intervention against the main disease-causing factors before the onset of disease, so as to reduce the incidence of disease. From the point of view of preventive medicine, it includes following the way of nature and regulating the spirit and emotion to improve the body functions and avoid the occurrence of diseases.

4.1.1 Compliance with nature

According to Chinese medicine, human beings are in harmony with heaven and earth, and correspond to the sun and the moon. Nutrition in accordance with nature, including in accordance with the four seasons of regulation, that is, the human spirit, living, diet, exercise and disease prevention should be in accordance with the time, according to the changes in the ground, so as to achieve the purpose of the human body environment and the external environment to adapt. For example: "spring and summer to nourish Yang, autumn and winter to nourish Yin", in line with the natural law of spring main rise, summer main long maintenance of Yang, and vice versa, the main harvest in autumn, the main winter to nourish the natural law of Yin. The "false evil thief wind, avoid sometimes" is reflected in the rainy days should be carried in a timely manner protective gear, timely and good protective measures, summer heat, can not eat too much cold and cold food, to avoid cold and wet direct injury to the spleen and stomach.

4.1.2 Regulating Spirit and Emotions

The Yellow Emperor's Classic of Internal Medicine says, "Anger hurts the liver, joy hurts the heart, sadness hurts the lungs, contemplation hurts the spleen, and fear hurts the kidneys." According to the relationship between the five elements, anger, joy, thoughts, sadness, fear and other emotional changes can lead to a decline in the function of the spleen and stomach. The Yellow Emperor's Classic of Internal Medicine says, "Being tranquil and empty, the true qi comes from; the spirit is guarded internally, and the disease is at ease." Tips mood, moderate labor, so that the qi and blood run smoothly, the disease can not happen. As the saying goes, "joy, anger, worry and fear, loss of vital energy..... fire is multiplied by the flavor of the earth", so keep your mood calm, no fear, quiet mind, the disease can not happen.

In addition, *Helicobacter pylori* infection is more common in our country. In 1982, Australian scholars Marshall and Warren [12] isolated *Helicobacter pylori* (Hp) for the first time in the gastric mucosa of patients suffering from chronic gastritis, and found that Hp infection existed in about 80% to 95% of patients with active gastritis. The presence of Hp leads to the gradual development of mucosal atrophy towards atypical hyperplasia and enterosis, which may eventually evolve into gastric cancer if not treated with timely intervention and therapy. intervention and treatment, atrophic gastritis may eventually evolve into gastric cancer. Huang Qiuyue et al [13] considered Hp to be an exogenous damp-heat evil, and believed that its attachment to the gastric mucosa triggered inflammation in accordance with the characteristics of dampness and heat. Deng Shaozhen et al [14] analyzed the correlation between Chinese medicine type and Hp infection rate in 212 patients with chronic atrophic

gastritis, and found that the Chinese medicine type with the highest rate of Hp-positive infections was the spleen and stomach damp-heat type, which is in line with the views of many medical practitioners.

Prof. Lu Wenliang extended the theory of "ambush" in warm diseases to the field of internal injuries and miscellaneous diseases, and put forward the theory of "damp-heat ambush", which is characterized by depression and heat, depletion of yin, stasis and obstruction, Professor Lv emphasized that "dampness-heat ambient evil" has the characteristics of depression-heat, yin depletion, stasis and obstruction, latent and lingering, and the symptoms are complicated, which are similar to the pathogenic characteristics of Hp [15]. Professor Lv emphasized that dampness-heat should be eliminated, and the positive should be supported to eliminate the evil, and the evil should be penetrated to reach the outside to fundamentally change the environment of dampness-heat in the patient's body, and at the same time, combined with the antipyloric *Helicobacter pylori* medicines such as *Scutellariae baicalensis*, *Rhizoma Coptidis*, *Dandelion*, etc., which have the advantages of direct inhibition or killing of Hp, lowering its toxicity, and inhibiting its adherence, etc [16]. And patients are advised to avoid triggers in order to prevent the occurrence of Hp. Hp infection is mainly transmitted through the mouth, so regular review can achieve the purpose of preventing the disease before it occurs.

4.2 Pre-existing Disease Prevention

"Preventing diseases from changing" means that diseases should be treated in a timely manner after their onset in order to prevent them from progressing. The basic principle is to take appropriate measures according to the law of disease development, transmission and reversal, so as to prevent the transmission of the disease and avoid further development of the disease. At present, it is believed that intestinal epithelial hyperplasia and heterogeneous hyperplasia often occur on the basis of gastric mucosal atrophy, which can further develop into malignant tumors if not intervened in a timely manner, therefore, it should be treated actively and the place where evils are not suffered should be secured. The disease is not separated from the pathogenesis of damp-heat in the spleen and stomach, so the treatment should be based on the main therapeutic principle of clearing heat and dispelling dampness. According to the bias of dampness and heat, Ganluo Sterilizing Dan is often used to add and subtract, or Sanren Tang is used. In addition, dampness is a yin evil, lingering and difficult to cure, one, dampness and heat for a long time, trapped in the middle jiao, the middle jiao qi run not smooth treatment of blood flow is not smooth resulting in stasis. Secondly, damp-heat depression and closure, heat and blood, injury to the blood, resulting in blood spillage outside the vein away from the meridian delusion into stasis [17]. Lv Wenliang et al [18] believe that for patients with gastritis with a long history of disease or intestinal septicemia, Professor Lv often adds substances to activate blood circulation and eliminate blood stasis, such as *Salvia miltiorrhiza*, *Danshi*, and *Tupelo*, as appropriate.

4.3 Prevention of Recurrence after Disease

In the late stage of the disease, with the relief of symptoms,

most people are prone to relax their vigilance, reckless diet, as the saying goes, "three parts of the drug, seven parts of the adjustment", the process of recovery, whether it is the medical practitioner to use medication or the patient's life, should pay attention to the prevention of recurrence. In the later stages of the medication, the principle is to "take care of the spleen and stomach". When the qi of the spleen and stomach recovers, attention should be paid to dietary intake, such as eating light, easy-to-digest foods and avoiding spicy products, so as to reduce the burden on the spleen and stomach and help the spleen and stomach to recover. Spleen and stomach dampness and heat type chronic atrophic gastritis is weak in the spleen and stomach, resulting in phlegm and dampness, which leads to heat, so the late recovery should be supplemented with products that strengthen the spleen and benefit the stomach. At the same time, attention should also be paid to maintain a relaxed mood, thinking hurts the spleen, depression and anger hurts the liver, so in the late treatment, should be in line with the four seasons of yin and yang changes, free of emotion and will, to promote recovery.

5. Conclusion

Chronic atrophic gastritis (CAG) is a precancerous lesion of gastric cancer, which can be caused by a variety of etiologic factors, has a long course, is prone to recurrent episodes, and is difficult to treat, which can seriously affect the quality of life of patients. Xu Gelin [19] found that the weak spleen and stomach evidence was the most common in CAG, and the damp-heat spleen and stomach evidence accounted for the second largest proportion. In the Qin-Han era, our ancestors advocated the concept of "treating the disease before it gets sick", which is not only about preventing the disease before it gets sick, but also about preventing and treating the disease after it has already gotten sick. Therefore, according to the basic theories of traditional Chinese medicine and the characteristics of the spleen-stomach dampness-heat type of chronic atrophic gastritis, the author believes that the prevention and treatment of this disease should start from blocking its pathogenicity and preventing it from getting sick. Therefore, according to the basic theories of Chinese medicine and the characteristics of the disease evidence of chronic atrophic gastritis, the author believes that the prevention and treatment of this disease should start from blocking the etiology and mechanism of the disease and preventing the emergence and development of the damp-heat of the spleen and stomach, so as to ensure the effectiveness of prevention and treatment. Specifically, we should prevent the disease before it occurs, cultivate the body's positive energy to avoid the attack of evil; prevent the disease from deteriorating and actively treat it, and treat it by clearing away heat and resolving dampness, and according to the manifestation of dampness-heat predominance, treat it with the addition or subtraction of San Ren Tang or Gan Gan Sterilizing Dan, which are commonly used. At the later stage of the disease, with the relief of symptoms, it is necessary to prevent recurrence, adjust lifestyle, maintain regular diet, appropriate exercise, keep a happy mood, and follow the natural seasons to promote recovery.

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