

Clinical Thinking Mode of Body Differentiation in the Treatment of Asymptomatic Spleen and stomach Diseases

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Abstract: This paper discusses the important role of TCM physical factors in the pathogenesis and evolution of asymptomatic spleen and stomach diseases, and points out that people with asymptomatic spleen and stomach diseases have different physical types. By expounding the correlation between physique and pathological constitution type, cause, treatment, medication and prevention of asymptomatic spleen and stomach disease, the author thinks that in the process of diagnosis and treatment of asymptomatic spleen and stomach disease, the application of body differentiation theory can more comprehensively grasp the occurrence, development, outcome and prognosis of the disease, so as to improve the effect of diagnosis and treatment and confirm the theory of adjustable physique. In order to provide new ideas and methods for the clinical treatment of this type of digestive system diseases with traditional Chinese medicine.

Keywords: Clinical, Body differentiation and treatment, Clinical thinking mode.

1. Introduction

Asymptomatic spleen and stomach disease mainly refers to some diseases in the pathogenesis and clinical manifestations of some diseases without obvious symptoms, but can cause some damage to the human body, relying on modern medical means can clearly diagnose the digestive system diseases. It is more common in digestive tract diseases such as gastric polyps, intestinal polyps, HP infection, fatty liver, gallstones and so on. Western medicine often takes oral medicine or does not treat this type of disease, but long-term oral western medicine not only has side effects, but also consumes money and energy. Because patients with asymptomatic digestive system diseases have no obvious discomfort and concealment, if they are not intervened, there is a potential risk, some gastric polyps and intestinal polyps have the risk of canceration. Modern medicine detects gastric and intestinal polyps under microscope and carries out endoscopic treatment according to the size and shape of polyps. Cholecystolithiasis can be treated by surgery according to its size and location. HP infection can be eradicated by quadruple therapy, but this type of disease still has the possibility of recurrence after effective treatment. Therefore, through the way of physical identification to intervene, fundamentally change the physical quality of patients, and provide new ideas for the treatment and prevention of asymptomatic digestive system diseases.

There are no related disease names and records of asymptomatic spleen and stomach diseases in ancient books of traditional Chinese medicine. Tracing back to the ancient books and according to their asymptomatic characteristics, they can be classified as "non-onset" and "desire disease" [1]. The so-called "no onset" here is actually the existence of premonitory minor diseases, that is, the stage in which the symptoms are not obvious and the disease is mild, similar to the "desire disease" mentioned by Sun Simiao in the Tang Dynasty. In this case, timely detection, early diagnosis and treatment undoubtedly plays a decisive role.

2. The Origin and Development of the Constitution of Traditional Chinese Medicine

The physique theory of traditional Chinese medicine originates from the *Internal Classic*. *Lingshu on pain* records that "the strength of muscles and bones, the brittleness of muscles, the thickness of skin, and the density of tenderness are different." This is the earliest exposition of physique-related phenomena [2]. Although Zhang Zhongjing's Theory of febrile and Miscellaneous Diseases in the Eastern Han Dynasty did not clearly put forward the concept or type of "physique", from his medical thought, the occurrence of the six diseases of typhoid fever is the six pathological manifestations caused by the interaction between different types of physique and disease pathogens; during the Ming and Qing dynasties, physicians further combined physique with febrile disease, such as Wu Jutong, pointing out that warm-heat diseases can easily lead to yin deficiency. Modern doctors systematically sort out the physique theory of traditional Chinese medicine and believe that physique is a comprehensive, relatively stable and unique inherent characteristic of physiological function, psychological characteristics and morphological structure formed in the process of human life activities [3]. Professor Wang Qi combines *Inner Canon of Huangdi*, According to the changes of qi, blood and body fluid, yin and yang, the theory of nine points of constitution is put forward [4]. The constitution is divided into peace, qi deficiency, yang deficiency, yin deficiency, phlegm-dampness, dampness-heat, blood stasis, qi depression and special nature. The difference of human viscera, yin, yang, qi and blood is comprehensively reflected in the difference of physique, which determines the individual susceptibility to disease and the occurrence, development, outcome and prognosis of the disease.

3. What is Body Differentiation and Treatment

Body differentiation and treatment [5], that is, taking people's

physique as the cognitive object, grasping the overall elements and individual differences of health and disease from the physical state and the characteristics of different physique classification, formulating the principles of prevention and treatment, and choosing the corresponding methods of treatment, prevention and health preservation, so as to carry out intervention measures of "adapting measures to personal conditions" [6]. That is, through physical identification, correct the physique biased state, eliminate individual susceptibility to some causes and diseases, and curb a certain tendency in the course of disease transmission, so as to achieve the purpose of treating diseases. As the saying goes: "the yin and yang of evil changes with the yin and yang of the human body." That is to say, those who suffer from yin and yang decline are more from cold after suffering from evil, while those who suffer from yin and yang decline are more from heat after suffering from evil. Ni Yuanyuan [7] when discussing the TCM treatment of pulmonary nodules based on disease differentiation and body differentiation, they expounded the relationship between the pathological factors of pulmonary nodules and the physique of pulmonary nodules, and discussed the types of physical susceptibility and the causes of physique bias of pulmonary nodules. According to the physical types of susceptible people with pulmonary nodules, combined with pathological factors and patients' tongue and pulse, the idea of clinical diagnosis and treatment with adjustable physique was put forward. If the treatment of asymptomatic digestive system diseases with traditional Chinese medicine can be combined with the adjustment of physique, considering both evil and positive sides as a whole, combined with body differentiation and treatment, through conditioning physique and individual treatment, it may be a new way for traditional Chinese medicine to treat asymptomatic digestive system diseases.

4. Clinical Study of Physique Theory on Asymptomatic Spleen and Stomach Diseases

Physique is the basis of syndrome differentiation, which determines the type of syndrome, and the treatment of syndrome is also the adjustment of physique bias. Therefore, in the treatment of asymptomatic digestive system diseases, focusing on the susceptible constitution of the disease, can effectively guide the treatment of the disease. The main susceptible types of asymptomatic spleen and stomach diseases were phlegm-dampness, qi deficiency, yang deficiency and yin deficiency [8.9.10.11.12.13]. In order to improve the physique bias and treat the disease, this paper discusses the causes of common pathological constitution, the type of constitution and the prescription of treatment in patients with asymptomatic spleen and stomach disease.

4.1 Pathological Causes of Asymptomatic Spleen and Stomach Diseases

4.1.1 voxel factor

The spleen and stomach is the official of the granary, mainly receiving and transporting water valleys, if the plain body is weak in the spleen and stomach, weak in the rise and fall of Zhongjiao, dereliction of duty, poor qi, easy to form qi deficiency constitution; or lack of yang deficiency, middle coke deficiency and cold, loss of its warm nourishment; or

lack of congenital endowment, acquired disorder, overwork, and chronic disease can cause spleen weakness, spleen yang deficiency, easy to form yang deficiency constitution.

4.1.2 Dietary factors

Drinking such as pulp, it is easy to form a hot and humid constitution.

4.1.3 emotional factors

Worry and exasperation, injury of the liver and spleen, loss of diarrhea of the liver, transversal invasion of the stomach, loss of health movement of the spleen, stomach qi block, easy to form qi depression constitution; liver qi depression for a long time, can not only cause injury to fire and turn yin, but also lead to blood stasis, easy to form blood stasis constitution.

4.1.4 Environmental factors

Man is unified with nature and environment, and man's physical longevity is also closely related to the climatic conditions and meteorological factors of the region in which he lives. According to the geographical conditions of our country, there are more damp and hot in the south and cold and dryness in the north, which is easy to form the constitution of yang deficiency.

4.2 Susceptible Physique Types of Asymptomatic Spleen and Stomach Diseases

4.2.1 phlegm-dampness: phlegm-dampness is a physical condition characterized by stickiness and heavy turbidity.

The lung governs the descending, the kidney governs the gasification, the spleen governs the movement, the liver governs the catharsis, and the Sanjiao Tongtong regulates the waterway. Any imbalance of viscera function can lead to the stagnation of water, wet accumulation of phlegm. Phlegm-dampness endogenesis, spleen and stomach movement dull, can not transport water-dampness, can lead to dumbness, ruffian and other diseases, phlegm-dampness constitution common body obesity, abdominal fat, phlegm, easy to sleepy, body weight, like eating fat, fat and thick taste, fat tongue, white and greasy tongue coating, tooth marks on the edge, pulse slippage and so on. The main treatment is dryness and dampness and resolving phlegm. Song Yinfang [14] made a comparative analysis of non-alcoholic fatty liver with phlegm-dampness constitution, while the control group was given ursodeoxycholic acid tablets. The observation group was treated with self-made Xiaozhi Quzhuo recipe (bran frying 10g, Poria cocos 10g, lotus leaf 10g, tangerine peel 10g, Hawthorn 10g, gynostemma pentaphyllum 10g, salvia miltiorrhiza 15g, turmeric 10g). After less treatment with drugs for promoting blood circulation and removing blood stasis, the results showed that the prescription could effectively improve the degree of liver tissue degeneration and promote the recovery of normal liver physiological function. Li Yawen [15] and others chose the prescription of resolving phlegm, removing dampness and soothing the liver (winter melon seed 30g, Coix seed 30g, alisma alisma 30g, Reed root 15g, fried gardenia 15g, Pinellia ternata 15g, tangerine peel 15g, Chuanxiong 15g, calcined oyster 15g,

calcined keel 15g, fried malt 15g, peach kernel 10g, Zhejiang Fritillaria 10g) combined with simvastatin. It is concluded that the improvement of liver function and serum indexes in the combination of traditional Chinese and western medicine group is significantly better than that in the simvastatin group, and the short-term effect is significant, which can improve liver function and lipid metabolism and reduce liver fat content. Zhu Lijuan [16] and others selected non-alcoholic fatty liver patients with phlegm-dampness resistance to explore Qinggan Xiaozhi prescription (Poria 12 g, vinegar Bupleurum 15g, Coix seed 10g, Astragalus 9g, Radix Paeoniae Alba 15g, Xiangfu 10g, Hawthorn 15g, Pinellia ternata 10g, Yinchen 30g, licorice 3G) combined with compound glycyrrhizin achieved a good curative effect, and the score of TCM syndrome was significantly reduced, and the total effective rate of treatment was as high as 90.32%.

4.2.2 Qi deficiency: Qi deficiency is a physical state characterized by low breath and low function of Zang-fu organs.

Qi is not only one of the basic substances that constitute the human body, but also the driving force to promote and regulate the functional activities of Zang-fu organs, thus playing a role in maintaining the process of life. Therefore, the "eight difficulties" said: "Qi, the root of human beings." "the classics of health" also said: "the existence of human beings all depends on this spirit." Qi deficiency is mostly due to eating disorders, or excessive fatigue damage to the spleen and stomach, or consumption of temper after a long illness, spleen and stomach movement disorder, qi deficiency constitution is often caused by low pronunciation, shortness of breath, lazy speech, easy to fatigue, low spirits, it is easy to sweat, the tongue is light red, there are tooth marks on the edge of the tongue, weak pulse and so on. The main treatment is replenishing qi and invigorating the spleen. Shan Tielian [17] and others selected Xiangsha Liujunzi decoction (Amomum villosum 10g, wood incense 10g, Atractylodes macrocephala 10g, Poria cocos 10g, tangerine peel 12g, Codonopsis pilosula 15g, licorice 6g, Pinellia ternata 8g) combined with Rabeprazole enteric-coated tablets to treat chronic superficial gastritis of spleen and stomach qi deficiency type. After one month of treatment, 16 cases were significantly effective and 13 cases were effective in the study group, and the total effective rate was as high as 96.67%. Significantly improve the clinical treatment effect. Qu Shufang [18] Sijunzi decoction (ginseng 9g, Atractylodes macrocephala 9g, Poria 9g, grilled licorice 6g) was used to analyze the curative effect of patients with spleen and stomach qi deficiency, and the control group was given routine treatment according to the actual condition. On the basis of routine treatment, the intervention group was treated with Sijunzi decoction according to the needs of the disease. After 2 weeks of treatment, 59 of 64 patients were treated. The efficiency can reach 92.2%. The effective rate of Sijunzi decoction is significantly higher than that of the conventional treatment group (73.4%). Thus it can be seen that Sijunzi decoction has a very significant effect in the treatment of spleen and stomach qi deficiency syndrome, which can effectively improve the clinical symptoms of patients and achieve good therapeutic effect. Qiu Junxin [19] and others explored the effect of Yiqi Fuyuan ointment on the clinical efficacy of patients with qi deficiency and objective indexes

such as tongue and pulse, they first identified the TCM physique of the two groups of subjects. The images of tongue diagnosis were collected, and the changes of objective indexes of tongue color and fur color were analyzed by HSV and LAB color model. It was concluded that except for the factor of quiet and lazy speech, the symptom factors and scores of qi deficiency in the treatment group were significantly lower than those in the control group. It is proposed that the analysis of tongue image objective index by HSV and LAB color model can reflect the improvement of tongue image after intervention, which can provide reference for the further study of objective curative effect evaluation method of TCM physique conditioning.

4.2.3 Yang deficiency: the physical state of Yang deficiency is mainly characterized by the deficiency and decline of Yang qi and the loss of warmth.

Kidney yang is the yang of the body, which promotes and warms the viscera and tissues of the body. The common symptoms of Yang deficiency constitution are pale complexion, body fatigue, cold limbs, edema of limbs, fat and tender edges of tongue, pale fur, weak pulse and so on. The main treatment is warming and tonifying kidney yang. When Bi Jianlu [20] et al treated Yang deficiency constitution, Guifu Dihuang Pill was used for clinical observation, the control group was given lifestyle intervention, and the observation group was selected Guifu Dihuang Pill on the basis of lifestyle intervention. After treatment, the scale scores of the observation group decreased significantly after 1 month of treatment and during the follow-up period (6 and 12 months) (P & It). The total score of HPLP-II in the observation group and the control group increased significantly after 1 month of treatment and the follow-up period of 6 and 12 months, which shows the feasibility of the adjustment of physique. Xu Jingjuan [21] in the research on the effect of Lingguizhugan decoction (Poria cocos 6g, cassia twig 4.5g, Atractylodes macrocephala 3G, licorice 3G) on spleen-yang deficiency syndrome of non-alcoholic fatty liver disease, it was found that Lingguizhugan decoction could only significantly improve the TCM syndrome of the subjects with NAFLD spleen-yang deficiency syndrome, but could not improve the IR of the subjects. In the subjects of obese NAFLD with spleen-yang deficiency syndrome, it was found that low-dose Lingui Zhugan decoction could improve the IR and spleen-yang deficiency syndrome. Yuan Xiaomin [22] modified du moxibustion combined with acupuncture was used to regulate the sub-health state of yang deficiency and observed. After treatment, the Yang deficiency scale, FS-14 and PSQI scores of the two groups decreased, and the decrease in the treatment group was more obvious than that in the control group. It shows that changing the constitution of traditional Chinese medicine can adjust the physique bias of the human body and effectively improve the quality of life.

4.2.4 Yin deficiency: the physical state of Yin deficiency characterized by internal heat and dryness of the body.

Clinical Guide Medical record Volume II says, "Yangming dry soil, get Yin self-peace, this spleen likes dryness." the stomach is soft and moist ", Yin deficiency is common in the five hearts, flushing, thirst and cold drinks, dizziness and tinnitus, poor sleep, red tongue, less fluid and less fur, pulse

strings or several, and so on. The main treatment is to nourish kidney yin. Fan Yuan [23] and others selected self-made Dendrobium Yangyin decoction (ginseng 10g, Ophiopogon 10g, Pinellia ternata 10g, dried ginger 10g, Scutellaria baicalensis 10g, bergamot 10g, tangerine peel 10g, Dendrobium 15g, Atractylodes macrocephala 15g, cuttlefish 15g, Coptis 6g, Baikong Hou 5g, Evodia 4g, grilled licorice 5g) combined with western medicine, and the control group was treated with oral omeprazole and ranitidine for one month. The total effective rate of the observation group was 93.10%, which was higher than that of the control group (78.95%). There was a statistically significant difference between the two groups. Zhu Feng [24] when studying the efficacy of Yin deficiency Weitong granule combined with Triple Therapy in the treatment of Yin deficiency chronic gastritis, Zhu Feng pointed out that Yin deficiency Weitong granule is a proprietary Chinese medicine for nourishing yin and clearing lung, nourishing stomach yin, nourishing stomach and promoting fluid. Previous studies have shown that this medicine is effective in relieving stomachache and inhibiting Hp infection, and in the course of this study, symptoms such as epigastric pain, dry stool and dry mouth and tongue were significantly alleviated in the traditional Chinese medicine group. The total effective rate was 95.0%, while that of the western medicine group was only 62.5%. Zhu Lijuan [25] et al used Ziyin Runchang decoction (on the basis of Yunu decoction and Wuren decoction: raw gypsum 15g, raw place 15g, cooked ground 15g, Radix scrophulariae 15g, Radix Ophiopogonis 12g, peach kernel 15g, hemp seed 15g, almond 10g, cypress kernel 15g, Yu plum kernel 15g, Achyranthes bidentata 9g, tangerine peel 9g, licorice 6g) and the curative effect was observed and analyzed. The treatment of traditional Chinese medicine is the method of nourishing yin and clearing heat, moistening intestines and relieving defecation, which is based on syndrome differentiation and combined with disease differentiation, which can effectively relieve symptoms and improve the performance of colonoscopy, and can effectively reduce the occurrence of precancerous lesions that may be associated with colonic Melanosis and reduce the rate of surgical treatment.

5. Body Differentiation to Prevent Asymptomatic Spleen and Stomach Diseases

According to the susceptible types of asymptomatic spleen and stomach diseases, preventive suggestions are put forward. People with phlegm-damp constitution [26] should develop good eating habits, avoid eating things that are fat, sweet and cold, quit smoking and drinking, and usually eat more ginger. More vegetables, fruits and other foods rich in fiber and vitamins to keep defecation smooth and normal. Because "spleen is the source of phlegm, lungs are the storage of phlegm", avoid wading in the rain, live in wetlands for a long time, pay attention to keep warm, prevent exogenous cold and dampness from hurting the spleen, and pay attention to dampness prevention during the plum rain season. People with qi deficiency constitution [27] should usually eat more foods that replenish qi and benefit qi, are easy to digest and taste sweet, such as jujube, yam, longan meat, etc., and avoid cold, greasy and thick food that consume the spleen and stomach. Life adjustment should be achieved sometimes, to avoid the evil of wind and cold, "labor leads to gas consumption" People with Yang deficiency physique [28]

should eat more food to keep the body warm: flour, sorghum, glutinous rice, etc.; mutton, beef, chicken, etc.; grass carp, crucian carp, fish; leek, mustard, coriander, etc.; walnuts, pine nuts, cashew nuts; litchi, longan, peaches and so on. Also want to eat some cooked radish, cabbage, celery, green vegetables appropriately, in order to avoid taking supplements too much and getting angry. People with Yin deficiency constitution [29] usually take some nourishing Yin liquid and cool and moisturizing food, such as glutinous rice, Tremella fuciformis, sugar cane, pear, lily, yam, Chinese wolfberry, Ophiopogon, soft-shelled turtle, turtle meat, sea cucumber, Ejiao and so on. Avoid food, spicy, irritating, articles that are warm and fragrant, fried and fried; eat less food that is too warm and hot, so as not to damage human vaginal fluid.

6. Summary

According to the clinical intervention of identifying physique on asymptomatic spleen and stomach disease, keeping the human body in a peaceful state through physical identification and nursing before the occurrence of the disease can effectively prevent it from changing to biased physique, which is of great significance to the prevention and treatment of the disease. This embodies the theory of "seeking the root of the disease" and "treating the disease without disease" in traditional Chinese medicine. Thus through the identification of physical fitness to intervene, can fundamentally change the physique of patients, from the source to reduce the recurrence of disease. However, due to the lack of published articles on syndrome differentiation and treatment, there is no clear data to support, it is necessary to further explore, and it is necessary to further explore the clinical manifestations of patients after treatment to maintain the effectiveness and long-term effect. Therefore, if we only pay attention to symptomatic treatment, ignoring the relationship between the whole and the disease, it will be difficult to meet the requirements of disease treatment. This paper discusses the intervention and therapeutic effect of combination of physique and physical differentiation on asymptomatic spleen and stomach diseases, so as to provide new ideas for physical differentiation and treatment.

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