

Discussion on the Progress of Research on Chinese Medicine Characteristic Treatment of Constipation

Yuan Liu¹, Jiehong Wang^{2*}

¹The First Clinical Medical College of Shaanxi University of Chinese Medicine, Xianyang 712046, Shaanxi, China

²Department of Gastroenterology, Affiliated Hospital of Shaanxi University of Chinese Medicine, Xianyang 712000, Shaanxi, China

*Correspondence Author

Abstract: Constipation is a disease characterized by a constellation of symptoms, and its occurrence and development significantly impact the physical and mental health of the public. Traditional Chinese Medicine (TCM) posits that constipation is classified into patterns of Deficiency and Excess. The disease location is in the Large Intestine, and it is intimately linked to the smoothness of Qi movement, transformation, and transportation in the Five Zang and Six Fu organs. Current research and analysis on constipation indicate that TCM demonstrates remarkable efficacy in its treatment. This paper systematically integrates diverse TCM treatments for constipation through the summarization and analysis of recent relevant literature. Taking the characteristics and advantages of TCM as the starting point and combining them with modern TCM therapeutic methods, it aims to provide diagnostic and therapeutic insights for the clinical management of constipation.

Keywords: Constipation, TCM Treatment, Characteristic Therapies, Efficacy Evaluation.

1. Introduction

Constipation, as a common gastrointestinal disorder, causes significant distress to the public. With societal development and progress, work patterns have undergone substantial changes. Prolonged sedentary behavior among some populations leads to slowed systemic blood circulation and basal metabolic efficiency, resulting in declining physical function and an increased risk of constipation. Furthermore, current economic growth has elevated living standards, altering environmental and dietary preferences. Some individuals favor fried, pungent, and stimulating foods, leading to gastrointestinal dysfunction and a decline in the body's transformation and basal metabolic levels. Additionally, some people habitually suppress the urge to defecate, which increases the incidence of constipation. Nowadays, people increasingly value physical health and recognize the characteristics of constipation. Relying solely on Western medicine may alleviate symptoms but cannot fully regulate the body. Only through the unique therapies of TCM can the body be restored to a balanced state.

Academic research on the characteristic TCM treatment of constipation is abundant both domestically and internationally, with a vast number of published articles. This paper aims to synthesize the theories and methods of characteristic TCM treatment for constipation, facilitating the effective application of TCM characteristic theories in practice and deepening the research on constipation based on previous studies. The theme of this paper is to analyze the current situation of public digestive symptoms. Through comparative analysis, it identifies prevalent issues among the public and proposes countermeasures. It can enhance public awareness of constipation, promote the work of clinical practitioners, and improve the widespread condition of constipation. The research in this paper can provide valuable references for relevant clinical practitioners and the general public, thus possessing practical significance.

As a common disease, the development of characteristic TCM treatments for constipation has garnered significant attention from the international medical community. Numerous medical experts have elucidated the mechanisms of constipation from various perspectives, including Yin-Yang theory, the theory of Qi ascending and descending, and the theory of Qi, Blood, and Body Fluids. During the Eastern Han Dynasty, Zhang Zhongjing referred to constipation as “Spleen binding” (Pi Yue), “Yin constipation” (Yin Jie), and “Yang constipation” (Yang Jie) [1]. He established formulas such as bitter-cold purgative Chengqi-type formulas (e.g., Dachengqi Decoction), Yin-nourishing and intestine-moistening Maziren Pills (Hemp Seed Pills), and Qi-regulating and downward-dredging Houpo Sanwu Decoction. These formulas are still widely used in clinical practice today. Currently, Wang Cui et al. proposed systematically differentiating constipation based on the theory of Qi, Blood, and Body Fluids: first differentiating Qi, Blood, and Body Fluids, then differentiating Deficiency and Excess. Considering the constitutional characteristics of different clinical populations and differentiating the involved organs and pathological factors based on accompanying symptoms, they conduct comprehensive analysis and research for precise pattern differentiation. Combined with moistening laxative herbs, they achieve favorable therapeutic outcomes [2]. Many scholars also analyze and compare the different efficacies of formulas from various classical and empirical prescriptions, selecting formulas more suitable for clinical patients to regulate their physical and mental state from multiple aspects. Yu Jingling et al. believe that White Peony Root (Baishao) and Licorice (Gancao) possess certain laxative effects. White Peony Root can remove blood stasis and break up hard accumulations, thereby exerting a laxative function; Licorice can detoxify and promote bowel movements, eliminating toxins from intestinal waste. They advocate that Shaoyao Gancao Decoction (Peony and Licorice Decoction) can produce significant effects in relieving constipation [3]. These perspectives discuss the unique therapeutic role of TCM from

different angles, integrating theory with clinical practice into the research content.

2. Theoretical Elaboration of Constipation

Constipation refers to a clinical syndrome characterized by abnormal transmission in the Large Intestine, leading to prolonged intervals between bowel movements, or normal intervals but with dry, hard stools that are difficult to pass, or stools that are not hard but accompanied by frequent urges to defecate with difficulty in evacuation or other discomforts [4]. It is a common chronic gastrointestinal disorder worldwide. TCM has various historical records for constipation based on different etiologies and symptoms, such as “difficult defecation” (Dabian Nan), “hindering discharge” (Hou Bu Li), “Yang constipation” (Yang Jie), “Yin constipation” (Yin Jie), and “bowel obstruction” (Dabian Bu Tong) [5]. The *Suwen·Ju Tong Lun* (Plain Questions · On Pain) mentions: “When Heat Qi flows into the Small Intestine, it causes pain in the Small Intestine; then the stools become hard and dry and cannot be discharged, hence causing pain and obstruction” [6]. Later, Zhang Zhongjing proposed different mechanisms for constipation based on Cold, Heat, Deficiency, and Excess. During the Ming and Qing dynasties, Zhang Jiebin classified constipation into Yin constipation and Yang constipation, proposing that constipation with Fire is Yang constipation, while without Fire is Yin constipation. Modern renowned physicians have conducted clinical research based on their predecessors, integrating TCM theories of constipation with Western concepts of functional constipation and organic constipation, thereby achieving improvements and enhancements in clinical therapeutic outcomes.

Constipation can manifest as an independent disease or accompany other symptoms. As a digestive system disorder, its occurrence is typically closely related to the entire digestive system and also associated with systemic diseases such as diabetes and lead poisoning; or due to long-term use of certain medications, such as opioid analgesics and gastric mucosal protective agents—this type of constipation usually improves or resolves after discontinuation of the drug for a period; or due to lifestyle factors, improper diet (e.g., overly refined food, low water intake), poor routines (e.g., frequent late-night work, excessive mental stress), all of which can affect the normal intestinal function and rhythm, disrupt regular bowel habits, and ultimately lead to constipation.

3. The Characteristic TCM Therapies for Constipation

3.1 Chinese Herbal Formulas

The characteristic of using Chinese herbal formulas lies in the holistic analysis based on the patient's physical and mental state after diagnosis through inspection, auscultation and olfaction, inquiry, and palpation. Treatment is based on pattern differentiation. Although formula names may be the same, the specific herb combinations vary according to individual characteristics, making each patient's prescription unique. Ye Tianshi commonly used combinations for treating constipation such as: “Trichosanthes Peel (Gualoupi) and Bitter Apricot Seed (Kuxingren)”, “Trichosanthes Peel (Gualoupi), Curcuma Root (Yujin), and Bitter Apricot Seed

(Kuxingren)”, “Curcuma Root (Yujin) and Bitter Apricot Seed (Kuxingren)”, “Biota Seed (Baiziren) and Chinese Angelica (Danggui)”, “Bush Cherry Seed (Yuliren) and Chinese Angelica (Danggui)”. It can be deduced that Ye Tianshi emphasized opening the Lung in treating constipation, combined with pungent-moistening herbs to promote bowel movement, while also valuing bitter-cold purgation; for chronic conditions, he supplemented with blood-activating and collateral-dredging herbs [7]. Based on the theory of the exterior-interior relationship between the Lung and Large Intestine, many physicians approach constipation treatment from the perspective of diffusing Lung Qi. If Lung Qi fails to properly descend, it can cause stagnation of Qi movement in the Large Intestine and dysfunction in transmission, resulting in constipation. According to the theory of the Five Zang and Six Fu organs, combined with pattern differentiation to classify constipation syndromes, formulas can be composed by adding herbs specific to the affected organ(s), thereby coordinating the Qi movement of the Zang-Fu organs, which is more conducive to constipation treatment.

Maziren Pills (Hemp Seed Pills) primarily treat the “Spleen Binding” pattern, i.e., Heat constipation. The *Shanghan Mingli Lun* (Clarified Treatise on Cold Damage) states: “The Spleen governs the movement of fluids for the Stomach. If the Stomach is strong and the Spleen is weak, the fluids are constrained and cannot be distributed to the four directions, but are only transmitted to the Bladder, leading to frequent urination and hard stools; hence it is called Spleen binding” [8]. This means gastrointestinal Dry-Heat disrupts the Spleen's function of transportation and transformation, impairing its role in moving fluids. The Large Intestine lacks fluid nourishment, causing dry, hard stools and constipation. Maziren Pills function to moisten the intestines, drain Heat, move Qi, and promote bowel movements, specifically treating this type of constipation. Its fundamental pathogenesis is Stomach Heat. Constipation patterns can be differentiated into Yin and Yang constipation. This type of gastrointestinal Heat accumulation constipation belongs to Yang constipation. The formula consists of Hemp Seed (Huomaren), Rhubarb (Dahuang), Immature Bitter Orange (Zhishi), Magnolia Bark (Houpo), Apricot Seed (Xingren), White Peony Root (Baishao), and Honey (Fengmi). It incorporates Xiao Chengqi Decoction (Minor Qi-Coordinating Decoction) to gently purge Heat accumulation, combined with moistening, oily fruit/nut kernels, and uses honey to benefit Yin and moisten the intestines, enabling the whole formula to purge downwards without damaging healthy Qi. It can be applied to both Deficiency and Excess constipation. Flexible modification and application of Maziren Pills based on the patient's specific clinical manifestations make it an excellent formula for treating habitual constipation.

The classical formula Dachengqi Decoction (Major Qi-Coordinating Decoction), as a fundamental cold-purging formula, treats the Yangming Fu-organ Excess pattern. Its indications are summarized by the four characters: “stuffiness” (Pi), “fullness” (Man), “dryness” (Zao), and “excessiveness” (Shi). Dry-heat feces accumulate in the intestines, intense Heat rapidly consumes body fluids. It is characterized by no bowel movement for several days, epigastric and abdominal distension, fullness and pain, a yellow, thick, and dry tongue coating, and a deep, rapid, and forceful pulse [9]. It requires

drastic purging of Heat accumulation to prevent aggravation of the condition. Depending on the severity of the patient's constipation, the formula can be modified, giving rise to variations such as Xiao Chengqi Decoction (Minor Qi-Coordinating Decoction) and Tiaowei Chengqi Decoction (Stomach-Regulating Qi-Coordinating Decoction). Numerous formulas can achieve good efficacy through appropriate combinations, alleviating patients' suffering.

There are also discussions on constipation treatment methods from different perspectives. According to the two guiding principles of Deficiency and Excess, Excess constipation includes Cold constipation, Heat constipation, and Qi constipation; Deficiency constipation includes Qi Deficiency constipation, Blood Deficiency constipation, Yin Deficiency constipation, and Yang Deficiency constipation. Cold constipation can be treated with modified Dahuang Fuzi Decoction (Rhubarb and Aconite Decoction); Heat constipation can be treated with Dachengqi Decoction or Maziren Pills; Qi constipation can be treated with modified Liu Mo Tang (Six Milled-Herbs Decoction); Qi Deficiency constipation can be treated with modified Huangqi Decoction (Astragalus Decoction); Blood Deficiency constipation can be treated with Runchang Wan (Intestine-Moistening Pills) or Wuren Wan (Five Kernels Pills); Yin Deficiency constipation can be treated with modified Zengye Tang (Fluid-Increasing Decoction); Yang Deficiency constipation can be treated with modified Jichuan Jian (River-Ferry Decoction). Many researchers believe that when applying TCM to treat constipation, one should not be confined to purging Excess or dispelling Pathogenic Factors but should also consider supplementing Deficiency. Based on pattern differentiation, appropriate methods like supplementing Qi, nourishing Blood, enriching Yin, and warming Yang should be employed. Qi, Blood, Yin, and Yang are the fundamental nourishing substances of the body. Their insufficiency puts the body in a state of imbalance, leading to dysfunction of Large Intestine transmission and resulting in constipation. Prolonged imbalance increases the body's burden, forming long-term habitual constipation. Careful consideration and analysis of the relationship between herb properties and the disease condition are needed during formula composition to prevent excessive dispelling of Pathogenic Factors from damaging healthy Qi or inappropriate supplementation from aiding the Pathogenic Factors and worsening the condition. An appropriate balance between purging Excess and supplementing Deficiency is crucial.

3.2 TCM Acupuncture and Tuina

Acupuncture, as a major characteristic external treatment method in TCM, possesses significant efficacy. Acupuncture treatment is fundamentally based on meridian theory. By utilizing needles, moxibustion, acupoint catgut embedding, and other means to stimulate meridians, acupoints, and tender points on the body surface, it achieves effects such as relaxing tendons and dredging collaterals, regulating Qi and Blood, and balancing Yin and Yang. This effectively regulates the body's Qi and Blood functions, thereby promoting gastrointestinal motility, alleviating symptoms, and treating the disease [10]. It has a good regulatory effect on the overall body state, is generally well-accepted by patients, and is an indispensable part of the characteristic TCM treatment for

constipation.

(1) Acupuncture treatment for constipation follows the principles of regulating the stomach and intestines and moving stagnation to promote bowel movements. Effective acupuncture on relevant acupoints such as the patient's Shangjuxu (ST37), Sanyinjiao (SP6), Tianshu (ST25), etc., can achieve regulation and balance of the functions of various Zang-Fu organs, while also effectively dredging the Qi of the Zang-Fu organs, ultimately achieving the therapeutic goal [11]. Furthermore, due to the unique characteristics of meridian pathways and connections, other meridians, acupoints, or specific points can be incorporated based on need. Selecting bilateral Tianshu (ST25) can raise the clear and lower the turbid, free the Sanjiao (Triple Burner), and promote bowel movements to remove stagnation. Zhongwan (CV12), the Front-Mu point of the Stomach, has the function of harmonizing Stomach Qi and purging turbidity from the Fu organs [12]. Additionally, as different needle manipulation techniques can be applied, treatment should follow the principles of "supplementing Deficiency and draining Excess," "clearing Heat and warming Cold," "treating the root cause of disease," and "suiting treatment to the individual, time, and locality" for pattern-differentiated treatment [13].

Based on acupoint acupuncture, a series of treatment methods such as acupoint injection, acupoint catgut embedding, and acupoint application therapy have been developed. These methods can all be applied in the prevention and treatment of constipation patients and demonstrate good clinical effects.

Acupoint injection is a novel intervention combining TCM acupoint needling with modern medical techniques. It involves injecting medication into acupoints, allowing the drug to exert its effects via the meridian response. Different from acupuncture, the drug enters the meridian system, achieving a combination of meridian theory and local drug application theory [15]. Acupoint selection is usually based on the principles used for acupuncture treatment or on obvious tender points. The choice of injectable medication can be determined based on the pattern differentiation of the constipation type. This method combines drug therapy with acupoint stimulation, effectively relieving discomfort in constipation patients and demonstrating superior clinical efficacy compared to traditional acupuncture therapy.

Acupoint catgut embedding involves placing absorbable surgical sutures into acupoints to induce a Deqi sensation (soreness, numbness, distension, pain). It utilizes the continuous stimulating effect of the thread on the acupoint to prevent and treat diseases, characterized by simplicity of operation and long-lasting effects [16]. Research has employed the Lower He-Sea point and Front-Mu point of the Large Intestine for treating functional constipation [17]. Acupoint catgut embedding therapy for functional constipation has confirmed efficacy, is economical and time-saving, making it suitable for working populations unable to receive regular treatment, the elderly, and individuals with mobility difficulties. It simultaneously compensates for the shortcomings of acupuncture, such as short duration of effect and frequent treatment sessions. Its high clinical safety and patient acceptance make it worthy of widespread application [18].

Acupoint application therapy refers to applying medication to acupoints to prevent and treat diseases through the combined action of the drug and the acupoint. It has anti-inflammatory, analgesic, blood-activating, and Qi-moving effects. Belonging to the category of TCM external therapies, its transdermal drug delivery route reduces potential gastrointestinal reactions associated with oral administration [19]. Through the action of the acupoints and medication, it promotes the balance and restoration of the body's Qi, Blood, Yin, and Yang, regulating normal gastrointestinal transmission function. Commonly selected acupoints include Shenque (CV8), Tianshu (ST25), Dachangshu (BL25), and Zhigou (TE6). Drugs often chosen are purgative herbs like Rhubarb (Dahuang) and Mirabilite (Mangxiao). Astragalus (Huangqi) and Codonopsis (Dangshen) can tonify the middle and augment Qi, assisting Rhubarb in expelling accumulations and promoting gastrointestinal motility to accelerate stool excretion; Chinese Angelica (Danggui) can moisten the intestines and promote bowel movements [20]. By differentiating the pattern type of constipation and selecting appropriate drugs and acupoints for application, it can exert excellent clinical preventive and therapeutic effects.

(2) Moxibustion has the functions of warming the meridians and dispelling cold, conducting heat outward, preventing disease, and preserving health. It is generally more commonly used for treating Deficiency constipation and Cold constipation. Applying moxibustion to specific acupoints using certain techniques can alleviate the disease and achieve the key goal of treating the root cause. Moreover, various moxibustion devices have been developed, enabling constipation patients to use them daily to prevent or relieve constipation-related discomfort. To date, there are multiple moxibustion methods. Sun Pengyun and Xu Yali [21] summarized them into simple moxibustion methods (herb-partitioned moxibustion, heat-sensitive moxibustion, Tianjiu / natural moxibustion) and moxibustion combined with other therapies (combined with regular acupuncture, combined with warm needling, combined with acupoint application therapy, combined with auricular point pressing, etc.).

(3) Tuina therapy involves the practitioner applying specific force and techniques such as pushing, grasping, pressing, rubbing, kneading, and pinching on the patient's body surface along meridians and acupoints. According to current research, tuina techniques primarily stimulate the body's nerves and muscles to restore the body's own functioning. This method is more suitable for patients with habitual constipation. It effectively dredges the body's meridians, regulates the balance of Yin and Yang and the functions of the Zang-Fu organs, achieving the effect of supporting healthy Qi and dispelling pathogenic factors [13]. For example, during leisure time, one can frequently massage abdominal acupoints such as Zhongwan (CV12) and Tianshu (ST25). One can also place the palm over the center of the umbilicus and massage clockwise around the navel towards the abdomen. External massage movements promote internal intestinal transmission. Abdominal tuina provides benign stimulation to the intestines, increasing peristalsis, which is beneficial for stool expulsion and symptom relief [14]. These techniques are simple, comfortable, and can benefit a wide range of constipation patients.

3.3 Preventive Care Based on the “Preventive Treatment” (Zhi Wei Bing) Concept

Disease prevention deserves attention from all members of the public. Only by continuously adjusting the body's state in daily life can the occurrence and development of diseases be effectively avoided. The concept of “Preventive Treatment” (Zhi Wei Bing) emphasizes the importance of prevention and health regulation. TCM can play a significant role in the prevention and management of constipation.

Constitution is a determining factor in human disease onset. A biased constitution is the foundation of disease occurrence. The onset of constipation in the elderly may be influenced by predisposing constitutions [22]. Based on constitution theory, constitutions are divided into two major categories: Balanced constitution (Pinghe Zhi) and Biased constitutions (Qi Deficiency, Yang Deficiency, Yin Deficiency, Phlegm-Dampness, Dampness-Heat, Blood Stasis, Qi Stagnation, Inherited Special) – nine types in total [23]. For individuals with biased constitutions, one should avoid reinforcing the bias and supplement the deficiency. Those biased towards Yin should avoid Yin-Cold pathogenic factors and supplement their Yang weakness; similarly, those biased towards Yang should avoid Yang-Heat pathogenic factors and supplement their Yin deficiency; those with a balanced constitution should adapt to the seasonal predominance of cold, heat, Yin, or Yang. The predominance of body constitution also correlates with gender and age, hence special attention should be paid at different life stages.

The occurrence of constipation is related to dietary factors. Preventing constipation requires adhering to a diet rich in crude fiber, avoiding overly refined foods, and forming healthy dietary habits. Foods consumed should be rich in vitamins and crude fiber needed for intestinal nutrition. Vitamins are easily absorbed by the body, stimulate gastrointestinal peristalsis, simultaneously promote stool softening, and facilitate smooth bowel movements [24].

In TCM theory, although constipation manifests in the Large Intestine, it is closely related to the Zang-Fu organs, Qi and Blood, and mental state. This aligns with the modern biopsychosocial medical model. Modern research also recognizes the close relationship between constipation and emotional factors [25]. In today's society, people face immense pressures in various aspects, being preoccupied with studies, work, etc., leading to a sharp decrease in physical activity, lack of systemic neural stimulation, and slowed gastrointestinal motility. To address this, efforts should be made to adjust people's lifestyles and exercise habits, encourage national fitness, increase physical activity levels, and alleviate mental stress. Methods such as following exercise routines or jogging can be adopted.

Integrating TCM emotional regulation and care during treatment can effectively improve patient compliance with therapy. As long as the patient subjectively accepts it, TCM emotional care can be repeatedly performed [26]. In the practice of preventing and managing chronic constipation, the three principles of “preventing disease before it arises, preventing aggravation before it becomes severe, and preventing relapse after recovery” should be followed.

However, currently, under the guidance of the TCM “Preventive Treatment” concept, standardized and normalized protocols for different stages of constipation prevention are lacking. Therefore, future research directions should focus on organically integrating the “Preventive Treatment” concept with constipation prevention and control to form more comprehensive, standardized, and normalized protocols [27].

4. Conclusion

Although the clinical manifestations of constipation are largely similar, its etiologies and pathogenesis are diverse and relatively complex. TCM offers numerous unique methods for treating constipation. Combining these with the development of modern medicine can achieve significant improvements in therapeutic efficacy. As mentioned in this paper, Chinese herbal formulas have been a continuous thread throughout Chinese cultural history since ancient times, forming a remarkable legacy of Chinese medical history. However, many formulas, although passed down, have not been effectively utilized or researched; only some classic formulas are used. Physicians modify them based on local cultural and geographical characteristics, forming unique theoretical systems to maximize the utilization of Chinese herbal formulas in the clinical treatment of constipation. Simultaneously, it is observed that TCM hospitals, renowned physician clinics, and TCM practices widely apply acupuncture, tuina, acupoint application therapy, etc., in clinical treatment. Pediatric tuina is now highly popular among the public. For children experiencing diarrhea, constipation, or food stagnation, the rational application of tuina techniques can yield very significant therapeutic effects.

Although the use of acupuncture and tuina has developed, its audience remains relatively small. Therefore, the therapeutic methods of acupuncture should be explored at multiple levels and integrated with the development of modern technology and craftsmanship to form a development trend characterized by a wide audience, significant efficacy, simplicity, low cost, and proven effectiveness. Concurrently, TCM theory, especially the “Preventive Treatment” theoretical system and the holistic concept, should be continuously explored and promoted. Integrating TCM health regulation into every detail of life, understanding the significant from the subtle, and truly incorporating prevention as a priority into people’s lives can provide reasonable and effective theoretical and methodological support for public health regulation, thereby achieving the prevention, regulation, and treatment of constipation.

References

- [1] Wang YJ. Clinical Observation on Yin-Nourishing and Intestine-Moistening Formula for Treating Functional Constipation of Yin Deficiency Type [D]. Nanjing University of Chinese Medicine, 2019.
- [2] Wang C, Sun JH. Brief Analysis on the Treatment of Constipation Based on Qi, Blood and Body Fluids Pattern Differentiation [J]. Western Journal of Traditional Chinese Medicine, 2022, 35(03):133-136.
- [3] Yu JL, Zhang JH, Luo T, Lao MX. Analysis on the Laxative Function of Shaoyao Gancan Decoction [J]. Forum on Traditional Chinese Medicine, 2022, 37(02):4-6.
- [4] Zheng JG. Re-understanding of the Causes of Idiopathic Constipation and Strategies for Pattern Differentiation and Treatment [A]. Zhejiang Association of Integrated Traditional Chinese and Western Medicine, Quzhou Hospital of Traditional Chinese Medicine. Compilation of Materials for the 16th Annual Conference of the Anorectal Disease Professional Committee of Zhejiang Association of Integrated Traditional Chinese and Western Medicine and Provincial Continuing Education Course [C]. Zhejiang Association of Integrated Traditional Chinese and Western Medicine, Quzhou Hospital of Traditional Chinese Medicine: Zhejiang Association for Science and Technology, 2008:42-44.
- [5] Meng Y, Zhu PS, Jiao YJ, et al. Progress in TCM Treatment of Constipation [J]. Journal of Traditional Chinese Medicine Research, 2018, 31(12):69-73.
- [6] Liu SF. Research on TCM Acupoint Massage for Preventing Constipation after Stroke [D]. Hubei University of Chinese Medicine, 2014.
- [7] Luo Y, Ding Y, Wang RX. Analysis of Medication Rules for Constipation in *Linzhen Zhinan Yi'an* (Case Records as a Guide to Clinical Practice) [J]. Journal of Shandong University of Traditional Chinese Medicine, 2022, 46(01):86-90.
- [8] Chen C, Liu GS. Investigation and Analysis of Doubts Regarding Maziren Wan (Hemp Seed Pills) [J]. Journal of Beijing University of Traditional Chinese Medicine, 2022, 45(03):259-262.
- [9] Zhang BL, Wu MH. Internal Medicine in Traditional Chinese Medicine [M]. Beijing. China Press of Traditional Chinese Medicine, 2017.
- [10] Wu XS, Liu YD. Etiology, Pathogenesis and Acupuncture Treatment of Chronic Functional Constipation [J]. Journal of Practical Traditional Chinese Internal Medicine, 2021, 35(05):43-46.
- [11] Kuang XW, Zheng YX, Gong YJ. Analysis of Clinical Application Efficacy of Jichuan Jian (River-Ferry Decoction) in Elderly Patients with Chronic Functional Constipation [J]. Journal of Colorectal & Anal Surgery, 2019, 25(05):578-583.
- [12] Ren Z, Wu QM, Li DD, Liu WA, Li XR, Lin XM. Clinical Study on Regulating Qi and Unblocking Fu Organ Acupuncture for Post-stroke Constipation [J]. Journal of Traditional Chinese Medicine, 2013, 41(05):103-105.
- [13] Liu Y, Zhou HF. Suggestions for Standardizing TCM Treatment of Post-stroke Constipation [J]. Journal of Practical Traditional Chinese Internal Medicine, 2020, 34(12):52-56.
- [14] Zou BN, Yuan AY, Jin HM, Cheng L, Zhou ZH. Clinical Observation on Meridian Tuina for Treating Chronic Constipation in the Elderly [J]. Geriatrics & Health Care, 2022, 28(06):1342-1345.
- [15] Li W. Observation on the Efficacy of Acupoint Injection Combined with Abdominal Massage for Chronic Functional Constipation [J]. Clinical Medicine & Pharmacy Practice, 2022, 31(03):231-233.
- [16] Liu S, Lin N, Yin P, Xu SF. Research Overview on Acupoint Catgut Embedding for Functional Constipation [J]. Journal of Sichuan Traditional Chinese Medicine, 2021, 39(04):220-223.

- [17] Gu YZ. Clinical Study on Front-Mu and He-Sea Point Catgut Embedding for Functional Constipation [D]. Guangzhou University of Chinese Medicine, 2011.
- [18] Yin P, Gao WX, Xu SF. Clinical Observation on “Regulating Sanjiao and Unblocking Fu Organs” Method via Acupoint Catgut Embedding for Functional Constipation [J]. Shanghai Journal of Acupuncture and Moxibustion, 2016, 35(10):1206-1209.
- [19] Zhao LZ, Guo GY, Li WM, Jiang RX, Gao J. Evaluation of the Efficacy of Comprehensive General Practice Management for Functional Constipation in Community-Dwelling Elderly [J]. Chinese Journal of Medicine, 2015, 50(05):95-97.
- [20] Wang H, Xu BG, Dai LJ, Wang SL, Gu JL, Zhang JY. Observation on the Efficacy and Adverse Reactions of Chinese Herbal Acupoint Application for Senile Constipation [J]. Journal of External Therapy of Traditional Chinese Medicine, 2022, 31(03):36-38.
- [21] Sun PY, Xu YL. Brief Overview of Clinical Research on Treating Functional Constipation Primarily with Moxibustion [J]. Clinical Journal of Traditional Chinese Medicine, 2018, 30(04):765-767.
- [22] Huang CF, Liu R, Deng YQ, Zhang M, Ning YY, Nong YM. Analysis of Constitutional Factors in Constipation among the Elderly [J]. Nursing Research, 2023, 37(02): 347-350.
- [23] Zhang JY, Huang XF, Liu H. Relationship between Functional Constipation and Constitution [J]. Henan Traditional Chinese Medicine, 2021, 41(11):1718-1721.
- [24] Chen ZM, Zheng XF. Influence of Green Therapy with Symptomatic and Root Acupoints Combined with Special Diet on Patients with Functional Constipation [J]. Nursing Practice and Research, 2020, 17(23):151-153.
- [25] Zhao GP, Wang XQ, Zhang HP. Discussion on the Correlation between Emotional Factors and Functional Gastrointestinal Disorders [J]. Journal of Shanxi College of Traditional Chinese Medicine, 2015, 16(02):8-9+11.
- [26] Yin HZ, Chen HL, Chen HM, Shen LD, Zhao J. Clinical Observation on Biofeedback Therapy for Dialysis-Related Constipation Based on TCM Emotional Care [J]. Zhejiang Journal of Integrated Traditional Chinese and Western Medicine, 2019, 29(05): 383-385.
- [27] Fu JJ, Li WJ, Cheng GL, Ren Y, Li B, Zhang J, Zhang GM. Application of the “Preventive Treatment” Concept in the Prevention and Management of Chronic Constipation [J]. World Chinese Medicine, 2023, 18(02): 286-290.