

Progress in the Treatment of Chronic Atrophic Gastritis with Depression and Anxiety

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Abstract: *Chronic atrophic gastritis (CAG) is a common chronic deficiency disease in the gastroenterology department. Its disease is located in the stomach, involving the two viscera of the liver and spleen. The incidence is related to seven emotions, with a long course of disease and easy to repeat. And depression, anxiety is mainly caused by excessive thinking, "thought hurt the spleen", directly affect the spleen transport, aggravated CAG repeated attacks, accelerated CAG to gastric cancer transformation process, affecting the quality of life and life cycle of patients. The studies on CAG associated with depression and anxiety are few and not deep. Trying to talk about CAG with depression and anxiety from the "spleen main thought" of traditional Chinese medicine is conducive to the prognosis of the disease, and at the same time guide the clinic and enrich the theory.*

Keywords: Chronic atrophic gastritis, Depression and anxiety, Review.

1. Introduction

Chronic atrophic gastritis (CAG) is a disease [1] in which gastric mucosal epithelium is damaged by various internal and external factors, resulting in the atrophy or even disappearance of the inherent glands of the mucosa. The clinical manifestations of CAG have no obvious specificity, and can be manifested as recurrent abdominal discomfort, dyspepsia, pain, fullness and other gastrointestinal symptoms [2].

With the increasing pressure of life and work, mental and psychological health problems are increasingly common in modern people. More and more studies have shown that mental and psychological stress plays an important role in the pathogenesis of CAG. At the same time, CAG is prone to recurrent disease, a long course of disease, and there is a risk of cancer, therefore, patients often produce anxiety and depression because of the disease, so anxiety and depression and CAG are causal and often see each other.

Therefore, by referring to recent literature, the author reviewed the theoretical studies of traditional Chinese medicine, pathological studies of Western medicine and treatment programs of traditional Chinese and Western medicine on CAG accompanied by depression and anxiety, in order to provide a basis for the clinical diagnosis and treatment of such diseases.

2. Theoretical Research

Discuss chronic atrophic gastritis with anxiety and depression from the perspective of traditional Chinese medicine.

2.1 Category of TCM

There is no disease name of chronic atrophic gastritis in traditional Chinese medicine. CAG is classified into the categories of stomachache, fullness and noise according to the symptoms and signs. Among them, CAG, which mainly suffers from pain in the upper abdominal duct near the heart pit with burning sensation, belongs to the category of

"stomach pain" in traditional Chinese medicine. Anxiety and depression are mental disorders, which belong to the category of "depression syndrome" in traditional Chinese medicine. The two are often both diseases, affect each other, and cause great trouble to the patient's health and life.

2.2 Etiology and Pathogenesis

The disease of chronic atrophic gastritis is in the stomach, which is closely related to the liver and spleen. Traditional Chinese Medicine believes that the feeling of external evil, internal injury diet, emotional disorders, physical deficiency and chronic disease can lead to the occurrence of this disease. The pathogenesis of this disease is stomach qi stagnation, stomach disharmony, not general pain. Chronic atrophic gastritis accompanied by depression and anxiety is mostly due to the long-term recurrent gastrointestinal symptoms of patients, due to fear of cancer and long-term medical costs and other factors to cause liver qi stagnation, the stomach.

Wang Yiming et al. [3] put forward the pathogenesis theory of "middle vacuity-turbid-toxigenesis". Weakness of the spleen and stomach leads to qi stagnation, dampness blockage, food stagnation and blood stasis over time, and chronic illness stagnation turns into turbidotoxicity, which is closely related to tumor lesions. However, CAG, as a factor of precancerous lesions, aggravates the mental pressure of patients and is often accompanied by anxiety and depression. The disease is based on the weakness of the spleen and stomach for a long time, and runs through the whole time, with Qi stagnation and blood stasis as the standard, forming the pathogenesis of deficiency and deficiency.

The spleen hides the main thought, the water valley subtle through the spleen's uplifting function to nourish the brain, the brain is the shrewd house, dominate the life activity, mental activity and sensory movement [4]. "All depression, viscera disease. Its source in thinking too deep, more weak organs, so the disease of six depression how ("miscellaneous diseases source flow Xi candle"), viscera Qi deficiency is also the internal cause of depression syndrome. Anxiety and depression state and whether the spleen and stomach health

has a very big relationship.

Peng Xuefeng et al. [5] put forward two explanations for the pathogenesis of chronic atrophic gastritis accompanied by anxiety and depression. One is "wilting" caused by six depressions, the evil of six depressions that damage the spleen and stomach for a long time, the deficiency of qi in the spleen and stomach, the loss of spleen transport, and the depletion of qi and blood. The second is six depression caused by "depression", CAG disease for a long time, by the disease of patients with mental depression anxiety, liver disorders, qi qi is not smooth, and into Qi depression. It can be seen that liver depression and spleen deficiency as the basic pathogenesis of this disease is very important.

Middle Jiao spleen and stomach is an important place for the generation of depression syndrome, "Danxixin Law [6]" cloud: "all depression is in the middle jiao", emphasizing: "Qi and blood are in harmony, all diseases are not born, and when there is a big problem, all diseases are born", the spleen is the main ascending qing, the stomach is the main lowering turbidity, the qi of the spleen and stomach constitutes the hub of the movement of human qi, the movement is not smooth, and the emergence of depression syndrome.

2.3 Classification of TCM Syndrome

The disease mainly includes liver and stomach qi stagnation syndrome, spleen and stomach qi deficiency syndrome, stomach and stomach deficiency syndrome, spleen and stomach deficiency cold syndrome, liver and stomach depression heat syndrome, spleen and stomach damp-heat syndrome, stomach stasis syndrome, qi stagnation phlegm syndrome, heart and spleen deficiency syndrome nine types. The patients with anxiety state have deficiency heat syndrome and solid heat syndrome, mainly stomach Yin deficiency syndrome and liver-stomach stagnation heat syndrome; In patients with depression, deficiency cold syndrome and qi stagnation syndrome are more common, and spleen and stomach deficiency cold syndrome and qi stagnation spittoon syndrome are mainly [7] distributed. Ye Tianshi put forward that "liver is the source of disease and stomach is the place of disease." Wang Jiehong [8] studied the psychological state of patients with chronic atrophic gastritis accompanied by dysplasia and found that most of the patients with this disease had obvious depression and anxiety, and the depression and anxiety state of the patients with hepato-stomach disharmony was more obvious than that of the patients without hepato-stomach disharmony.

3. Overview of Western Medicine Research on Chronic Atrophic Gastritis Accompanied by Anxiety and Depression

Nervous system: The "Brain-gut axis" (BGA) theory proposed in [9] Western medicine proposes that the function of the central nervous system is significantly related to the microenvironmental homeostasis of the intestinal flora. On the one hand, regulation of the enteric nervous system or gut microbiota affects brain development and neuroregulation; On the other hand, the brain inversely regulates intestinal function and the presence of intestinal flora. Connecting the brain to the gut involves the gastrointestinal tract, autonomic

nervous system, enteric nervous system, central nervous system, vagus nerve, endocrine system and immune system.

CAG is associated with anxiety and depression The incidence of CAG is mainly related to Hp. At present, psycho-psychological factors are increasingly considered as the important causes of chronic atrophic gastritis. In patients with long-term depression and anxiety, the secretion of motilin will be affected, thus affecting the gastrointestinal motility, causing gastrointestinal contents to regurgitate and damage the gastrointestinal mucosa, resulting in chronic gastrointestinal inflammation [10]. Li Yi [11] ping and other analysis that chronic atrophic gastritis patients because of the disease caused by the discomfort of the disease, the disease may lead to gastric cancer concerns and abdominal distension, abdominal pain and other symptoms of repeated attacks prone to patients with depression, anxiety and other symptoms of anxiety. Studies [12] have shown that chronic gastritis will affect the brain and other tissues and organs, mainly through the local release of cytokines, neuropeptides and arachidonic acid and other substances play a role; Secondly, inflammatory mediators stimulate the autonomic nerve to affect the cerebral cortex, and then affect the body's mood and mentality, resulting in bad mental state.

4. Chinese Medicine Treatment

Dou Sijing [13] et al. analyzed the theory of brain-intestinal harmonization, and concluded that commonly used drugs such as alacacia, rose, nocturnal rattan, and stir-fried jujube kernel can not only alleviate clinical symptoms, but also improve endoscopy and pathological manifestations; meanwhile, Weicangning, Qizhi Weitong Granule, and Wenshenjianpi prescription can all up-regulate the cerebral nervous system and down-regulate the gastrointestinal flora, and the mechanism of TCM treatment of UC can improve the abnormal brain-intestinal interaction. Zhuang Jiamei [14] confirmed 64 cases of chronic atrophic gastritis with anxiety and depression through a controlled trial, and randomly divided them into observation group and control group, 32 cases in each group. The control group was given Weizuanan No. 1 (5mg tid) combined with Flupentixol Melitracen tablets (10.5mg qd); Observation group was given chaihū plus kegu Oyster decoction combined with Danshen drink, and the effect of Chaihū plus Kegū oyster decoction combined with Danshen drink was significant. Ji Yuwei [15] et al. discussed the treatment from the theory of "Tong fu as the use", the treatment should be legislated with the word "tong", and the treatment of syndrome differentiation was based on the methods of dredging the spleen and stomach, eliminating phlegm and removing blood stasis, toning and toning, regulating emotions, etc. The addition and subtraction of Chaihū Shugan powder was effective. Ma Jinxia et al. [16] discussed the treatment of chronic atrophic gastritis accompanied by anxiety and depression from the theory of "spleen main thinking", and believed that the occurrence of the disease was closely related to "thinking about hurting the spleen" in the theory of seven emotions of traditional Chinese medicine, and proposed that the treatment should focus on restoring the function of spleen qi movement. According to Wu Zheng's [17] research, Shenqi Jianwei Granule combined with Shugan Jiayu Capsule in the treatment of chronic atrophic gastritis accompanied by anxiety and depression can

effectively improve clinical symptoms, and gastroscopy can also show that gastric mucosal damage has healed, regulate the levels of serum biomarkers, and improve anxiety and depression, with good safety.

Kong Yanjun et al. [18] randomly divided 60 patients with chronic gastritis accompanied by anxiety and depression into Jiuwei Zhenxin Granule group and Deilixin group for treatment, and found that symptoms in the Jiuwei Zhenxin Granule group were significantly relieved after treatment, and there were statistically significant differences in symptom scores, Hamilton anxiety scale and Hamilton Depression Scale scores ($P < 0.01$).

5. Western Medicine Treatment

Fu Xin et al. [19] used the conventional treatment of chronic atrophic gastritis combined with the treatment of flupentixol melitracen. The effect of flupentixol melitracen and melitracen was superposition and side effects were offset, so as to better stimulate nerves and anti-depression. Yang Qingyu et al. [20] used tipredone combined with Delisin in the treatment of chronic gastritis accompanied by anxiety and depression, and the study and analysis found that Tipredone combined with Delisin could effectively improve the level of neurotransmitter in patients with chronic gastritis, eliminate anxiety and depression, and further improve the therapeutic effect under the combined action. Jinjie et al. [21] used conventional treatment combined with Delisin to treat 48 patients with chronic gastritis complicated with anxiety and depression. Delisin is a compound preparation composed of low-dose flupentixol and melitripen, and clinical analysis found that Delisin can effectively relieve anxiety and depression, reduce the level of inflammatory response in the body, and improve clinical efficacy. Shi Yongqiang et al. [22] used bifidobacterium triple live capsule to assist in the treatment of *Helicobacter pylori* positive patients with chronic atrophic gastritis accompanied by anxiety and depression, and found that bifidobacterium triple live capsule to assist in the treatment of *Helicobacter pylori* positive chronic atrophic gastritis accompanied by anxiety and depression had significant effect, which could significantly improve the eradication rate of *Helicobacter pylori* and significantly improve the anxiety and depression of patients.

6. Other therapies

Liang Fang et al. [23] used internal medicine routine nursing combined with ear point pressure bean and acupressure to treat 40 patients with chronic gastritis, and found that it could effectively reduce the pain relief and anxiety state of patients. Chen Guijing et al. [24] adopted Baduanjin combined psychological nursing for 120 patients with chronic gastritis accompanied by anxiety and depression and TCM syndrome differentiation as liver and stomach disharmony syndrome, and confirmed that Baduanjin combined psychological nursing has a definite effect on patients with chronic gastritis accompanied by anxiety and depression, which is an effective combination of TCM treatment and rehabilitation, health care and psychological nursing. Yan Zixing [25] applied Sini Powder combined with acupuncture to treat chronic atrophic gastritis of liver-qi and spleen-deficiency type, and the main clinical symptoms of abdominal pain, abdominal distension,

loss of appetite and belching were improved. The patients with liver-Qi depression were mostly accompanied by depression and anxiety.

Acupuncture Zusanli (bilateral), Zhongwan, Weishu (bilateral), Pishu (bilateral), Neiguan (bilateral), Taichong (bilateral), Qimen (bilateral) combined medication showed obvious relief of symptoms. In the treatment of preventing the transformation of inflammatory cancer and relieving the anxiety of patients, Sun Lili [26] provided extended nursing under the time-effective incentive mode on the basis of routine group, encouraged patients through goals, emotions, examples, families and interests, guided patients to face the disease and life with a positive attitude, alleviated their negative emotions, and encouraged patients to develop healthy behaviors with a positive state.

7. Peroration

At present, the etiology and pathogenesis of chronic atrophic gastritis have been more clearly understood, and the influence of this disease on patients' mental psychology has become more and more obvious. There is a correlation between the gastrointestinal system and the brain nervous system. There are more patients with chronic gastritis accompanied by anxiety and depression. Therefore, in terms of treatment, clinicians not only carry out conventional treatment such as inhibiting gastric acid, protecting gastric mucosa and anti-infection, but also provide patients with psychological intervention, anti-depression, anti-anxiety drugs and micro-ecological preparations for auxiliary treatment, which can effectively alleviate patients' depression and anxiety. At present, traditional Chinese medicine and Western medicine for chronic gastritis with anxiety and depression has been more significant treatment effect, in addition to the traditional Chinese medicine, there are effective self-designed prescriptions, Western medicine mainly used gastritis commonly used triple therapy combined with anti-depressants such as Deilixin, has also achieved a good effect, in addition to psychological intervention, acupuncture, ear point pressure, Baduanjin and other therapies.

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