

The Research Progress of Traditional Chinese Medicine Therapy for Chronic Atrophic Gastritis

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Abstract: *With the development of society, people's lifestyle and eating habits have also changed, and the incidence of digestive diseases has gradually increased. Chronic atrophic gastritis, as a digestive system disease, is very common in clinical practice. Due to its chronic diseases, long course, long treatment cycle, and slow treatment effect, it brings huge distress to patients' lives and psychology. The cause and pathogenesis of western medicine for the current disease are not fully clarified, and special effects drugs were found in clinical treatment. In recent years, many studies have found that traditional Chinese medicine has significant therapeutic effects on chronic atrophic gastritis and has almost no side effects. This article reviews the situation of chronic atrophic gastritis in the treatment of Chinese medicine in recent years.*

Keywords: Chronic atrophic gastritis; Cause and pathogenesis; Internal treatment of traditional Chinese medicine; Chinese medicine external treatment.

1. Introduction

Chronic atrophic gastritis is a chronic digestive disease characterized by gastric mucosal epithelium and glands atrophy. It may be accompanied by pyloric adrenalization and bowelization. The cause of the disease is complicated and diverse. It is generally considered to be related to the infection of *Helicobacter pylori*, bile reflux, long-term use of non-steroidal anti-inflammatory drugs, alcohol intake, autoimmune, and genetic factors. Most patients may not have any clinical manifestations, and some patients may experience indigestion symptoms, such as: upper abdominal pain, abdominal distension, fullness after meals, loss of appetite, anti-acidity, vomiting, etc. Medium-severe chronic atrophic gastritis can cause cancer, so how to delay or reverse its pathological progress has become the focus and difficulty of treating the disease. The principle of western medicine treats this disease is to eliminate the cause, increase the defense of gastric mucosa, improve gastric power, prevent bile reflux, etc., but the treatment effect is general and there are side effects. According to the treatment of syndrome differentiation, Chinese medicine has achieved more satisfactory results in the treatment of this disease, and now a review of traditional Chinese medicine diseases and Chinese medicine treatment of chronic atrophic gastritis.

2. Traditional Chinese Medicine Centers

Traditional Chinese medicine does not have a specific description of chronic atrophic gastritis. Generally, it belongs to the categories such as "stomach pain", "stomach stomach", "hiccup", "abdominal pain" according to clinical symptoms. It is related to feeling external evil, diet, poor emotion, weak spleen and stomach. Professor Tian Delu [1] combined with many years of clinical experience, he believes that the disease is based on spleen deficiency. If the evil invasion is attacked, it will gradually form a machine that is miscellaneous, and real evils such as food accumulation, phlegm heat, and blood stasis are suffered; The disease is in the stomach, which will affect the viscera of the liver, spleen, and kidney for a long time. Therefore, its disease is deficient. Professor Wang

Daokun attributed chronic atrophic gastritis as a stomach disease [2]. Its occurred in the spleen and stomach, long-term illness, or liver stagnation, or wet and turbid endogenous, leading to qi stagnation and blood stasis. The total pathogenesis of the pathogenesis, the virtual reality is mixed, based on the weakness of the spleen and stomach, and the qi stagnation and phlegm stasis [3]. Zheng Jingwen and others [4] based on the theory of Zhu Danxi Liuyu, he believed that the disease machine could be summarized as: qi depression midke, lifting dysfunction; blood stasis stop, stomach loss and support; physical turbidity is obstructive, stagnation of stomach; fire depression in the middle coke, fire refining raw cancer; wet turbidity and spleen, spleen loss of health; food accumulation spleen and stomach, transportation and loss of device. Tian Yaozhou [5] and others believe that "all diseases are born of the spleen and stomach decline", and weak spleen and stomach are the basis of the onset of chronic atrophic gastritis. For a long time, the disease will be stasis, and the disease will develop in the later stage. The disease position is from qi into the collaterals. The stasis is internal. Pathological factors such as stagnation, wetness, stasis, and deficiency are promoted to promote the development of the disease. Best stasis, long-term poison, spleen deficiency and poisoning, poison damage stomach, which leads to pathological changes such as intestinal epithelium, hyperplasia, and even cancerous changes. Chen Wenwen [6] believed that "accumulation" was the most critical pathological factors in the development process of chronic atrophic gastritis. Most of the early stages of the disease caused the spleen and stomach to rise due to the enlightenment of the evil spirits; liver qi stagnation and stomach; or due to poor diet, damage the spleen and stomach, phlegm, dampness, and stagnation stop; most of them are empirical in the early stage. The disease is long, and it is difficult to heal. It takes a long time to hurt the righteousness. Professor Liu Hongying [7] believes that the main pathogenesis of this disease is spleen and stomach deficiency, lifting dysfunction, and thermal poisoning. The spleen and stomach are the basis of the day after tomorrow, and all diseases are born of the spleen and stomach decline [8]. Professor Liu advocates "the spleen and stomach is the sea of the five internal organs and the six" and "the muscles of the

main body of the spleen". If the spleen and stomach deficiency and the biochemical sources are lacking, they cannot "raising meat", which will lead to thinning and atrophy of the mucosa, laying the pathological basis of the disease. The lesions have been exacerbated with stomach yin, so deficiency of spleen and stomach is the foundation of the disease. Professor Liu believes that chronic atrophic gastritis is accompanied by gastric mucosal intestinal epithelial. In addition to people's diet structure unreasonable, emotional factors are also important causes of their onset. "Swallow the spleen", "thinking about qi", excessive thoughts, not sparse liver qi, and abundant spleen, causing abnormal function of spleen and stomach and falling. Therefore, it is considered to be an important cause of the onset of air. The spleen and stomach deficiency cause the abnormal transportation, the qi and blood biochemistry, the qi does not turn into the sutra, and the blood does not nourish the meridians, which causes the stomach yin deficiency, the heat is long, the poisonous evils shake the stomach, the mucous membrane is broken, the mucous membrane becomes thinner. The spleen and stomach rises and falls, the liver is lost, the gas machine is stuffy, the water valley is abnormal, the sputum drink, the blood stasis is thermal poison, which stimulates the gastric mucosa to cause atrophy, bowelization, and hyperplasia. Therefore, thermal poisoning is the cause of the bowel. Tian Xudong [9] based on the pathogenesis of the disease and the changes in the pathological tissue of endoscopic, it divided it into three phases: the stage of simple chronic atrophic gastritis, chronic atrophic gastritis with bile reflux period, chronic atrophic gastritis accompanied by primary or (and) bowels. Simple chronic atrophic gastritis period, abnormal spleen deficiency, abnormal gastric torque, and atrophy of the gland. Chronic atrophic gastritis is accompanied by bile reflection period, spleen and stomach qi deficiency, wood is superior to soil deficiency, liver and spleen is lost, leakage and transportation negligence, affecting spleen and stomach transportation function, qi depression and stagnation, evil obstructing the stomach, transition for a long time, dynamic and heat, the evil heat carried bile on the stomach. Chronic atrophic gastritis is accompanied by different hyperplasia periods or (and) intestinal period. This period of illness to blood points, qi deficiency and weakness to promote blood lines, causing stasis and forming deficiency and reality. Professor Lin Hui Guang [10] based on many years of clinical experience, the basic pathogenesis of chronic atrophic gastritis is the deficiency of spleen and stomach qi, and the development has evolved into various complex pathogenesis on this basis. Spleen and stomach qi deficiency is caused by diet, tiredness, physical deficiency, long-term illness and other reasons. The deficiency of spleen and stomach qi is sinking, stomach vapor on the sun, soil deficiency and wood, liver and qi, and liver qi and stagnation. For phlegm and stasis, spleen deficiency and dampness, dampness and heat, and liver stagnation can also reduce heat, damp heat blocked in the medium coke into cold and heat mixed, aggravate gas disorders, reduce the heat of the heat for a long time, and damage the stomach yin for a long time, forming the stomach Yin deficiency. Professor Lin summarizes the laws of the diseased machine: virtual reality is dominated by virtuality, accounting for eighty-nine, and virtual deficiency is the main aspect; blood stasis and so on. Lin Cuili [11] and others summarized the experience of professor Lai Yichu's treatment of chronic atrophic gastritis. Lai believes that the disease and development are often

closely related to the occurrence of evil spirits, dietary injuries, emotional disorders, regional climate and other factors. It is closely related to the liver, gallbladder, lung, large intestine, and kidney. The deficiency of spleen and stomach is the basis of the onset of disease, phlegm and heat interoperability are the key to the onset, often qi stagnation blood stasis.

3. Chinese Traditional Treatment

3.1 Internal Treatment of Traditional Chinese Medicine

Ning Chao [12] randomly divided the 112 patients with spleen deficiency and dampness syndrome in chronic atrophic gastritis into two groups. Patients in the control group were given the treatment of four-combined therapy for combined placement, the observation team gives Jia Wei Xiang Sha Liu Jun Zi Soup combined with four-combined therapy. After 4 weeks of treatment, the total clinical effective rate of the observation group was 96.4%, and the control group was 82.2% ($P < 0.05$), the Chinese medicine certificate, PRO's survival quality score, HAMA anxiety status score, endoscopic score, gastric mucosal pathology the scoring and HP eradication rates have been significantly improved and the incidence of adverse reactions is low. Wang Shihua [13] compared to analyze the clinical efficacy of 95 patients with HP-positive chronic atrophic gastritis with Angolin and Angolin and simple amoxicillin. As a result, the total effective efficiency of the joint group was significantly higher than the conventional group. The HP removal rate is significantly higher than the conventional group ($P < 0.05$); the clinical symptoms and inflammatory factors of the joint group are lower than the conventional group ($P < 0.05$). Sun Shanshan [14] apply Chai Shao Liu Jun Zi Soup to treat patients with spleen deficiency and liver-like chronic atrophic gastritis with routine western medicine treatment. After 1 month, evaluate the gastrointestinal life quality index score, traditional Chinese medicine syndrome points, Chinese medicine symptom scores, clinical efficacy and other indicators, Chai Shao Liu Jun Zi Soup effects of routine western medicine are significantly better than conventional western medicine. It can be seen that the treatment method has a significant medical value in clinical practice and is worthy of in-depth analysis and research. Ma Yafei [15] the use of Ban Xia Xie Xin Soup and Xiang Sha Yang Wei Pills combined with patients with chronic atrophic gastritis. The results show that compared to conventional western medicine treatment, the combined treatment of Ban Xia Xie Xin Soup and Xiang Sha Yang Wei Pills can significantly improve clinical symptoms and gastric mucosal pathological indicators of patients with chronic atrophic gastritis are regulated gastrin secretion. Deng Zhiyan [16] selected 60 patients with chronic atrophic gastritis with intestinal epithelium, and was randomly divided into two groups, which were treated with Bu Qi Hua Yu Fang and folic acid tablets. After 6 months, the evaluation results show that the total effective rate of Bu Qi Hua Yu Fang group is as high as 90%, which is significantly higher than that of the control group. The supplementary Bu Qi Hua Yu Fang can significantly alleviate the patient's stomach discomfort clinical symptoms, IM lesion, at the same time, can increase the level of PGI and PGR, reduce PG II levels, and help prevent the occurrence of gastric cancer. Wu Xiurong [17] in the study of the use of Shen's feminine Wen Dan Soup as the basis for treating patients with chronic

atrophic gastritis, affirmed the clinical efficacy of the Shen family's feminine Wen Dan Soup for patients, which can improve the clinical clinical of patients quickly Symptoms, improving the quality of life of patients, can also improve related serum indicators, and have high clinical safety. Cui Can [18] the use of Zhi Shi Xiao Pi Pills and Lanzozole entericolic tablets to treat patients with chronic atrophic gastritis. The results show that after 5 weeks of treatment, the total effective rate of treatment group was as high as 90.63%, the inflammatory indicators have been significantly reduced, the level of serum oxidation stimulus has increased, and various indicators are better than the control group ($P < 0.05$), which proves that the chronic atrophic gastritis is used to treat chronic atrophic gastritis with Zhi Shi Xiao Pi Pills and Lanzozole entericoline tablets effectiveness. Professor Li Yigui, a master of Chinese Medicine [19] proposed the theory of turbidity toxication, so it is proposed that in the treatment of chronic atrophic gastritis treatment, blood circulation should be used as the fundamental method, and self -promoting Huo Xue Hua Yu Fang can be used. Basic drugs are as follows: Angelicae Sinensis Radix 9g, Szechwan Lovage Rhizome 9g, Paeoniae Radix Alba 30g, Lily 12g, Combined Spicebush root 12g, Atractylodes Macrocephala 6g, Sanchi 6g; At the same time, according to the clinical manifestations of different patients, the corresponding methods of cooling blood, hemostasis qi, elimination, nourishing yin, nourishing qi, eliminating, and use of both internal and external cure are cured, so as to achieve stasis and not hurt. Activation of blood circulation for the purpose of cure, the clinical effect is significant. Liu Jun [20] and others applied Xiao Chai Hu Soup to treat liver -stomach and stomach stagnation chronic atrophic gastritis. Studies have shown that the clinical effect of the treatment of the disease in the treatment of the disease can increase the HP transfer rate essence. Zhang Xijie [21] and others observations of the clinical efficacy of the observation and application of Zi Yin Yang Wei Soup for the treatment of stomach Yin insufficient chronic atrophic gastritis. After 4 weeks, the curative effect is determined, the effective rate of treatment group is 95.00%, T lymphocyte and COX -2 levels improvement are significantly better than the control group ($P < 0.05$). It is confirmed that Zi Yin Yang Wei Soup combined with four -combined therapy for the treatment of insufficient chronic atrophic gastritis in the gastric yin is good, and the clinical symptoms have improved significantly. Liang Jie [22] analyzed the clinical effect of professor Liu Dashan's He Jie Tiao Wei Fang (Si Jun Zi Soup and Ban Xia Xie Xin Soup) combined with conventional western medicine to treat chronic atrophic gastritis. The results show that the treatment method can effectively alleviate the clinical symptoms of patients. The effect is better and can improve the level of gastric acid. Zheng Zichun [23] analyzed the use of Shi Hu Yang Wei Soup combined with western medicine to treat chronic atrophic gastritis. It is found that the treatment method can significantly alleviate clinical symptoms, restore gastric function, and reduce inflammatory response.

3.2 Chinese Medicine External Treatment

Sun Miao Miao [24] randomly divided 100 patients with chronic atrophic gastritis into two groups. The control group adopted conventional four -combined therapy. On the basis of this, the observation group increased the medicine moxibustion for treatment. It was found that the total effective

efficiency of the observation group was significantly higher than that of the control group ($P < 0.05$), and it could reduce the level of inflammatory factor and reduce damage to the patient's gastric mucosa. Wang Jianping [25] and others studies of umbilical acupuncture therapy combined with omeprazole treatment of the treatment of chronic atrophic gastritis for liver and stomach qi stagnation syndrome. The results show that the clinical effect of combined with umbilical acupuncture is significantly better than simple western medicine, and it can improve the clinical symptoms of patients. Zhang Xiaojian [26] and others divided 80 patients with spleen and stomach deficiency type chronic atrophic gastritis into two groups. The observation group adopted ear -buried bean plus acupoint and applied appliance. The control group adopted traditional drugs. It was found that the clinical symptoms and gastric mucosal pathological points of the observation group were lower than that of the control group, and the quality of life was higher than the control group. Luo Wenqian [27] analyzed the efficacy of acupoint injection treatment for chronic atrophic gastritis. After comparison, it was found that acupoint injection therapy was better than conventional use of western or Chinese medicine. Wang Xiaohua [28] and other summary of moxibustion can inhibit gastric mucosa damage, promote damaged gastric mucosa repair, increase gastrointestinal power, and most of the above effects are mostly released by regulating inflammatory factor The purpose of treating chronic atrophic gastritis. Li Jingjing [29] and other studies have found that electroacrons through pain relief, improve gastric blood circulation, regulate immune inflammatory response, regulate gastrointestinal hormones, regulate cell proliferation apoptosis, activate specific neurons inhibitory inflammation reactions, so as to use the electroacropsis to treat chronic treatment Unique advantages in atrophic gastritis. Ouyang Guan [30] and others randomly divided 120 patients with chronic atrophic gastritis into two groups. After 4 weeks of treatment, the total effective rate of control group for the treatment of Wentong needle stab was 75.00%, the total effective rate of the observation group for Baixiao Moxibustion is 96.67%; the results show that the use of Wentong Needle and Baixiao Moxibustion to treat chronic atrophic gastritis is conducive to improving the symptoms and gastric motility of patients. The combined application of the two can improve the treatment effect, clinical application value is high. Zhao Weili [31] conducted research on 86 chronic atrophic gastritis, and received four -combined therapy in the control group. On the basis of the control group, the observation group received acupoints and applied acupuncture. The total efficiency of the group is higher than that of the control group ($P < 0.05$), the level of gastrointestinal hormones is improved, and the level of inflammatory factor is reduced. Wang Jian [32] and others randomly divided 60 patients with chronic atrophic gastritis into 30 cases of observation group and control group. The control group was given conventional western medicine treatment, and the observation group combined with acupoint buried line treatment on the basis of the control group. After treatment, it was found that the acupoint buried line combined with conventional western medicine for the treatment of the disease was accurate, which can significantly improve the level of serum G-17 and PG I, reduce PG II levels, and have high safety.

4. Conclusion

In recent years, Chinese medicine has been widely used in the treatment of chronic atrophic gastritis. Clinical practice and research have shown that traditional Chinese medicine treats chronic gastric atrophic gastritis. Sexual reactions, protecting gastric mucosa, inhibiting or reversing the progress of the disease, improving the treatment effect of patients, reducing the recurrence rate of disease, and improving the quality of life.

It is found in various treatment methods that the combination of traditional Chinese and Western medicine has achieved good results in the treatment of chronic atrophic gastritis, but the relevant research of the combination of traditional Chinese and Western medicine is not perfect. It is expected that it can break through in future research and give full play to the advantages of Chinese and Western medicine.

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