

Treatment of Thyroid Nodules and Breast Nodules based on the "JueYin Meridian" Theory

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Abstract: *Thyroid nodules and breast nodules are very common diseases in the clinic, the circulation of the JueYin meridian passes through the thyroid gland and the part where the breast is located, which is closely related to the two diseases. In this paper, we discuss the understanding of the two diseases from Western medicine, the aetiology of the two diseases from Chinese medicine, and the treatment of the two diseases from Chinese medicine, with the foot JueYin liver as the base, the treatment of the same disease, and together they play the role of dredging the liver and relieve the depression and promote the flow of qi to dissipate the nodules.*

Keywords: Thyroid nodules, breast nodules, foot JueYin liver meridian.

1. Introduction

Thyroid nodules and breast nodules are both common diseases in modern life, mostly seen in women [1], with the increasing pressure of work and life, spiritual and material needs, the continuous progress of all kinds of medical imaging technology, as well as people's health status has become more concerned about the reasons, the incidence of thyroid nodules and breast nodules screened out is increasing, and even the coexistence of the two diseases is also more and more cases [2], the purpose of this paper is to establish the common pathogenesis of the two diseases. In this paper, we aim to establish the common pathogenesis of the two diseases and discuss the treatment principles and methods of the two diseases based on the JueYin meridian.

2. Epidemiological Profile

The thyroid is the largest endocrine gland in the human body and is located in the front of the neck, below the laryngeal node. Thyroid nodules are abnormal tissue masses in the thyroid tissue after abnormal proliferation of thyroid tissue, with different sizes and textures, but most of them are solid or cystic, and the number of them can be either single or multiple, and according to the study, the prevalence of thyroid nodules larger than 0.5 cm is as high as 20.4% in our country, and the prevalence in women is as high as 40% [3-4]. There is no clear definition of breast node, clinically it is generally classified as a breast lump or breast mass, caused by cancerous or non-cancerous growth of cells in the breast, the disease is most common in women aged 35-49 years, there is no clear morbidity index for the incidence of breast node, but the most common cause of the disease, breast hyperplasia, can be as high as 70%-80% of the incidence of the disease in women [5-6].

3. Analysis of the Correlation between Thyroid Nodules and Breast Nodules from the Perspective of Western and Traditional Chinese Medicine

3.1 Western Medicine's Understanding of Thyroid Nodules and Breast Nodules

Modern medicine generally believes that the pathogenesis of breast nodules and thyroid nodules is mainly related to emotions and endocrine factors, among which oestrogen levels and iodine have the closest relationship with these diseases [7].

3.1.1 The effect of oestrogen on thyroid and breast lumps

The endocrine system of the human body will secrete various hormones, these hormones play their own roles, and other systems of the human body to regulate the metabolism of the human body, they generally maintain a balance between them, so when any of the hormone secretion abnormality, will destroy this balance, thus causing endocrine disorders in women, appearing various clinical manifestations. It is found that the thyroid gland and the mammary gland are jointly affected by hormones, and estrogen not only exists in the breast tissue, but also affects the development of the thyroid gland [8], and breast nodules are mostly caused by the imbalance of the ratio of estrogen to progesterone or the increase of the concentration of estrogen, and hormonal disorders that overstimulate the breast tissue can lead to the occurrence of the disease; It has also been found that thyroid samples contain the expression of oestrogen receptors, and the binding of oestrogen to the receptors can promote tissue development. Some studies have found that thyroid samples contain estrogen receptor expression, and the combination of estrogen and estrogen receptor can promote tissue growth and proliferation [9-10], in addition, the two are jointly affected by the hypothalamus-pituitary system, and all kinds of adverse factors acting on the system can affect the normal development and secretion of the relevant glands, which can lead to the relevant diseases corresponding to the different glands [11].

3.1.2 Effect of iodine on thyroid and breast nodules

The thyroid and mammary glands are jointly regulated by the hypothalamic-pituitary-glandular system, and both belong to the hormone receptor-sensitive glands, while the element iodine belongs to one of the necessary trace elements of the human body, and the thyroid gland is the gland that secretes the thyroid hormone, while the element iodine can stimulate

this function of the gland, Thus, hormone levels are kept in balance[12].Some relevant studies have shown that pregnant women are more susceptible to iodine deficiency because the demand for iodine increases during pregnancy, and an insufficient supply of iodine damages the DNA of the cells involved, leading to the occurrence of thyroid nodules [13]; For the mammary gland, different levels of iodine can also directly affect the mammary gland, and relevant studies have shown that in lactating women, the mammary gland is able to provide sufficient iodide in breast milk, and iodine intake directly affects the iodine content of the milk, and too low or too high iodine levels can cause damage to the structure of the mammary gland, leading to abnormal proliferation of mammary tissue, resulting in breast nodules [14]; It can therefore be seen that iodine levels are closely linked to the occurrence of these two diseases.

3.2 Chinese Medicine's Understanding of Thyroid Nodules and Breast Nodules

In the Chinese medicine master Mr. Huang Zhuzhai wrote "typhoid miscellaneous disease theory will pass" within the disease position made the following analysis: The disease position is divided into surface evidence, internal evidence and half-surface and half-li evidence [15], the thyroid belongs to the neck under the skin, the esophagus before the disease position belongs to the half-surface and half-li, the traditional medicine pointed out that the foot JueYin meridian direction is: "the liver and foot JueYin meridian, starting from the time of the big toe clump of hair. belongs to the liver, the bile, up through the diaphragm, cloth ribs, after following the throat "[16]. It can be seen that the JueYin meridian follows the direction of both the coercive ribs, where the mammary glands are located, and the throat, where the thyroid glands are located.

3.2.1 The connection between the foot JueYin liver and thyroid nodules

In traditional medicine, not specifically for the thyroid nodules of Chinese medicine disease name, according to the nature of the disease, we generally attribute it to gall-like disease, "Shuowen Jiezi" note said: "gall, neck tumour also". It means that the main pathological factors of the disease are related to phlegm-dampness, mud-blood and qi stagnation [17]. When the long-term emotional upset, overthinking or joy and anger, easily lead to liver stagnation, stagnation, liver gas multiply the spleen, liver and spleen disharmony, easy to injure the spleen and stomach, so that the internal organs dysfunction, the liver loss of detachment, qi and blood can not be easy to produce blood stasis and phlegm and gall, the liver is the fundamental organ of Jueyin, so galls are classified as Jueyin type diseases. The series of meridian circulation, the foot syncope yin liver meridian and foot Taiyin spleen meridian, foot Shaoyin kidney meridian for the three yin meridians, and foot Shaoyang gallbladder meridian for the relationship between the surface, The Jueyin meridian travels from the feet to the head and throughout the body, The whole body of internal organs can be run through the up when the foot syncope yin meridian gas and blood and promote the powerlessness, running poorly, prone to stagnation of blood stasis, stasis of blood stasis for a long time, prone to phlegm condensation, the power of gas and blood to run, then the gas

stagnation of blood stasis and phlegm cohesion collection of the neck, thus the formation of thyroid nodules. Thyroid nodules are formed.

3.2.2 The connection between the foot Jueyin liver and breast lumps

Traditional medicine usually classifies breast nodules under the category of "breast fetish, breast core", "Pan's Surgical Secret Book of Nine Kinds - Ulcer Symptoms", "breast fetish of the JueYin liver, how to eliminate the form of the long egg". All of them pointed out that the depression of liver qi is the main cause of breast lumps [18]. Liver blood, the main excretion, for the woman's innate, if the liver blood is not full, the liver is not regulated, stagnation of gas is not smooth, liver qi through the spleen, liver and spleen disharmony, easy to injure the spleen and stomach, so that the dysfunction of internal organs, it is easy to generate blood stasis phlegm and phlegm and other pathological products collected in the breast and lactation, The series of meridian circulation point of view, the foot JueYin meridian through the mammary glands, the liver qi is not sparse, the gas and blood operation is not smooth, then the gas stagnation blood stasis phlegm cohesion in the mammary glands, resulting in the formation of mammary gland nodules.

4. Diagnosis and Treatment in Traditional Chinese Medicine

From the point of view of the aetiology and pathogenesis of the above two diseases, the onset of both diseases is closely related to the foot JueYin meridian, and the causes of the diseases are mostly due to emotional and mental disorders, liver depression and qi stagnation, and spleen deficiency and phlegm condensation. Therefore, the general principle of treatment is to relieve liver depression, regulate qi and strengthen the spleen, while activating blood circulation, dispersing blood stasis, dissolving phlegm and dissolving lumps and knots. The basic formula can be added and reduced by Chai Hu Shu Gan San, Chai Hu Shu Gan San consists of seven medicines: Chai Hu, Xiang Fu, Chuan Xiong, Chen Pi (stir-fried in vinegar), Hovenia Citri Reticulatae (stir-fried in bran, stir-fried in vinegar), Paeonia lactiflora, and Glycyrrhiza glabra, which is from Jing Yue Quanshu, and it is a famous formula widely used in the clinic. In this formula, Chai Hu can regulate liver qi and relieve liver depression, and is the main medicine of this formula; Xiang Fu can regulate liver qi and relieve pain; Chuan Xiong can regulate qi and activate blood circulation, open up depression and relieve pain; both can assist Chai Hu to regulate liver qi and relieve depression, and are the main medicines of this formula; Chen Pi regulates qi and stagnation and harmonises the stomach; Hovenia citrus rind can regulate qi and relieve pain to regulate the liver and spleen; Bai Shao nourishes the blood and softens the liver, relieving the urgency of the problem and relieving pain. Glycyrrhiza glabra plays a role in harmonising the medicinal properties; it is an adjuvant; the combination of all the medicines can work together to achieve the effect of detoxifying the liver and relieving depression, regulating the qi and strengthening the spleen; if there is pain in the local area, it can be added to incense, myrrh, etc., to activate the blood circulation and relieve the pain; if the nodules are large, press the masses, which have a hard texture, it can be added to

Sanleng, E Shu, to break up the masses; when there is dullness and lack of appetite, tiredness and sleepiness, and the stools are loose and the limbs are swollen, because the spleen lacks dampness and dampness is abundant, it can be added to Ze Xie, poria, If the disease is prolonged, the phlegm and stagnation turn into fire, dry mouth and bitterness, dry and knotty stools, Xia Ku Cao, Jin Yin Hua, Lian Qiao can be added to clear heat and disperse knots.

5. Summary

In conclusion, both thyroid nodules and breast nodules have a close relationship with the foot-JueYin liver, whether from the perspective of internal organs or meridians, and the normal functioning of their physiology also depends on the liver's functions of production, drainage and blood storage. The onset of thyroid nodules and breast nodules is related to the malfunction of "the liver is the main regulator of excretion," and the basic pathogenesis is related to the internal injury of emotions and feelings, the loss of excretion of the liver, the stagnation of qi, which affects the flow of fluids and blood, and the formation of phlegm and stasis, and the interaction between stagnation of qi, coagulation of phlegm, and stagnation of blood over time. Phlegm and qi fighting in the neck is gall tumour, qi and blood stagnation in the breast is breast fetish, both have their own qi stagnation, phlegm condensation, blood stasis, but liver qi stagnation, the liver loss of detachment is the common pathogenesis of both. Both belong to the foot JueYin liver meridian, so their treatment should be from the "liver".

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