

Professor Xiaoping Liu 's experience in treating adenoid hypertrophy in children

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Abstract: Adenoidal hypertrophy is a common clinical disease in children, and repeated episodes have serious effects on children's learning and life. This article introduces Professor Liu Xiaoping's experience of treatment and pathogenesis analysis of adenoid hypertrophy in children, according to the understanding of Chinese medicine physicians to this disease, which offers new idea and methods to the treatment of adenoidal hypertrophy in children. Ancient Chinese medicine's understanding of the disease, Treatment of adenoidal hypertrophy provides new ideas and methods.

Keywords: Liu Xiaoping; adenoid hypertrophy

Publication date: January, 2020

Publication online: 30 January, 2020

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Adenoids, also known as pharyngeal tonsils and value-added bodies, are a group of lymphoid tissues located on the posterior wall of the nasopharynx. They are an important part of the inner ring of the pharyngeal lymph and also an important immune organ of children. Since the birth of baby, the size of adenoids gradually increases with the increase of age, reaches the maximum degree at the age of 6-7, and then gradually degenerates^[1]. It is called adenoidal hypertrophy when it generates and causes corresponding symptoms^[2]. Adenoid hypertrophy cause pathological hyperplasia because of repeated upper respiratory infections and repeated stimulation of inflamed adenoids. It can cause symptoms such as nasal congestion, snoring, breathing by mouth, especially at night. And even worse, the patient can wake up due to insufficient oxygen supply to the brain, which has a great impact on children's

learning and life. The ancient Chinese medicine literature did not record this disease in detail. According to its lesions and symptoms, it can be attributed to "nose obstruction" and "tonsillitis". Professor Liu Xiaoping has treated the adenoidal hypertrophy dialectically based on the traditional Chinese medicine theory and the consolidation of ancient Chinese medicine books, combined with her clinical experience of more than 30 years , which achieved good clinical results.

The author is honorable to study from Professor Liu Xiaoping, and here is a brief summary of Professor Liu Xiaoping's experience in treating children with adenoidal hypertrophy:

1 Analysis of cause and pathogenesis of disease

Traditional Chinese medicine believes that nasopharynx is the gateway to the lungs which are open to the nose. Children often have immature lungs physically, so their ability to resist disease is poor. They can easily suffer from the the invasion of six climatic exopathogens and pathogenic qi. The wind is a factor to many diseases, which invades the human body with hot and cold pathogenic qi . No matter from the mouth, nose or skin, it is easy to reach lungs first, causing the lungs overheated. The pathogenic heat goes to the throat and blocks the blood stasis. And it turns saliva into sputum. Then saliva combines with sputum.

Zhabing Yuanliu Xizhu recorded: " the nose is the gateway to the lungs which belongs to the earth." So the nose also belongs to the spleen. *Zhengzhi Zhunshen* recorded: " If you suffer from hunger, fullness, labor, the gas in the spleen and stomach will not rise, which makes you not be able to distinguish the fragrant from

stink.“ Children’s spleen is often physically inadequate, so they are extremely easy to suffer from food damage and spleen deficiency, which fails to ascend the lucid yang to nourish nasal cavity. The exogenous pathogenic factors can easily invade and cause illness. When the spleen loses health, the fluid gathers into sputum without conveying. And the sticky sputum influence the throat, so it turns into blood stasis in the long run. According to the relationship between the five elements, the spleen belongs to the soil, the lung belongs to the gold. The relationship between lung and spleen is like mother and son. They have the same cause of disease. Therefore, Professor Liu Xiaoping believes that the invasion of exogenous pathogenic factors is the predisposing cause. The insufficiency of lung and spleen in children is the root cause of the disease, and the sputum and blood stasis are the pathological products.

2 Experience of treating

2.1 *Mingyi Zhazhu* recorded:” People always think that it is lung-cold when one suffers from nose congestion in cold or windy weather. So they turned to relieve superficial syndrome with pungent and warm natured drugs for the patients but failed. (因此使用热性药物但是失败了) However, they didn’t know that it is because there is heat in the lungs. The heat is so plenty that patients prefer the heat than cold. That is why nose congestion is easy to happen when meeting cold weather.” Children’s” pure yang “body is more prone to yang from the heat, so the treatment of the disease should be based on clearing and purging the lung heat. The lungs and spleen of children are physically inadequate and the external defense ability is poor. The disease is caused by the invasion of exogenous pathogenic factors. Therefore, when the exogenous pathogenic factors invade, the lungs and spleen are also deficient. When treating the disease, attention to the root disease should be paid . It should not let the bitter cold hurt spleen and stomach. And also, no exogenous pathogenic factors should be left. The prescription should contain fructus. Li Mu said that it can disperse the menstrual blood and gather gas, which can evacuate heat, and can also reduce swelling and dispersal. Great burdock achene, Zhen Quanyan said: “It can dissipate phlegm, blood stasis and heat”. *Zhenzhu Nangyao Xingfu* recorded : “The platycodon root is used for four purposes: to cure sore throat and remove nasal congestion; to promote circulation of qi and cure

abscess of lung; to carry other medicines; to act as the channel affinity of lung. “ So the platycodon root can not only ventilate lung qi for dissipate phlegm, but also can carry medicines directly to the focus. Zhebei and prunella can evacuate the heat and remove the sputum. Xuanshen, Danpi and Chihu can cool down the heat and remove blood stasis. Baiji, Asarum, Cocklebur and Xinyihua are spicy, which is benefit for the nose. Tongluo Liqiao and Shenqu are good for digestion and stomach.

2.2 permanent cure

The internal factor of the disease is the insufficiency of children’s lungs and spleen. Therefore, It should strengthen and nourish lungs and spleen to treat the disease after removing all the exogenous pathogenic factors. *Leijing Jingluo Lei* recorded: “ Nutritive qi and defensive qi are borrowed from the pectoral qi. Therefore, if the pectoral qi is rich, the nutritive qi and defensive qi will be harmonious. And if the pectoral qi is less, the nutritive qi and defensive qi will be weak.” That is to say,when the lungs and spleen are strong and the pectoral Qi is thriving, the human body can defend the disease. Just as *Suwen Cifa Lun* recorded: “There is vital qi inside the body. Therefore, the exogenous pathogenic factors cannot enter it.” Shi Shoutang said, “Although each organ has its own qi, it is the pectoral qi that connects all of them.”^[3]It is beneficial for the conveying of blood and air in the nose, and also for the dissipation of blood stasis. The key to treating this disease is to strengthen the spleen. According to the Theory of Five Elements, the spleen is superior than the lungs. “The spleen should be nourished first when the disease occurs” The spleen is the source of blood and qi. Only when is function of spleen is normal, can it nourish the lungs and defend the eternal diseases. Liu Junjun and other people^[4] believed that the treatment of the spleen is the basis for that of adenoidal hypertrophy. It reflects the principle of permanent cure by adjusting the spleen and stomach and strengthening the lungs. Therefore, the prescription should contain astragalus, atractylodes, and radix paeoniae. It can meet the function mentioned above.

3 Treatment of phlegm and blood Stasis at the same time

The exogenous pathogenic factors can easily invade the body if spleen and lungs of children is not well-functioned. In a long run, the blood and water are hard to convey because spleen and lungs are turning weak. It

can easily form blood stasis when gathering of phlegm cause congestion of blood. Zhu Danxi believed that: "phlegm and blood stasis should be treated together." And he emphasized that "The treatment of spleen is the root of treating phlegm." Therefore, the prescription should contain herba agastachis, fortune eupatorium herb, cardamom fruit, atractylodes rhizome and other herbs which can strengthen the spleen, and dry up the wet of phlegm. The spleen is the source of sputum. When the spleen is dry and the stomach are normal, the phlegm can be eliminated. Hu Xiaoqin and other people^[5] thought that the collaboration of phlegm and blood stasis is the basic growing progress of collateral damage. Ye Tianshi said, "There must be stasis in the blood, when the blood is hard to transport through in a long turn of disease." That is to say the long turn disease cause blood stasis in the collateral pulse. Then the ants and ants' blood should be searched for the purpose of curing this disease. Therefore, in the prescription, earthworm and stiff silkworms were used to dissolve the sputum and the blood stasis. Zhang Xicun believes that it should invigorate vital energy and promote blood circulation to treat the disease of meridian. Therefore, the prescription should contain Chinese angelica and Sichuan lovage rhizome. The Chinese angelica and Sichuan lovage rhizome can enrich the blood and promote the blood circulation because its smell is light and spicy. The effect of promoting the blood circulation and dissipating blood stasis can be strengthened by combining the two medicine. The yin of children is often inadequate, so oyster shell and turtle carapace are used to nourish yin and yang in the prescription.

4 Example of patient

Patient, female, 9 years old, was first diagnosed on July 30, 2018. She mainly complained: snoring, breathing by mouth for half a year. There exists symptoms of nasal congestion, cough, swelling of the pharynx, adenoid hypertrophy, waking during the night, anorexia, red tongue, thin and white fur, and weak pulse. She has a long history of upper respiratory infections. The lateral projection of pars nasalis shows adenoidal hypertrophy. Syndrome type: wind-heat attack, sputum and stasis. The main treatments are evacuation of wind and heat, clearing heat and reducing phlegm, cooling blood and removing blood stasis. The prescriptions are: Forsythia 8g, Burdock Seeds 8g, Cocklebur Seeds 8g, Paeonia lactiflora 8g, Xinyi Flower 8g (baojian), Asarum 3g, Zhebei 8g, Platycodon grandiflora 8g, Prunella vulgaris

8g, Black ginseng 8g, Salvia miltiorrhiza 8g, Red scallion 8g, Malt 8g. There are 6 doses, and 1 dose per day by boiling.

On August 6, 2018, the patient came back for further consultation. The symptoms of nasal congestion, cough, and swelling of the pharynx were alleviated. There was no significant change in snoring, breathing by mouth and general appetite. The patient still has red tongue, thin and white fur, and weak pulse. The treatment is based on evacuation of wind and heat, cooling blood and removing blood stasis, and softening knots. Prescription: Forsythia 8g, Burdock Seed 8g, Cocklebur 8g, white peony 8g, Xinyi flower 8g (fried), asarum 3g, Zhejiang shellfish 8g, platycodon 8g, prunella vulgaris 8g, black ginseng 8g, paeonia 8g, red peony 8g, malt 8g, raw oyster 15g (fried first) 6, vinegar and scallion 6g (fried first). There are 12 doses, and 1 dose per day by boiling.

On the third visit on August 20, 2018, the symptoms of the nasal congestion, cough, and swelling of the pharynx disappeared, and symptoms of the snoring and breathing by mouth were reduced compared to the previous ones. She still has general appetite, red tongue, thin and white fur and thin pulse. The exogenous pathogenic factors has retreated. The treatment is to nourish the lungs and strengthen the spleen, dry the phlegm, promote blood circulation, and remove blood stasis. The prescription: astragalus 8g, Atractylodes macrocephala 8g, Pseudostellaria heterophylla 8g, Atractylodes macrocephala 6g, Aquilegia 6g, Houxiapelan 8g, Houxiabai cardamom 8g, Angelica 8g, Sichuan lovage rhizome 6g, stiff silkworm 8g, earthworm 6g (fried first), Raw oyster 15g (first Decoction vinegar 6g (first fry). There are 6 doses, and 1 dose per day by boiling.

One week later, the children were followed up by phone calling and the symptoms of snoring and breathing by mouth disappeared. There were no symptoms of awakening during sleep.

Note: The child has a history of repeated upper respiratory infections, and deficiency of qi in lungs and spleen. There was a long time for collaboration of phlegm and blood stasis. She had cold symptoms at the first diagnosis. Therefore, the secondary disease should be treated first. The prescription should contain forsythia, burdock to evacuate wind-heat and for detumescence of throat. Then dahurian angelica root, asarum and cocklebur are used to dredge the meridian and the nose. Zhebei, platycodon root and prunella

are used to release the heat and phlegm. Knotweed, danshen and red sedge are used to clear heat and cool down blood and disperse blood stasis. Then malt is used for digestion. During the second visit, the symptom of common cold of patient was reduced. The prescription has added oysters and turtle carapace to nourish yin and yang, soften and loosen the stasis. In the third diagnosis, the symptom of common cold have healed. Therefore, astragalus, atractylodes, and heterophylly falsestarwort root are used to supplement the qi of spleen. Agastache rugosa, fortune eupatorium herb, cardamon fruit, atractylodes rhizome are used to dry up the wet and dissipate the phlegm. Chinese angelica, Sichuan lovage rhizome are used for promoting blood circulation, dissolving stasis, and dissolving stagnation of collaterals. And earthworm and stiff silkworms are used for dispersing collaterals and phlegm. This prescription are for the purpose of storing the vital

energy, repelling exogenous pathogenic factors and dissipating the blood stasis.

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