

Summary of TCM Treatment of Anal Swelling

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Abstract: People have become more sensitive to the local discomfort of the anus in recent years as their quality of life has improved. Anal bulge, which is related to Chinese medicine's "post-heavy," is a prevalent symptom in the anorectal department. The causes of disease are complicated, involving both objective and subjective elements. There is currently no precise plan for diagnosing and treating anal swelling. In the last ten years, Chinese medicine has briefly described the treatment of anal swelling.

Keywords: Anal swelling; Traditional Chinese medicine; Summary

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1. Introduction

Symptoms of anal bulging are complex. Clinically, it can not only exist alone, but also co-exist with other symptoms, such as tenesmus, anal itching, perianal foreign body, frequent bowel movements, anal falling sensation, etc. Its existence seriously affects the daily work and life of patients. In the treatment of anal bulge, Chinese medicine determines different treatment methods according to the different causes and pathogenesis. The summary is as follows.

2. Oral Chinese medicine

Clinically, we generally believe that the pathogenesis of anal bulging is liver stagnation and Qi stagnation, stagnation of Qi deficiency, stagnation of Qi and blood stasis, and damp-heat betting. The treatment is mostly to relieve the liver and relieve depression, invigorate Qi, promote Qi and promote blood circulation, and clear away heat. Mainly to remove dampness. Dequan Huang et al. ^[1] believed that the pathogenesis of this disease was mainly spleen and kidney yang deficiency, and treated with Zhenren Yangzhang decoction, and the result was quite significant. Jianguo Li et al. ^[2] took Buzhong Yiqi decoction and Zhizhu pills orally as the treatment group, and Diosmin tablets orally as the control group. As a result, the total effective rate of the treatment group was significantly higher than the control group after one course of treatment. Hua Zhang et al. ^[3] believe that the elderly was weak, the spleen and stomach were also weak, the biochemical deficiency was weak, the Qi and blood were weak, and the lifting was weak, which can easily lead to the sinking of the organs. On the basis of conventional treatment such as swelling, Yiqi Shengti Decoction was taken orally. As a result, the patient's anal swelling was significantly reduced after one course of treatment. Jirong Xu ^[4] used Dahuang Mudan decoction to treat anal swelling, and continued treatment for three courses. As a result, the clinical efficacy was significantly better than that of oral western medicine, and the improvement of the anal swelling score was more significant. Chungen Zhou et al. ^[5] treated patients with anal swelling caused by subtractive rectal mucosal prolapse. The results showed that after 14 days, the patient's anal swelling score was significantly lower than that of the western medicine treatment group, and the patient's life The quality has also been greatly improved.

3. External use of Chinese medicine

3.1. Chinese medicine enema

Hui Chen et al. ^[6] used Jiechang Ning retention enema to treat damp-heat betting type anal swelling. After two courses of treatment, the total effective rate was significantly better than that of the oral western medicine group, and the clinical efficacy is worthy of recognition. Lidong Yang ^[7] used self-made traditional Chinese medicine (TCM) Xiaochuiling retention enema, the total effective rate was significantly improved after two courses of treatment, and the anal swelling score and the incidence of adverse reactions were lower than those of the control group. Qinfu Tang et al. ^[8] used self-made Huoxue Shengji Recipe for rectal infusion of patients with mixed hemorrhoids postoperative anal bulging on the basis of conventional treatment, and achieved satisfactory results after seven days of treatment. It shows that the infusion of TCM through the rectum has a good effect on the treatment of anal swelling, and the safety is high.

3.2. Chinese medicine smoking and washing sitz bath

Haifeng Wang et al. ^[9] gave Siwushengjijianjian and washing prescriptions to the patients with mixed hemorrhoids postoperative anal swelling twice a day. The result was that compared with the western medicine control group, the total effective rate of treatment was significantly improved, and the anal swelling continued. The time is significantly shortened. Chong Wei ^[10] observed the treatment of mixed hemorrhoids after fumigation and washing with Jiawei Qingjin San, and the results showed that the score of anal swelling decreased significantly on the fourth and seventh day after the operation. Xianlong Dong ^[11] used self-made TCM fumigation decoction to treat postoperative complications of anorectal diseases. The results showed that compared with potassium permanganate solution bath, the anal swelling score of the TCM fumigation decoction group was significantly lower. In summary, it is shown that the TCM fumigation and bathing can greatly improve the symptoms of postoperative anal bulge, which is worthy of further exploration.

4. Acupuncture therapy

Xi Wang ^[12] based on the principle of local point selection and dialectical point selection, for patients with mixed hemorrhoids after acupuncture at Changqiang, Chengshan, Ciliao and Xialiao points, the results showed that the degree of anal swelling was significantly reduced after treatment, and the swelling continued. The time is also significantly shortened. Xi Wang et al. ^[13] acupuncture the Chengshan, Changqiang, and Ciliao points for patients with anal swelling after perianal abscess, and a course of treatment for seven consecutive days. The results after acupuncture are compared with conventional treatment. The effect of improving the degree of swelling and its duration is more satisfactory.

5. Other therapies

5.1. Psychotherapy

Anal swelling is a subjective feeling of the patient, after removing the organically positive lesions, it is a symptom of anorectal neurosis, that is, autonomic disorders. This symptom recurs and there is no definite unified treatment, which will cause anxiety, panic, and depression in patients for a long time. Therefore, coping with the symptom should be guided psychologically, cultivate their interests and hobbies, divert attention, and keep the patient in a happy mood. Liver depression started to treat ^[14].

5.2. Levator exercise therapy

“Book in the Pillow” said “Gu Dao Yi Chang Suo.” The levator ani exercise, also known as the claw tract, refers to increasing the activity of the pelvic floor muscles by lifting the anus, improving blood supply, reducing local venous blood stasis, and dredging the ventilation. Studies have shown ^[15-16] that correct and

effective levator ani training can increase bowel motility, avoid stool accumulation, reduce the patient's anal swelling, improve stool control ability, improve the quality of life of patients, and be easy to implement.

6. Conclusion

With the improvement of people's quality of life, the problem of anal bulging has become particularly prominent. Secondary symptoms and psychological causes caused by anorectal diseases, gynecological and urinary system problems also account for a large proportion, and are more common in women aged 40-60. The sensation of anal bulging is not limited to the local area. The "Su Wen" pointed out that the anus is closely related to the functions of the five internal organs. Therefore, it is necessary to proceed from the overall perspective and treat the symptoms according to the symptoms in order to achieve satisfactory results.

Disclosure statement

The author declares no conflict of interest.

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