

Overview of Research on Zhuangyi in Treating Gynecological Pain

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Abstract: Pain Syndrome is a kind of unpleasant subjective feeling caused by poor Qi and blood circulation for many factors inside and outside the body or physical examination found abnormal signs, which is widely scattered in clinical departments. In recent years, Zhuangyi has made much progress in the treatment of gynecological pain diseases, and its curative effect has unique advantages, especially for gynecological diseases such as dysmenorrhea, pelvic inflammatory disease and mammary gland hyperplasia, for the treatment of gynecological diseases of pain, bruising has a significant effect. The characteristic therapy of Zhuangyi has various kinds with obvious characteristics, safe operation, remarkable effect and wide application prospect.

Key words: Zhuangyi; Gynecological Pain; Leucorrhea pain; Mastopathy pain; Menstrual pain; Puerperal disease pain

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Pain Syndrome is a kind of unpleasant subjective feeling caused by poor Qi and blood circulation for many factors inside and outside the body or physical examination found abnormal signs, which is widely scattered in clinical departments. And gynecological pain is associated with women's menstrual, band,

fetal, labor, milk and other special physiological symptoms and signs. Any organic or functional lesions of Pelvic and abdominal organs as well as mental and nerve abnormalities can cause pain, gynecological pain is one of the difficult gynecological diseases^[1]. Zhuangyi believes that women's uterus and intestines is a special physiological organ of women. The obstruction of "three channels" and "two roads" will lead to abnormal physiological phenomena in women like gynecopathy and obstetrics. Zhuangyi has rich experience in the diagnosis and treatment of gynecological pain with rich theoretical system and national characteristics.

1 Menstrual pain

Menstrual pain, also called "Yin dysmenorrhea" in Zhuangyi, showing as abdominal cramps pain with systemic symptoms around or during the menstrual period. For menstrual pain, a large number of clinical studies have shown significant clinical effect whether it is treated by the combination of classical prescriptions with Zhuangyi thread moxibustion, or by the heat-sensitive point-probing acupuncture therapy with Zhuangyi characteristics, or by the Zhuangyi thread moxibustion therapy alone.

Yanming Lin, et al^[2] observed the effect of Danggui Shaoyao powder combined with Zhuangyi thread moxibustion on primary dysmenorrhea. 60 patients of primary dysmenorrhea were randomly divided

into treatment group and control group. The control group was given ibuprofen capsule orally, while the treatment group was given Danggui Shaoyao powder combined with Zhuangyi thread moxibustion. The results showed that the total effective rate of the treatment group was 93.33% , indicating that danggui Shaoyao powder combined with Zhuangyi thread moxibustion could adjust the serum prostaglandin concentration, relieve dysmenorrhea and improve the curative effect.

Yinglu Bai^[3] observed the clinical efficacy and safety of Zhuangyi heat-sensitive point-probing acupuncture in the treatment of primary dysmenorrhea. 60 patients were randomly divided into two groups: the Zhuangyi heat-sensitive point-probing Acupuncture Group (treatment group) and the TCM acupuncture plus moxibustion group (control group). In the treatment group, E Shi Point and inner umbilical ring point were selected, using the hot-sensitive probe point of Zhuangyi for acupuncture treatment. And in the control group, Guanyuan and Sanyinjiao were taken and treated with conventional Chinese medicine acupuncture and moxibustion. All patients in the treatment group and the control Group began acupuncture 7-10 days before menstruation, every other day, until the appearance of menstruation. Continuous treatment for 3 menstrual cycles. Compare the clinical curative effect and safety of the two primary dysmenorrhea groups through statistical analysis using dysmenorrhea symptom score, dysmenorrhea grade score, visual analog score, Vas, TCM syndrome score and safety evaluation. The acupuncture therapy of heat-sensitive probe points in Zhuangyi can effectively relieve dysmenorrhea and related symptoms, and can obviously improve the syndrome of cold congealing and blood stasis. Its clinical curative effect with higher safety is better than that of acupuncture plus Moxibustion, it is worthy of clinical application.

Wenjin Yang^[4] observed the clinical effect of Zhuangyi thread moxibustion on dysmenorrhea. 115 cases of patients with dysmenorrhea were selected as the study object. In the treatment group, moxibustion was done once a day with Zhuang medical thread, Zhongji, Xuehai, Zusanli, Di Ji Liao, Hegu(LI4) and Sanyin Jiao. And patients in the control group were treated with Oral ibuprofen sustained-release capsule 2 times daily, 1 tablet each time. After 1 course of treatment, the curative effect was statistically

analyzed, showing that the cure rate of the treatment group was 94.55%, which was significantly higher than that of the control group(80%). The difference is statistically significant. Zhuangyi's line-point moxibustion has a good effect on the treatment of dysmenorrhea and analgesia, which is worth clinical reference.

2 Leucorrhea pain

Leucorrhea disease, belonging to "Long White Belt Disease" category in Zhuangyi, Leucorrhea all is wet syndrome with many spleen deficiency, and it is caused by water wet without transporting. It can block Qi and blood, block the blood vessel of Uterus, cause the woman's Qi and blood not running smoothly and have less abdominal pain. This kind of disease clinical is more common. Such as acute and chronic pelvic inflammatory disease, cervicitis, more to abdominal pain as the main symptoms, it happens more to the female reproductive system and its surrounding connective tissue, the course lingering refractory.

In terms of the toxin-deficiency disease theory in Zhuangyi, toxin is the main pathogenic factor. Due to the lack of healthy Qi in the human body, foreign poisons such as dampness and heat take advantage of the deficiency to invade the uterus, blocking the body's "three channels for nutrients to enter and leave, storage, namely Valley Road, water channel and Air Channel" , "two channels to maintain human body vitality and Reflect Disease Dynamics, namely Dragon Road and Fire Road" , resulting in blockage of Qi and blood, impaired function of impatiens, and destruction of the three Qi synchronism, and then you get sick. As a result, the treatment should be based on the principle of regulating Qi, detoxifying and tonifying deficiency, detoxifying and removing dampness, and regulating dragon road and fire road. As one of the branches of Zhuangyi, the gynecology of Zhuangyi also embodies obvious characteristic advantages and characteristics. No matter internal or external treatment of Zhuangyi, the effect of clinical research is accurate.

Meichun Yang^[5] evaluated the clinical efficacy of plum blossom's acupuncture combined with Zhuang's medical application therapy in treating chronic pelvic inflammatory disease of dampness-heat stagnation type. The patients with chronic pelvic inflammatory

disease were randomly divided into control group and observation group. The control group was given oral Gynecology Qianjin tablet for 3 treatment courses; the observation group was given Zhuang medicine plum blossom acupuncture combined with Zhuang Yi medicine dressing based on treatment in the control group, armature acupoints surrounding the Puncture Navel and Xiaguan Yuan acupoint with Zhuangyi plum-blossom Needles after the paste for Zhuangyi, two groups of patients with menstruation stopped treatment. The effective rate of the control group was 63.33%, while the 83.33% observation group was better. After the treatment, the syndrome scores of the both groups decreased, and the observation group was better than the control group in improving the syndrome. No obvious adverse reaction occurred in both groups. The treatment of chronic pelvic inflammatory disease with damp-heat and blood-stasis-knot type by plum blossom's acupuncture combined with Zhuang's medical application is effective, which is worthy of being promoted into use in clinic.

Liu Xueqiong^[6] observed the clinical effect of Zhuangyi Liu Fang Teng Fang in treating chronic pelvic inflammatory disease. Methods: 120 patients with chronic pelvic inflammatory disease were randomly divided into observation group and control group (60 cases each). The observation group was given Zhuangyi Liu Fang Teng Fang decoction 4 days after menstruation was clean, and the control group was given Jinji capsule tablets and three courses of continuous therapy. Menstrual period all stop treatment all stop. The total effective rate was 86.66% in the observation group and 83.33% in the control group. Zhuangyi Liu Fang Teng Fang of has good curative effect on chronic pelvic inflammatory disease, which is similar to Jinji granule and has no obvious side effect, worthy of being clinically applied.

3 Mastopathy pain

Mammary gland hyperplasia takes the main part of the painful symptom of mammary gland disease. Hyperplasia of mammary glands, called Cijog in Zhuangyi, and also known as the folk "Milk Stone Sore", it shows as the unilateral and bilateral breast within the boundaries of the fuzzy, different shape, size, it will be the shape of a moving cord or two

mixed masses if being pushed. Patients often have main symptoms like tenderness and swelling pain of the breast. It is believed that diseases do not arise out of nothing, but are caused by the imbalance of Xu and Le. It is one of the basic conditions for human health to keep the balance between Xu and Le in Zhuangyi. If not, the three channels will be blocked and the three Qi can not be synchronized, causing the disease. Therefore, the treatment should balance the Xu and Le, dredge three channels and two roads. It has been reported in many literatures that the special acupuncture of Zhuangyi, treatment of tendon in Zhuangyi, the moxibustion of medicine thread, and the method of cupping and removing blood stasis with Lotus needle in Zhuangyi can all significantly improve the patients' breast pain.

Yubin Quan^[7] observed the clinical effect of Zhuangyi acupuncture in treating hyperplasia of mammary glands, 60 cases of hyperplasia of mammary glands were randomly divided into Zhuangyi acupuncture group and TCM acupuncture group, 30 cases in each group. The former group choose points to conduct treatment according to the method of Zhuangyi acupuncture, traditional Chinese medicine acupuncture group selected conventional acupoints for acupuncture treatment. All patients were treated 3 times a week, 4 weeks for a course of treatment period (suspending during menstrual period) and 3 courses of treatment in total. All patients were recorded breast pain, tumor size, accompanied symptoms and their total score before and after treatment, and then were statistically analyzed, results will come out after discussion and analysis in the end. The results showed that the total effective rate of the Zhuangyi acupuncture group was 83.33%, indicating that the acupuncture method of Zhuangyi was effective, safe and effective in improving the pain degree of breast, the size of breast mass and the concomitant symptoms of the whole body.

Hongjuan Zhao^[8] discussed the clinical effect of Zhuangyi muscle meridian therapy combined with Shugan Xiaopi San in treating the liver-qi stagnation type hyperplasia of mammary glands. 90 patients were randomly divided into two groups. The control group was treated with Ruhe Sanjie tablet, the treatment group was treated with Zhuangyi muscle meridian therapy combined with Shugan Xiaopi San. The clinical curative effect and clinical symptom of 2 groups were compared, and the results showed that

the total effective rate of the control group was lower than that of the observation group. After treatment, the breast pain score of the treatment group was significantly lower than that of the control group, and the breast mass was dramatically smaller than that of the control group. The study shows that muscle meridian therapy of Zhuangyi combined with Shugan Xiaopi San is effective in treating liver-qi stagnation type of hyperplasia of mammary gland, it can obviously release breast pain, reduce breast mass, and it is safe, reliable without any side effect.

Yingkai Lu^[9] selected 60 cases of hyperplasia of mammary glands through observing the clinical curative effect of characteristic therapy of Zhuangyi in treating the disease, and divided then into treatment group with characteristic therapy of Zhuangyi and control group with Yanlu Rukang capsule. The treatment group was treated with the characteristic therapy of Zhuangyi, starting from 7 days before menstruation and stopped during menstruation, acupuncture, medicated thread moxibustion were included once a day and Lotus needle cupping and removing blood stasis twice a day. The control group was given Yanlu Rukang capsule with the same time of start and end, menstrual period to stop medicine, 7 days for a course of treatment, both groups were treated for 3 courses (3 menstrual cycles). All cases were evaluated before and after treatment, and waiting for the results. Clinical research and observation showed that the effective rate of the treatment group was 87%, the characteristic therapy of Zhuangyi had a good and accurate effect in improving breast pain, breast lump and accompanied symptoms of the whole body, and the overall curative effect was better than that of the control group, which an effective method in treating hyperplasia of mammary glands. The study indicated that the characteristic therapy of Zhuangyi has a long-term curative effect and a good effect of long-term curative, providing useful ideas and references for the clinical treatment of hyperplasia of mammary glands.

4 Puerperal disease pain

Postpartum disease is a common disease in gynecology of Zhuangyi, which includes postpartum weakness, postpartum rheumatism, postpartum wind, postpartum abdominal pain and postpartum Lochia. In Zhuang's prescriptions and drugs for treating

puerperal diseases, the most frequently used drugs are for the purpose of expelling toxin and reinforcing deficiency and dredging three channels and two roads. The expelling toxin and reinforcing deficiency and dredging three channels and two roads are the main methods for treating puerperal diseases, showing the pathogenesis characteristics of Toxic Deficiency Treatment theory in Zhuangyi.

It is believed by Zhuangyi that all diseases are caused by toxin deficiency. As for postpartum diseases, Zhuangyi believes that women consume Qi and blood while giving birth, which will be very weak after giving birth. And the functions of the grain passage, air passage, water passage, dragon passage and fire passage are low, the intestines of the impatiens are damaged, and their ability to resist external "poison" is low. However, Zhuang people often live in the remote mountainous areas where the conditions are so difficult that it is easy to cause post-natal diseases. Zhuangyi hold the view that the normal of internal organs, bones, flesh, Qi and blood is the foundation of female physiology of menstruation, pregnancy, childbirth and lactation, and the combination of "three channels" and "two roads" is the important step of produce and regulate female physiology. All of these play an important role in the female menstruation, pregnancy and childbirth and other physiology. According to the law of Yin and Yang in the world, the synchronism of the three Qi can make sure the normal function of uterus and maintain the normal female physiological function^[10].

There is a marked effect of Zhuangyi Moxibustion on the postpartum rehabilitation, especially for alleviation of the uterine contraction pain in clinic. Liu Jiao^[11] observed the clinical effect of moxibustion on promoting uterine involution after elective cesarean section, selected the parturient women who meet the inclusion criteria, and they were randomly divided into the control group and the observation group. The control group was treated with antibiotics and oxytocin after the operation of cesarean section for preventive therapy, and the observation group was treated with moxa stick and moxibustion on acupoints surrounding the navel and Guanyuan acupoints. After treatment, the results showed that the therapeutic effect of observation group was better than that of control group. Therefore, it is suggested that moxibustion with Zhuangyi can accelerate the descent rate of fundus after cesarean section,

reduce the amount of vaginal blood lochia, shorten the duration of Lochia, release postpartum uterine contraction pain and promote uterine recovery, and Zhuangyi moxibustion is of simple operation, convenient materials-drawing and economic benefit and safety. It is worth promotion and application in clinic. As a result, the study provides new and methods for clinical practice.

The treatment of postpartum diseases by Zhuangyi is based on the combination of disease differentiation and syndrome differentiation with quite characteristic drug use in clinic. Meichun Yang et al^[11] summarized the medication rule of Zhuangyi in treating postpartum diseases, and discussed the physiologic and legal characteristics of Zhuangyi in treating the disease. The prescriptions and medicines for treating postpartum diseases of Zhuangyi were widely collected, and the frequency of medication, the composition of drug properties and the functional composition are researched by the frequency analysis method. The study shows that expelling toxin, tonifying deficiency and regulating circulation are the main methods of Zhuangyi in treating postpartum diseases. It is suggested that the clinical administration of Zhuangyi used to treat puerperal diseases often focuses on the application of expelling poisons, caring for Qi and blood, and stomach Qi in the grain passage. *Streptocaulongriffithii*, *agrimonia pilosa*, *daylily* and *herba thailictri omeiensis* are used most frequently for Zhuangyi treatment of Postpartum Diseases, suggesting that these drugs can be used in clinical prescription; on the other hand, what the Zhuangyi value about in the treatment of postpartum diseases is the use of mesophilic drugs. The mesophilic and thermal drugs account for almost half of the prescriptions collected, which may be related to the fact that Zhuang people mainly lives in the high and cold mountainous areas, showing the treatment characteristics of postpartum pathogeny in local conditions. This study provides an important basis and ideas for the systematic treatment of gynecological diseases of Zhuangyi, and is of great significance for the standardized application of Zhuangyi in clinic.

5 Discussion

The most common symptom in the physiological process of gynecopathy and obstetrics. Therefore,

the study and treatment of gynecological pain is of great significance in clinical practice. In recent years, Zhuangyi has made much progress in the treatment of gynecological pain diseases, and its curative effect has unique advantages, especially for gynecological diseases such as dysmenorrhea, pelvic inflammatory disease and mammary gland hyperplasia, for the treatment of gynecological diseases of pain, bruising has a significant effect. The characteristic therapy of Zhuangyi has various kinds with obvious characteristics, safe operation, remarkable effect and wide application prospect. However, there are still rare studies on Zhuangyi for treating gynecological pain, and the application and spread range of Zhuangyi's characteristic therapy is still limited, the standard of curative effect has not yet been unified, especially for the mechanism of various characteristic therapies of Zhuangyi on gynecological pain is still unclear, therefore, the later research should be combined with modern techniques such as modern molecular biology, pharmacology and experimental zoology to study the mechanism of gene protein expression, standardize the standard of diagnosis and treatment, and contribute to the application of Zhuangyi Gynecology.

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