

Research Progress of Chinese Medicine Treatment for Postpartum Body Pain

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Abstract: Puerperium is a special physiological period for women. Postpartum blood loss, Yin blood loss coupled with cold by wind, and others not paying attention to warm behavior is the common cause of postpartum pain. Western medicine treatment mostly uses NSAIDs anti-inflammatory analgesia, and the condition is easy to repeat, delay; Through reviewing and organizing relevant literature, the author believes that TCM is based on the theories of visceral outward manifestation, five elements and meridians and viscera, combined with moxibustion, fumigation and acupoint application and other TCM treatment methods on the basis of syndrome differentiation and oral TCM treatment, which has more significant and considerable effects and is worthy of reference and adoption by clinicians.

Postpartum body pain is a postpartum complication that occurs during the puerperium and presents with clinical manifestations such as soreness, pain, numbness, heaviness, unfavorable flexion and extension and even swelling of joints or limbs. In Chinese medicine, it is called postpartum paralysis, postpartum arthralgia, and postpartum body pain. This disease is similar to rheumatoid arthritis, gout, osteoarthritis, and other clinical manifestations, but this disease occurs in a special period, and laboratory tests such as blood count, erythrocyte sedimentation rate, anti-hemolytic streptococcal "O", rheumatoid factor are not obvious abnormalities. A few patients may have recurrent attacks due to untimely or indifferent treatment, which may affect their physical and mental health in the future[1]. The puerperium is a unique physiological cycle for women, and the treatment of postpartum diseases in Chinese medicine is based on the basic treatment principle of "don't confine yourself to the postpartum period and don't forget about the postpartum period", which is combined with the clinical manifestations and symptoms of patients to identify and treat. The author has reviewed and organized the literature on the treatment of this disease in recent years to provide clinical treatment ideas and basis.

1. Identification and Treatment

According to the clinical manifestations, the main symptoms of postpartum body pain are external sensation, blood deficiency, blood stasis, and kidney deficiency; the pathological elements are mainly blood deficiency, cold and dampness; the pathological elements are mainly meridians, tendons and bones, and kidney[2].

1. 1 Blood Deficiency Evidence

Due to postpartum blood loss and deficiency of Yin and Blood, the limbs and joints lose moistening, resulting in numbness, soreness, flexion and extension, etc. Jin Kui Yao suggests the use of Huang Qi Gui Zhi Wu Wu Tang to nourish Blood, benefit Qi, warm the meridians and improve the clinical manifestations. Su Wen records that a deficiency of Ying Qi is not benevolent. Based on the understanding of the etiology and pathogenesis of "deficiency of Wei and glory", Wu Quansheng [3] used the classical prescription of Chinese medicine, Huang Qi Gui Zhi Wu Wu Tang plus reduction, to treat postpartum body pain with remarkable clinical efficacy. He believes that "deficiency of Wei and glory" is the basic pathogenesis of the disease, of which "deficiency of glory" is the root of the pathogenesis, emphasizing the main deficiencies, especially blood deficiency and kidney deficiency. The key to the pathogenesis of the disease is "Wei deficiency", considering that the function of the external guard is reduced or lost, resulting in the invasion of various external evils such as wind, cold and dampness. This formula consists of five herbs: Huang Qi, Gui Zhi, Bai Shao, Sheng Jiang, and Da Zao. Modern pharmacological studies[4] proved that this formula has analgesic, anti-inflammatory, nerve regulating and repairing, and antioxidant effects. Network pharmacological studies[5] screened quercetin, β -sitosterol, kaempferol, and other compounds, which may be important components of Astragalus membranaceus Wuwu Tang for the treatment of postpartum body pain, and these components may act on STAT1, RELA, IRF1, NFKBI and other targets through osteoclast differentiation, chemokine signaling pathway, HIF-1 signaling pathway, etc. Treatment of postpartum body pain.

1. 2 Blood Stasis Evidence

The process of childbirth is easy to consume qi and injure blood, and the deficiency of qi and blood will lead to poor operation and stasis in the veins and bones, which will cause pain if not passed. The efficacy by Zhong Nan[6] of the formula was evaluated in 58 patients with blood stasis of postpartum body pain after taking the formula. They were used in the clinical treatment of patients with postpartum body pain and effectively improved the patients' symptoms and relieved the body pain. Liao Yinglian[7] randomly divided 60 patients diagnosed with postpartum body pain and blood stasis into two groups and administered Postpartum Pain Determination Soup and Blood Stasis Paralysis Tablets respectively. The efficacy was objectively evaluated by the difference of symptom scores and efficacy index, and after treatment, it was concluded that both Postpartum Pain Determination Tang and Blood Stasis Pills had certain clinical efficacy on Postpartum Pain and Blood Stasis, and Postpartum Pain Determination Tang was more effective than Blood Stasis Pills. The efficacy of Postpartum Pain Relief Soup was more significant than that of Blood Stasis Tablets. Cui Li[8] et al. treated 17 patients with postpartum body pain of qi deficiency and blood stasis by adding and subtracting Body Pain and Blood Stasis Tang, and observed the changes of symptoms before and after treatment, and the cure rate was 41. 18%, the significant rate was 52. 94%, and the total effective rate was 97. 30%.

1. 3 Evidence of External Sensation

Postpartum deficiency, susceptible to wind, cold, damp, and other external evil invasion, according to the characteristics of wind, where it can cause muscle, joints, limb pain, numbness, flexion and extension, etc.; cold invasion of the human body to reach the coup, pores, meridians and veins caused by pain and paralysis; by the damp invasion of patients mostly manifested as muscle aches, joint pain. Sun Simiao, a medical doctor, has created a classic formula for the treatment of wind-cold dampness paralysis, which has the effect of dispelling wind dampness, stopping paralysis and pain, benefiting qi and blood, and nourishing the liver and kidney, etc. It is often used in cases of deficiency of liver and kidney, deficiency of qi and blood, and wind-cold dampness paralysis. This formula is composed of Doklamia, Qiangwu, Sang Sang, Fangfeng, Gentiana, Niubizi, Paeonia, Eucommia, Hosin, Poria, Guixin, Angelica, Dried Dihuang, Ginseng, and Licorice, which have been shown by modern pharmacological studies[9] to contain inflammatory factors, anti-inflammatory, analgesic, and immunomodulatory effects, which are sufficient to relieve patients' discomfort. Sun Kexin[12] treated 30 patients with postpartum body pain who met the inclusion criteria of the main formula of Duluxiaosheng Tang, and observed the efficacy by comparing the effects before and after treatment with the medicine.

1. 4 Kidney Deficiency Evidence

Postpartum pain in the waist and knees, heel pain, with or without dizziness and tinnitus, frequent nocturia, and other clinical manifestations mostly belong to the kidney deficiency type of postpartum body pain, the use of nourishing Rong Zhuang Kidney soup can nourish the kidney and fill the essence, strengthen the waist and bones. Yang Pengli [13] randomly divided 120 cases into 60 cases in the observation group and 60 cases in the control group, and both groups were treated with Yang Rong Zhuang Kidney Tang orally, and the observation group was treated with Yang Rong Zhuang Kidney Tang fumigation, which was considered more effective in the treatment of postpartum body pain with kidney deficiency. Cui Jinling [14] randomly divided 120 cases into 60 cases in the observation group (oral Yang Rong Zhuang Kidney Tang) and 60 cases in the control group (oral Yang Rong Zhuang Kidney Tang combined with electrical stimulation of acupuncture points) and compared the pain scores before and after treatment, and concluded that Yang Rong Zhuang Kidney Tang combined with electrical stimulation of acupuncture points was more effective in the treatment of postpartum heel pain.

2. Other Therapies

Through the study of the etiology and pathogenesis of this disease, based on the therapeutic effect of moxibustion in warming and dispelling evil, it was found clinically that moxibustion, especially the suspension moxibustion of the Duoyuan meridian, has significant clinical efficacy in the treatment of this disease. Huang Xiaofei[15] et al. by randomly dividing 90 subjects who met the inclusion criteria into the group of moxibustion of the Governor's meridian, the group of moxibustion of the bladder meridian and the group of moxibustion of the stomach meridian, by comparing the changes in clinical symptom scores, VAS, PPI scores and their clinical efficacy before and after treatment concluded that all three groups had lower scores after treatment than before treatment and that the method was effective and the clinical efficacy of moxibustion of the Governor's meridian to intervene in postpartum body pain was better than that of the meridian points of the bladder and the stomach meridian. Feng Qian[16] et al. reviewed the clinical reports on the application of moxibustion, especially the characteristic moxibustion therapy, for the treatment of this disease in recent years, to provide the necessary clinical basis for the treatment of this

disease with moxibustion. Zhou Xin [17] selected 60 cases and randomly divided them into 30 cases in the abdominal isolated ginger mud cross moxibustion group and 30 cases in the conventional acupuncture group, and recorded the VAS scores and Chinese medicine symptoms change scores of the two groups before and after treatment. In postpartum, pain all over the body and abdominal pain refusing to press, the abdominal moxibustion method was more obvious and made up for the shortcomings of the conventional acupuncture method, such as more frequent treatments and shorter duration of treatment.

3. Combined Therapy

Xu Yanhong [18] combined ancient and modern literature and clinical practice and believed that joint pain during the puerperium and various postpartum and puerperal joint pains can be treated as postpartum body pain, and should be treated in stages, regulating qi and blood, soothing the meridians and channels, and combining internal and external treatment. It is believed that puerperium is a new disease, and the pathogenesis is mostly blood deficiency and loss of nourishment, and external evil can easily invade, so the treatment should focus on regulating qi and blood. The pain of joints all over the body secondary to the puerperium is a long-standing disease, and it is believed that the long-standing disease is mostly due to weakness of the body, depletion of qi and blood during childbirth, stagnation of wind, cold and dampness in tendons, veins and bones after childbirth, which is prolonged and causes stasis for a long time, and most of them are mixed with deficiency and reality, and treatment should be based on activation of blood and circulation, dispersing stasis and relieving pain, with emphasis on relaxing tendons and circulation. The combination of internal and external treatment is especially suitable for patients with postpartum body pain. In addition to internal administration of traditional Chinese medicine, external application of traditional Chinese medicine, or external washing with traditional Chinese medicine decoction is recommended. External application and fumigation will vaporize the active ingredients of Chinese medicine and apply them directly to the skin, so that the medicine can reach the disease directly, which can also avoid stimulating the digestive tract and reduce the burden on the liver and kidney, so that the medicine can be effective quickly. In addition, with the help of high temperature fumigation and sweating, the evil qi in the body can be dispersed with sweat, which has a therapeutic effect that cannot be played by drugs taken internally. Zhu Wenyan [19] compared the efficacy, swelling, and pain indices of shoulder, elbow, wrist, and knee joints before and after treatment and patient satisfaction in 80 cases of wind-cold postpartum body pain who met the inclusion criteria and were randomly divided into 40 cases in the control group (oral administration of Douwei Douwei Fusheng Tang) and 40 cases in the observation group (oral administration of Douwei Douwei Fusheng Tang combined with San Fu Paste acupuncture therapy). The clinical efficacy of Duluxiaosheng Tang combined with Sanfu Paste acupuncture in the treatment of wind-cold postpartum body pain was good, and the patients' symptoms improved, recovery was considerable, and the satisfaction rate was high, which is of clinical guidance. Geng Mei [20] et al. randomly divided 60 patients who met the inclusion criteria into 30 cases in the control group (oral administration of Yangkun Pain Dispelling Formula) and 30 cases in the observation group (oral administration of Yangkun Pain Dispelling Formula plus moxibustion treatment) to compare the VAS scores of the two groups before and after treatment, and concluded that Yangkun Pain Dispelling Formula combined with moxibustion had a significant improvement effect on the symptoms of postpartum body pain. Zhan Mingjie [21] et al. concluded that by randomly dividing 66 patients who met the inclusion criteria into 33 patients in the control group (oral administration of Huangqi Gui Zhi Wuwu Tang granules) and 33 patients in the observation group (oral administration of Huangqi Gui Zhi Wuwu Tang granules plus moxibustion of Guan Yuan with

spaced appendage cakes) and comparing the pain visual analogue scoring method (VAS) scores and Chinese medicine evidence scores after treatment in both groups, they concluded that moxibustion of Guan Yuan with spaced appendage cakes could enhance the effect of Chinese medicine on postpartum body pain. The effect of moxibustion of Guan Yuan on the improvement of clinical symptoms of patients. Zhang Jing [22] divided 60 patients into a control group of 30 patients each and an observation group, both groups were given conventional interventions, and the study group was treated with transcutaneous electrical nerve stimulation combined with thunder fire moxibustion on this basis, and the efficacy of transcutaneous electrical nerve stimulation combined with thunder fire moxibustion in treating patients with postpartum body pain was considered significant by using the visual analog scoring method before and after treatment, which could effectively relieve pain and improve anxiety and depression. Zhang Fangzhi [23] randomly divided 90 patients with extrapyramidal type into 30 observation groups (wheat grain moxibustion combined with Duluxu Jisheng Tang), 30 control I group treated with wheat grain moxibustion, 30 control II group treated with Duluxu Jisheng Tang, comparing pain scores concluded that wheat grain moxibustion combined with Duluxu Jisheng Tang was effective in treating patients with extrapyramidal evidence of postpartum body pain. Zhang Qi[24] compared the symptoms and pain scores before and after treatment in the blank group, observation group 1 (doujiao moxibustion combined with traditional Chinese medicine foot bath) and observation group 2 (doujiao moxibustion) and concluded that doujiao moxibustion combined with foot bath therapy can effectively improve the clinical symptoms and relieve the anxiety and depression of patients with externally induced postpartum body pain, and is easy and effective to clinical application.

4. Summary

The authors collated the relevant literature on postpartum body pain in recent years, and the current clinical diagnosis and treatment of this disease, in addition to determining the period of onset and exclusion of laboratory tests and imaging examinations, Western medicine often uses non-disaster anti-inflammatory drugs to relieve the patient's discomfort, but often treat the symptoms but not the root cause, the symptoms are easy to recur and persist. In addition to the unique treatment principle of acupuncture and moxibustion theory, the treatment is based on the clinical manifestations of the patient with reference to tongue and pulse diagnosis, and on the basis of oral Chinese medicine, moxibustion is applied to the meridians of the Directing Vessel, Foot Solar Bladder Meridian and Foot Yangming Stomach Meridian, as well as Chinese medicine fumigation and acupuncture point application. Reduce the recurrence of the disease.

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