

Progress in acupuncture treatment for anorectal diseases after surgery

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Abstract: In recent years, the incidence of anorectal diseases in China is increasing year by year, and surgical treatment is a common treatment to treat anorectal diseases. However, complications such as pain, urinary retention and emotional problems often occur after anorectal surgery, which seriously affect the recovery of the disease and the daily life of patients. As a traditional TCM therapy, acupuncture treatment has the advantages of being safe, non-invasive and effective. Acupuncture treatment of anorectal diseases has the important functions of relieving pain, relieving mental pressure and promoting healing. This paper queries the relevant literature of acupuncture and moxibustion for the treatment of anorectal diseases, in order to provide a theoretical basis for the clinical application of postoperative treatment of anorectal diseases

1. Preface

Anorectal diseases are common in clinical practice, and their symptoms are numerous and complicated, often mainly for blood, secretions, swelling and pain, and foreign body prolapse and prolapse, see Figure 1. Under the influence of living habits and regional living environment and other factors, the incidence of anorectal diseases in China is increasing year by year [1]. Clinical common anorectal diseases include perianal abscess, anal fistula, hemorrhoids, anal fissure, ulcerative colitis, intestinal tumor, etc. Surgical treatment is often used in treatment, but postoperative pain, urinary retention, emotional problems and other complications, so the postoperative treatment of anorectal diseases is very important. Acupuncture treatment can treat anorectal diseases by regulating the nervous system and endocrine system, promoting local blood circulation to relieve pain, relieve mental pressure, promote healing, and improve intestinal function, as shown in Figure 2. Therefore, this paper collated and analyzed the relevant literature of acupuncture for anorectal diseases, which was summarized as follows.

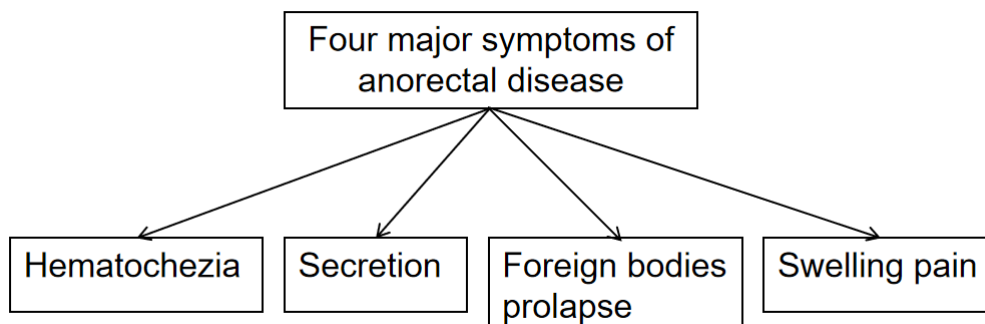


Figure 1: Four major symptoms of anorectal disease

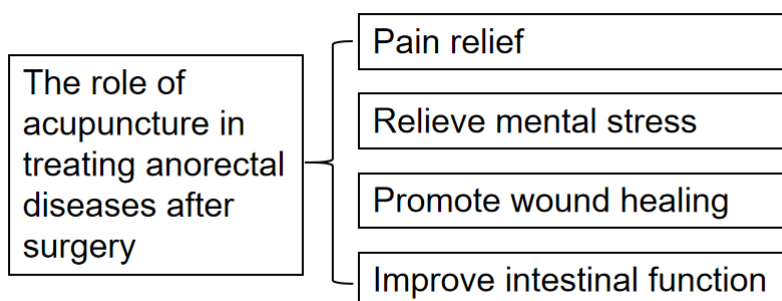


Figure 2: The role of acupuncture in treating anorectal diseases after surgery

2. Anorectal disease

2.1. Perianal abscess

Perianal abscess is a common anorectal disease, usually caused by a bacterial infection of the skin around the anus. Common symptoms include pain around the anus, swelling, redness, fever, local tenderness, etc. Treatment of perianal abscess usually requires surgery, which is usually performed with local anesthesia, removes the pus and removes necrotic and inflamed tissue around the abscess, and then places a drainage tube at the wound to help discharge wound secretions and promote wound healing. Surgery is the main treatment method, but postoperative complications are easy to occur, and acupuncture therapy, including acupuncture, acupoint application and acupoint injection, etc., through syndrome differentiation, have good treatment effects on postoperative complications of anorectal diseases [2]. Acupuncture therapy has the advantages of simple operation, preferential price, no obvious side effects, and moxibustion plays antiviral, antibacterial and analgesic roles through warm effect, infrared radiation and overall regulation. Yue Suping [3] used moxibustion to treat perianal abscess wound after surgery, and found that it can promote the shedding of necrotic tissue and reduce postoperative complications. Acupuncture is a therapy in traditional Chinese medicine, which can regulate the physiological function of the human body by stimulating the meridians and acupoints of the human body, and play a role in treating diseases and promoting health. For the recovery of perianal abscess, acupuncture can play a certain auxiliary therapeutic role.

2.2. Anal fistula

Anal fistula is the pathological canal with repeated swelling and pain around the rectum. As can be seen in Table 1, anal fistula accounts for about 1.67% of anorectal diseases in China, and it is relatively complex with [4]. Surgery is the main means of treatment of anal fistula, and there is still no standard answer to the surgical type of anal fistula, but in order to eliminate the internal oral and epithelial pipeline, except for a few minimally invasive therapies, the cutting of partial sphincter is often difficult to avoid. Therefore, the rehabilitation after anal fistula is facing a severe test. In recent years, more new treatment methods such as acupoint therapy have been created. Guan Wei and [5] found that acupuncture moxibustion combined with wound moxibustion treatment of anal fistula has clinical significance of promoting healing. Fu Junwei et al [6] found that the ion introduction of Chengshan point can also be used in the treatment of anal fistula. Introduce Chinese medicine ions into the human body in the form of electromagnetic wave through microcomputer, which not only made up for the problem of insufficient permeability of the body surface, but also achieved the effect of relieving pain, reducing edema and promoting wound healing. Rehabilitation after anal fistula is a clinical issue of widespread concern, but there are no guidelines or consensus to define its standardized treatment plan, and the therapeutic advantages of TCM should be exploited to create better treatment modalities.

2.3. Hemorrhoids

Hemorrhoids is a common anorectal disease with clinical manifestations such as repeated bleeding, hemorrhoids prolapse, anal pain and discomfort, and the incidence rate is the first place of anorectal diseases, see Table 1. There are many treatment methods for hemorrhoids, but because of the exact curative effect of surgical treatment, so it is still the main treatment of hemorrhoids. After surgical treatment, patients may have bleeding, urinary retention, pain, anal edema, anorectal stenosis, anal incontinence and other complications [7]. These complications will cause pain and psychological fear to patients, so more and more attention is paid to the treatment of postoperative complications of hemorrhoids. Acupuncture treatment can effectively treat postoperative complications of hemorrhoids. Xiao Rong and other [8] combined ear pressure pills with acupoint massage has obvious effect, can effectively relieve abdominal distension, and has the advantages of reducing invasive operation, avoiding urinary tract infection, simple and easy, no side effects and no pain for patients. Niu Xiude [9] used acupuncture to treat patients with mixed hemorrhoids, and the effect of the observation group was significantly better than that of the control group. Numerous studies have shown that giving moxibustion therapy or acupoint application on the basis of routine care after [10-12] hemorrhoids surgery can improve the incidence of urinary retention and promote wound healing. Chinese acupuncture plays an increasing role in alleviating the complications of hemorrhoids and has great prospects.

2.4. Anal fissure

Anal fissure is a common clinical anorectal disease, more common in the middle-aged people, the main clinical manifestations are defecation burning or knife cut pain, bleeding, constipation and other symptoms [13]. Treatment is divided into surgical treatment and non-surgical treatment. Postoperative complications have always been a big problem for anorectal doctors. They mainly include incision pain, bleeding and other factors leading to slow wound healing, and even secondary constipation, intestinal flatulence, urinary retention and other problems [14-15]. Clinical studies show that acupuncture treatment has the advantages of high efficiency, safety, practical use and less patient pain during the recovery process after anal fissure surgery. Acupuncture mainly includes

acupuncture, electric acupuncture, floating acupuncture, moxibustion, acupoint embedding, and ear points, see Figure 3, which plays an important role in the postoperative complications of anorectal diseases. Wang Lijuan et al. [16] gave traditional Chinese medicine fumigation and bath combined with hemorrhoid acupuncture, and the results showed that it could significantly relieve the edema, reduce the pain and accelerate the wound healing. Li Ming [17] will 80 patients after anal fissure surgery randomly divided into treatment group and control group with moxibustion wound to dressing and vaseline gauze filling, control group using vaseline gauze filling, the study found that treatment group postoperative wound healing days significantly shorter than the control group, wound granulation healing degree is better than the control group, that moxibustion has promoted the effect of the wound granulation hyperplasia, accelerate the wound healing.

2.5. Ulcerative colitis

Ulcerative colitis is a kind of intestinal inflammation limited to the mucosa and submucosa. The common clinical manifestations include abdominal pain, diarrhea, mucus, pus, blood and stool, etc. For the treatment of ulcerative colitis, amino salicylic acid drugs, corticosteroid drugs, immunosuppressive agents, monoclonal drugs, etc., when the complex, medical treatment effect will use surgical treatment [18], but postoperative intestinal bleeding, infection, intestinal stenosis, anal stenosis complications, can increase patient pain, aggravating psychological burden. Acupuncture as a traditional Chinese medicine treatment, can to a certain extent alleviate ulcerative colitis postoperative symptoms, acupuncture can stimulate acupuncture points, regulate the blood flow, improve the intestinal microcirculation, relieve intestinal inflammation and edema, promote intestinal repair and regeneration, to relieve symptoms such as abdominal pain, diarrhea, improve the quality of life of patients. In addition, acupuncture and moxibustion can also regulate the body's nerve, endocrine and immune system and other physiological mechanisms, enhance the body's self-repair ability, improve the immunity of patients, and prevent the recurrence and deterioration of the disease. However, it should be noted that acupuncture cannot cure ulcerative colitis, but can only play a role in adjuvant treatment. Therefore, the postoperative treatment of ulcerative colitis.

2.6. Intestinal tumors

Intestinal tumors can be divided into benign and malignant according to their nature, especially malignant tumors have a significant impact on the patient's body, mind and family. The common manifestations of intestinal tumors include blood in the stool, stool trait changes, abdominal discomfort, obstruction, etc. The treatment is divided into conservative treatment and surgical treatment of [19]. Postoperative treatment is often accompanied by pain, low immunity, difficult defecation and other complications, which has a certain impact on the life treatment of patients. Acupuncture can regulate the flow of qi and blood by stimulating acupoints, relieve pain and reduce the dependence on analgesics; by regulating the nerve, endocrine and immune system, improve the immunity, prevent the recurrence and deterioration of the disease; by regulating the intestinal microcirculation and metabolism, promote intestinal repair and regeneration, relieve intestinal inflammation and edema, thus improve the intestinal function and reduce symptoms such as defecation difficulties. It should be noted that acupuncture, as a safe, non-invasive and non-free treatment, should be operated by professional traditional Chinese medicine doctors and should not be operated by themselves, so as not to cause unnecessary risks. At the same time, during the acupuncture treatment process, patients should actively cooperate with the doctor's treatment, and follow the doctor's advice, in order to obtain the best treatment effect.

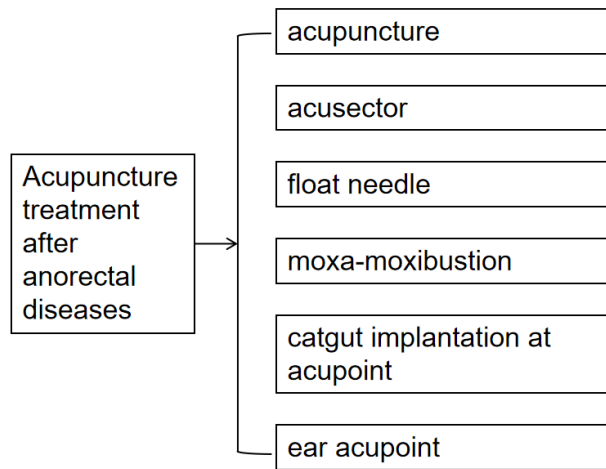


Figure 3: Acupuncture and moxibustion treatment methods for anorectal diseases after surgery

Table 1: Current status of patients with anorectal diseases

Disease type	proportion (%)	Subdivision of disease types	proportion (%)
haemorrhoids	87.25%	internal hemorrhoids	59.86%
		external hemorrhoid	16.10%
		mixed hemorrhoid	24.13%
Other anorectal diseases	12.75%	anal fissure	4.12%
		hypertrophy of anal papilla	2.85%
		archosyrinx	1.67%
		proctoptoma	0.58%
		polypus recti	0.28%
		pruritus ani	0.17%
		Other anorectal diseases	3.08%

Table 2: Specific effects of acupuncture in the treatment of different anorectal diseases

Postoperative type of anorectal disease	Disease symptoms	The therapeutic effect of acupuncture
perianal abscess	Pain, swelling, redness, fever, and local tenderness around the anus	Antiviral, antibacterial and analgesic, promote necrotic tissue shedding, and reduce postoperative complications
archosyrinx	Repeated swelling and swelling around the rectum	Reduce pain, reduce edema, and promote wound healing
haemorrhoids	Repeated bleeding, hemorrhoids prolapse, anal distension and discomfort	Improve urinary retention and promote wound healing
anal fissure	When defecation, burning or knife cut pain, bleeding, constipation	Relieve moisture content, reduce pain, and accelerate wound healing
colitis gravis	Abdominal pain, diarrhea, mucous, pus and blood stools	Improve intestinal microcirculation, relieve intestinal inflammation, edema, and promote intestinal repair and regeneration
Intestinal tumor	Blood in chezia, changes in stool traits, abdominal discomfort, obstruction	Relieve pain, improve immunity, relieve intestinal inflammation and oedema

3. Summary and Outlook

Due to the different dietary habits and geographical location in China, the incidence of anorectal diseases is also changing. Surgery is often used in the treatment methods, and postoperative complications are often accompanied by some complications, which have an impact on the body and mind of patients. Therefore, it is necessary to study the postoperative treatment of anorectal diseases. TCM has played an important role in the treatment of anorectal diseases. Acupuncture as a safe, non-invasive and effective treatment, overall, postoperative treatment of anorectal diseases alleviates postoperative pain, promotes intestinal function recovery, improves emotional state, and prevents complications, as shown in Table 2. Although the clinical application has achieved a certain curative effect, and has been more and more research support. However, there are also deficiencies such as curative effect varies from person to person, multiple treatments to achieve ideal effect, and risk of infection and needle injury.

In the future, the prospect of acupuncture and moxibustion after the treatment of anorectal diseases is as follows: deeply study the postoperative action mechanism of acupuncture and moxibustion on anorectal diseases, and further explore the scientific and effective nature of its clinical application. Explore the best postoperative treatment plan of acupuncture for anorectal diseases, including the optimization of acupuncture point selection, acupuncture method, and treatment frequency of acupuncture. Combined with modern medical technology, acupuncture and other treatment methods are combined to improve the postoperative treatment effect of anorectal diseases. Promote the postoperative application of acupuncture treatment for anorectal diseases, improve patients' cognition and acceptance of acupuncture treatment, and promote its wide application in clinical practice. In conclusion, acupuncture treatment of anorectal diseases has broad application prospects and development space, which will bring better treatment effect and quality of life for patients with anorectal diseases.

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