

Discussion on the syndrome differentiation treatment of pneumonia and cough in children

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Keywords: Pediatric pneumonia asthma; TCM stage syndrome differentiation therapy; external treatment; curative effect

Abstract: TCM syndrome differentiation treatment of pediatric pneumonia asthma, not only can enhance the treatment effect, also can reduce spending to reduce the burden of children family, so it is worth widely used. New research methods should be adopted to develop new treatment methods suitable for children as soon as possible to contribute to the treatment of pneumonia in children with traditional Chinese medicine.

1. Introduction

Pediatric pneumonia is a diagnosis of western medicine, and there is no direct record in the ancient literature of traditional medicine. "Lung wind" in Neijing, these records are similar to the performance of modern pneumonia [1]. Traditional Chinese medicine on treating children's pneumonia and asthma, has its own unique insights and methods. The author will review the research progress of children's pneumonia and asthma in recent years, in order to further study the theoretical system of discrimination and treatment.

2. Data and methods

2.1 General Information

One of the common diseases in pediatrics, children pneumonia asthma, clinical manifestations are mainly cough, asthma, fever, nasal fan, sputum sialoyong as typical symptoms. The disease can occur throughout the year, mainly in spring and winter [2]. In clinic, pneumonia and asthma are very common in children, and the causes of the disease are mostly due to amniotic fluid inhalation and allergic reactions and oil or pathogen infection, and the disease will produce different inflammatory reactions in the lungs.

2.2 Diagnostic criteria for pneumonia and cough in children

The main clinical manifestations of the disease are wet lung rales, shortness of breath, dyspnea, cough and other symptoms, and the principle of pathogenesis is relatively complex. Many research results show that bacterial pneumonia and mycoplasma pneumonia are the main factors in the pathogenesis of the disease^[3]. Children's body temperature will have significant abnormal, will not

only produce respiratory diseases, but also have irritability, depression and other bad emotions, further will have diarrhea and other systemic symptoms^[4]. Based on this, in order to avoid the occurrence of the above situation, timely clinical diagnosis and treatment is very critical for children.

2.3 Western medicine treatment methods

At present, the common clinical treatment method is western medicine, while the western medicine diagnosis and treatment of the disease is mainly treated by antibiotics. Excessive use of antibiotics is easy to produce drug resistance, and the effect is not good on viral infection pneumonia^[5-6]. In recent years, the problem of abusing antibiotics in the process of western medicine diagnosis and treatment in China has become increasingly prominent, and there have been more and more resistant strains, and the sensitivity of children to antibiotics is worse than that of adults, which will also have a serious impact on the treatment effect. Pediatric pneumonia is a common disease of respiratory tract infection in clinical practice. If there is no timely diagnosis and treatment, it will cause many complications, and it is easy to have a great impact on the growth and development of children, and even when it will pose a threat to life, and even may lead to serious consequences of death^[7].

2.4 Study on etiology and pathogenesis

In the theory of traditional Chinese medicine, there are some studies on children's pneumonia cough, and the application of traditional Chinese medicine can reduce the occurrence of adverse reactions. Through the dialectical theory of traditional Chinese medicine, the choice of traditional Chinese medicine for treatment has good clinical efficacy and high safety in treatment^[8-9]. To this end, children with pneumonia cough needs early diagnosis and early treatment. From the perspective of traditional Chinese medicine, "cough, pneumonia cough and warm disease" is the category of children's pneumonia cough. The invasion of exogenous wind evil, wind evil in the lungs and the lung loss, leading to the stagnation of the sputum and deposition in the lungs, thus causing airway obstruction is the main factor of the disease^[10]. The theoretical cognition of traditional Chinese medicine for children, children for young Yin childish Yang body meridians development is not complete, Cou reason is not completely closed, the viscera function is not perfect, for the invasion of external disease evil is more likely to get sick than adults. If the external lung, it will lead to the loss of lung publicity, and then lung qi depression, and will produce sputum, which will eventually lead to sputum airway, leading to the incidence of pneumonia^[11]. Lung qi cannot be, lead to pneumonia and asthma. The treatment mainly evacuating wind and heat, dispersing lung and removing closure, clearing heat and detoxification, nourishing Yin and moistening lung^[12]. Pediatric lung disease, because of pediatric lung often insufficient, lung is not solid, susceptible to evil, lung XuanSu, nasal congestion, cough, wheezing, lung main dispersing pertains, namely lung qi with upward and outward physiological function of xuan, lung dispersing pertains function can make, Tianjin fluid and WeiQi cloth all over the body, in order to achieve the role of the body, warm skin, moist fur^[13]. Publicity function is normal, smooth breathing, cou reason open and closing degree, turbidity and gas leakage; if the lung publicity, distribution is abnormal, the performance is not solid. External evil from the fur invasion and lung, so the lung loss of publicity and see evidence. Therefore, the cleansing function of the lung is the expression of body rejection and self-defense. If the function of the lung is abnormal, it will affect the rise and fall of the air machine, resulting in the heart sun cannot be crossed in the kidney, lung qi and cough, wheezing, chest tightness and other symptoms. Therefore, the publicity and promotion of lung qi make the physiological function of lung qi complement each other, and they depend on and

cooperate with each other to maintain the smooth breathing together. Therefore, in the treatment of regulating the function of lung qi, publicity and relief are indispensable. Two main aspects of the cause of pneumonia. External causes are mainly caused by the invasion of wind evil or other diseases invading the viscera and lungs; external causes are mainly caused by children's delicate lungs, underdeveloped function, shape and qi are not filled with the body, which leads to the inability to effectively resist external evil. Pneumonia damages the lungs, which can easily lead to child diseases and the mother, damage to the spleen, and even conduction to the heart and liver.

3. The Study of TCM treatment

Due to the different causes and mechanisms of the disease, it is necessary to treat it by syndrome differentiation in the process of diagnosis and treatment. According to many clinical practices and experience, the main syndrome types of children's pneumonia and cough are divided into wind cold closed lung type, toxic heat closed lung type, phlegm heat closed lung type, Yin deficiency lung heat type, and lung temper deficiency type.

3.1 Cold chill and lung injury

Left cool^[14]From "the wind is the length of all diseases", "All diseases are caused by phlegm" and other aspects of understanding, The characteristics of the disease and the treatment were studied, It is believed that the middle and late stage of pneumonia cough can be treated from wind and cold syndrome differentiation, The lungs are the delicacy of the human body, It's also a barrier to the human body, When the external evil attacks the human body, The first step is lung, In children, lung, spleen and kidney hypoplasia, And families are usually too fond on children, How heavy the clothes were worn, And the child's mouth can not speak, Not being self-adjusting, When the air temperature changes, Failure to timely reflect, Easy to catch a cold, Cold evil invades the body, Wei struggle with evil, The table is fever and cold without sweat.

3.2 Stum heat closed lung

Li Yan^[15]Think, lung qi closed is the pathological factors leading to pediatric pneumonia, cause lung qi closed more because of the lung lungs, or because the lung toward the pulse function is unable to promote sputum, leading to sputum accumulation blocking airway, thus affect pediatric normal lung function, so in the treatment of pediatric pneumonia cough need to dialectical thinking from the perspective of sputum heat treatment. Li Jialong^[16]From the hot phlegm obstructing lung syndrome differentiation, with Wuhu soup li jujube diarrhea lung soup to treat children pneumonia asthma, the curative effect is remarkable.

3.3 Close the lungs

Xuefeng wang^[17]It is believed that heat toxin is the main pathological factor leading to children's pneumonia cough. Through clinical research and actual medical treatment, the role of heat toxin in the onset and treatment of children's pneumonia cough is summarized, and a unique theory and treatment plan for the treatment of children's pneumonia cough poison heat syndrome are formed.

3.4 Yin deficiency and lung fever

Lung Yin deficiency syndrome mainly manifested as children's lung hypoplasia compared with adult delicate, long fever cough lead to evil heat steam lung Yin, lead to children with dry cough, no

phlegm, red tongue, further will appear evil nostalgia, children with night sweat low heat, moss yellow, pulse count, treatment of Yin deficiency lung heat often choose sand wheat winter soup.

3.5 Lung and temper deficiency

Lung temper deficiency syndrome mainly manifested in children weak temper, long injury lung lung gas consumption, cause lung spleen deficiency, cough weakness, sweat out, phlegm wet endogenous, and throat phlegm, loss of appetite, loose stools, and due to lung temper deficiency, can lead to qi and blood biochemical weakness, children appear pale, god fatigue, tongue pale moss thin white, pulse weakness, treat lung temper deficiency often choose ginseng^[18].

3.6 TCM syndrome differentiation thinking

Children's pneumonia and cough need to use traditional Chinese medicine syndrome differentiation, the severity, and the wind and cold, wind heat, phlegm heat and toxic heat first need to identify the severity of the disease: the light syndrome of pneumonia and cough is fever, cough, asthma, if both, nose inflammation and high fever as the dirty and severe syndrome. If the disease advances further, Pallor, blue lips, cold limbs, Or god faint Dan language, limbs convulsions, mouth silence is critically ill, He is dirty certification; Secondly, distinguish between wind and cold: wind heat is mostly heat and micro sweat, The sputum is yellow and thick, The cough was loud, Red pharynx pain, red tongue with thin and yellowish fur, superficial and rapid pulse; Wind-cold people are mostly for evil cold without sweat, The sputum is more clear and thin, The cough is not raise, The tongue is not red moss thin white, floating and tense pulse; Finally, phlegm, heat and heat: pneumonia, Should distinguish between sputum heat and toxic heat, If is hot, Cough and wheezing, Gas sty nose fan, The sputum sound between the throat, Moss is yellow and red tongue, Pulse slip number; If the high fever continues, A severe cough, No tears exist, The nostrils are dry, Red tongue and dry moss and yellow dry, The number of pulse flood is mainly toxic heat^[19].

4. Discussion

The treatment of this disease should first distinguish the deficiency and deficiency specimens as the main principle, the empirical treatment to treat the symptoms, the basic treatment is the lung asthma, phlegm and closure, the lung to restore the function of the first treatment goal, the function of cough and asthma symptoms gradually disappear. For patients with more phlegm, reuse phlegm drugs during treatment; heavy wheezing, reuse antiasthma drugs during treatment; and qi stagnation and blood stasis drugs during treatment. When the disease reaches the late stage, no matter the deficiency or evil love, the treatment is mainly to strengthen the right, and clear the residual heat. In the actual clinical treatment, The condition of children with pneumonia and cough is varied, Clinicians should be individualized according to the characteristics and symptoms, According to the illness, Choose the different treatment options, You don't have to be completely scripted, By blindly following the inherent theory, Fixed-protocol treatment, Only can be good at dialectical treatment, Choose unique programs suitable for different children based on their own experience, In order to further treat the children, To reduce the pain of the young children, Reduce the psychological burden of family members, Reduce the financial stress of the disease and treatment on the family, Traditional Chinese medicine pediatrics has a long history, Its source can be traced back to the famous doctor Bian Que in the Spring and Autumn Period and the Warring States Period, *Huang Di Nei Jing*, Medical sage Zhang Zhongjing's treatise Typhoid and miscellaneous Diseases and other TCM works also have a profound influence on the later pediatrics syndrome differentiation and treatment system, And our contemporary doctors should be good at learning from the classic

medical cases, Good at taking on its strengths, To fill your own weaknesses, Through continuous clinical practice, as well as through research, Actively promote the dialectical treatment of TCM, To contribute their own modest contribution to the development and progress of traditional Chinese medicine.

With the development of The Times, China's air quality is declining year by year, and the haze weather is gradually increasing, and the impact of air quality problems on the overall lung disease in China is also gradually increasing, according to Li Dongmei^[20]The study found that, As the weather problems have increased, The incidence of pneumonia and asthma in children in China increases accordingly, To sum up what was said above, Children with an underdeveloped physical function, A higher risk of disease onset than in adults, And in the subsequent treatment due to the difficulty of children's constitution, Children also have some effects on the development of lung function after recovery, In the current treatment options, Still, with the main treatment of antibiotics, With the continuous advancement of clinical practice and research, The dialectical treatment of children's pneumonia and cough in traditional Chinese medicine is also gradually moving towards a complete system, Compared with the antibiotic treatment in western medicine, Less economic burden of TCM treatment in children, Less body harm to patients, Both lung function development and prognosis recovery are better than Western medicine antibiotic therapy, For children suffering from pain and their families suffering from psychological suffering, The TCM treatment is a new direction of choice, For the treatment of pneumonia and cough in children, Traditional Chinese medicine will treat the children according to the different conditions of the children, Administration of the different treatment regimens, Avoid a single antibiotic use in western medicine, And through the clinical experience and as the navy^[21]Experimental research, traditional Chinese medicine treatment of children pneumonia asthma has great advantages, can significantly shorten the course of the cure of children, so that children benefit. To sum up, in the treatment of children's pneumonia and asthma, the therapeutic effect of TCM staging and syndrome differentiation is more obvious, which is very beneficial for improving the biochemical indicators, pathological symptoms and various indicators of children, and can be worthy of further clinical promotion and use.

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