

Observation on therapeutic effect of Gold and silver Er ling eight flavor soup on lumbar Lumbar disc herniation

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Abstract: Objective: To observe the clinical efficacy of Gold and silver Er ling eight flavor soup in the treatment of lumbar Lumbar disc herniation. Methods: Choose 68 patients from fractures, 2 families, clinic on patients with lumbar disc, all 34 cases were randomly divided into control group and treatment group, control group given conventional conservative treatment, the treatment group on the basis of conventional conservative treatment of oral silver me eight edges taste soup treatment, observation of therapeutic effect in the 2 groups, pain, lumbar function and adverse reactions, and so on and so forth. Results: The total effective rate was 91.18% in the treatment group and 79.41% in the control group, the difference was statistically significant ($X^2=4.243$, $P<0.05$). After treatment, the pain VAS score in the treatment group was lower than that in the control group, and the lumbar JOA score was higher than that in the control group, and the differences were statistically significant ($P<0.05$). No serious adverse reactions were found in 2 groups during treatment, and the difference was not statistically significant ($P>0.05$). Conclusion Gold and silver Er ling eight flavor soup has significant clinical efficacy in the treatment of lumbar disc herniation, effectively improving the pain and lumbar function of patients, which is worthy of clinical reference.

1. Introduction

Lumbar Disc Herniation (LDH) is a common and frequently occurring disease in orthopedics and traumatology department. It is the most common cause of low back and leg pain [1]. Lumbar disc herniation is caused by various influencing factors, resulting in the change of the nature of the intervertebral disc and the backward protrusion of the nucleus pulposus formed by the compression of the fibrous ring in the intervertebral disc in the lumbar body, which can eventually cause the compression of the spinal cord or nerve root in the patient's lumbar canal, and cause clinical syndromes such as discogenic low back pain and root leg pain [2,3]. The visible symptoms are not obvious in light cases, and in severe cases, there may be waist pain [4], radiation pain of lower limbs, numbness of lower limbs, weakness, incontinence of defecation function and so on [5]. At present, targeted pain relief, local blocking drugs and surgical treatment are mainly used in western medicine

treatment [6]. Western medicine can effectively treat acute lumbar disc herniation, but the frequency of disc herniation at the same level requiring reoperation is 6%. 15%-25% of patients may have recurrent low back pain within two years [7]; Traditional Chinese medicine is the main treatment method of traditional Chinese medicine, combined with acupuncture, Massage [8], traditional Chinese medicine fumigation and other treatment methods, and its efficacy and safety have been recognized and affirmed [9]. By observing the clinical efficacy of Gold and silver Er ling eight flavor soup in the treatment of lumbar disc herniation, this paper is summarized as follows:

2. Clinical Data and methods

2.1 General Information

This study selected 68 patients with lumbar disc herniation from the outpatient department of orthopedics and traumatology, including 35 males and 33 females. They were randomly divided into two groups by digital table method. There were 34 cases in the control group, 18 males and 16 females, aged from 23 to 76 years, with an average of (46.15 ± 5.34) years; The course of disease ranged from 2 months to 8 years, with an average of (3.25 ± 0.68) years; There were 34 cases in the treatment group, 17 males and 17 females, aged from 21 to 72 years, with an average of (42.15 ± 6.34) years; The course of disease ranged from 4 months to 6 years, with an average of (3.45 ± 0.78) years. Other commonly used drugs that may affect the therapeutic effect of drugs in this study should be temporarily stopped 3 days before treatment. There was no significant difference in gender, age and duration of disease ($P>0.05$), which was comparable [10].

2.2 Inclusion Criteria

①For those who meet the diagnostic criteria of lumbar disc herniation[11]; ②The study conforms to ethical principles and ensures the legitimate rights and interests of patients; ③Patients without surgical treatment; ④The patient agrees and voluntarily provides truthful changes of the condition; ⑤No history of other drugs or allergies; ⑥No history of trauma; ⑦The patients were treated and followed up in full accordance with the protocol.

2.3 Exclusion Criteria

①Acute patients with indications for spinal surgery; ②For those who have other complications at the same time; ③Patients with other different types of spinal diseases; ④Adult women in lactation and pregnancy; ⑤Other treatment options.

3. Therapeutic Methods

3.1 Control group

The control group was given routine conservative treatment. The patients should reduce heavy physical labor and rest more, use hot compress drugs for hot compress treatment, give anti-inflammatory and analgesic drugs appropriately, and cooperate with massage, massage and pelvic traction.

3.2 Treatment group

On the basis of routine conservative treatment in the control group, the treatment group was given Gold and silver Er ling eight flavor soup (new prescription for removing blood stasis: in-hospital preparation of Shaanxi traditional Chinese medicine hospital, approval number: Shaanxi medicine preparation Zi z20150050) orally, twice a day, and warm for half an hour after breakfast and dinner.

The two groups were treated for 1 month as a course of treatment, a total of 1 course of treatment.

4. Observation index

①During drug treatment, the clinical efficacy should be comprehensively evaluated for many times on a regular basis; ②After many times of drug treatment for one month, the visual analog score (VAS) was used to comprehensively evaluate the pain of patients; The comprehensive standard of full score is 10, and its score is positively correlated with the degree of pain; ③One month after treatment, the modified Japanese Orthopaedic Association evaluation method (JOA) was used to evaluate the lumbar function. The contents of the scale mainly include the patient's subjective discomfort symptoms, the degree of limitation of daily living ability, clinical symptoms and signs, bladder function and other four items, with a full score of 29 points. The higher the score, the better the improvement of lumbar function[12].

5. Efficacy criteria

It is formulated with reference to the relevant standards in the minutes of the 41st annual meeting of the international lumbar Association [13]. Remarkable effect: after many times of treatment, the patient's pain, numbness and other symptoms have been completely eliminated, the lumbar function has basically returned to normal, and there are no obstacles in daily life and work; Effective: after long-term treatment, the above symptoms of the patient have been improved, and the lumbar function has been improved; Ineffective: after long-term treatment, the patient's clinical signs and symptoms have not changed or even worsened.

6. Statistical Method

Adopt SPSS 22.0 software for statistical analysis. The measurement data are expressed as mean \pm standard deviation ($\bar{x} \pm s$) and parallel t-test; Its counting data line χ^2 test.

7. Treatment results and analysis

7.1 Clinical observation results of two groups(See Table1)

After one month of treatment, the total effective rate of the treatment group was 91.18% and that of the control group was 79.41%. There was significant difference between the two groups ($\chi^2=4.243$, $P<0.05$).

Table 1: Clinical observation results of two groups Cases(percent)

Groups	n/Cases	Remarkable	Effective	Invalid	Aggregates
Treatment group	34	18(52.94)	13(38.24)	3(8.82)	31(91.18)
Control group	34	13(38.24)	14(41.18)	7(20.59)	27(79.41)

Compared with the control group, $P<0.05$.

7.2 The pain VAS and lumbar JOA scores of the two groups before and 1 month after treatment are compared as follows:(See Table2)

Table 2: Comparison of pain vas and lumbar JOA scores before treatment and 1 month after treatment (n=34, $\bar{x}\pm s$, Score)

Groups	n/Cases	Pain VAS Scores		Lumbar JOA Scores	
		Before treatment	After treatment	Before treatment	After treatment
Treatment group	34	6.58±1.19	3.21±1.23	14.35±3.41	22.31±3.27
Control group	34	6.47±1.14	4.57±1.45	14.27±3.39	18.37±3.17
t-value		0.123	5.013	0.095	4.947
p-value		0.907	0.000	0.916	0.000

As shown in Table 2, after treatment, the pain VAS score of the treatment group was lower than that of the control group, and the JOA score of lumbar spine was higher than that of the control group. There was significant difference between the two groups ($P < 0.05$).

7.3 Comparison of adverse reactions between the two groups

No serious adverse reactions were found in the two groups during the treatment, and the difference was not statistically significant ($P > 0.05$).

8. Conclusions and Discussion

Lumbar disc herniation belongs to the category of "low back and leg pain", "low back pain" and "arthralgia syndrome" in traditional Chinese medicine, "Simple question· Essence of pulse" There is a saying that "the waist is the house of the kidney. If you can't shake it, the kidney will be exhausted." "Su Wen·Bi Lun" recorded: "Wind, cold and dampness are mixed, and the combination is arthralgia". Doctors in the past dynasties attributed the etiology to kidney deficiency, cold and dampness, damp heat, blood stasis and so on [14]. The waist is an important pillar of the human body and an important node and hub for activities. The three yin and three yang meridians and the eight odd meridians are connected to the kidney meridians of the whole human body through the whole psoas muscle and its muscle meridians, and also connected to the waist and spine. If the psoas muscle is twisted, fell and hit due to improper force, breath holding and contusion, violence, and damage its muscles and veins, resulting in dysfunction of Qi and blood, its muscles and veins will also be seriously damaged, Cause blood stasis and obstruction in collaterals, and then blood stasis and low back pain and stroke [15]. In modern times, Chinese orthopedic and traumatology disease experts have conducted extensive and systematic in-depth research on the clinical manifestations and clinical classification and treatment methods of chronic lumbar disc herniation, divided its syndrome types into four types: blood stasis syndrome, cold dampness syndrome, damp heat syndrome, liver and kidney deficiency syndrome, and established the four types as the industry standard for TCM syndrome differentiation of lumbar disc herniation [16].

Gold and silver Er ling eight flavor soup is the empirical formula of BIAN QUAN LU, a famous old traditional Chinese medicine in Shaanxi Province. This formula is cut through the "new formula for removing blood stasis". The recipe is composed of Angelica Sinensis, Radix Scrophulariae, honeysuckle, licorice, Sparganium, zedoary turmeric, Fritillaria Thunbergii and beehive. After long-term clinical practice, it is found that this prescription has the effects of promoting blood circulation and Qi, dispersing knots, eliminating symptoms and relieving pain.

Angelica sinensis is a good medicine for promoting blood circulation and blood stasis; Radix

Scrophulariae and honeysuckle are cold in nature, clearing heat and cooling blood, detoxifying and dispersing knot; Rhizoma sparganii and Rhizoma Zedoariae are commonly used as drugs to break blood and eliminate symptoms. They play the functions of breaking blood, promoting Qi, eliminating accumulation and relieving pain. Fritillaria powder knot detoxification, honeycomb dispelling wind, relieving pain and attacking poison. Licorice detoxification, pain relief and reconciliation. Modern pharmacological studies have found that the chemical components of zedoary turmeric in the prescription are mainly volatile oil and Curcumins, polysaccharides, sterols, phenolic acids, alkaloids, etc [17, 18]. Zhao Zhimei [19] and others found that curcumin in Zedoary Turmeric can directly inhibit NF- κ B signal transduction pathway, which affects IL-6 and IL-1 α , TNFa, PPAR- α , COX-2 and other pro-inflammatory factors to play its anti-inflammatory role; In addition, the effective components of Sparganium mainly include volatile oils, saponins, organic acids, flavonoids, phenylpropanoids, alkaloids, etc [20, 21]. The total flavonoids of Sparganium sibiricum have obvious anti platelet aggregation and antithrombotic effects, and the total flavonoids of Sparganium sibiricum and the extract of Sparganium sibiricum have significant analgesic effects. Radix Scrophulariae contains anti-inflammatory active substances habasid glycosides and habasid glycosides, and their components have inhibitory effects on a variety of inflammation. The hive contains flavonoids, phenylpropanoids, terpenes and other chemical components, which have a variety of pharmacological effects such as anti-inflammatory and rheumatoid arthritis [22].

To sum up, although Gold and silver Er ling eight flavor soup improves the quality of life of countless clinical patients, there is less research on its mechanism. Therefore, it is necessary to conduct in-depth basic medical research in follow-up research to provide a more reliable reference basis.

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