

Clinical Application of Shenque Point in Gastrointestinal Diseases

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Keywords: shenque point gastrointestinal diseases drug application moxibustion

Abstract: Objective: To summarize the research progress of clinical application of Shenque point in gastrointestinal diseases. Methods: search the literature reports on the clinical application of Shenque point in the treatment of different gastrointestinal diseases on the website of the paper. After careful selection, select the clinical application of Shenque point in the literature on the treatment of different types of gastrointestinal diseases, and make statistics on the types, clinical application methods and curative effects of Shenque point in the treatment of gastrointestinal diseases. The clinical application of moxibustion at acupoints for infantile gastroenteric diseases, including gastroenteric diseases and constipation, has a significant clinical effect. Conclusion: Shenque point has unique advantages in the treatment of gastrointestinal diseases.

1. Introduction

Gastrointestinal diseases are common in modern medicine, such as gastritis, irritable bowel syndrome, reflux esophagitis, appendicitis, acute and chronic pancreatitis, intestinal obstruction, peptic ulcer and other diseases in the stomach and intestine. In terms of ancient Chinese traditional medicine, it refers to diseases of the spleen and stomach system, including stomach pain, fullness, vomiting, hiccup, choking diaphragm, abdominal pain, dysentery, diarrhea, constipation and so on. Nowadays, with the acceleration of life rhythm, the uncontrolled diet and the insecurity of the catering industry, the incidence of gastrointestinal diseases has increased year by year. Nine of the ten people suffer from gastrointestinal diseases. So there is a common saying among the “ten people nine stomach diseases” that the incidence rate of gastrointestinal diseases in the crowd is high, and the duration of the disease is long, the treatment effect can not meet the expected standards and affect people's daily life. The common characteristics of gastrointestinal diseases are that they can not be treated completely at one time. The Western medical method has shortcomings such as easy recurrence and obvious drug side effects. Shenque point is the most widely used in the digestive system, simple and convenient, and has clinical research value.

2. Theoretical Origin

Shenque acupoint (located in the middle of the abdomen and in the center of the navel, belonging to Ren pulse) was first seen in Su Wen · on Qi acupoints, also known as navel, Dantian, middle body hole, Qi combination, huangu, Taiyuan, qianmingmen, etc. Shenque is extremely expensive. It is imaged in heaven, formed on the ground, and formed into a acupoint in people. The navel is the confluence of meridians. Those who rush the pulse start from Qijie Xia's navel, the governor pulse runs through the center of the navel, and the tendon of the hand Taiyin is tied to the navel under the arm, The most closely related to gastrointestinal diseases are the stomach meridian of Foot Yangming and the spleen meridian of foot Taiyin. The stomach meridian of Foot Yangming is sandwiched with the umbilical cord, and the tendon of foot Taiyin is tied to the umbilical cord. Therefore, in terms of meridians, Shenque point is closely related to gastrointestinal diseases. From the anatomical level, the umbilical part can be connected with systemic nerves, blood vessels and internal organs through fascia, and its sensitivity to extrusion and temperature is ten times that of muscle.

3. Summary of Clinical Application

3.1 Summary of Clinical Application of Shenque Point in the Treatment of Constipation

The application methods mainly include moxibustion, drug application and drug application combined with infrared ray. After Zhang Wenxia's research, habitual constipation is treated. Rhubarb powder made of vinegar is applied to Shenque point. Compared with simple oral mosapride citrate tablets, the clinical curative effect is significantly improved ^[2]. Rhubarb itself is a powerful oral medicine for constipation, but it should not be taken for a long time. It can neutralize the medicine of rhubarb through external use, and it can be suitable for habitual constipation after vinegar. According to Chen Qiong's research report, moxibustion at Shenque point is effective in the treatment of chronic heart failure and constipation with Yang deficiency. After a period of regular treatment, it can greatly improve the clinical symptoms of patients with heart failure and constipation with Yang deficiency ^[3]. Yang deficiency type heart failure constipation belongs to deficiency secret from the perspective of viscera syndrome differentiation. It is Yang deficiency constipation, which needs Yang warming drugs to assist Yang Qi. Moxibustion can warm the meridians, replenish deficiency and return to Yang. Kang Zhenglin and Hu Ting reported that for elderly patients with constipation, in addition to applying corresponding drugs to Shenque point, combined with infrared irradiation of Shenque point, it can not only play a preventive role, but also have obvious therapeutic effect. This combination therapy is better than easy to use, which is easy for elderly patients to receive, and there is no disturbance of side effects of Western medicine. Not only large hospitals have medical conditions, but also this method can be used to carry out medical treatment even in remote villages, Wide promotion range and high acceptance ^[4]. Prevention before illness is the highest level of doctors. The elderly are vulnerable to constipation, and most of them are Yang deficiency constipation. Infrared therapy itself can dispel cold evil, and then apply appropriate drugs to Shenque point, which can achieve good preventive effect. In conclusion, moxibustion at Shenque point, drug application at Shenque point and combined infrared therapy have obvious effects on constipation. Moxibustion is suitable for constipation with weak spleen and stomach. The drug application method can adjust the drugs according to the deficiency and excess of constipation, which is more flexible and targeted, and infrared has preventive effect.

3.2 Summary of Clinical Application of Shenque Point in the Treatment of Diarrhea

The application methods mainly include massage combined with drug application and moxibustion. He Jingjing, Wang Lijun and he Lianping reported that children's massage combined with he's unique antidiarrheal paste can be used to apply Shenque point in the treatment of children's diarrhea. After clinical observation and records, the cure rate of this combined method in the treatment of children's diarrhea is 86.4% [5]. Children's spleen and stomach are weak, and children's massage has a significant effect on pediatric diseases, which is highly respected. It is painless, easy to be accepted by children, and has no drug side effects. Combined with he zhitie powder, it has a significant effect on children's diarrhea and is worthy of promotion. The onset of diarrhea is slow, the diarrhea breaks out intermittently, and the condition is lingering and difficult to heal. According to Zhang jingjinbo's research, 27 patients with diarrhea of weak spleen and stomach have significantly alleviated their condition after moxibustion at Shenque point, and achieved satisfactory curative effect [6]. It is concluded that moxibustion and massage combined with drug application at Shenque point has obvious curative effect. Massage is more suitable for children's diarrhea, and moxibustion is more suitable for diarrhea with weak spleen and stomach. Although the curative effect of Moxibustion in children is good, it should be noted that the temperature of moxibustion itself is too high. Children should be treated with moxibustion under the care of parents and doctors.

3.3 Summary of Clinical Application of Shenque Acupoint in the Treatment of Chancre

The main application methods are drug application. Huang Xianghong and pan Linping found that drug application at Shenque point is more effective in the treatment of malnutrition than western medicine alone. The drug applied to Shenque point is Jiao Sanxian, which is common. Stir fried chicken inner gold, fried radish and gardenia powder are mixed with water to make a paste. Comparing the patients who use drug application with those who only use western medicine, it is found that the curative effect of patients who use drug application is more obvious, and this method is worthy of clinical application [7]. In recent years, with the development of economy and the improvement of living standards, the number of patients with chancroid gradually decreases, but clinically, some children do not eat normally because they like snacks, which will also lead to chancroid. In this study, the drugs selected for drug application are peaceful drugs that transport the spleen and stomach and promote digestion, which are safe and effective. After summary, the effect of drug application in the treatment of chancroid is better than that of Western medicine alone.

3.4 Summary of Clinical Application of Shenque Point in the Treatment of Anorexia

The application methods are oral administration of drugs combined with drug application and drug application combined with acupuncture. For patients with anorexia, external application of traditional Chinese medicine at Shenque point combined with other therapies has achieved obvious curative effect. According to the research of Wang Junhong and Quan Huilin, children's anorexia is treated with oral Yunpi Xiaoshi granule combined with Shenque point traditional Chinese medicine application, and the effective rate is 87.6%. Yunpi Xiaoshi granule combined with Shenque point traditional Chinese medicine application has a definite curative effect [8]. Infantile anorexia has a great impact on children's physical health and development. Most of them are caused by imperfect spleen and stomach function, insufficient transportation and chemical ability and often insufficient spleen. They should be treated in time to improve children's spleen and stomach transportation and chemical function and promote children's vigorous growth. According to Feng Chuanbo and Zhao

Aixia, the treatment of infantile anorexia was treated with traditional Chinese medicine sticking at Shenque point and acupuncture at sifiao point. It was found that it has obvious curative effect [9]. Sifiao point is a special point for the treatment of infantile malnutrition. The clinical effect has been obvious from ancient times to the present. It is mainly used for the treatment of infantile dyspepsia, and the effect is more significant when applied with drugs at Shenque point. It is concluded that oral administration of drugs combined with drug application at Shenque point and drug application combined with acupuncture at four seams are effective in the treatment of anorexia, and the combined effect of the two methods is better than that of single therapy.

4. Deficiencies

Shortcomings: Shenque point has always been a forbidden area for acupuncture, but with the development of the times and the development of modern medical aseptic concept and technology, can Shenque point really not be injected? For the ancients' theory of Shenque acupuncture prohibition, we should think about the reasons behind it, rather than follow it with a little knowledge. At present, there are few clinical studies on acupuncture at Shenque point in the treatment of gastrointestinal diseases, which need us to study. Secondly, various clinical application methods of Shenque point play an auxiliary role in the treatment of gastrointestinal diseases, and the force can not reach the level of immediate effect, so it can not be used as the preferred treatment method. We need to continue to explore various clinical application methods of Shenque point to continuously enhance the curative effect of Shenque point. Finally, various studies on Shenque point tend to compare the efficacy of Western medicine combined with Shenque point with that of Western medicine alone. This research result is obvious. After all, the combination of traditional Chinese and Western medicine is certainly better than a single treatment. In the future, the research direction can tend to compare which kind of diseases in gastrointestinal diseases are more suitable for Shenque point, Or we can explore which neurotransmitter is more affected by stimulating Shenque point from the perspective of Neurology.

5. Conclusion

Among all the clinical application and treatment methods of Shenque point, the drug application method accounts for the largest proportion. According to the types of diseases, the drugs used for Shenque point application are also different. There are jiaoshanhaw, fried Shenqu, fried malt, fried chicken inner gold, fried radish and other drugs for transporting the spleen and eliminating food, which are used in combination with paste mixing at the end of research, or rhubarb alone. This method is also the most widely used in the treatment of gastrointestinal diseases The most frequently used treatment method of Shenque point. This treatment method is highly flexible, plus or minus with the syndrome, simple and convenient. It is worth popularizing to select the prescription and medication according to the deficiency and excess of cold and heat of the patient. Moxibustion is especially effective for gastrointestinal diseases with cold deficiency syndrome, and its price is low. You can moxibustion Shenque point at home. This therapy is also widely known among the people and easy to be accepted by the public. Other therapies account for a small proportion in current clinical applications, including infrared therapy, combined massage, combined acupuncture and so on. The frequency and effectiveness of these two therapies are lower than those in clinical application.

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