

Combine traditional Chinese and western medicine treatment after a meal is not comprehensive research progress

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Abstract: With the change of the way of life after the meal increased the frequency of discomfort syndrome trial, after the meal is not syndrome is a functional dyspepsia digestive system disease, for comprehensive understanding of postprandial discomfort syndrome of traditional Chinese and western medicine treatment research progress, by consulting relevant literature reports, for all kinds of research and clinical experience is summarized. Found on the western medicine in the treatment of postprandial discomfort syndrome at present mainly promote gastric dynamic drugs, but there is more clinical adverse reactions and the recurrence rate higher risk, Treatment can obtain satisfactory curative effect of Chinese medicine, combined Chinese and western medicine treatment can complement each other, become a research hotspot in recent years, is worth further study.

1. Introduction

Postprandialdiscomfortsyndrome (PDS) Is one of the subtypes of functional dyspepsia, and another form of functional dyspepsia is epigastric pain syndrome (EPS), Together they constitute the functional dyspepsia digestive system disease. Studies have shown that the incidence of postprandial discomfort syndrome is higher than that of upper abdominal pain syndrome. The main symptoms of postprandial discomfort syndrome are abdominal distension, discomfort, nausea and vomiting, and early satiety after meals. Many surveys show that Western medicine mainly treats postprandial discomfort syndrome mainly to promote gastrointestinal motivators, digestive enzyme treatment, inhibit gastric acid secretion, relax the stomach base, radically cure HP, protect gastric mucosa, and regulate mental mood and so on. Studies have shown that the incidence of PDS has increased significantly in recent years, consumed a lot of medical resources, and is prone to repetition and not easy to cure, which seriously affects people's lives, study and work. There is no clear name of postprandial discomfort syndrome (PDS) in traditional Chinese medicine. According to its symptoms, it is classified as "stomach distension", "vomiting", "stomach pain", "accumulated food" and so on. Traditional Chinese medicine treatment mainly determines its treatment plan according to its etiology and pathogenesis. The relevant research results of traditional Chinese and Western medicine treatment

of postprandial discomfort syndrome in recent years are summarized to provide relevant reference experience for clinical treatment.

2. The etiology and pathogenesis of Western medicine

Postprandial discomfort syndrome refers to the symptoms caused by gastric and duodenal dysfunction. The symptoms of this disease are a group of clinical syndromes, which are mainly characterized by early satiety, upper abdominal discomfort, aggravated after meals, inability to eat, aggravated stomach discomfort after eating, hiccup, nausea and vomiting. His clinical symptoms are relatively messy but there are no organic lesions. It is a common functional digestive system disease. Some modern studies believe that its cause is related to gastrointestinal dynamics are weakened, gastrointestinal hormone hypersensitivity, delayed gastric emptying, *Helicobacter pylori* infection, intestinal flora disorders, brain-intestinal axis and nervous system regulation. Dietary intake of high sugar or greasy, psychosocial factors and other factors ^[1]. Among them, the regulatory role of the nervous system is mainly to regulate gastrointestinal sensation, secretion and motor function under the joint influence of the central, autonomous and intestinal system, and then affects gastrointestinal motor function, which eventually leads to the occurrence of postprandial discomfort syndrome. Studies have shown that the central nervous system can cause the release of catecholamine neurotransmitters through the hypothalamus-pituitary-adrenal axis (HPA axis), and then cause disorders of intestinal flora ^[2].

3. Advances in Western medicine treatment

Western medicine treatment of postprandial discomfort syndrome can be divided into drug treatment and non-drug treatment. Drug treatment of postprandial discomfort syndrome mainly starts from the etiology, promoting the use of gastrointestinal motivators, acid inhibitors, eradication of HP drugs, digestive enzymes, probiotics, and anti-anxiety drugs. Studies have shown that eating greasy sweets is more likely to cause post-meal discomfort, and more obvious nausea, pain and upper abdominal full. Xu Jihao et al ^[3]. Studies believe that for patients with high sensitivity, coffee, yogurt, legume products and some carbohydrates will be combined with some osmotic moisture in the body, aggravating the feeling of abdominal full. Most patients with PDS are accompanied by high sensitivity of gastric mucosa, so reducing the above food intake can improve the symptoms of indigestion. Acid inhibitors: proton pump inhibitors (omeprazole, Lansoprazole, etc.); H₂ receptor antagonists (H₂RA) have a good effect on the treatment of PDS. Gastrointestinal motivating drugs: acamate, cissabili, etc. all showed good therapeutic results. Cisapride and Tigasero both promote intestinal peristalsis by acting on the serotonin 5-HT₄ receptor in the intestinal cavity, but research shows that cissaride produces serious adverse reactions and is not recommended for long-term use. Acotilamine can improve the release of acetylcholine by inhibiting acetylcholinesterase, so as to improve the relaxation of the muscles at the bottom of the stomach, which can increase the speed of gastric peristalsis, so as to accelerate gastric emptying to alleviate symptoms. In addition, acapotide has also been proven to improve the symptoms of upper abdominal burning in FD patients with PPI treatment failure ^[4]. Gastrointestinal dysfunction can cause emotional anxiety and increase the risk of depression. Some doctors have proposed that the use of anti-anxiety and depressive drugs can relieve patients' nervousness and improve patients' anxiety, thus relieve the symptoms of functional indigestion. Therefore, Yang Caifeng proposed that the combination of halopethione merlitracin can alleviate the bad mood of patients ^[5]. Chen Hongjing ^[6] The clinical symptoms of patients with Dailixin on the basis of conventional drug treatment are significantly better than those given to the conventional drug group. Therefore, mood regulating drugs have a good effect on relieving the symptoms of patients with postprandial discomfort syndrome.

4. Cause and pathogenesis of traditional Chinese medicine

The name of postprandial discomfort syndrome is not clearly defined in traditional Chinese medicine. It is usually classified as "stomach distension", "stomach pain", "food accumulation" and "nausea" according to the patient's upper abdomen fullness, less eating, nausea, hiccups and other symptoms. Traditional Chinese medicine believes that the etiology of postprandial discomfort syndrome is mostly congenital deficiency, incontinence of diet, poor mood, and other factors. Professors such as Xu Jingfan ^[7] believe that the etiology and pathogenesis of this disease are relatively complex, but its etiology are nothing more than spleen and gastroin deficiency ; Stagnation of liver qi and increase of moisture; Diet injures the stomach; If the spleen and stomach are weak, it is easy to cause increased moisture; Eating too much can also easily lead to indigestion of the spleen and stomach, and eventually damage the spleen and stomach. If the mood is too sad, the liver Qi is not smooth, and it is easy to affect the stomach, resulting in food failure, and moisture hinders the spleen and stomach. As the Jinjian of the Medical Sect said, "Wet in the sky, earth in the earth, and in man... Humidity is connected to the spleen, so all dampness is a disease, all belong to the spleen and stomach." It can be seen that dampness sleeps the spleen and weakness of the spleen and stomach are the fundamental conditions for the occurrence of this disease. Other doctors believe that the weakness of the spleen and stomach is its root, but qi stagnation, food accumulation, phlegm, poor blood flow and other factors are also an indispensable part of the cause of the disease. Talking about the pathogenesis of postprandial discomfort syndrome can be divided into: spleen deficiency and qi stagnation, dampness obstructing the spleen and stomach, liver Qi obstruction, and diet hurting the stomach. "Su Wen Tiaojing Lun" said: "the birth of Fu Xie is also born in Yin, or in Yang. Those born in Yang get wind and rain, cold and heat, and those born in Yin get food and shelter. It means that wind, rain, cold, heat and other external evil spirits are also pathogenic factors. Traditional Chinese medicine also believes that the liver plays a role in unblocking the Qi mechanism of the whole body. If food enters the stomach, whether the food digestion function is normal must depend on whether the liver regulates the function of the Qi mechanism. The liver can help the spleen and stomach digest the food entering the body, help absorb the beneficial components of food, and also help the stomach accept food. Once the liver function is blocked, it will lead to the loss of normal operation speed of the spleen and stomach lifting function, Therefore, pathological changes in the liver can easily affect the function of the spleen and stomach. To sum up, the occurrence of functional dyspepsia and postprandial discomfort syndrome is inextricably related to the evil Qi of nature, the influence of emotion, and the damage to the spleen and stomach caused by uncontrolled diet.

5. Traditional Chinese medicine treatment

The principle of traditional Chinese medicine in treating postprandial discomfort syndrome is to strengthen the spleen and strengthen the stomach empirically. According to the Consensus Opinions on the Diagnosis and Treatment of Indigestion issued by the Spleen and Stomach Branch of the Chinese Society of Traditional Chinese Medicine in 2010, postprandial discomfort syndrome can be divided into five types, namely, liver and stomach discord, spleen and stomach dampness and heat, spleen and stomach deficiency cold, spleen deficiency and qi stagnation, and cold heat alternating type ^[8]. Because this disease has a long history and is easy to recur, therefore, it is easy to affect the kidney after a long time of onset, and the main principle of treatment is to strengthen the spleen and warm the stomach and kidney. Whether the spleen and stomach function are normal or not is directly related to the normal function of the body. Therefore, while strengthening the spleen and stomach, it is more important to take care of the skills of other organs. The first article in the beginning of synopsis of the Golden Chamber points out: "when you see the disease of the liver, you know that the liver transmits the spleen. Postprandial discomfort syndrome mostly comes from poor liver qi, and spleen

deficiency often leads to liver. As predecessors said: "A strong liver will affect the function of the spleen and stomach, and a weak spleen and stomach will also cause liver invasion. "Therefore, in treatment, it can supplement the spleen and stomach, harmonize the liver, dredge the liver qi, so as to achieve the purpose of treating spleen and stomach diseases. If the syndrome is stomach yin deficiency, Yiwei decoction can be used to treat it, and its function is to generate fluid and nourish the stomach. This syndrome is often caused by excess heat or stagnation of liver qi, which further turns into the heat and injures stomach yin. The Radix Codonopsis, Ophiopogon japonicus, radix rehmanniae, polygonatum and Dendrobium in the prescription can nourish gastric juice. If there is Qi deficiency, traditional Chinese medicine such as Codonopsis, Chinese yam and Polygonatum can be added to supplement the spleen and stomach. If the patient doesn't want to eat, the appetizing and digestive drugs such as malt and burnt Hawthorn can be added to jointly produce fluid and nourish the stomach. By nourishing the function of the spleen and stomach, the righteous qi is full, which is conducive to the normal operation of the function of the digestive system. Zhang Juan^[9] believes that in the treatment of postprandial discomfort syndrome, you can choose the methods of raising Spleen Qi, reducing stomach qi, and regulating the spleen and stomach. Choosing ginger Xiexin Decoction, Pinellia, ginger and dried ginger as the most important drugs, which can play the role of heat dissipation and dehumidification. Scutellaria baicalensis and Coptis chinensis can remove moisture; Dangshen helps strengthen the Qi of the spleen and stomach. The three drugs are auxiliary drugs, which can assist other drugs to enhance their efficacy. The function of jujube is to replenish qi and spleen; White peony can relieve pain; All the drugs have the effect of reducing Qi in the stomach, dispersing water and relieving distension.

6. Integrated treatment of traditional Chinese and Western medicine

In recent years, with the rise of economic level, the change of people's lifestyle, the improvement of living standards and the increase of work pressure, the burden of digestive tract has been significantly increased. The incidence rate of digestive system diseases has increased rapidly and is easy to repeat. This disease can be diagnosed and treated by traditional Chinese and Western medicine, which complement each other and complement each other. It is the trend of modern clinical research. Today's diseases and ancient diseases are different, and the names and symptoms of diseases are changing. Therefore, doctors must accurately differentiate between syndromes in treatment, add and subtract drugs according to the syndrome, first determine the name of the disease, and then master the pathogenesis. Flexible application of addition and subtraction of traditional Chinese medicine in the treatment of digestive system diseases will achieve twice the result with half the effort. This disease can be diagnosed and treated in traditional Chinese and Western medicine, complementing each other, and the advantages and disadvantages are complementary. It is the trend of modern clinical research. Professor Tian Delu^[10] pointed out that combined with modern drug treatment on the basis of traditional Chinese medicine, it has also strengthened the publicity and education of patients. Educating patients to moderately relieve tension, learn to relax, maintain optimism, quit smoking and alcohol, etc., which plays an important role in promoting the recovery of the disease.

7. Conclusions

The era of tense pace in modern life, the incidence of postprandial discomfort syndrome (PDS) has increased year by year. Both traditional Chinese medicine and Western medicine have unique advantages in treating this disease. However, according to many clinical observations and studies, the combination of traditional Chinese and Western medicine can accelerate the recovery of the disease. Exploring the treatment experience of PDS by various doctors will help deepen our understanding of this disease and play an important role in clinical research.

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