

Discussion on the Application of Acupuncture and Medicine Combination in Functional Constipation

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Abstract: Functional constipation (FC) is a common gastrointestinal disease in life. Due to the change of pace of modern life, irregular diet, increased work pressure and other factors, the prevalence of Functional constipation is increasing year by year, and the trend of younger, which has a Traditional Chinese medicine and acupuncture have the advantages of high efficiency, convenience and small side effects in the treatment of functional constipation. The treatment of functional constipation is a very important part of the treatment process.

Functional constipation (FC) is a chronic and persistent disease, and is also a common clinical disease of the digestive tract. Its main clinical manifestations are difficulty in defecation, a sense of incomplete or abnormal defecation, dry and hard stools, requiring manual assistance in defecation, and spontaneous defecation no more than three times a week.[1] The pathogenesis of this disease is still unclear in Western medicine, but it is mainly thought to be related to lifestyle, dietary habits, autonomic dysfunction, and sphincter weakening.[2, 3] Chinese medicine believes that the main pathogenesis of this disease is the large intestine conduction disorder, and its pathological organs are mainly related to the spleen, stomach, liver, lung and kidney.

1. The Understanding of Constipation in Chinese Medicine

FC belongs to the category of "constipation" in Chinese medicine. Su Wen - Ling Lan Secret Code of Discourse: "Large intestine, the official of conduction, change out of the", constipation and large intestine conduction failure is closely related. The Golden Kernel Essentials: "tarsus Yang pulse floating and astringent stool is firm, its spleen is about, hemp seeds pill main". The stomach is strong, the spleen is weak, too much heat in the stomach, spleen Yin deficiency can lead to dry and firm stools, so constipation and the spleen and stomach are closely related. The liver is the main drainage, can be adjusted to smooth the qi, to help the large intestine to conduct meal, but also help the spleen and stomach to transport, so that the water and grain essence to produce a source, but also to help the bile excretion, to promote the transport and transformation, help the formation and conduction of meal in the large intestine; as the "cause of the disease pulse

treatment" cloud: "all the qi is depressed, the qi congestion large intestine, and the stool is knotted. From this, it can be seen that emotional discomfort, liver depression and qi stagnation, the large intestine qi machine does not pass, then lead to constipation. Suwen-Jin Kui Zhen Shu: "The kidney opens the orifice in the second yin". This indicates that the kidney and the two bowels are closely related. The medical recipe for the source of water, the source of cold water biochemical extinction, can not irrigate the body, Rong Yang hundred bones in the lower intestine is withered constipation. So lung dysfunction can also lead to constipation. In addition, the old body deficient, Yang Qi deficiency, intestinal loss of warmth, Yin cold within the knot, under the power, resulting in abnormal large intestine conduction, the formation of Yang deficiency constipation.

2. Combination of Acupuncture and Medicine for Constipation

2.1. Real Evidence

2.1.1. Heat Constipation

The actual heat type constipation clinically seen in dry stools, mouth and tongue sores, body heat, face red, tongue red, coating yellow dry, pulse slippery and solid. The treatment method is to clear intestinal heat, and the formula is selected from Da Cheng Qi Tang plus or minus. Modern pharmacological research shows that rhuarb acid in Da Cheng Qi Tang can protect intestinal mucosa, stimulate intestinal secretion of intestinal fluid and promote defecation.[4] Acupuncture treatment is based on foot Yangming meridian points. The main acupuncture points used for treatment are Taiyangming meridian point, Tianshu and Zhigou; Taiyangming meridian point and Tianshu are compatible with each other. Modern research has shown that the upper giant Xu has the effect of promoting peristalsis of the gastrointestinal tract.[5]

2.1.2. Qi Constipation

Qi stagnation constipation can be manifested as frequent yelp, chest and fullness, can not be stool, light tongue with thin white coating, string pulse. The treatment of this type of constipation is to smooth the Qi and move the stagnation, choose Wu Mo Tang or Xing Qi Guiding Stagnation Tang plus or minus treatment. According to modern pharmacological research, Li Jiacheng et al. showed that Xingqi Guiding Stagnation Tang can adjust gastrointestinal motor function and shorten gastric emptying time.[6] Acupuncture and moxibustion treatment is based on the foot sympathetic and Yangming meridian points. The four points of Xingma, Daoyu, Tianshu, Zhonagastric, and Foot Sanli are often taken; Xingma is taken to de-stress the liver and relieve depression; Daoyu, Tianshu, Zhonagastric, and Foot Sanli are used to regulate the Qi of the large intestine.

2.1.3. Cold Constipation

Symptoms of cold constipation: difficult and astringent stools, abdominal pain and constriction, lack of warmth in the hands and feet, eruption and vomiting, white and greasy tongue coating, tight pulse. Rhuarb and Radix et Rhizoma Tang can be added and reduced to warm the lining and disperse cold, relieve stool and relieve pain. This formula has the effect of warming and dispersing cold condensation and diarrhea of cold accumulation, and is suitable for constipation caused by cold accumulation and internal solidity. Acupuncture and moxibustion treatment is based on foot sun and foot yangming meridian points. Shen Que, Tianshu, Zhiyang and Dazhi are often taken; Dazhi is a point of the Governor's Vessel and can dispel cold; Shen Que and Zhiyang can warm the internal organs and disperse cold.

2.2. Deficiency Symptoms

2.2.1. Qi Deficiency and Constipation

Although the spirit of fatigue and weakness, although there is the intention to stool, the toilet struggle weak, the stool is not dry and hard, the tongue is tender, the moss is thin, the pulse is weak, etc. is the common symptoms of Qi deficiency type constipation. The treatment should be to nourish the lung and spleen, choose Huang Qi Tang or Tonic Zhong Yi Qi Tang plus reduction. Modern pharmacological studies have shown that tonifying Zhong Yi Qi Tang has an enhancing effect on gastrointestinal hormones in patients with functional constipation.[7] Acupuncture treatment takes the dorsal points of the foot Yangming and the spleen and lung. Spleen Yu, Lung Yu, Large Intestine Yu and Tianshu are selected; Spleen Yu and Lung Yu are used to cultivate earth and generate gold, so that the spleen qi is strong, the lung qi is not deficient, and the large intestine is not attacked, and the conduction function can be restored; Large Intestine Yu and Tianshu are matched with each other, which together can help to unblock the qi of the large intestine.

2.2.2. Blood Deficiency and Constipation

Pale white face, lips and claws, dizziness and palpitations, pale white tongue with thin white fur, and thin and astringent pulse are common symptoms of blood deficiency constipation. The treatment method is to benefit the Qi and nourish the Blood, and the formula is selected from Rundown Pill with addition and subtraction. Acupuncture treatment is based on foot Yangming meridian points and back points. Spleen Yu, Stomach Yu, Large Intestine Yu and Foot San Li are often chosen. Spleen Yu and Stomach Yu can not only stimulate the middle qi, but also cultivate the source of chemistry; Large Intestine Yu and Foot San Li go together to regulate the qi of the kidney and intestines.

2.2.3. Yang Deficiency and Constipation

Qi attack in the abdomen, but the stool is difficult and astringent, or even the extremities are not warm, preferring heat to cold, with a pale white tongue with white greasy coating, a clear and long urine, and a sunken pulse. The main treatment method is to warm the cold condensation to open the closed knots, and the formula is Ji Chuan Decoction with addition and reduction. The modern pharmacological research of Radix et Rhizoma, Rhizoma Polygonati, can prick the wall cells to secrete gastric juice and promote intestinal peristalsis to defecate.[8] Acupuncture treatment is based on foot Yangming and Ren meridian points. Shen Que, Qihai and Tianshu are chosen; Yin cold is strong and stays in the intestines, so moxibustion of Shen Que and acupuncture of Qihai and Tianshu are used to warm the Yang energy in the lower jiao and dispel the cold condensation in the intestines.

2.2.4. Yin Deficiency and Constipation

Symptoms of Yin deficiency: dry stools, emaciation, dizziness, tinnitus, red cheeks, disturbed heart with little sleep, hot flashes and night sweats, soreness and weakness of the waist and knees, red tongue with little coating, thin pulse. Selected from Zengliang Tang with addition and subtraction to nourish Yin and increase fluid, moisten the bowels and open the bowels. This formula is suitable for constipation caused by deficiency of yin and fluid and loss of intestinal moistening. Acupuncture and moxibustion treatment is based on foot Shao Yin and foot Yang Ming meridian points. It is often taken from Zhaoxi, Taixi, Tianshu and Shui Shui; Taixi and Zhaoxi are taken to nourish Yin and generate fluid; Tianshu and Shui Shui increase fluid and move the boat,

moisten the bowels and open the bowels.

3. Conclusion

Functional constipation is a common clinical disease, currently the main way to treat this disease in Western medicine is to increase the intake of fluid and fiber, if it is ineffective, it is mostly treated with osmotic laxatives, enemas, drugs to promote gastrointestinal motility, digestive enzyme preparations, microecological preparations and other drugs, which have more drawbacks and are ineffective for a long time. [9] At present, evidence from multiple studies shows that TCM and acupuncture are an effective and safe treatment for functional constipation.[10] In addition to herbal medicine and acupuncture, there are also acupuncture point compressing, cupping, acupuncture point burying, tui na, etc., which can be used together in clinical practice. In addition, in life, such as maintaining a relaxed spirit, light exercise, regular toilet visits, etc., are conducive to the improvement of constipation.

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