

Application of Integrative Medicine in the Development of Obstetrics and Gynecology

Yun Xu^{1,2}, Xiaorong Zou^{2,*}

¹*Shaanxi University of Traditional Chinese Medicine, Xianyang, 712046, China*

²*Department of Nephropathy and Rheumatology, 986 Air Force Hospital, Xi'an, 710054, China*

**Corresponding author: zouxiaorong986@163.com*

Keywords: Integrated medicine, obstetrics and gynecology, integrated traditional Chinese and Western medicine obstetrics and gynecology, development and application

Abstract: Integrative Medicine is the organic integration of advanced cognition and practical experience in various fields of medicine, and the adjustment of it with social environment and psychological reality, so as to make it a more suitable medical system for human health or disease treatment. The Obstetrics gynecology of obstetrics and gynecology is the study of the physiological and pathological changes specific to women and the regulation of fertility, not only affect women's own health, reproductive function, or even the safety of the fetus and baby. In this paper, the background and development prospect of integrated medicine, the leading role of integrated medicine in the diagnosis and treatment of obstetrics and gynecology diseases, and the importance of integrated medicine in the diagnosis and treatment of obstetrics and gynecology diseases are discussed the contribution of the Obstetrics gynecology of integrated Chinese and Western medicine to integrated medicine (IMM). It is stated in three aspects that IMM is the inevitable development direction of the future Obstetrics gynecology.

1. Introduction

With the development of biomedicine in recent years, obstetrics and gynecology has been continuously subdivided into sub-branches, and the over-refinement of specialties has led to the fragmentation of knowledge, in obstetrics and gynecology, there are many disadvantages, such as "Organs as human body", "Tests as diagnosis" and so on, which affect the development of Obstetrics gynecology. The proposition of integrated medicine is of guiding and guiding significance to the development of obstetrics and gynecology, to meet the physical and psychological needs of patients in obstetrics and gynecology, to ensure their physical health and to preserve their reproductive organs, and improve the quality of life for themselves and their families^[1]. In this paper, the background and development prospect of integrated medicine, the leading role of integrated medicine in the diagnosis and treatment of obstetrics and gynecology diseases, and the importance of integrated medicine in the diagnosis and treatment of obstetrics and gynecology diseases are discussed the contribution of the Obstetrics gynecology of integrated Chinese and Western medicine to integrated medicine (IMM). It is stated in three aspects that IMM is the inevitable development direction of the future Obstetrics gynecology.

2. Background and prospect of integrative medicine

The development of medicine has experienced three stages: empirical medicine, biomedicine, bio-social-psychological medicine, and the development of medical science has gradually solved the problem of the prevention and treatment of human diseases, especially for the diagnosis and treatment of special disease health care has a great role in promoting. But at present, the development of biomedicine gradually shows "Over-specialization", "Over-specialization" and "Fragmentation of medical knowledge", which leads to "Treating organs as patients" and "Treating symptoms as diseases", "Treat examination as clinic", "Treat pharmacists as physicians", "Separate the mind from the body", "Separate medical treatment from nursing care", "Deny each other's accounts in western medicine and traditional Chinese medicine", "Widen the gap between urban and rural medical standards", so integrated medicine came into being ^[2]. Medical development has also entered the era of integrated medicine from the era of empirical medicine and scientific medicine.

3. The leading role of integrative medicine in the development of obstetrics and gynecology

"At present, many diseases depend on one specialty, which is limited, and integrated medicine must be emphasized," said academician fan daming. Western medicine was introduced into our country at the end of the Qing Obstetrics gynecology. Since liberation, the development of Western Obstetrics gynecology has saved the lives of countless women and children. However, with the development of medicine, obstetrics and gynecology has gradually been subdivided into general obstetrics, maternal medicine, fetal medicine, gynecological tumors, gynecological reproductive endocrine and other sub-specialties, the over-detailed specialty has led some doctors, especially young ones, to the problem of "Fragmentation of medical knowledge". Their thinking has become more and more narrow, and their consideration of problems has become less and less, making patients become organs, the disease becomes a symptom and causes many clinical problems. Although Obstetrics gynecology are divided into obstetrics and gynaecology, they share a common basis: the female reproductive system. Many obstetrical and gynecological diseases are related to each other. For example, soft tissue damage in the pelvic floor caused by childbirth can lead to vaginal wall bulging and uterine prolapse, and chronic salpingitis can lead to ectopic pregnancy Ovarian tumors and uterine fibroids may result in adverse outcomes during pregnancy and delivery. Although obstetrics and gynecology is concerned with the narrow scope of the female reproductive system, it is based on a very wide range of research, and embryology, genetics, pathology, endocrinology, immunology and other basic disciplines are also closely related. Although obstetrics and gynecology diseases are mainly related to the physiology and pathology of reproductive system, they are closely related to the physiology and pathology of nervous system, endocrine system system, cardiovascular system, urinary system and so on. For example, menstrual disorders are related to hypothalamus-pituitary-ovary-uterus nerve endocrine system, perimenopausal syndrome is related to reproduction, nerve and endocrine Pregnancy diseases such as diabetes mellitus, hypertension and thyroid disease are related to reproduction, endocrine and cardiovascular diseases, while gynecological tumors are related to reproduction, endocrine and urinary diseases, reproductive diseases such as polycystic ovary syndrome (PCOS) , recurrent miscarriage, infertility and so on are closely related to neuroendocrine system Postpartum disease, especially postpartum depression is closely related to the Department of Psychology. Polycystic ovary syndrome (PCOS) is one of the most common gynecologic endocrine metabolic disorders, which can not be cured during the patient's lifetime, management from adolescence, reproductive age, perimenopause almost involves a lifetime. If the patient has uterine fibroids, the past thought that the uterus only fertility, if there is no fertility requirements, it can be all over, but the uterus still has endocrine

function, removal of the uterus is not everything, can also affect the patient's overall health. To establish integrated medical thinking, the female reproductive system must be regarded as a part of the whole human body at all times, and not as an independent body. Otherwise, there is the danger of a blind eye, affecting the patient's physical and mental health.

3.1. The application of integrated medicine in the diagnosis of obstetrics and gynecology

Basic Research on Obstetrics gynecology has laid the foundation for the diagnosis and treatment of reproductive system diseases, including inflammation, endocrine disease, tumors, pregnancy diseases, and complications of pregnancy [3]. Therefore, we must fully understand the latest advanced knowledge and technology, for the gynecology and obstetrics patients. For example, in the past has been considered "The upper genital tract as a sterile environment," now a growing number of studies show that normal women's pelvic and upper genital tract microbial presence, the microecological environment is associated with reproductive system health and related diseases^[4] Leptin, as an important adipokine, not only regulates energy metabolism and reproductive function of hypothalamus, but also regulates immunity and promotes vascular proliferation, which is related to the occurrence and development of many kinds of malignant tumors. Anti-mullerian germ cell plays an important role in regulating the development and differentiation of the ovaries^[5]. Its level can be used as an independent index or in combination with other indicators for the assessment of ovarian reserve function, it has an important guiding role in the diagnosis and treatment of in vitro fertilization (IVF). It can also be used as an index to diagnose the severity of PCOS and as a marker of ovarian cancer and other tumors^[6].

Integrated medicine requires us to study constantly, master the basic research progress of gynecology and obstetrics pathology and physiology and new science and technology, apply them to clinical work effectively, and improve clinical accurate diagnosis.

3.2. The application of integrated medical theory in the treatment of gynecological and obstetrical diseases

Advances in science and technology have led to the development of Obstetrics gynecology, which has allowed patients and doctors to have more choices in diagnosis and treatment. Such as minimally invasive treatment to preserve the integrity of women's reproductive system, immune endocrine treatment to address the aspirations of many women to become mothers, intrauterine treatment to improve the eugenic fertility rate. Such as the past on the understanding of cervical erosion misunderstanding, many women did not give birth to cervical conization surgery, resulting in premature abortion after pregnancy, regret should not have. For example, uterine leiomyoma occurred in the reproductive age and perimenopausal treatment is different, the former should consider the treatment of uterine, can not affect fertility, the latter stressed not only to treat the patient's leiomyoma, but also to pay attention to the patient's body and mind, otherwise it may lead to early or worsening of menopause syndrome, the corresponding post-menopausal autonomic dysfunction, cardiovascular disease, osteoporosis, and even cancer will follow. If we neglect the comprehensive understanding of patients' physiology, pathology and psychology before operation, it will lead to patients' physical or psychological discomfort after operation, even affect the later bearing. Although uterine leiomyoma in climacteric women is an indication for surgery, the patient urgently needs treatment. If the patient does not understand his inner needs, after treatment, once the patient's vegetative nerve function disorder appears symptoms such as hot and sweaty, five heart upset fever, etc., or the man is not satisfied with the sexual life after hysterectomy, it will affect the patient's own and family happiness.

The first successful pregnancy delivery of a transplanted uterus in China^[7] and the birth of a

uterus-transplanted baby in Sweden ^[8] with a surgical robot for the first time is one of the practical examples of integrated medicine. The process of uterine transplantation-pregnancy-delivery requires relevant disciplines, relevant knowledge, relevant techniques, relevant personnel, physiology, pathology, psychology, ethics, medical cooperation, medical cooperation, medical anesthesia cooperation, and so on, each link can not be ignored, fully reflects the integrated medical concept of the whole concept, integrated concept, medical concept ^[9] of the whole elements.

4. Contribution of integrated Chinese and Western Obstetrics gynecology to integrated medicine

In the world of medicine, traditional Chinese medicine is the only comparable with Western medicine, the second largest medical system. Since modern times, the two medical systems of Chinese and Western medicine have been colliding, exchanging and merging on the land of China, and gradually formed a medical system with Chinese characteristics with the core of “Combination of Chinese and Western medicine”, has played an increasingly important role in safeguarding people's health ^[10].

The integration of traditional Chinese medicine and Western medicine has been a policy advocated by our country. Since liberation, the integration of traditional Chinese medicine and Western medicine has not only been widely carried out in clinical medicine and preventive health care, but also emerged a number of excellent research results, such as artemisinin in the treatment of malaria, arsenic in the treatment of Acute promyelocytic leukemia, blood stasis and the treatment of blood stasis, Kanglaite anti-tumor, etc., it has also played an important role in combating SARS and preventing and curing covid-19 pneumonia ^[11].

The application of integrated traditional Chinese and Western medicine in the field of obstetrics and gynecology is also very extensive, fruitful. For example, in recent years, Meta-analysis showed that the clinical efficacy of traditional Chinese medicine combined with methotrexate and mifepristone in the conservative treatment of ectopic pregnancy was higher than that of Western medicine combined with triple therapy, and the adverse reactions were lower ^[12]; The curative effect and safety of Zuoguiwan Jiajianfang combined with corticosteroid in the treatment of POF were better than that of simple corticosteroid treatment ^[13] Gongliuqing capsule combined with Western medicine is more effective than Western medicine alone in the treatment of uterine leiomyoma^[14], it can effectively reduce uterine leiomyoma, reduce the level of estrogen and progestogen ^[15], improving endometrial receptivity has certain advantages ^[16] and so on.

Integrative Medicine has theoretical and practical value in the basic medicine of gynecology and obstetrics and gynecology, diagnosis of diseases, and multi-system, cross-disciplinary collaboration^[17]. Integrative Obstetrics gynecology requires that not only diagnosis and treatment of diseases should be paid attention to, at the same time, we should not neglect the role of psychological, spiritual, social and living environment factors. According to the characteristics of the Obstetrics gynecology, we should apply the concept of integrated medicine, multi-disciplinary integration, integration of Chinese and Western medicine, and give consideration to both body and mind, improve the clinical diagnosis and treatment of obstetrics and gynecology.

Under the guidance of the theory of integrative medicine, the integration of traditional Chinese medicine and Western medicine in obstetrics and gynecology is helpful to protect the uterus and save the nest. Such as the functional uterine bleeding, adenomyosis, uterine fibroids, ovarian cysts. Such as Manyuele, in the endometrial polyp, endometrial hyperplasia, endometriosis, dysfunctional uterine bleeding patients achieved good results, and to save many patients from the grief of uterine excision. For example, the case of a 46-year-old patient, due to uterine fibroids and dysfunctional uterine bleeding, in line with the marginal indications of surgery, but considering the patient

divorced, alone with a boy, some paranoid personality, just when the child graduated from junior high school, Busy Life and work, emotional anxiety, puberty encountered menopause, temporary conservative treatment is recommended, a variety of integrated Chinese and Western medicine (TCM, mifepristone, gossypol, Endometrial electrosection, endometrial ablation, intrauterine placement of manyueluo ring) were given, but the patient's plan was so quick that he requested a hysterectomy, post-operative climacteric syndrome soon after, every visit have regret, aggravate anxiety, so that long-term use of various drugs, this is one of the cases of anti-integration medicine. Perimenopausal syndrome (PMS) is a typical physical and mental disease among gynecological diseases. The condition of PMS varies a lot, the etiology is complicated and changeable, the symptoms involve multiple organ systems, physical and mental emotional symptoms are interwoven, and the patients are psychologically fragile, the pain is unspeakable. The integration of medical concept brings the opportunity for diagnosis, treatment and health management of perimenopausal syndrome. While seeking the cause by syndrome differentiation and treating by prescription, comprehensive life style guidance and health management should also be carried out, to prevent and treat perimenopausal diseases in the near and long term ^[18]. The in-depth microcosmic research in various fields of western medicine has brought challenges to TCM treatment based on holistic concept, but at the same time, it has also brought good opportunities. The central guiding principle of integrated medicine is to provide the best treatment for patients, and to make use of all available diagnostic techniques, be they Chinese medicine, Western medicine, or combination of Chinese and Western medicine, will contribute to integrated medicine ^[19].

5. Conclusion

The theory of integrated medicine has been accepted and popularized in the medical field in our country for less than ten years. The end result of medical integration must be better than blue, and far better than blue. By applying the theory of integrated medicine, the best treatment plan for patients is formulated, which emphasizes both body and mind, medical care and traditional Chinese medicine and western medicine, so as to realize the ultimate goal of high quality and cheap medical service ^[20]. The world health organization in "Meeting the challenges of the 21st century," the report proposed: "The 21st century medicine, should not continue to take the disease as the main research object, but should take the human health as the main direction of medical research. Integrated medicine has theoretical and practical value in the basic medicine of obstetrics and gynecology, diagnosis of diseases, multi-system, cross-disciplinary collaboration, and the integration of clinical Obstetrics gynecology of Chinese and Western medicine, we should not only pay attention to the diagnosis and treatment of the disease, but also pay attention to the effect of psychological, spiritual, social and living environment factors. In order to make up for the deficiency of specialization, correct the deficiency of discipline and limitation, and show the human-oriented spirit of medicine, we should consciously integrate the relevant theoretical contents of integrated medicine into the category of gynecology of traditional Chinese medicine and Western medicine, the gradual formation of integrated Obstetrics gynecology, integrated gynaecology, integrated Chinese and Western medical Obstetrics gynecology has far-reaching significance in improving the quality of medical services and safeguarding women's physical and mental health.

References

- [1] Ying M.K., Han T.T., Wang Y.C., et al. Current status and outlook of general medicine and integrated medicine [J]. *Chinese Family Medicine*, 2018, 21(23): 2895-2898.
- [2] Chong W. W., Liu Z., Wen Z. A philosophical review of the integrative medicine model [J]. *Medical Controversy*, 2018, 9(04): 1-3+8.
- [3] He Zemin, He Yongqiang. Attributes of integrative medicine and its guiding significance [J]. *Journal of Traditional*

Chinese Medicine, 2018, 59(18): 1535-1538+1545.

[4] Zhu Lan, Duan Hua, Shi Chunyan et al. Proceedings of the 13th national academic meeting of obstetrics and gynecology of the Obstetrics and Gynecology Branch of the Chinese Medical Association [J]. *Chinese Journal of Obstetrics and Gynecology*, 2018, 53(03): 211-216.

[5] Li YYY, Tong XQ. Leptin and gynecologic-related malignancies [J]. *World abstract of the latest medical information*, 2019, 19(06): 83-84.

[6] Ni Jingjing, Zhou Xiaomei, Su Yiping. Application of anti-mullerian hormone in the diagnosis and treatment of ovarian malignancy [J]. *Southeast Defense Medicine*, 2019, 21(03): 277-281.

[7] Gu Aijie, Zheng Kun. Diagnostic value analysis of combined application of transabdominal ultrasound and transvaginal ultrasound in acute abdominal diseases in obstetrics and gynecology [J]. *Imaging Research and Medical Applications*, 2018, 2(15): 174-175.

[8] Wei L, Zhang Q, Zhao GY et al. Report of the first successful pregnancy and delivery of a transplanted uterus in China and review of the literature [J]. *Chinese Journal of Organ Transplantation*, 2019(10): 610-611-612-613-614.

[9] Fan Daiming. The connotation and extension of integrated medicine [J]. *Medicine and Philosophy (A)*, 2017, 38(01): 7-13.

[10] Li Yuxin. Advances in surgical treatment of cervical cancer [J]. *Jilin Med*, 2016, 37(12): 3027-3029.

[11] Tong S. Lin. Don't be bound by "tradition" when combining Chinese and Western medicine [N]. *Health News*, 2020-09-04 (008).

[12] Zhang Wei, Wu Di, Wang Guozuo, et al. Exploring the path of scientific research innovation to promote the cultivation of innovative and entrepreneurial talents in Chinese and Western medicine [J]. *Chinese Journal of Multimedia and Network Teaching (Upper Journal)*, 2020(09): 142-144.

[13] Xiao Yanfei, Zheng Wenlan, Wen Xiaomin. Meta-analysis of clinical efficacy of Chinese medicine combined with mifepristone and methotrexate in the treatment of ectopic pregnancy [J]. *Electronic Journal of Practical Gynecological Endocrinology*, 2020, 7(02): 79-81.

[14] Chen Huijun, Shen Mana, Li Yonghao. Meta-analysis of combined Chinese and Western medicine in the treatment of ascites in ovarian cancer [J]. *World Journal of Integrative Chinese and Western Medicine*, 2019, 14(11): 1492-1496+1554.

[15] Jiao Cun, Lu Xianjie. Meta-analysis of Zuo Gui Wan plus and minus formula combined with hormones in the treatment of premature ovarian failure [J]. *Chinese Journal of Physicians*, 2019, 21(07): 1002-1006.

[16] Qu Yinghui, Xi Jin. Meta-analysis of the effectiveness and safety of Gongmuqing capsule combined with western medicine in the treatment of uterine fibroids [J]. *New Chinese Medicine*, 2019, 51(07): 32-37.

[17] Jiang Mei, Ma Liran, Kang Jia. A meta-analysis of clinical trials on the combination of Chinese and Western medicines to improve endometrial tolerance [J]. *International Journal of Traditional Chinese Medicine*, 2019(02): 210-213.

[18] Qi M.F., Li S.M., Niu L.C., et al. The application of integrative medicine concept in the diagnosis and treatment of perimenopausal syndrome [J]. *Medical Controversy*, 2021, 12 (06): 25-29. DOI: 10.13276/j.issn.1674-8913.2021.06.005.

[19] Chen XH, Li SM. On integrative medicine with Chinese characteristics [J/OL]. *Medical Controversies:1-11* [2021-02-08]. <http://kns.cnki.net/kcms/detail/61.1481.R.20210207.1456.016.html>.

[20] Chen Jie, Huang JH, Shi R, Wang SH, Chen WD. Practice of integrated pelvic floor medicine model based on integrative medicine theory [J/OL]. *Medical Controversies:1-10* [2021-03-05]. <http://kns.cnki.net/kcms/detail/61.1481.R.20210207.1418.006.html>.