

## *Discussion on anorexia prevention and treatment of spleen and stomach qi deficiency in children based on the idea of "treating no disease"*

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**Abstract:** "Cure not disease" thought is an important part of the traditional medical characteristics of medical methods, including "1, Prevent it before a disease, 2, to save germination, 3, Prevent both disease and degeneration, 4, prevent recurrence". There are many Chinese medicine types in children, among which the spleen and stomach qi deficiency accounts for a large proportion. Based on the idea of "cure the disease", in the condition of disease, traditional Chinese medicine, pediatric massage, acupuncture and moxibustion should be used to delay the further aggravation of the condition, and should combine internal treatment with external treatment to consolidate the efficacy and prevent recurrence. The thought of "curing the disease" and guiding the prevention and treatment of anorexia in children has very important clinical value.

Anorexia is [1], a common pediatric chronic disease characterized by longer food aversion, excluding systemic and digestive tract organic diseases, and reduced food consumption. It often occurs between 1 and 6 years, with an incidence of 12% to 34%, and urban household incidence is higher than rural [2]. According to the theory of traditional Chinese medicine, the anorexia in children first depends on the congenital loss of the spleen and stomach, followed by improper feeding, eating disorders, and more responsible for the spleen and stomach, focal damage, the transportation hub disorder, so suffering from anorexia [3]. At present, the pathogenesis of this disease in modern medicine is not clear about [4], which is related to improper diet, lack of trace elements, irregular eating habits and intestinal flora, etc[5]. The treatment is not standardized, the symptoms are not significantly improved in clinical treatment, and the symptoms are prone to repeated [6].

First of all, pediatric anorexia is a long-term chronic disease easy to lead to malnutrition, low immunity, and even growth and dysplasia, rickets, mental retardation and so on as the main manifestations of common diseases in children. The long-term transmission of [7-10] disease has adverse effects on the physical and mental health of affected children. Secondly, with the

development of economy and civilization progress, food safety and environmental pollution have changed the previous spectrum of previous human diseases, and the prevalence of anorexia in children has increased significantly compared with before. Even in the rapid development of contemporary medical technology, the failure to provide better diagnosis and treatment measures, resulting in medical costs continue to rise. This current situation forces the recognition of the importance of the idea of "cure for no disease", and therefore, it is possible for clinical guidance.

## **1. Summary of the thought of "curing the disease" in traditional Chinese medicine**

The idea of "curing the disease" refers to the intervention when the disease has not yet occurred, which belongs to the category of disease prevention and health care, is an important part of TCM theory, and also the basic law of Chinese medicine to adjust the body and mind, disease prevention and treatment, reflecting the thought of "people-oriented". The word "cure the disease" first appeared in the "Huangdi Neijing", the "four qi and spirit": "the sage does not cure the disease, do not cure has disorderly cure not chaos, this is also called. Husband's disease has become and then medicine, chaos has become and then cure, like still thirst and go through a well, fighting and cast a cone, not too late [11].". It is the elaboration of the idea. Future generations of doctors have different opinions and practice on "curing the disease". Sun Simiao thinks: "the doctor is not the disease, traditional Chinese medicine to treat the disease, the disease.". Ye Tianshi cloud "first place without evil".

After successive clinical practice, to "no disease" ideological connotation is rich, finishing, interpretation, demonstration and development, and form a set of effective theory system, from the aspects of disease prevention, treatment and health care for the systematic theoretical guidance, its core connotation mainly includes: no disease prevention, to save disease, both disease change and Chai Chai after four aspects.[12]

## **2. Overview of anorexia in children with spleen and stomach qi deficiency type**

Traditional medicine has shown that anorexia is a more common symptom in children, manifested by a long time of aversive to eating, and accompanied by a reduced amount of food intake symptoms. In ancient books, there is no sick name of children with anorexia, but it is similar to the sick evidence of "no appetite", "no appetite" and "bad food" contained in the literature. Based on its different manifestations, spleen health loss, spleen and stomach qi deficiency, spleen and stomach Yin deficiency, liver and spleen deficiency and type 4, among which clinically found spleen and stomach qi deficiency anorexia children accounted for a large proportion.

Qian Yi pointed out in the monograph "drug certificate in children" that "the spleen and stomach discord, can not eat milk, causing muscle thin" [13]. "In childhood, the innate body is not complete, the gas of hub transport is complete but not strong, and rapid development, the demand for fine micro material increases, milk does not know the section, hunger does not know the degree, transport lost responsibility, and cause anorexia. [14]

The incidence of spleen and stomach qi deficiency type anorexia is the spleen and stomach weakness. The main symptom is not want to eat, eat into not melt, stool slightly thin clip has undigested food, complexion less Hua, body slightly thin.

Due to congenital insufficiency, Weak spleen and stomach weakness, After birth, that show not desire to suck milk; Feeding after tomorrow, Or the parents lack the relevant knowledge of infant health care, Did not add complementary food according to the growth and development of children; Or advocate too much of a highly nutritious diet, Eat a fat and sweet taste, Take the tonic, Beyond the normal nano ochemical function of the spleen and stomach; Young Yin and childish Yang body,

The onset and aberration were rapid, If he suffers from his illness or his medicine, Injury urt spleen and stomach; The spleen is found in the Yin area, Like dryness and evil wet, If the midsummer wanton greedy cool, wet land for a long time, cold-damp invasion of spleen, Easy to injure the spleen and Yang, Imbalance between Yin and Yang;

Children liver qi is not full, after the tendon strong and soft, weak and timid, easily frightened, if suddenly surprised, or missing, depression, can cause qi machine is not smooth, wood disorders, green wood ke soil.

The spleen and stomach is the foundation of the nurture, the central hub of the viscera, jointly undertaking the responsibility of biological qi and blood. The spleen and stomach transport, water and grain and fine function is strong, then the digestion and absorption function of the body can produce qi, blood and body fluid, provide enough raw materials, to make the viscera, meridians, limbs, muscles and fur and other tissues to get fully nutritious, normal physiological activities.

### **3. Prevention and treatment of anorexia in children with spleen and stomach qi deficiency based on the idea of "treating no disease"**

Based on traditional Chinese medicine "cure not disease" thought, for the clinical spleen and stomach gas deficiency type anorexia children, can Prevent it before a disease, To save germination, Prevent both disease and degeneration, prevent recurrence after analyzing four aspects.

#### **3.1 Prevent it before a disease**

"Su ask · ancient innocent theory" cloud: " virtual evil thief wind, avoid sometimes, tranquil empty, true gas from it, spirit inside, disease never?", explain to pay attention to children's care, enhance physical fitness, pay attention to healthy.

Disease and defense function, is the so-called "healthy spirit stored inside, evil can not do" actively take comprehensive internal maintenance and external prevention measures to prevent the infringement of disease.

For spleen and stomach qi deficiency type anorexia, clinical can reduce food, food and boring as anorexia early "disease" state, this performance is not an irreversible process, to achieve anorexia prevention, first should conform to nature, diet, moderate exercise, cause treatment and control the related risk factors, do early regulation, can correct the diet, prevent or delay its further development and lesions.

##### **3.1.1 Compliant with Nature**

For children with anorexia "not sick", healthy or have signs of bad eating habits, should conform to nature."In Yin and Yang, food and drink, daily life is often". Man and nature are organic whole, adjust the health when conform to the development of the four seasons, the change of the four seasons, the alternation of day and night. Spring and summer raise Yang, autumn and winter raise Yin. Spring nourishing the liver, summer nourishing the heart and spleen, autumn and winter nourishing the lung and kidney. For children with spleen and stomach qi deficiency anorexia, especially heavy heat wet when the summer conditioning, wake the spleen transport stomach, spleen and stomach harmony. On weekdays should also conform to the season, daily life to be timely.

##### **3.1.2 Reasonable diet**

Modern parents spoil children, too advocate high nutrition diet, eat fat sweet taste, excessive tonic, beyond the normal nano function of the spleen and stomach; on the one hand, make phlegm

wet endogenous, affect the qi and blood of the spleen and stomach, and then interfere with the five viscera normal."Huangdi Neijing" cloud: "phlegm is the source of all diseases", qi and blood with the meridians flow into the whole body, nourishing the viscera. Qi and blood biochemical loss, semen cloth and excretion disorder, spleen and stomach transport loss; on the other hand, fat, thick and greasy stop gathering in coke, accumulation without melting, qi stagnation and produce new disease. For the spleen and stomach qi deficiency type of anorexia, we should pay attention to the diet structure and eating habits, reasonable feeding, regular and quantitative, meat and vegetable collocation, balanced nutrition, eat less fat and sweet taste, do not eat snacks, correct partial food, encourage eating more vegetables and coarse grains.

### **3.1.3 Moderate exercise**

Moderate exercise of spleen and stomach qi deficiency does not think of diet, food but not change, body loss, over time can be seen less face, thin body, limb fatigue, lack of exercise, leading to qi block, qi and blood movement, affecting the body function. Traditional Chinese medicine believes that "movement is uncertain", spleen main exercise, also main limbs, moderate exercise increases the strength of the diaphragm and abdominal muscles, promote gastrointestinal peristalsis, spleen digestion, prevent food retention in the digestive tract, restore digestive function, increase appetite, and ensure the reasonable absorption of dietary nutrition. At the same time, smooth qi and blood, promote circulation, improve the vitality of organs, maintain endocrine function, so as to enhance the body's immune response and resist external evil.

### **3.1.4 Etiological treatment**

Etiological therapy causes many causes, which can achieve the purpose of reducing anorexia through etiological treatment. Dystasis is one of the high risk factors of anorexia, [15] anorexia is closely related to liver loss. The liver is just dirty, body Yin and Yang, the main drainage and adjustment, smooth spleen and stomach qi machine; liver wood is too prosperous, liver wood qi depression, liver qi by spleen, the spleen and stomach can appear a series of abnormal symptoms. Parents should understand the psychological activities of children, with love for children to provide a pleasant living environment for children, scientific feeding, good at giving guidance, patiently encourage eating, since the children's liver qi, spleen and stomach harmony, transport as usual, appetite, food self-increase, so as to prevent the occurrence of disease.

## **3.2 To save germination**

The human body is a balanced organic whole. When any abnormal changes occur inside the body, there are often some subtle signs. Taking reasonable and effective measures based on these early signs can nip them in the bud. For example, the children of anorexia with loss of appetite, picky eating and other early symptoms of anorexia application attention, actively looking for the cause, treatment at the beginning of the onset, specific symptoms, outdoor activities, diversified diet and other intervention measures to improve the clinical symptoms and physical state of children, so as to reduce the incidence of anorexia.[16]

## **3.3 Prevent both disease and degeneration**

After the disease is confirmed, it should be actively treated as soon as possible. It is the key to prevent the spread of the disease to master its development and transmission law and give effective treatment." Golden Chamber Synopsis of the Chamber" pointed out that "see the disease of the liver, know the liver and the spleen, first solid the spleen", also emphasized the importance of early

diagnosis, early treatment to prevent its transmission deterioration. For children who have progressed to anorexia, traditional Chinese medicine methods should also be actively used to prevent excessive disease progression from affecting the normal growth and development.

### 3.3.1 Traditional Chinese medicine treatment

Traditional Chinese medicine to treat children with spleen and stomach deficiency and qi deficiency, dereliction of duty, to invigorate the spleen and qi, to help transportation. Dangshen 12g, Perrin 9g, amomum 9g, Poria cocos 12g, chicken gold 10g, whitening 12g, coke hawthorn 10g, 10g fried malt, tangerine peel 12g, 6g licorice. Flicted in water, 1 dose a day, early and late divided to take. Fang Dangshen is sweet, warm and replenish qi, and strengthen the spleen and stomach. White surgery spleen dry dampness, the main spleen transport. Poria cocos is wet and turbidity.tangerine peel qi tone, spleen appetizer. Perrin aromates the spleen and awakens the spleen. Sand kernel and wet appetizer, warm stomach and qi. Chicken inside gold, coke hawthorn, fried malt spleen appetizer, help digestion. Licorice to reconcile all want, fill but not lag.

In addition to internal service, at the same time, traditional Chinese medicine can be used to invigorate the spleen and replenish qi."The principle of external governance is the principle of internal governance". The concept of external medicine and internal medicine is the same, the difference is only different ways and ways of drug action.

### 3.3.2 Application therapy

There are many kinds of traditional Chinese medicine external treatment and application therapy, mainly including acupoint application, traditional Chinese medicine hot dying package, and traditional Chinese medicine targeted through-drug treatment, etc.spleen and stomach qi deficiency anorexia is made from Chinese medicine, and continuously applied to the corresponding acupoints according to the course of treatment. The continuous stimulation of drugs, or external application with hot wrap can make capillaries dilate, promote microcirculation, make the effective ingredients in Chinese medicine penetrate through skin muscle into the blood line, directly to the lesion, and play the role of "targeted medication". Make the meridians dredge, spleen and stomach harmony, so as to achieve the effect of promoting appetite.[17]

### 3.3.3 With four stitches

Needle four stitches Needle four stitches have the function of clearing liver and eliminating accumulation, regulating qi machine, and regulating the function of the viscera, which can effectively prevent the further development of anorexia. Four seam point is located in the hand, after routine disinfection, hands alternately, with a special needle prick children hand 2,3,4,5 palm, near the proximal finger to the transverse grain midpoint position, straight prick acupoint 0.1~0.2 inches, after the hand squeeze needle point, squeeze a little blood or lymph, disinfection dry cotton ball wipe and press the pinhole. Adjust the acupuncture depth according to the age of the children, and treat it according to the course of treatment. Acupuncture can not only relieve the heat of the heart and spleen, but also invigorate the spleen and stomach, and have a conduction promotion effect on the gastrointestinal meridians. By regulating the gastrointestinal function of the body, improve the operation of qi and blood, restore the secret of Yin and Pingyang, restore the transport function of the spleen and stomach, and increase the amount of food [18]. Four seam point is through the external strange point, acupuncture four seam point can promote the stomach acceptance, smooth a hundred veins, regulate the spleen and stomach fatigue, wake up the spleen and stomach, and know the five tastes, so as to achieve the purpose of treating children's anorexia.

### 3.3.4 Manipulation therapy

Pediatric massage technique is a comprehensive and systematic therapy combined with finger point with point repair, rubbing abdomen, chiropractic technique. It can boost the whole body Yang qi, promote the operation of qi and blood, dredge the meridians, and balance Yin and Yang. For treatment, The principle of dialectical treatment, One-on-one treatment therapy for children with anorexia, The spleen and stomach massage in the spleen can strengthen the spleen and stomach, replenish qi and blood, Have bidirectional regulation effect combined with belly rubbing method healthy coke, Accumulation and swelling; Lucky gossip, pinch four horizontal lines to eliminate accumulation and heat, Focus in operation, Promote gastrointestinal peristalsis function; Zhongwan is the fundraising of the stomach, In coordination with spleen and stomach yu, Yu Recruitment point, Enhance the function of spleen and stomach; Zusanli is the stomach meridian point, To treat the stomach internally, Wake up the spleen and eat away, And the effect of gastric intestinal guide stagnation; Chiropractic can encourage the viscera qi and blood operation, And the temperature can be positive, Lift up the Yang qi. Massage method of acupoint filling, reflecting the important thought of filling, do not hinder the stagnation. Finally, make the spleen and stomach qi machine and conditioning, transport in the focal spleen and stomach hub, anorexia, spleen and stomach health, so as to achieve the purpose of "treating both the symptoms and root causes".

### 3.4 Prevent recurrence

Prevent recurrence after the disease evil has not yet all dispel, evil has not yet scattered, vital qi deficiency, pay attention to continue to regulate, will, should beware of illness repeatedly. Ten (word zhongjing) to "Chai defence complex" attaches great importance to, think typhoid healing if not pay attention to conditioning is easy to repeated [19].

Children with spleen and stomach qi deficiency type anorexia after treatment before appetite increased, digestive function is enhanced, dietary structure is diverse, clinical symptoms can be improved, spleen, stomach, liver can also be filled and restored, civil harmony, but the body is still empty, is not equal to the complete recovery of the disease, but also need to adhere to the consolidation of treatment. Now still need to Chinese medicine spleen aid, appetizing, harmonic liver and spleen, bao and pills, children spleen fill lung ointment, etc., also can choose acupuncture, massage, three lie down, and do scientific feeding, diet, strictly develop good eating habits, mood, conform to the season, appropriate exercise, avoid disease repeatedly.

## 4. Summary

Pediatric anorexia is a common chronic disease in pediatrics, because of its diverse causes, delay is difficult to heal, children are young and poor compliance, seriously affect the growth and development of children and physical and mental health. Western medicine treats anorexia, mostly from anti-infection, supplement trace elements, promote kinetic drugs, all kinds of probiotics, psychological intervention several aspects. It can promote food emptying in the stomach, inhibit food reflux; vitamins, promote the proliferation of cell vitality, help digestion; zinc gluconate oral solution, improve taste, correct malnutrition and abnormal food, adjust the intestinal microenvironment and normal barrier. However, the previous cisapride suspension is a special preparation for children with gastric motility deficiency and anorexia. This drug can strengthen and coordinate gastrointestinal motility to prevent the retention of food in the stomach and the reflux to the esophagus. However, in recent years, cisapride has been found to have many side effects, such as drug rash, headache, extrapyramidal reaction, myoclonic convulsions, and arrhythmia, which have been banned by the United States FDA.

In recent years, the diagnosis and treatment of the anorexia in children also advocates early prevention, early treatment and gradually progressive ladder therapy, which is similar to the idea of "curing the disease" in traditional Chinese medicine.

After the continuous development and improvement of the thought of "cure without disease", its importance has been fully proved in the disease prevention and treatment. It is not only a kind of cure for disease prevention in advance, but also an advanced trend for treating diseases. In the condition of "not being sick", it should follow nature, have diet and moderate exercise, enhance the function of the spleen and stomach and avoid the damage to the spleen and stomach. In the condition of "being sick", reasonable and effective measures can prevent and prevent, prevent anorexia and disease, and combine internal and external treatment to consolidate the curative effect and prevent recurrence."Treat the disease" is the advanced strategic thought of Chinese medicine, which coincides with the core thought of modern preventive medicine. From "Prevent it before a disease, to save germination, Prevent both disease and degeneration, prevent recurrence" four aspects, will cure no disease thought into the pediatric anorexia phased prevention and treatment, has very important clinical value.

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