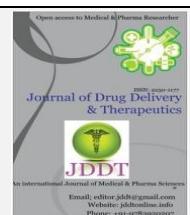


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Mini Review

## Traditional Chinese medicine understanding of ulcerative colitis

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### ABSTRACT

In recent years, the incidence of ulcerative colitis has been increasing both at home and abroad, therefore, more and more attention has been paid to its recognition and treatment. The pathogenesis of the disease is still unclear in modern medicine, we can discuss from the Chinese medical and hope to better understand ulcerative colitis.

**Keywords:** Ulcerative colitis; traditional Chinese medical; Discuss

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### Introduction

Ulcerative colitis (UC) is a chronic colon mucosa and submucosal inflammatory disease. Clinically, by recurrent diarrhea, it's mainly characteristics are recurrent diarrhea, mucous pus and bloody stool, abdominal pain and other symptoms. The course of the disease is chronic, with alternating attack and remission, and a few symptoms persist and gradually worsen. <sup>1</sup> Modern medicine believes that the disease is related to the human body's autoimmunity, infection, genetic and environmental factors, and the treatment of the disease is mostly using amino salicylic acid preparation, glucocorticoid, immunosuppressive drugs and other drugs. The short-term curative effect is relatively accurate, but the drug's side effect and the condition of hormone replacement repeatedly make the clinical application affected. At the same time, the awareness and treatment of UC by traditional Chinese medicine has been increasing, and the advantages of diversified methods, less side effects and low recurrence rate in the use of TCM in the treatment of ulcerative colitis make it meaningful to explore the knowledge and treatment of UC by traditional Chinese medicine.

### Documentation

Although, there's not explicitly specify name of disease in the ancient literature of TCM, "asintestinal afflux", "hematochezia", "diarrhoea", "intestinal wind" are very similar to UC. Jing yue's complete work said "when I said intestinal afflux, it mean I also said about dysentery. But, definitely, dysentery has been caused by diarrhea in the first place, which is the same kind of disease as intestinal afflux.

The difference is that diarrhea is mild and intestinal afflux is severe". It is said in the plain question, the theory of yin-yang and Ming that "the person of incontinence of food, life and rest is irregular; its Yin cent can suffer attack first. When Yin receives an attack, it will pass to the five internal organs, causing stomach distension, diarrhea with undigested food. In the long run, they lead to as intestinal afflux". In ancient and modern medicine, it was said that "intestinal pedicure is with blood in the stool". Plain Questions and Wind Theory said "when wind pathogen attacked our body, with time passing by, it could enter deep layer, below flush large intestine, and caused enteric wind, leading to fall a kind of disease like intestinal wind". In Dysentery of chishui xuanzhu, rest dysentery, it was said that "recurrent dysentery is to relapse after a few days of recover, and the outbreak of dysentery and the cessation of attacks made it difficult to cure year after year". It shows that the description of the symptoms of this disease, and the records of this disease in numerous Chinese medical literature, although not completely equal to the ulcerative colitis, in its clinical application provide ideas for better treatment of this disease in new methods.

### Discussion of Chinese medicine

There is no unified standard for the etiology and pathogenesis of UC. It can be said that "benevolence see benevolence and wisdom see wisdom", but it is all based on the theory of traditional Chinese medicine. Li Dongyuan, the representative of school of medical thought of strengthening spleen, though that when Yang was damaged which was to protect outside would result in weakness, gallbladder qi

would lose liver governing ascending and dredging , disorder of pectoral qi, disharmony between nutrient qi and defensive qi and so on, basing on theory of internal damage. All of the above can damage spleen and stomach and syndrome of incoordination between spleen and stomach, so essence derived from food flows and the symptoms of abdominal distension, constipation, borborygmus, diarrhea, following. Jing yue's complete work diarrhea also said the spleen and stomach were responsible for diarrhea. Spleen and stomach, which are the origins of acquired and the source of qi and blood biochemical, control the rise and fall of the middle coke and the main body transport. If the function of spleen and stomach is derelict, spleen cannot control rise and clear, so the so-called "qing qi down, then birth supper release" comes up. This may be the reason that the spleen and stomach are associated with the pathogenesis of ulcerative colitis. Some doctors think that the cause and pathogenesis of ulcerative colitis should be attributed to the liver and kidney. As the saying "liver controlling conveyance and dispersion", the blood of the collaterals and the fluid in the intestines are stagnant and the ulceration of the bowel membrane, then the mucus and pus the blood, if the liver is lost, the qi machine is out of order, the qi of the intestines and stomach is not free. Because "kidney controlling urethra and anus", if the Yang of kidney is insufficient or the qi of kidney is weak, spleen will lose warm and order of transportation , so you will diarrhea, or even slide cannot help. In addition, professor xie jingri <sup>2</sup> found through long-term clinical experience that this disease is closely related to the liver, spleen and kidney. With liver depression, spleen weakness, kidney deficiency and qi-blood disorder as its origin, moist and turbid endogenesis and blood stasis as its standard, the methods of soothing liver and relieving depression, strengthening spleen clearing damp, clearing heat and detoxifying can be applied in clinical diagnosis and treatment. In the early stage of this disease, the etiology is mostly stagnation of liver qi and spleen deficiency which is particularly important and dampness-heat diffusing downward, and syndromes of tyn deficiency of liver and kidney and yang deficiency of spleen and kidney often appear when affected in the kidney.

I think that spleen and kidney play an important role in the pathogenesis of ulcerative colitis. As Jing yue's complete work says: "in those who suffer from acute illness, the disease is in the lower part of the broad intestine, and the disease is not in the broad intestine but in the spleen and kidney"; "People with weak spleen and kidney, as long as they touch raw and cold things, are likely to get diarrhea. According to zhang jiebin in Jing yue's complete work · volume 24 · diarrhea, "if the spleen and stomach are injured, the water is wet, and the gu is stagnant... And diarrhea makes ", can discover the relation of the spleen and this disease. According to wu qian in yi zong jin jian, all diarrhea is from dampness, and all dampness is from spleen deficiency", the relationship between this disease and dampness and spleen deficiency can be found. Because spleen likes dryness and dislikes dampness, it's easy to trap the spleen with dampness, so spleen is out of key transport, which leads to this disease. In addition, the nature of dampness is sticky and greasy, "easy to get rid of thousands of cold, difficult to get rid of wet", which may be an important influencing factor for UC to be prolonged and difficult to heal, and repeated attacks. Modern research has also confirmed that spleen deficiency has the expression of low immunity, which is consistent with the view of low immune function in modern medicine of ulcerative colitis. The course of ulcerative colitis is chronic. Long-term and repeated diarrhea, the body is damaged zhengqi, which leads to kidney Yin and kidney Yang deficiency. As the old saying goes, "prolonged illness can

affect the kidney". If the main seal of the kidney and kidney qi damage, resulting in the closure of the reservoir, loss of control and dereliction of duty, it can be seen as evidence of chronic leakage. The endowment is inadequate and kidney deficiency makes modern medicine also emphasize that the disease is related to genetic factors. The spleen is the basis of nurture, and the kidney is the basis of nature, which means the spleen and kidney depend on each other. Therefore, it is necessary to recognize the relationship between the two organs in the process of disease. At the same time, the relationship between spleen and kidney and the disease can also be found in TCM clinical dialectics Wang chaoyang <sup>3</sup> used "jianpi wenshen" decoction to treat 34 cases of UC in the remission stage. The results showed that treating UC by reinforcing spleen to clear damp and warmly invigorating kidney yang had significant effects, which could effectively improve the patients' purulent and bloody stool, repaired the erosion intestinal mucosa and relieved the clinical symptoms of the patients. In conclusion, the role of spleen and kidney in the pathogenesis of UC is not only well understood in theory but also certified in clinical practice.

In addition to the oral drug internal treatment, in the Chinese medicine external treatment is also quite a research. Liu xing <sup>4</sup> treated 30 cases of UC with warm acupuncture, with a total effective rate of 93.3%. Warm acupuncture and moxibustion can alleviate pain by warming the meridians, warming the meridians and activating the meridians, and clearing the blood and qi. At the same time, warm action can make the blood vessels dilate and increase the metabolism, thus accelerating the extinction of inflammation. Therefore, it can be seen that every doctor has his own views on the etiology, pathogenesis and treatment, which makes a contribution to better understanding of the disease.

### The conclusion

UC is an incurable disease currently recognized by the medical community and has been listed as one of the modern refractory diseases by the world health organization <sup>5</sup>. The pain of the disease brings great trouble to people's normal life, which makes it necessary to study the treatment of UC. There is a "hundred schools of thought" in TCM understanding and treatment research, and it is also unique in clinical diagnosis and treatment. The concept of "treat its symptoms with urgency, treat its origin with slowness" fully reflects the characteristics of the overall concept of TCM, and it can be found in the treatment of UC in different stages of dialectical importance. Due to the important role of spleen and kidney in this disease, the treatment of spleen and kidney should be focused on the treatment of spleen and kidney by clearing damp, warmly invigorating kidney yang. Prescription can be added as appropriate, such as bai shu, fu ling, dou kou, bu gu zhi, and other drugs. With the development of modern science and technology, many difficult diseases have been overcome by human beings. The combination of Chinese and western medicine may be the mainstream direction for the treatment of UC in the future. Using western medicine can quickly improve the symptoms of the disease and delay the disease's activity. To use the holistic dialectical treatment of traditional Chinese medicine to aid zhengqi, strengthen the body's ability to resist external evil, promote the balance of Yin and Yang in the human body, and reduce the side effects of drugs. It is expected that more medical workers will explore the application value of traditional Chinese medicine, give play to the advantages of traditional Chinese medicine, and use modern medical technology to better solve the suffering of patients with UC.

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