

Traditional Chinese Medicine Treatment for Prevention and Treatment of Diarrhea in Children

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Abstract: To discuss the effect of traditional Chinese medicine treatment on prevention and treatment of diarrhea in children. **METHODS:** From March 2017 to March 2018, 118 patients with diarrhea in our hospital were treated with diarrhea according to different treatment methods. The control group (conventional western medicine) and the research group (intervention with traditional Chinese medicine))Clinical efficacy. **Results:** The total effective rate of treatment in the study group (94.92%) was higher than that in the control group (81.36%), $P < 0.05$. The study group had less diarrhea time, fever time and hospitalization time than the control group, $P < 0.05$. The adverse reaction rate (0%) of the study group was lower than that of the control group (3.39%), $P > 0.05$. **Conclusion:** The combination of traditional Chinese medicine and western medicine for the treatment of diarrhea in children is safer and more reliable, and it is worthy of clinical application.

1. Introduction

Diarrhea is a common disease in pediatrics and is a digestive tract syndrome caused by a variety of pathogenic factors. The incidence of diarrhea in children is high, affecting normal development and nutrient absorption; for this, strengthening disease prevention and treatment is of great significance. Traditional Chinese medicine believes that diarrhea belongs to the category of diarrhea, which is related to the internal cause of spleen and stomach weakness and the external cause of cold, dampness and dampness. On the basis of conventional treatment, the intervention of external treatment with traditional Chinese medicine can consolidate the effects of clearing heat and tonifying spleen and dampness. The adverse reaction rate is low and has high clinical application value. The report is as follows.

2. Data and Methods

2.1. General information

118 patients with diarrhea admitted to our hospital were treated as observation subjects. All children met the diagnostic criteria for diarrhea in pediatrics. There were electrolyte imbalances, increased stool frequency, and infection poisoning. According to different treatment methods, 59 cases were divided into groups. The average age of the control group was 1.3 ± 0.2 years old; 30 males and 29 females. The study group had an average age of 1.4 ± 0.6 years; 28 females and 31 males. There was no significant difference in baseline data comparison, $P > 0.05$, which was studied.

2.2. Method

The control group received basic treatment of western medicine, including anti-infection, regulation of acid-base and water-electrolyte balance, and dietary adjustment. On the basis of the research group, the research team accepts the characteristic therapy of Chinese and Western medicine, as follows;

Take the acupoints of Shenque, Guanyuan and Sanli, and the moxibustion is ignited to the top and fully burned. Move vertically to a point about 5cm above the acupoint, and slowly rotate (rotate about 4cm in diameter) to ensure proper temperature and avoid burns. Situation, moxibustion

5-10min, moxibustion to the acupoints around the skin reddish, after moxibustion, keep warm.

The following points are involved; 1 Damp-heat type: The treatment consists mainly of sputum diarrhea and clearing heat and dampness therapy. The traditional Chinese medicine prescription includes 10g purslane, forsythia, scutellaria, 8g pueraria, scutellaria, berberine, coix seed, 6g Woody, 4g licorice. 2 spleen deficiency type: mainly spleen and diarrhea and Buzhong Yiqi therapy, Chinese medicine prescription includes 10g, 8g atractylodes, ginseng, white lentils, 6g yam, coix seed, 5g gun ginger, 4g licorice, thick Park and Bairen. 3 wind-cold type: mainly based on dampness and diarrhea and cold and dispelling cold, the Chinese medicine prescription includes 10g of medlar, coix seed, 8g of atractylodes, musk, 6g of white peony, magnolia, perilla, woody, dried tangerine peel, 5g gun ginger, 4g licorice. 4 Injury type: mainly spleen and diarrhea and injury and catharsis treatment, Chinese medicine prescription includes 8g of *Amomum villosum* L., Laizizi, Jiaosanxian, tangerine peel, 6g of Cangjie, Pinellia, Poria, 4g licorice. 1 dose / d of the above-mentioned medicament, 100 mL of juice after decoction 2 times, 2 times retention enema, 50 ml / time, continuous treatment for 7 days. Severe diarrhea plus 5g of medlar, ebony; severe vomiting plus 8g ginger Pinellia. When enema, drain the stool, take the lateral position, raise the buttocks 10cm, connect the syringe to the disposable anal canal, lubricate the end of the tube and insert it into the anus 10-15cm, and slowly inject 50mL of liquid. After the filling, take the supine position, raise the buttocks slightly, and keep it for more than 2 hours.

Take Yongquan and Shenque points, and grind the appropriate amount of Wujing, cinnamon, clove and woody medicine into powder. Take 5-8g of powder and add vinegar to make a paste, stick it on the god's acupoint. Take 10g of medicine powder and add it to the vinegar to make a paste. Add the equal parts to the bilateral Yongquan points, apply 10h each time, once/d. The application site is fixed with gauze.

Mainly to strengthen the spleen and diarrhea and regulate gastrointestinal treatment, the main points: the abdomen, umbilical cord each 5min, push the seven sections 200 times, licking the turtle tail 100 times. Addition and subtraction: spleen deficiency type plus foot three miles 50 times, spleen soil 400 times, press 10 times stomach Yu and spleen, chiropractic 5 times. The wound-feeding type was added to the large intestine 200 times, the wiping door was 50 times, and the scorpion was 30 times. Cold and damp type plus 300 times to replenish the spleen, 300 times to push the three levels, 50 times in the foreign labor palace. The spleen and kidney yang deficiency type supplemented the kidney for 300 times, 500 times to replenish the spleen, 50 times for the stomach and spleen, and the chiropractic 7 times, gossip to diathermy. 1 time / d, a total of 1 week of treatment. Injury-type, spleen-kidney-yang deficiency type and spleen-deficiency type children use talc powder to massage lubricants, and cold-wet type uses onion ginger and other massage lubricants.

2.3. Observation indicators

According to the "Diagnostic Efficacy Standards for TCM Diagnosis", the clinical efficacy of the two groups was observed. The efficacy criteria were divided into cure (fecal formation, no abnormality in stool microscopy, systemic symptoms disappeared, negative pathogen examination results), improvement (decreased stool frequency, systemic symptoms) Improvement, stool microscopy occasionally see white blood cells and fat globules), unhealed (not meeting the above criteria or worsening). The adverse reactions during the two treatment periods were observed. The two groups were recorded for diarrhea, fever, and hospital stay.

2.4. Statistical methods

Data statistics processing, using spss22.0 software, measurement data line and test, count data using chi-square test, statistical difference between groups was reflected by $P < 0.05$.

3. Results

3.1. Clinical efficacy

The study group cured 41 cases, improved 15 cases, and failed 3 cases. The total effective rate

was 94.92%. The study group cured 30 cases, improved 18 cases, and did not healed. The total effective rate was 81.36%. There was a statistical difference ($X^2 = 5.187$, $P = 0.023$).

3.2. Treatment situation

The study group had a hospitalization time of 4.33 ± 0.43 d, an antipyretic time of 1.31 ± 0.52 d, and an antidiarrheal time of 2.36 ± 0.41 d. The hospital stay in the control group was 5.64 ± 0.74 d, the fever time was 2.26 ± 0.83 d, and the diarrhea time was 3.18 ± 0.39 d. There was a statistical difference in the comparison between the groups ($P < 0.05$).

3.3. Adverse reactions

No adverse events occurred during the treatment of the study group. There were 2 cases of rash in the study group, the incidence rate was 3.39%. There was no statistical difference between the groups ($X^2 = 2.034$, $P = 0.154$).

4. Discussion

Pediatric diarrhea occurs in summer and autumn, accompanied by symptoms such as vomiting. Improper control can cause complications such as dehydration and electrolyte imbalance, which seriously affects the physical and mental health of children. Clinical treatment is mainly based on drugs, but the combination of Chinese and Western medicines is better and more effective than Western medicine. It can also regulate the body function and improve immunity. [1]

Chinese medicine believes that diarrhea in children is related to the spleen and stomach. The spleen and stomach have the functions of the main water valley and the rotted water valley. After the spleen and stomach is damaged, the food is not completely digested, the refined gas is incompletely transported, and the water valley is mixed, resulting in diarrhea and other symptoms. The spleen and stomach damage is related to irregular diet and cold temperature. The spleen and stomach refers to the digestive system. According to the basis of the “Youth Book (Zhu Danxi)”, it is believed that diarrhea in children is related to “wet”. In addition, the development of spleen and stomach function in children is incomplete, and the ability to compensate for compensation is weak. Under the inducement of wind, cold and dampness, diarrhea is easy to occur. Traditional Chinese medicine treatment methods are diverse, including traditional Chinese medicine oral therapy, external treatment and general therapy, general therapy focuses on nursing and diet adjustment, and acupuncture and massage and other traditional Chinese medicine treatments are external treatment. With the improvement of medical technology and the research on the treatment of diarrhea in children, the clinical recognition of TCM treatments has gradually increased. With the advantages of economy, efficiency and ease of operation, it has been recognized by medical staff and patients. [2].

Traditional Chinese medicine treatments are diversified; first, application therapy: absorption of drugs through the skin, the drug acts along the meridian to reach the lesions such as the organs. Sticking therapy sets the knowledge of viscera, acupoints, meridians, etc. The drug reaches the lesion along the meridian by stimulating acupuncture points, and plays a therapeutic role in regulating the function of viscera and the balance of yin and yang. In addition to this, there is an effect of improving the microcirculation. Especially for children with mild skin and low age, transdermal drug delivery is more suitable. Wusong in the prescription has the functions of relieving pain and warming and dispelling cold, and is a good medicine for treating diarrhea in children. Muxiang is a gas and qi medicine, which can stimulate mild excitement in the small intestine, reduce rhythm and tension, and relieve symptoms of intestinal tendon caused by pathogenic factors such as acetylcholine. Clove has the effect of lowering the temperature and inhibiting bacteria, tonifying the kidney and helping the yang. It is often used to treat diarrhea symptoms such as spleen and stomach deficiency. Cinnamon has the effects of warming, dispelling cold and strengthening stomach, treating indigestion and diarrhea, spleen and stomach deficiency and so on. The second is massage therapy: the skin has the function of protecting the body against external evils, and applying massage therapy can improve the local blood circulation and dredge the meridians, thereby

regulating the operation of the viscera and blood and the balance of yin and yang, and promoting the healing of the disease. In addition, massage therapy can improve white blood cell function and immunity by pinching and other techniques, and ultimately improve the internal environment and consolidate the curative effect. For the treatment of diarrhea in children, we should pay attention to the following matters. First of all, the method requires that the light be light and then slow and fast. Secondly, the force requires uniformity, and it is slow and not quick and orderly. Finally, the stimulation technique is used to ensure the mood of the child and reduce the influence of emotional factors on the overall efficacy. The third is traditional Chinese medicine retention enema therapy: the child is difficult to take the medicine, and the symptoms are weakened after symptoms such as vomiting. The traditional Chinese medicine retention enema treatment method avoids the gastrointestinal reaction caused by oral drugs and the burden of liver drug withdrawal. The drug is adsorbed in the rectum and the like, and the drug effect is maximized by adsorbing the virus bacteria and protecting the intestinal mucosa. Although the administration route is different, the efficacy is the same, because the rectal mucosa is rich in capillaries, and it can be an effective aqueous medicine. Based on the syndrome differentiation therapy of the four diagnosis and eight principles, the therapeutic effects of conditioning the stomach, stomach and antiviral are more remarkable. Children with spleen deficiency and diarrhea are mainly for tonifying spleen, tonifying kidney and diarrhea. The children with damp-heat diarrhea are mainly for clearing away heat, dampness and diarrhea. The puerarin in the prescription has thirst, thirst, diarrhea and antipyretic fever. Efficacy, suitable for diarrhea such as spleen diarrhea and dampness and diarrhea. Musk has the effects of dispelling evil and spleen and spleen, and it has a significant effect on treating diarrhea caused by cold and internal resistance. Laiwuzi has the effects of digestion and stagnation, and the treatment of diarrhea and other symptoms is obvious, but the dosage should be controlled to avoid aggravating the condition. The gun ginger is mild in nature and can be used for hemostasis and warming and relieving pain. It is suitable for diarrhea and abdominal pain. Licorice is a common traditional Chinese medicine for cold, dampness and spleen, liver qi stagnation, spleen deficiency, kidney yang deficiency, water and intestines and other diarrhea and other treatments, especially in the treatment of deficient diarrhea. It has the effects of benefiting the spleen and the stomach and water and dampness, and treats symptoms such as diarrhea and vomiting. The adverse reaction rate of traditional Chinese medicine retention enema therapy is low and the child has no pain, and the degree of family acceptance increases. The fourth is moxibustion therapy: moxibustion has the effects of returning to the liver and removing blood and removing blood stasis, and it can achieve the therapeutic effect of regulating the function of the viscera by inspiring the meridian qi, especially for children with diarrhea, which can enhance physical fitness and immunity. The quality will increase. Moxibustion therapy can enhance metabolism, stimulate acupoints such as Guanyuan and Shenque, and can enhance the function of the body and replenish the vitality. The moxibustion treatment of Shenque acupoints has the effects of stopping diarrhea and lifting sun, adjusting the body and blood. The moxibustion Guanyuan acupoint has the functions of tonifying and cultivating the right qi, and the Guanyuan acupoint is the small intestine through the tomb; for this, there is a significant effect on the treatment of small intestinal lesions. Zusanli is a foot-yangming meridian point, moxibustion treatment Zusanli has the effects of replenishing qi and blood and regulating qi and dampness. At the same time, it can regulate serum immunoglobulin content, such as IgA, to improve the body immunity and ultimately prevent diarrhea. The therapeutic effect. Multi-acupoint combination can better serve the effects of strengthening the body, curing the diarrhea and treating the specimens [3].

At present, there is no ideal drug for treating diarrhea in children. The main clinical treatment is symptomatic treatment. However, the course of diarrhea in children is relatively long, and the abuse of antibiotics and other drugs will aggravate the condition. Western medicine treatment will not cure the symptoms, and damage to the liver and other organs, the severity of the disease will be further aggravated. The therapeutic effect of traditional Chinese medicine is remarkable, but it can not completely replace the western medicine treatment method. The western medicine treatment method has the advantages of quick effect, and it is also incomparable to the traditional Chinese

medicine treatment method. On the basis of Western medicine treatment such as fluid replacement, the effect of combining traditional Chinese medicine treatment is more significant. In particular, chronic or prolonged diarrhea in children can induce complications such as malnutrition and myocarditis; this has become one of the four major preventive diseases in pediatrics. The combination of traditional Chinese and Western medicine for the treatment of diarrhea in children can effectively improve the physiological function of the spleen and stomach, and the cure rate is significantly improved. Compared with the simple Western medicine or Chinese medicine treatment effect is more significant. The implementation of traditional Chinese medicine special therapy requires a high level of professionalism for medical staff, requiring them to clearly grasp the modern pharmacological knowledge and responsibility awareness, and standardize the implementation of treatment methods for children with diarrhea, such as syndrome differentiation and subtraction, in order to effectively control diarrhea [4].

In summary, the traditional Chinese medicine treatment is effective in preventing and treating diarrhea in children, and it is better to combine the basic treatment of western medicine. At the same time, the combination of traditional Chinese and Western medicine for the treatment of diarrhea in children is safer and more reliable; it is worthy of further study.

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