A Review of the Method of External Treatment of Traditional Chinese Medicine

Hui ZHAO and Ming-san MIAO

Henan University of Chinese Medicine, Zhengzhou, China

*Corresponding author

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Abstract. The external method of traditional Chinese medicine refers to the treatment of disease rehabilitation by means of various external methods, which can promote the recovery of various functions. This type of treatment has the characteristics of rapid, gradual change, easy to learn, easy to promote, use of safety, and low toxicity. This paper, based on the different methods of external treatment, will present the commonly used methods of external treatment, and expound its effect, clinical application and characteristics. Research results show that combined with modern technology, optimize the traditional Chinese medicine external treatment methods, can improve the therapeutic effect of drugs and reduce the adverse reaction of drugs, to promote the research and development of Chinese medicine for external use method and the application scope, so that it is better to guide Chinese medicine clinical external use.

External treatment this concept has a long history, as early as the theory of large q, to really want is in "within internal governance, the external governance", after that in a book also have involved, but for the outside governance concept and scope of the research has not been clear, to the middle period of Qing dynasty, the emergency wide raw set “First aid ”"Richard Yue prose" appeared one after another, in addition to governance theory gradually mature, theory of external treatment of traditional Chinese medicine is also gradually developed.

Overview of TCM Treatment

The treatment of traditional Chinese medicine is to improve the patient's adaptability to the drug due to the percutaneous administration, so as to avoid the side effects of the gastrointestinal tract and the liver and other organs. At the same time, it can maintain stable blood concentration and long-term treatment. Most importantly, the method of external treatment of traditional Chinese medicine avoids the risk of oral or injection treatment, which greatly increases the safety.

Compared with other treatment methods, the treatment of traditional Chinese medicine has a variety of methods. Direct disease, localization of drugs; Indications are wide, contraindications are few advantages. In this article, through analysis of Chinese traditional medicine external method after induction, sorting out the commonly used traditional Chinese medicine external treatment, and the effect of commonly used traditional Chinese medicine external treatment efficacy, clinical application, dosing characteristics were analyzed, and the modern research, and provide theoretical basis for the development direction of Chinese medicine external treatment later.

Common Methods of Traditional Chinese Medicine

According to the different methods of treatment, the method of external treatment is listed and its function, clinical application and characteristics are described.

Chinese Herb Bath

The medicine bath method is to use the unit traditional Chinese medicine or compound Chinese medicine to fry the water, the filter residue takes liquid, the modulation appropriate temperature, the bath body or the one kind of treatment method that the area is affected. Medicated bath is not the
same, in the form of bath when the body is called "liquid bath", local bath and wash "sit", "washed", "smoked wash", "foot bath", commonly used medicine bath method for scald.

**The Function of the Chinese Herb Bath.** Chinese herb bath can dredge meridian, promoting blood circulation to remove blood stasis, functions of heat-clearing and detoxifying, decreasing swelling to relieving pain, adjust the balance of Yin and Yang, viscera, passage of breath blood and moisten the body coordinate the efficacy of preserve one's health. Modern pharmacology also proves that Chinese herb bath therapy can improve the content of immunoglobulin in the blood and enhance the elasticity and vitality of the skin. In conclusion, the medicine bath therapy has the following functions: to detect the physical health of the body in sub-health; Detection of the development trend, disease status and the location of diseases of chronic diseases or body recessive diseases; Dredging the channels, opening up blood vessels and small blood vessels, opening up the whole body of blood, meridian, viscera and organizing system, etc.

**Modern Clinical Application of Chinese Herb Bath.** The clinical symptoms of chronic urticaria can be effectively improved with the treatment of Chinese medicine bath with levocetirizine. [1]. Unique traditional Chinese herb bath treatment system used in the way of traditional Chinese medicine therapy, the use of traditional Chinese herb bath combine with Chinese medicine acupoint sticking method can effectively treat chronic renal failure, treatment effect is far superior to western medicine treatment [2]. Traditional Chinese medicine bath method is very satisfactory in curing pediatric diseases. The traditional Chinese medicine medicated bath method the treatment of neonatal jaundice syndrome can improve symptoms, reduce the patients' parents tension, breast-feeding after failing to milk pooling risk and neonatal piercing pain treatment [3].

**Characteristics of the Chinese Herb Bath.** The specific performance is in the following aspects.

First, the therapeutic effect of medicinal bath therapy is remarkable, and the reason that the medicine bath therapy has been enduring for thousands of years is because of the remarkable effect of the medicine bath method. Second, less side effects, medicated bath therapy in the treatment can only be formed in the local higher drug concentration, but the drug concentration in blood is very low, effectively avoid the drug directly into the systemic circulation, reduce the drugs on the toxicity of the liver, kidney and other organs. In addition, the medicated bath therapy also has the advantages of wide scope of application, along with in-depth study for the research of traditional Chinese medicine medicated bath therapy, gradually increase, the kinds of medicine bath therapy clinical application range widening, medicated bath therapy has also made a broad clinical application, can be used in the treatment of many diseases.

**Fumigation Method**

Traditional Chinese medicine fumigation is also known as traditional Chinese medicine fumigation or herbal therapy. Fumigation therapy, it is to point to by some has the effect of solution heat treatment, to produce steam, through the evaporation of gas fumigating the patient's body or a local, or through some evaporation of volatile liquid molecules and to achieve the effect of defense against disease of a kind of therapy.

**Effect of Fumigation Method.** The effect of fumigation method is to achieve the purpose of curing diseases through the dual effects of heat therapy and pharmacotherapy. Heat therapy can be used to transport striae, the blood circulation, the muscle tendon of relaxation spasm, the drug therapy can be symptomatic treatment, to cure the disease. The combination of the two is applied to the patient, which can not only play the function of dehumidification, sweating, windward, temperature, and relieving itching. And it can accelerate the circulation of blood and lymph, promote metabolism and speed up the removal of metabolites. In addition, the fumigation method is used to make the skin and mucosal hyperemia, which is beneficial to the absorption of the drug in the affected area, and improve the blood drug concentration in the patient.

**Modern Clinical Application of Fumigation Method.** The method of fumigating is mainly used in the treatment of surgical diseases. Modern research proves that nitrate remove toxic fume parker
lotion in the treatment of mixed hemorrhoid postoperative edema of anal edge, according to the results of fume lotion in the treatment effect on the optimal control, its heat-clearing and detoxifying, promoting wound healing efficacy in the treatment effect is good [4]. In modern medical research, the treatment of hemorrhoids is also used in the treatment of hemorrhoids[5]. Experiment poisoning crissum eczema in use in the process of subcutaneous tunnel technique and free fumigation therapy, and local compared to apply green ointment combined dexamethasone treatment, obvious effects of fumigation method [6].

Clinically in addition to the fumigation method for surgical treatment, can also use this method for the orthopaedic disease, can be used traditional Chinese medicine fumigation treatment of syndrome, treatment and observation, the study found that the traditional Chinese medicine fumigation therapy can effectively treat cross syndrome [7].

**Characteristics of Fumigation Method.** The new research advances in fumigation therapy and the clinical application layer are not poor. Various medical materials and health magazines have introduced the fumigation treatment in detail. Based on the application of fumigation therapy, the application characteristics of fumigation therapy are summarized. First of all, fumigation has strong osmosis, drug can penetrate the skin to absorb directly, promote the effective ingredients of traditional Chinese medicine penetrate into skin, at the same time play to the role of the skin against the attacks, so as to achieve the purpose of treating diseases. Second, traditional Chinese medicine drugs in Tibetan medicine oil gas containing aromatization turbidity, spicy go up, such as drug ion, in the process of fumigation on drug ion whole skin, after acupuncture points, through the neurohumoral device system quickly adjust the viscera of the human body and immunity, and cure the disease and improve the body physiological process, and so on.

**Application Method**

Sticking method also known as external treatment method, is based on the basic theory of TCM know, make traditional Chinese medicine pill, powder, paste, paste, cakes and other dosage forms, in the skin, posted on the sore, bore or acupoints and other parts of the cure method.

**The Function of the Application Method.** Modern research generally believes that the mechanism of application of the application of the application of the application of the application of the application of the application of the application of the treatment of the skin through the point of the acupuncture point is the function of the two aspects of the system. Sticking method popular in ancient times, in the pre-emergency daughter s emergency wide raw sets and other medical writings, things included a variety of acupoint sticking of external treatment prescriptions, while sticking method is not bound by time, but according to the "nature and humanity" theory on the doctor of traditional Chinese medicine, can be applied in different seasonal throttle three lie down or equinoxes iron effect is remarkable [8].

**Modern Clinical Application of Application of Application.** The disease of internal medicine disease often USES apply stick therapeutics, the treatment effect is better. In patients with chronic obstructive pulmonary disease stabilization lung spleen deficiency on the treatment of the TCM apply the patch with heat treatment, research shows that joint and asthma sticking therapy can achieve the purpose of prevention and cure of diseases [9]. From chronic renal failure clinical observation point of view, on the basis of general treatment method combined Chinese medicine acupoint sticking and traditional Chinese medicine retain enema, finally shows the curative effect of treatment group is higher than simple symptomatic treatment method [10]. In addition, the application of traditional Chinese medicine to treat gastrointestinal function after treatment of esophageal cancer can reduce the number of hospital stay after treatment, and the effect is better than [11].

There are also examples of the use of external compress to cure disease. For example, it can be used to cure hemorrhoids by treating hemorrhoids with blood and blood stasis and blood stasis, so as to remove the effects of hemorrhoids and eliminate the effects of hemorrhoids, and finally, the purpose of curing disease is [12]. The application of external application is widely applied to various diseases and has remarkable effect.
**Characteristics of the Application Method.** With the development of traditional Chinese medicine and the wide application of clinical application in recent years, the application of pasting method has been more and more popular in China. The clinical application can be summarized as the following points.

In the first place, the method is simple and easy to master. The application method only needs to apply some medicine to the acupoint or the lesion site, and the adhesive cloth is fixed. This method can be used by both men and women. Secondly, it can reduce the financial burden of patients. Secondly, the application of external application is widely used in clinical application, and it has a wide range of indications. It can be applied to various diseases, such as women, external, internal, children and five officials.

**Discuss**

Chinese medicine is for external use to affected area or meridians, make traditional Chinese medicine (TCM) function directly, increases the drug concentration in the diseased parts of the effective, effective, avoid to be stimulated the drugs on the body of the gastrointestinal tract. Traditional Chinese medicine treatment methods include medicine bath method, fumigation method, application and so on [13]. The medicine bath method can make the lesion area and Chinese medicine direct contact, the focal area directly absorbs the drug water vapor, also can promote the blood circulation, make the medicine has the treatment effect. The external application method is convenient to use. The excipients used in the application can enhance the curative effect and help to dissolve the active ingredients, promote the absorption of the skin through the skin and enhance the curative effect[14].

According to the present situation of the external treatment of TCM, the following research directions are divided into the following. Modern theory to guide the lack of external use the function of therapy, so should take supplements of traditional Chinese medicine for external use function, combined drug absorption, metabolism and excretion systems, to create a more perfect theoretical system of traditional Chinese medicine for external use.

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