



Traditional Chinese Medicine Health Management Program for the Common Urban Disease Non-Alcoholic Fatty Liver Disease

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Abstract: Non-alcoholic fatty liver disease (NAFLD), as a common metropolitan disease chronic liver disease, is a new challenge in contemporary medicine. The risk of NAFLD to human health will continue to increase, and the histological changes can be reversed if the disease is diagnosed and treated in a timely manner. In this paper, the clinical manifestations of NAFLD are analysed by Chinese medicine, and according to the clinical symptoms, the Chinese medicine health management plan of NAFLD is reviewed, and the Chinese medicine health guidance is given to patients with NAFLD. It is important to reduce the incidence of NAFLD and improve the reversal rate in current patients.

Keywords: NAFLD; common urban diseases; TCM health management program.

1. Introduction

Non-alcoholic fatty liver disease (NAFLD) is a metabolic disorder that is considered to be the most common cause of chronic liver disease affecting 25% of the world's population and can progress to nonalcoholic steatohepatitis (NASH), liver fibrosis, cirrhosis or cancer[1]. It is estimated [2] that the growth rate of NAFLD patients in China is rapid, and the disease will become the largest burden of chronic disease control and prevention, and it is expected that the total number of people will exceed 300 million in 2030. In recent years, the incidence of NAFLD has been increasing year by year and tends to be lower in age [3], which is mainly related to the high-fat, high-sugar, high-calorie dietary structure of our population as well as the lifestyle habits of less exercise. In Chinese medicine, there is no name of NAFLD, but it is categorized as "obesity", "accumulation", "dystocia", "fatness", etc. According to the clinical manifestations in modern times, NAFLD has been categorized as "obesity", "accumulation", "dystocia" and "fatness". "In 1997, the Diagnostic Committee of the Chinese Society of Traditional Chinese Medicine named this disease as "Liver Fetus (Plankton)"[4]. Nonalcoholic fatty liver disease is mainly divided into five types: liver depression and stagnation, phlegm-dampness internal obstruction, dampness-heat accumulation, phlegm-blood stasis interconnection, and liver and kidney insufficiency, of which phlegm-blood stasis interconnection accounted for 49.6% of the total clinical classification[5]. In recent years, for non-alcoholic fatty liver, the effect of Chinese medicine treatment is extremely obvious, presenting diverse characteristics. This study mainly summarizes and analyzes the etiology and pathogenesis of NAFLD, and explores the series of advantages presented by TCM characteristic treatment.

2. Recognition of etiology and pathogenesis in Chinese medicine

This disease is often caused by eating too much fat, sweet and thick flavors, resulting in the spleen and stomach transport disorder, the water and grain is not essence, but become phlegm and cream, phlegm and dampness within the stagnation of stagnation, stagnation of qi, blood flow is not smooth, resulting in qi, blood, phlegm, turbidity and mutual conjugation, deposited in the liver, and then secondary to the development of this disease. Non-alcoholic fatty liver [6], can be an independent disease, but also some systemic diseases in the liver concentration, such as diabetes mellitus, hyperlipidemia and so on. From the theory of traditional Chinese medicine, the prolongation of his disease, affecting the function of the spleen and stomach, phlegm and turbidity blockage, blood circulation is not smooth, phlegm and stagnation of each other in the liver, blockage of the liver veins, and the development of this disease.

Prof. Zhang Shengsheng pointed out that: phlegm and qi stagnation affect the excretion of liver, forming liver depression and qi stagnation, which is the basic pathogenesis of fatty liver [7]; phlegm and spleen are the initiating factors of fatty liver, liver depression and qi stagnation are the basic elements, liver depression and spleen deficiency are the core pathogenesis, and phlegm and stagnation are the products of its pathology [8]. Spleen, liver and kidney dysfunction is the basic factor, and phlegm and blood stasis are the symptoms. All of the above causes do not exist in isolation, but are often intertwined and interact with each other.

3. Dynamic visceral function of the disease process and the principle of change

The pathogenesis of NAFLD is not yet completely clear, some scholars recognize the “second strike theory” and “multiple strike model” hypothesis, that in the early stage of NAFLD, the liver lipid degeneration, deposition will affect the liver transport and insulin regulation function, resulting in liver damage and disease evolution [9]. Zhang Chenyang et al. [10] found that the overall development of this disease is consistent with the characteristics of the disease process of deficiency-substance-deficiency, deficiency of the root cause, and deficiency of the underlying substance, which is caused by “qi dysregulation”.

Loss of healthy transportation of qi and spleen deficiency and dampness are the starting factors, spleen qi weakness and liver qi stagnation are the disease development, qi obstruction and phlegm and stasis interconnection predict the disease transition, and prolonged qi stagnation and liver and kidney deficiencies are the final results. The essence of NAFLD is the dysregulation of qi, which leads to phlegm and stasis, i.e., yang qi is dysregulated, yin and Jin are sick, and phlegm and stasis are interlinked to each other to form the disease. Studies have shown [11] that phlegm stasis in the pathology of the disease manifests itself as abnormal blood flow, which heralds the formation of the disease. Therefore, phlegm and stasis play a decisive role in the development of NAFLD symptoms. Medical Forest Reform and Error: “Liver stasis is caused by fatness, and fat people have a lot of phlegm and dampness.” These patients are prone to metabolic syndrome, which accelerates the onset and development of NAFL disease [12]. Adjustment of bad lifestyle habits, weight loss, liver preservation and other programs can prevent the further progression of the disease.

4. Chinese medicine health management program

The principle of TCM health management for this disease is based on the theory of phlegm and stasis: “dispelling the evil is more important than correcting it”, dispelling phlegm and stasis at the same time, resolving phlegm and consolidating the spleen, and treating the liver and spleen at the same time. Principles of TCM health management for this disease from the perspective of TCM physiology: Improve the patient's biased physiology, adjust the functional status of the liver, spleen and kidney, so as to improve the symptoms and reverse the pathological changes, and “prevent the disease before it occurs” and “prevent the change of the disease before it occurs”.

4.1 Regular diet

Three meals a day should be regular diet, avoid overeating, light diet, supplementing vegetables and fruits containing many kinds of vitamins can help to reduce blood lipids and promote the elimination of fat deposited in the liver; reduce the diet of high sugar, high salt and high fat; avoid spicy and stimulating food, fried and grilled food.

4.2 Medicinal diet

Such as the three children lipid-lowering drink: wolfberry 30g, cassia seeds 30g, salvia seeds 30g, has the effect of calming the liver and benefiting the kidneys, lowering blood lipids and so on. It is suitable for patients with Yin deficiency of liver and kidney.

Such as oolong cassia tea: cassia 30g, oolong tea 5g, do tea, drink 3~4 times a day. Cassia lowers fat, lowers blood pressure and passes through the bowels; oolong warms the stomach, eliminates food and facilitates the bowels. It is suitable for patients with various types of fatty liver.

4.3 Moderate exercise

Control weight gain through persistent exercise. Exercises such as jogging, brisk walking, cycling, swimming, etc., improve energy consumption, reduce excess fat in the liver and prevent fatty liver.

4.4 Lifestyle

Living and living should be regular, get up early and don't stay up late, quit smoking and forbid alcohol.

4.5 Emotional adjustment

The unstable emotional fluctuations of patients with NAFLD can cause the metabolism of fat and other substances to malfunction and fat accumulation to occur. [14] Therefore, it is important to regulate the mood. Patients should have the determination and confidence to overcome the disease. Patients should also cultivate some hobbies, such as reciting poems, painting, listening to music, enjoying flowers, or fishing, or sipping tea, or climbing mountains, to maintain a relaxed mood.

4.6 Acupuncture and Massage

Using the laxative method of needling Neiguan and Fenglong, it is suitable for phlegm-dampness congestion, which can resolve phlegm and reduce fat; using the tonic method of needling Qihai, using the laxative method of needling Tianshu,

Xiajhouxu and Taichong, it is suitable for liver-kidney deficiency with gastric heat, which can tonify the liver and kidney, and reduce the stomach and reduce fat.

Moxibustion is used for Lung Yu, Fenglong, Guanyuan, Ashanli, and Ren Yu, which can warm and tonify the spleen and kidneys, and is used for treating Yang deficiency of the spleen and kidneys.

Auricular acupoints are applied to sympathetic, lung, spleen, stomach and Shenmen auricular points, which can advance gastrointestinal peristalsis, reduce energy absorption, increase metabolism, regulate fat and lower fat.

4.7 TCM Physical Conditioning

Xu Yujie [15] conducted group statistics on 189 cases of NAFLD patients, and the results showed that the physique type with the highest frequency was phlegm-dampness, accounting for 24.9%, followed by damp-heat (16.9%), qi-deficiency (16.4%), yin-deficiency (15.3%), and yang-deficiency (11.6%), and qi-depression (6.4%), calmness (4.8%), blood stasis (2.1%), and special blood stasis (2.1%). 2.1%) and endowment quality (1.6%). Treating the disease at its root causes improves the individual's constitution.

Phlegm-dampness constitution: In addition to the corresponding prescription treatment, products that remove dampness and dispel phlegm can be added to transport phlegm-dampness and improve the phlegm-dampness constitution by regulating the daily life and living, the diet should be light and reduce the intake of fat, sweet, thick and greasy products;

Damp-heat constitution: can be added in the formula to clear heat and promote dampness, to transform dampness and diarrhea heat, and in the normal life of the ban on smoking and alcohol, diet less spicy and stimulating products, to improve the damp-heat constitution;

Qi deficiency constitution: add products to tonify Qi and strengthen the spleen in the prescription to strengthen the spleen and benefit the Qi, and should be careful in daily life, avoid wind and cold, strengthen the exercise, and use the appropriate amount of food to benefit the Qi and replenish the blood, and avoid nourishing and greasy products, so as to improve the qi deficiency constitution.

4.8 Health publicity and education

As a common chronic urban disease in modern times, it is very necessary to carry out relevant health publicity and education in the community and family.

5. Summary

Non-alcoholic fatty liver disease has a long course and complex symptoms, clinical treatment pays more attention to the treatment of “evidence” and ignores the “quality”, the advantages of TCM health management lie in the overall dialectic, emphasis on physical conditioning and prevention, and develop personalized prevention strategies according to the different etiology, pathogenesis and symptomatic characteristics of patients.

The advantages of TCM health management lie in the overall dialectic, emphasis on physical conditioning and prevention, and the development of personalized prevention strategies for patients with different etiologies and symptoms. Some studies have shown that [16], on the basis of basic drug therapy, the implementation of reasonable and effective Chinese medicine health management intervention strategies can effectively improve the body mass index and blood lipid level of patients, and have a good effect of lipid-lowering and hepatoprotecting, which is of great significance in reducing the incidence of NAFLD and improving the reversal rate of the current patients.

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