

# *Talking about the Treatment of Constipation in Chinese Medicine*

Ziwei Li<sup>1</sup>, Yueyang Liu<sup>2</sup>

<sup>1</sup>*Shaanxi University of Chinese Medicine, Xianyang, 712046 Shaanxi, China*

<sup>2</sup>*Xi'an Hospital of Traditional Chinese Medicine, Xi'an, 710000 Shaanxi, China*

**Keywords:** Constipation, Laxative, Clinical application

**Abstract:** Through the understanding of the etiology and pathogenesis of constipation in Chinese medicine, this paper analyzes the treatment methods of various types of constipation in Chinese medicine and the rules of addition and subtraction.

## 1. Introduction

Constipation <sup>[1]</sup> refers to the number of bowel movements less than three times a week, or the cycle is not long, but the feces are relatively dry, difficult to discharge, or the stool is not hard, although there is frequent intention to defecate, but the bowel movement is not smooth, often combined with abdominal distention and even abdominal pain, bad breath, nausea and fatigue, dizziness, palpitations, etc., and often have a history of eating disorders, emotional disorders, old age and weakness.

## 2. Etiology of Constipation

There are many causes of constipation, and Chinese medicine for constipation is also the same as other diseases, divided into external and internal causes. If the body's righteous qi is filled with it, then the evil qi naturally cannot enter it, so the reason why the human body is sick is because the weakness of the righteous qi makes the evil qi take advantage of it. Although external causes are a condition of constipation, internal causes are the main cause of constipation. During the Spring and Autumn Period and the Warring States Period, the Yellow Emperor's Inner Classic once said that the occurrence of constipation was related to the cold feeling of the spleen and stomach and the depression in the large intestine. Han Zhang Zhongjing put forward different causes of constipation in the "Treatise on Typhoid Fever and Miscellaneous Diseases", and the causes of constipation are divided into nine kinds, such as the disease and evil from the surface and the loss of jin liquid, the heat of the middle coke, the internal stop of blood stasis, the discomfort of the qi machine, the cold and wet spleen, the yang deficiency and cold knot, the hydrothermal knot, and the incurable mistreatment. The causes of constipation are summarized as factors such as the lack of diet, the imbalance of emotions, the increase in age, the external evil of the body and other factors, the pathogenesis is mainly evil heat depression, stagnation of qi and blood, cold condensation, yin and yang qi and blood deficiency caused by intestinal movement disorders, the location of the disease is mainly in the intestine, and it is closely related to the various dysfunctions of the five organs.

### 3. Pathogenesis and Classification of Constipation

The pathogenesis of constipation is generally divided into two aspects: virtual and real. It can be divided into hot secret, air secret and cold secret <sup>[2]</sup>. The dry and hot internal knots in the intestines and stomach are called hot secrets, the qi machine is not depressed and stagnant in the intestines is called qi secrets, and the cold internal knots that are stuck in the stomach and intestines are called cold secrets; the deficiency of qi, blood, yin and yang is a void. The virtual and the real are often converted or mixed with each other. For example, the thermal secret continues to prolong, gradually depleting the yin fluid, damaging the kidney yin, which will lead to the deficiency of the yin fluid, the intestines will lose their moistness, and the disease will change from real to virtual. The lack of qi and blood is more susceptible to the influence of diet or emotional disorders or even stimulation, thus becoming a mixture of virtual reality and reality.

### 4. Typing Treatment of Constipation

The treatment of constipation in Chinese medicine is mainly based on the principle of restoring the conduction function of the large intestine, making it normal and descending, and maintaining smooth stool. Treatment prescriptions vary for different etiologies. The real secret is caused by the stagnation of tangible real evil in the gastrointestinal tract, which should be mainly based on exorcism; the virtual secret is caused by the loss of moisture in the intestine and the inability of feces to push, so it should be to nourish and support the positive first.

Hot secret, also known as yang knot, is mainly manifested as unobstructed stool, dry feces, bloating or pain, red urine, dry lips, flat stomach, good food and cold drinks, red tongue moss yellow, pulse slip and so on. Heat secrets mostly occur in people who are in the body of yangsheng, who are good at eating spicy stimuli or who are sick after fever. The main treatment is hemp seed pills. Fangzhong Hemp Seed kernel is soft and fatty, and has the effect of moisturizing the intestines and laxatives; rhubarb diarrhea and hot laxatives to pass the intestines; citrus aurantium and magnolia are combined to break the knot and eliminate stagnation, helping the intestines to go down and achieve the effect of laxative; almonds can make the lungs go down to achieve the effect of moisturizing the intestines, white peony can nourish yin blood, slow and urgent pain relief; match honey to reconcile various drugs to moisten the intestines. If the stool is dry and hard, you can add mangostramine to moisten the stool soft and firm; if the mouth is dry and the tongue is dry, and the injury is serious, you can add raw land, Xuan Ginseng and Mai Dong to nourish the yin and the water; if there is both anger and liver injury, red and irritable, you can match angelica dragon vera pills to achieve the effect of clearing the liver and laxative.

The main manifestations of constipation are dry or not too dry stools, but want to defecate but do not come out, or although defecation is still unpleasant, bloating, frequent attacks of bowel breath or belching, thin tongue, pulse strings. Fang xuan six mill soup to rationalize the qi shunzhi, clear heat and laxative. Fang Zhong used wood incense to tone the qi, Wu Yao to shun qi, agarwood to reduce the qi, rhubarb, betel nut and citrus fruit three medicines to play a joint role in breaking the qi stagnation and laxative work. If the seven emotions are out of balance or even depressed, abdominal distension or even swelling pain, you can add white peony, chai hu and magnolia and other traditional Chinese medicine and liver rational qi; if the mood is not successful, the qi machine is depressed and turns into fire, the tongue is red and yellow, constipation and abdominal pain, you can add aloe vera and gardenia to clear the liver and diarrhea; if there is both phlegm wet, intestinal ringing, the feces is soft and soft, sticky and unobstructed, you can add soap horns, leaf amaranth and Ze diarrhea and other expectorant dampness to facilitate the stool; if the fall is damaged, after the abdominal surgery, the stool can not be smooth, it belongs to the stagnant blood stasis, can be added safflower, can be added safflower, Red peony and peach kernels and other traditional Chinese

medicines that invigorate blood and dissolve stasis.

Cold secret is also known as yin knot, it can be seen that the main manifestations of cold secret are difficult stool, abdominal distention and refusal to press and even abdominal pain is unbearable, limbs are tepid, hiccups, heavy even vomiting, tongue is white and greasy, and the pulse strings are tight. "General Records of Saint Francis' Urinary and Urinating Doors": "The lower focus is cold, the embarrassment is heavy, it is called cold secret." Fang chooses rhubarb soup to achieve the effect of warm and cold, laxative and pain-relieving. The appendage can dissipate the cold in the warm, the rhubarb can be swept away, and the fine spice can be scattered and the cold can be relieved. If the abdominal swelling pain is obvious, you can add citrus aurantium, magnolia and wood incense three medicines to strengthen the effect of qi diversion; if the abdomen is cold and painful, the hands and feet are not warm, you can add three medicines of galangal, peppercorns and cumin to enhance the effect of cold relief and pain relief; if the abdominal angina, the mouth is violent, you can use three things to prepare urgent pills.

The main manifestations of qi deficiency are that the stool is not dry and hard, although there is a meaning of defecation, but there is no ability to defecate, the urgency is shortness of breath and sweat, the self-conscious fatigue and weakness after defecation, the face is pale, the tongue is pale and white, and the pulse is weak. Astragalus soup is used to nourish the spleen and lungs and to moisten the intestines and laxative. FangZhong uses astragalus to replenish the spleen and lungs; hemp seeds and white honey to increase the power of the intestine; tangerine peel to help the function of the large intestine recovery. In addition, Lamina <sup>[3]</sup> has been shown in pharmacological studies that astragalus contains a variety of components such as glycosides and flavonoids that promote the body's metabolism. If the stool is difficult to discharge, the abdomen has a feeling of sagging, you can use the tonic soup to help the qi to lift the trap; if the breath is short, talk more, and move less, you can add raw pulse dispersion to supplement the lungs and qi; if the abdomen is full, the stool is sluggish, the tongue is white and greasy, you can add lentils, raw coix kernels and sand kernels, or use a large number of raw white techniques to play the function of strengthening the spleen and dispelling the wetness and laxatives; if the waist is sore and tired, the two stools are not profitable, you can use a large supplement to fry and supplement the kidney qi.

The main manifestations of blood deficiency are dizziness and palpitations, soft stools, inability to blame, white face, light tongue, and fine veins. It is advisable to nourish the blood and moisturize the intestines and laxative. This type is common in the elderly and infirm, in postpartum women, after illness, or in people who sweat, urinate excessively, and wither their fluids dry. The main party can choose to moisten the intestines. Angelica and raw land in fangzhong can nourish yin and nourish blood; hemp seeds and peach kernels can moisten the intestines and laxatives; citrus shells can induce qi downwards. If the stool is dried like sheep dung, honey, cypress kernel, plum kernel, black sesame seeds can be added to strengthen the effect of moisturizing; if the face is pale or accompanied by dizziness, you can add shou wu, cooked yellow and ejiao to nourish the blood and intestines; if the qi is weak, shortness of breath, weak defecation, you can add astragalus, ginseng to improve qi and laxatives; if there is both yin deficiency, hot hands and sibilings, hot flashes in the afternoon, you can add Zhimu, Xuan ginseng, etc. to nourish yin and clear heat.

The main manifestations of yin deficiency are dry stools like sheep's feces, dizziness and tinnitus, emaciation, soft waist and knees or night sweats, red tongue and less moss, and fine pulses. Fang xuan increase liquid soup to achieve the effect of nourishing yin and increasing liquid and moisturizing the intestines and laxative. The combination of Fangzhong Xuan Ginseng, Mai Dong and Shengdi has the effect of nourishing Yin Shengjin; Angelica, Jade Bamboo and Sand Ginseng are used to nourish Yin Shengjin and moisturize the intestines and laxative. If the face is red and the mouth is dry, and the night sweats are upset, you can add peony medicine and zhimu to strengthen the work of nourishing yin and clearing heat. If the stomach yin is injured, those who are thirsty can

be reduced, you can use stomach soup; if the kidney yin is insufficient, the five hearts are hot, the waist and knees are sore, you can choose the six-flavor dihuang pill to nourish the kidney yin; if the qi and blood are long-lost, the yin is weak and dry, and the hot is injured, you can use the liquid-bearing soup to achieve the effect of nourishing the yin and increasing the liquid, diarrhea, heat and laxative.

The main symptoms of yang deficiency are difficult stool, long and long urine, lukewarm hands and feet, cold pain in the abdomen, soft waist and knees, pale tongue, and late pulse. Fang chose Jichuan decoction to tonify the kidneys and improve the lean and laxative. Fangzhong meat cistanche and beef knee two herbs can be refined to fill the pulp, moisturize the intestines and laxatives; angelica can nourish the blood and moisten the intestines; cohosh and ze diarrhea can be used to lift and reduce turbidity; citrus shell wide intestine under the qi. If the fatigue is poor, astragalus, ginseng and white technique can be added to warm the spleen and stomach; if the abdomen is cold and painful, it will be frequent, and the discharge is difficult, cinnamon and white peony can be added to achieve the effect of relieving pain and relieving the cold in the warmth; if the elderly are constipated due to kidney yang deficiency, they can be treated with semi-sulfur pills.

## 5. Commonly Used Prescriptions for the Treatment of Constipation

Constipation, which is empirical for the formation of heat accumulation, is often used as a cold agent<sup>[4]</sup>. Representative parties such as large chengqi soup, small chengqi soup, etc. “Song Typhoid Fever Theory Identifying the Evidence of Yangming Disease and Treating Article 208” “Yangming disease, pulse delay ... Those who sweat profusely, the lord of the great qi soup... If the abdomen is full, it can be combined with the small gas soup...” The medicine of the big gas soup is: rhubarb, magnolia, citrus fruit, and glauber's salt. The decoction method should pay more attention to, should first cook magnolia, citrus fruit, and then under the rhubarb, and finally dissolve the glauber salt. Clinically, it is often used for 1 (pimple, full, dry, real) Yang Ming Zhen zhen real evidence. 2 Hot junction bypass evidence. 3 People who have fever, spasms, and even madness due to the actual heat evidence. As the “Treatise on Typhoid Fever” says: “Citrus aurantium, full of also; magnolia, guide stagnation also; glauber's salt, soft and firm also; rhubarb, swing heat also.” “The combination of the four medicines makes the plug pass, the closed one smooth, the heat leaks, the yin can exist, and the evidence of the yang and the intestines can be healed.” The original formula clearly pointed out that when decocting the medicine, it should first cook Magnolia and Citrus Aurantium, and then put down the rhubarb, and then go to the rhubarb after boiling, and finally dissolve into glauber's salt, because the rhubarb decoction time is long, which can reduce the strength of diarrhea, and will not make the patient diarrhea unrestrained. The chinese medicine of this prescription is fierce, so it should stop when sick to prevent overdosing. The medicine of small gas soup is: rhubarb, magnolia, citrus aurantium. Clinically, it is often used to treat the mild evidence of Yang Ming Zhenshi. Compared with the large gas soup, the small gas soup has less than one flavor of mango salt, and the amount of magnolia soup is reduced by three-quarters, the amount of rhubarb is twice as much as that of magnolia, the citrus fruit is also two pieces less, and the three flavors are fried, and its work is light, and the main treatment is full of dryness and dryness.

For constipation that is empirically evidenced by the accumulation of cold stagnation, Chinese medicine is often used for warm doses. Representative parties such as rhubarb soup, warm spleen soup and so on. Rhubarb appendage soup is used for: rhubarb, appendage, fine spices. Clinically often used: cold accumulation of empirical evidence. Clinical manifestations can refer to the above cold secret manifestations. The medicines of Wen Spleen Soup (“Preparation of Thousand Golden Prescriptions” Volume 13) are: angelica, dried ginger, appendages, ginseng, glauber's salt, rhubarb. Add licorice to blend the medicines. Clinically commonly used: yang deficiency cold accumulation

evidence. Symptoms are mostly constipation, peri-umbilical cramps, lukewarm limbs, pale moss, and late pulses. The yang deficiency and coldness treated by this party are caused by insufficient spleen and yang and obstruction of cold accumulation.

For constipation caused by dry intestines, Chinese medicine is often used for the treatment of moisturizers. Representatives such as Ma Ren Ma, Ji Chuan Pan and Wu Ren Maru and so on. Mazi Ren Pill has been introduced in the above thermal secret. The square song of Wuren Maru is: Wuren Bai apricots are joined, and pine nuts tangerine peel is yu li peach. This shows the composition of the Five Kernel Pills. Clinically, it is commonly used to treat constipation caused by fluid depletion. If the stool is difficult to get out, as well as the elderly and weak or postpartum blood deficiency and constipation are the typical drug objects of Wuren Pill. The square song of Jichuan frying is: Jichuan returns to the knee from the rong with, Sawatsu cohosh citrus shell plus. This formula is a commonly used remedy for constipation caused by kidney yang deficiency. Mainly for the sake of secrets, long urine, cold waist and knees, pale tongue, weak pulse as the main point of dialectics, the original said; “such as the deficiency of qi, but the addition of ginseng is no obstacle; if there is fire, add astragalus; if the kidney is weak, add cooked.”

## 6. Acupuncture Therapy for Constipation

There are also many ways to treat constipation in acupuncture. First of all, dialectical treatment should mainly take the conditioning of the spleen and stomach and the stagnation of laxative as the main criterion. Acupuncture points should be taken from the Ren pulse in the eight veins and the Foot Yang Ming and Foot Taiyin Meridian points in the Twelve Meridians as the main acupuncture points. The main acupuncture point can choose large intestine Yu, Tianshu, Huihui, Branch Gully, Shangju Void, and Fenglong. The large intestine Yu is the back of the large intestine Yu acupoint, for the treatment of constipation points, the Tianshu is the large intestine of the collection point, Yu fundraising matching, can dredge the intestine of the large intestine, if the intestine is smooth, then the large intestine conduction function can be restored to normal; the branch groove acupoint can be publicized to the three focal gas machine, if the three coke gas machine is unobstructed, the large intestine qi can be adjusted, which is conducive to the discharge of feces; the three points of the waterway, return and Fenglong have the effect of regulating the spleen and stomach and regulating the large intestine. If the heat is secretive, it can be matched with the acupuncture point Hegu acupoint and the inner courtyard acupoint; if the qi is secret, it can be matched with the acupuncture taichong and the middle; if there are symptoms of qi deficiency, it can be matched with the acupuncture spleen Yu and qihai; if there are symptoms of blood deficiency, it can be matched with the acupuncture foot three li and three yin intercourse; if there are symptoms of yang deficiency, it can be matched with acupuncture shen que and guan yuan. Tong Yuanyuan<sup>[5]</sup> In the treatment of constipation, acupuncture points such as middle acupuncture points, Tianshu, Qihai, waterway (left), and return (left) were selected to treat 68 outpatients in the clinic, and after observing 2 courses, 42 of them were effective, and the total effective rate reached 92.6%. In addition, other acupuncture treatment methods such as ear acupuncture and acupuncture point injection can also be used. Chi Chunyan et al. <sup>[6]</sup> used simple ear acupuncture patches to treat 20 cases of constipation, and in the ear, wang bu left seeds were pasted on the ear chakras, ear armor boats, subcortical and other places on the near screen for treatment, and also achieved a certain therapeutic effect. For the treatment of patients with cold secrets and yang deficiency, moxibustion in the abdomen can also be used clinically as an adjuvant treatment.

## 7. Conclusion

It can be seen that constipation is a stubborn disease, and the clinical etiology and pathogenesis

are also complex, so it is necessary to have enough patience in the treatment process. Chinese medicine has indeed made a great contribution in the field of treating constipation, but with the increase in the pressure of people's work and life, constipation is also getting younger and younger with the acceleration of the pace of modern life, so doctors should pay more attention to the patient's mental factors when looking and asking questions, so as to comprehensively assess the patient's physical and mental condition to prescribe appropriate prescriptions, so as to alleviate the pain caused by the disease for the patient, and to personalize the diagnosis and treatment of each patient to give full play to the characteristics of Traditional Chinese medicine.

## References

- [1] LI Candong. *Diagnosis of Traditional Chinese Medicine*[M].China Publishing House of Traditional Chinese Medicine,2016:85-86.
- [2] WU Mianhua,WANG Xinyue. *Internal Medicine of Traditional Chinese Medicine*[M].China Publishing House of Traditional Chinese Medicine,2012:236-241.
- [3] Lamina. *Observation on the efficacy of qi deficiency constipation formula in the treatment of qi deficiency and constipation in the elderly*[J].*Journal of Practical Traditional Chinese Medicine*,2015,31(7):620-621.
- [4] LI Ji,LIAN Jianwei. *Prescription Science*[M].China Press of Traditional Chinese Medicine,2016:47-56.
- [5] TONG Yuanyuan. *Warm acupuncture treatment of qi deficiency functional constipation in 68 cases*[J].*Shanghai Journal of Acupuncture and Moxibustion*,2014,33(1):57.
- [6] CHI Chunyan,FU Yahong,ZHIMing. *20 cases of constipation treated by simple auricular acupuncture*[J]. *Journal of Changchun University of Traditional Chinese Medicine*,2011,27(3):435.