

Application of 'preventive treatment of disease' theory in hyperthyroidism

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Abstract: Hyperthyroidism belongs to the category of 'gall qi' and 'gall disease' in traditional Chinese medicine. The pathogenesis of hyperthyroidism is mainly 'qi', 'phlegm' and 'fire', which is a specific autoimmune disease. Its long course of disease, many complications and increasing incidence year by year are closely related to people's physique, living standards and living habits. In the long-term accumulation, the thought of 'preventive treatment of disease' in traditional Chinese medicine has gradually developed and improved. The concept of prevention before disease, regulating health preservation, preventing disease from changing, securing the place without evil and preventing recurrence after cure has a good effect on the prevention and treatment of hyperthyroidism.

1. Introduction

Hyperthyroidism is a general term for a group of endocrine diseases caused by excessive secretion of thyroid hormones in the body, which is characterized by increased excitability of multiple systems and hypermetabolism. It is a specific autoimmune disease, of which diffuse goiter is common^[1]. Its symptoms are more common palpitations, sweating, upset, irritability, polyphagia, hunger, there may be goiter, eye protrusion. At present, there is an increasing epidemiological trend of hyperthyroidism. The disease is complex and protracted, easy to relapse, and has a negative impact on the life and quality of life of patients. Therefore, the prevention and treatment of hyperthyroidism is a major social health problem that we need to pay special attention to. Among them, it is particularly important to ensure the quality of life of patients, that is, to take early diagnosis, early treatment and prevention of complications of disease and other measures^[2]. Hyperthyroidism belongs to the category of 'gall qi' and 'gall disease' in traditional Chinese medicine. The pathogenesis is mainly 'qi', 'phlegm' and 'fire'. The theory of 'preventive treatment of disease' in traditional Chinese medicine is to adopt positive and effective means to prevent the further development of the disease when the disease has not yet occurred or the disease has just occurred but has not developed and aggravated, that is, to prepare for the rain, to prevent small beginnings, not gradual, early treatment and prevention of change and prevention of recurrence after cure^[3]. Therefore, this paper tries to analyze the following aspects of the prevention and treatment of the occurrence, development and recurrence of hyperthyroidism from the theory of 'preventive treatment of disease' in traditional Chinese medicine.

2. The theory of 'preventive treatment of disease' in traditional Chinese medicine

The theory of 'preventive treatment of disease' in traditional Chinese medicine first appeared in *Huangdi's Classic on Medicine*, with a total of three places. One is the *Suwen-SiqiTiaoshenDalun* article said: "The saint does not treat the disease that has occurred, but treats the disease that has not occurred, does not deal with the disease that has occurred, and deals with the disorder that has not occurred. Taking medicine after the disease occurs, and treat after the disorder occurs, such as thirst and drilling, fighting and casting cones, it is too late. "In this paragraph, we can clearly know that the ancients' attitude towards the prevention and treatment of diseases is that the treatment of 'not ill' is better than the treatment of 'already ill'. Cannot wait for the disease has been formed, and even has become a serious disease to go to treatment. That is the importance of "preventive treatment of disease". The second is *Lingshu-Nishun* article said: "excellent doctor is good at treating diseases that have not occurred, not treating diseases that have occurred. " It is believed that those with excellent medical skills are good at preventing problems and taking corresponding measures to prevent the occurrence of diseases, which is a requirement for the medical skills and experience of doctors. That is, always realize the accurate grasp of the timing of treatment before the disease does not occur and does not develop. The third is the *Suwen-Cire* article said: "Kidney fever patients chin first red. Although there is no disease, see red thorn, famous day cure not ill." Among them, 'disease does not occur' refers to the state that the disease has already existed, but there is no symptom, that is, the precursor of the disease, which can further develop and aggravate the disease that produces specific symptoms and signs, that is, Sun Simiao mentioned 'disease when it will happen'. It is necessary to intervene as soon as possible to control the disease before it occurs, which is 'to save the disease'^[4], to take preventive measures and to plan ahead.

The above all reflect the importance of the idea of 'preventive treatment of disease' in TCM for the prevention and treatment of diseases, and prevention is more important than treatment^[5]. Such as thirst and drilling, fighting and casting cones, it is too late. This thought includes many aspects, such as prevention before disease, regulating health preservation, preventing disease from changing and securing the place without evil. That is to say, doctors are required to take corresponding measures to prevent diseases that have not occurred, and to plan ahead. For diseases that have occurred but have not yet worsened, they must seize the opportunity to prevent new trends in lesions. This is called "excellent doctor 'skill'".

3. The application of 'preventive treatment of disease' theory in the prevention and treatment of gall disease

3.1 Take precautions, Prevention before disease, health care

When the disease has not yet occurred, corresponding measures can be taken to effectively prevent the cause of the disease, so as to reduce it in the germination stage, that is, to prevent the disease before it occurs. The etiology and pathogenesis of gall disease are emotional internal injury, improper diet and water and soil, and physical factors that lead to qi stagnation, phlegm coagulation, and blood stasis gathered in front of the neck^[6]. In view of this cause, the prevention of gall disease is carried out from the following aspects.

The first is to regulate emotions and maintain psychological peace. *The theory of the causes and symptoms of various diseases* article said: 'The gall is born with worry and qi stagnation... hit under the neck. 'It is believed that emotional factors are closely related to the occurrence of gall disease. It is believed that emotional factors are closely related to the occurrence of gall disease. Long-term emotional instability, depression, in a depressed environment or sudden mental trauma, can make the mood is not smooth, liver qi stagnation, qi stagnation and body fluid long-term accumulation of

phlegm, stagnation in front of the neck and gradually become a gall tumor, long-term fire leads to yin fluid consumption, yin deficiency and hyperactivity of fire and so on. The method of regulating emotions can be seen in *Suwen-Shanggu Tianzhen Lun*: 'tranquilized mind, true qi from it. If the spirit is kept within, people will not get sick.' 'The food is good, the clothing is free, enjoy its vulgar, high and low do not admire.' And 'standing aloof'. Therefore, we should keep optimistic, positive, happy and stable mood, so as to promote the regulation of qi movement, the normal function of zang-fu organs and achieve the effect of health preservation.

The second is to adjust the diet according to the water and soil factors. The theory of *the causes and symptoms of various diseases* mentioned that^[7] 'drinking sand water' and 'mountain black soil' were prone to gall disease. *Zhabing Yuanliu Xizhu* also said^[8]: 'In the northwest, the people gathered in the mountains, ate the water of the valley, and were poisoned by the cold gas. During this period, women often had cysts like galls.' It shows that soil and water and dietary factors are related to the occurrence of gall disease. Living in the mountains all year round, often eating sand and water, water and grain, etc, easy to damage the spleen and stomach, spleen deficiency and dampness, gradually to wet phlegm stagnation, qi stagnation, phlegm and qi stagnation in the neck, along the Yangming, Taiyin, Jueyin meridians. And *Suwen-Zangqi Fashi Lun* mentioned: 'Five grains for feeding, five fruits for helping, five livestock for benefit, five vegetables for filling. The smell is taken together to replenish essence and benefit qi.' It is to tell people to have a reasonable diet, not to be overly full, not to be overly hungry, not to be partial to food, in order to be healthy. And in areas prone to gall disease, iodized salt and edible kelp are often used for prevention.

The third is to improve the physique and maintain the balance of yin and yang. Women are born with liver, and liver blood is often insufficient. The physiological function of liver governing dispersion is closely related to emotion. Abnormal emotions can interfere with the normal operation of qi and blood, often causing pathological changes such as qi stagnation and phlegm coagulation, blood stasis or liver depression and fire, so women are prone to gall disease due to their own constitution. There are also patients with yin deficiency of the body because of their qi stagnation and phlegm stagnation, they are easy to turn into fire, and they are more likely to hurt yin, and they are also prone to gall disease, and the course of disease is often prolonged. Therefore, especially for women, regulating the mood to maintain a positive and optimistic open-minded good attitude for the maintenance of liver blood is very meaningful^[9]. Based on nourishing liver and blood, eat more nourishing blood products. Due to the sufficient blood gas, so glow, physiological function is normal. Mainly Chong, Ren, Du three veins from the uterus, so in the cold weather to pay special attention to the waist and abdomen warm^[10]. Puerperal women should not eat raw cold food or too spicy and warm dry food because of their great injury of vitality after production and deficiency of qi, blood, yin and yang. It is more unfavorable to work hard during this period^[11]. Excessive labor will consume qi and hurt blood. It is more important to pay attention to mental health and avoid postpartum depression. If you do not pay attention to self-cultivation and conditioning, various pathological changes may occur in the later period, which requires special attention to prevention and health preservation. In addition, people with deficiency of qi and blood and yin deficiency are mostly nourished from diet, and they can eat more tonic qi and blood and nourish yin, and eat less hot and warm tonic products. For men, the kidney is congenital. If the congenital essence is sufficient, the body is strong and the muscles and bones are solid. Therefore, men should pay special attention to protecting the congenital essence and kidney. Therefore, people should follow the way of nature, live carefully, exercise, reconcile yin and yang, and develop good living habits.

3.2 Prevent small beginnings, not gradual, prevention of change, securing the place without evil

After the occurrence of gall disease, measures such as early diagnosis, treatment and prevention of complications of the disease should be taken to prevent the further development and transmission of the disease, that is, the disease and should be prevented. 'Knowing what is wrong, treat it with evidence'. The basic pathogenesis of gall disease is qi stagnation, phlegm coagulation, blood stasis obstructing the neck. At the beginning of the disease, qi stagnation and phlegm coagulation, blood stasis for a long time, or phlegm and qi mutual knot fire, there are various manifestations of fire, such as liver fire exuberance, yin deficiency fire exuberance and so on. Therefore, the main principles of treatment are regulating qi and resolving phlegm, eliminating gall and resolving masses, activating blood and softening hardness, nourishing yin and reducing fire^[12]. It must be flexibly applied according to dialectical treatment to select appropriate prescriptions^[13]. In particular, it is necessary to prevent small beginnings, not gradual, and prevention in treatment. If the mood is not stable, excessive anxiety and depression for a long time, it will make the liver qi out of order, qi stagnation, easy to form the disease, when encountered emotional stimulation can aggravate the disease. The regulation of emotional factors is closely related to liver function. The method of soothing the liver, regulating qi and relieving depression is commonly used in clinic. The key to the treatment is to regulate the qi activity of the liver and restore the qi activity^[14]. 'Securing the place without evil'^[15], Like many belong to the liver fire exuberant cause hyperthyroidism patients, at the same time of clearing liver and purging fire, we can refer to 'know liver and spleen'. Excessive liver qi will affect the function of the spleen. It leads to spleen and stomach deficiency, so the treatment can be added with spleen and stomach drugs to promote the recovery and cure of the disease^[16]. In the process of prevention and treatment, we should live carefully, prevent emotional internal injury and pay attention to diet adjustment^[17]. It is necessary to pay attention to a light diet and control the amount of iodine-containing food intake. For patients with liver fire and spleen deficiency, effective measures such as prohibiting the consumption of spicy stimulation products can be taken.

3.3 Preventing recurrence after cure

The disease can be alleviated after active treatment to achieve clinical cure, its clinical manifestations are controlled, and laboratory indicators are normal. But do not relax vigilance, or to adhere to the healthy living habits and medication to consolidate a period of time. To eliminate evil, and then stop the drug. After drug withdrawal, patients should still strictly require themselves in terms of emotion, diet and living habits, and regularly check to prevent recurrence.

4. Conclusion

The development of modern medicine pays more attention to prevention than treatment. However, the advantages of traditional Chinese medicine in preventing and treating diseases are particularly reflected in the prevention and treatment of 'preventive treatment of disease'. Take corresponding measures to prevent diseases that do not occur, take precautions, and be good at health. Take corresponding measures to prevent diseases that do not occur, take precautions, and be good at health. To prevent the occurrence of gall disease, it is necessary to maintain emotional stability, reasonable diet, frequent exercise, and physical conditioning, so as to maintain a healthy and balanced state of thyroid function. For diseases that have occurred but have not yet worsened, it is necessary to seize the opportunity to prevent the disease from developing new trends. If you have been suffering from gall disease, you need to correctly understand the disease, early diagnosis and

treatment, that is, the so-called 'know what the inverse, with the card treatment'. Also need to pay attention to adjust mood. There is prevention in treatment, as 'Securing the place without evil'. For those who have achieved clinical cure, we should pay attention to the prevention of recurrence after cure, and strictly require themselves in all aspects. In summary, all follow the theory of 'preventive treatment of disease' in traditional Chinese medicine, which plays a very important guiding role in the prevention and treatment of diseases.

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