Clinical Effect of Integrated Chinese and Western Medicine in Treating Chronic Bronchitis and Complicated with Emphysema

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Abstract. Chronic bronchitis is a chronic inflammatory disease caused by lung dysfunction caused by various causes. Clinically, the main manifestations are chronic cough, sputum cough and chest tightness and other symptoms, and accompanied by emphysema in patients with dyspnea, cough and asthma are more obvious. According to statistics, the prevalence rate of Chinese adults is 4.2%~6.4%. At present, the research on chronic bronchitis complicated with emphysema at home and abroad is still in the early stage or mainly in the acute attack stage, which is mostly related to the long-term use of non-steroidal anti-inflammatory drugs, surgical treatment and smoking. For patients with chronic bronchitis and emphysema, it is not feasible to use antibiotics alone, while TCM treatment can not only improve the symptoms but also improve the quality of life of the patients. This paper will summarize the clinical effect and prospects of Chinese and Western medicine in patients with chronic bronchitis and emphysema in recent years.

Keywords: Integrated Traditional Chinese and Western Medicine; Chronic Bronchitis; Emphysema; Clinical Effect Observation.

1. Introduction

Chronic bronchitis is a chronic respiratory disease with cough, sputum cough and chest tightness. The age of onset is mainly 40~60 years old, and the incidence of men is higher than women, and the older the age of disease, the higher the incidence is. With the improvement of economic level and social development level, the prevalence of chronic bronchitis in Chinese population is increasing year by year and increasing year by year. The etiology of chronic bronchitis is more complex, its pathogenesis is mainly due to air pollution, climate change, respiratory tract infection, as well as low immunity, physical weakness, its clinical manifestations of cough, sputum, asthma, dyspnea symptoms, patients gradually aggravating, and even emphysema. Therefore, there are many studies on the etiology, pathogenesis diagnosis, prevention measures and clinical treatment of the treatment of chronic bronchitis and emphysema. This paper will review the current situation of integrated traditional Chinese and western medicine treatment in recent years. It is hoped to have a certain reference value for the treatment of chronic bronchitis patients with emphysema.

2. Symptoms and Signs

Chronic bronchitis and emphysema is a common chronic respiratory disease, general onset is more urgent, most patients appear years after cough, and gradually aggravating, even pneumonia symptoms, often in winter spring, patients often accompanied by cough sputum symptoms, some patients have nasal congestion, runny nose, throat itching, runny nose and other symptoms, some patients can have night cough, sputum, etc., a few patients with wheezing, chest tightness symptoms. In the cold season, the weather changes or after contact with cold air, expectoration aggravation and other symptoms are mostly acute attack symptoms, mainly after the weather improvement or fatigue improvement. Some patients are accompanied by fever, night sweats, palpitation and other uncomfortable symptoms. In spring and summer, chronic bronchitis worsened and even qi stagnation and blood stasis asthma, bronchiectasis and other secondary lung diseases are more infection-related symptoms, lung inflammation, fibrosis, nodule lesions and other serious lung lesions symptoms. Some patients may have fever, excessive sweating and other manifestations during the acute attack period, but they are not accompanied by other lung lesions, such as dyspnea symptoms when emphysema is obvious. In

the process of treatment, symptomatic medication can be used according to the disease and appropriately control the development degree of emphysema.

3. Etiology and Pathogenesis

Due to the airway mucosal inflammation caused by various reasons, a chronic inflammation characterized by chronic bronchitis is called "cough" and asthma "," chronic bronchitis "and" phlegm disease ". As the condition is difficult to recover, it gradually developed into chronic bronchitis complicated with emphysema, and gradually aggravated. Because multiple causes are involved in the disease, the disease has its complete course. Chronic bronchitis for "lung disease of traditional Chinese medicine" the first evidence of "lung complications", is the viscera dysfunction, lung qi dysfunction and viscera dysfunction, pathological products stranded in the airway cause local mucosal congestion, edema and cilia movement disorders, and further affect the normal alveolar ventilation, respiratory function, lead to emphysema formation and related symptoms. Because the disease occurs in autumn and winter, it is also called "old cold cough", "winter cough" and other diseases. In the early stage of chronic bronchitis, there are mostly no obvious uncomfortable symptoms, which are easy to be ignored by patients. When respiratory complications occur, the clinical manifestations are more significant and easy to attack repeatedly. According to the theory of traditional Chinese medicine, chronic bronchitis can be divided into three diseases: wind and cold, dampness and evil implication, phlegm, heat and phlegm turbidity, phlegm coagulation and blood stasis. Chronic bronchitis is often accompanied by sputum stagnation in the beginning; with disease progression and aggravation, phlegm dampness condensation can lead to different diseases, and severe patients are often accompanied by low immunity, physical weakness and poor lung function. Therefore, the disease can develop into a refractory disease, and it can use the integrated Chinese and Western medicine patient treatment, thus to help the patients to alleviate and control the development of the disease.

4. Dialectical Theory on Treatment of Traditional Chinese Medicine

Patients with chronic bronchitis and emphysema mainly show shortness of breath, cough, shortness of breath and chest tightness and shortness of breath, accompanied by chest pain, fatigue, restless diet, palpitations, dry stool or dry symptoms. Traditional Chinese medicine believes that "wind, cold, heat, phlegm" four qi as the main cause. The wind is the first of the six sex, easy to hurt the human body and disease. Cold is the first of the four qi, easy to hurt the human body Yang qi and kidney Yang, insufficient and easy to produce cold evil wind-cold closed lung is one of the main syndrome of this disease. Traditional Chinese medicine divides it into wind deficiency cough, phlegm more cough and asthma, and cold fever disease [1]. Wind cold closed lung is mostly related to lung and spleen deficiency, mainly manifested as fever, dry throat, dry cough, cough and asthma, bad cold and fever, cough, phlegm and sticky; in western medicine, wind cold closed lung is mostly caused by acute aggravating symptoms. Patients often have cough and asthma aggravation (severe) and cough sound hoarse due to cold, fatigue or cold evil caused by acute aggravating symptoms; in TCM syndrome differentiation to feel the cold cold dampness and heat evil as the main pathogenesis. Therefore, the treatment can be performed according to the symptoms's symptoms.

1. Wind cough

Wind deficiency cough is mostly caused by the invasion of wind evil, exogenous wind chill, such as wind evil lung, lung loss publicity drop, lung loss publicity Su, wind phlegm obstruction lung, lung loss publicity Su performance. Wind deficiency cough symptoms are often accompanied by afraid of cold, stuffy nose, clear voice characteristics. Chinese medicine believes that wind deficiency has phlegm leads to the accumulation of sputum; wind phlegm is mainly manifested by phlegm and sticky. Patients with wind deficiency are prone to the characteristics of stuffy nose and clear voice, so the treatment should be mainly to dispel wind and disperse cold. The common clinical treatment methods

for patients include phlegm soup combined with stasis soup treatment (phlegm wind treatment + phlegm soup) or using traditional Chinese medicine "shen cough" treatment (xingshen cough + phlegm soup). The prescription of the phlegm soup is mainly Sichuan Bei Pei Pa Koa or golden melon seed paste; the blood stasis soup is used for the symptoms of wind and cold resistance.

2. Spittoon cough and asthma

Sputum is mainly characterized by cough and asthma, and sputum is mainly viscous mucus, and accompanied by sputum and accumulation of saliva. In the theory of traditional Chinese medicine, the lung is the main body of the dirty, by controlling and regulating the physiological function of the whole body to make the human body vigorous. Sputum and dampness obstruction is not reached, resulting in cough and weakness, increased sputum volume, and accompanied by cough and asthma and other symptoms. Patients with chronic bronchitis are often due to cold, fatigue or cold cold evil caused by acute aggravating symptoms and cough and asthma aggravation symptoms, need to cause attention. At this time, expectorant should be mainly to relieve cough, but for some patients with chronic bronchitis and emphysema due to repeated cough and sputum symptoms caused by increased sputum volume should be appropriately adjusted when aggravated. Clinical common conditioning methods have traditional Chinese medicine treatment and traditional Chinese medicine fumigation treatment, the fumigation therapy is through the application of Chinese medicine fumigation method to promote local blood circulation, make local meridians and blood unobstructed, so as to achieve the purpose of treating the disease, traditional Chinese medicine fumigation method mainly use white mustard and incense, etc., has a good curative effect. Smoigation should pay attention to the time, environment and temperature, so as to achieve the purpose of control treatment. In the treatment of western medicine, the atomization inhalation and cough glucocorticoid therapy or sugar drug injection therapy are adopted. However, in the actual clinical practice, traditional Chinese medicine doctors rarely carry out the syndrome treatment of the disease, and most of them choose proprietary Chinese patent medicine to achieve the effect of improving the multiple symptoms of sputum.

3. Cold fever and fever

The main manifestations of cold fever are cough dry pharynx, cold fever, sore throat, chest tightness, tolerance, etc.syndrome differentiation points are "five dryness and six heat", cough cough without phlegm or phlegm less sticky, accompanied by chest tightness and abdominal distension and dry mouth ulcer and other symptoms. Treatment is treatment: clear heat detoxification, moisten lung cough. Prescription choice: Xuan lung diarrhea lung soup and "small Chaihu soup". Clinically, small bupleurum 10 g, atractylodes 6 g, platycodon grandiflorum 9 g, Poria cocos 15 g, and almond 12 g are often used for the treatment of cold fever disease. Example: 30 grams to 60 grams of coix seed, 15 grams to 30 grams of white lentils; 6-10 grams of rhubarb; poria cocos, 25 grams to 50 grams; 10 grams to 600,000 points of licorice.

5. Integrated Traditional Chinese and Western Medicine Treatment for Chronic Bronchitis Complicated with Emphysema

Chronic bronchitis has a long course and is easily complicated with emphysema. Traditional Chinese medicine believes that in patients with chronic bronchitis, lung Yin deficiency is the main cause of the disease, which leads to deficiency of vital qi and phlegm dampness; lung qi is weak, difficult to transport damp and heat, water dampness stagnation in the lung; lung qi stagnation can cause phlegm coagulation. Therefore, the basic principle of "false and evil thief spirit" should be taken as the basic principle. Chronic bronchitis has a long course and a complicated and changeable pathogenesis, which leads to the difficult treatment to specifically reflect [2]. Therefore, according to the comprehensive consideration of individualized treatment, the corresponding treatment plan and individualized treatment plan can be developed. At present, domestic and foreign studies have shown that TCM treatment in patients with chronic bronchitis combined with emphysema can effectively improve the symptoms, improve the quality of life and prevent recurrence. In recent years, the clinical research on the treatment of integrated traditional Chinese and western medicine for chronic

bronchitis and pulmonary emphysema is also gradually increasing, especially for cough, sputum cough, chest tightness and emphysema.

1. Treatment objectives of cough and sputum: clear lung and reduce phlegm, expectorant and relieve cough, improve dyspnea and promote sputum discharge

Related studies have found that patients with sputum stasis syndrome adding antiphlegm-dampness medicine on the basis of traditional Chinese medicine treatment can not only effectively reduce the frequency and intensity of cough, but also significantly improve the phlegm-dampness symptoms. Jiang Yueming et al. showed that the traditional Chinese medicine compound aminophylline has the effect of reducing the mucus secretion of bronchial smooth muscle and inhibiting the production of inflammatory factors, which can relieve the cough symptoms in patients with chronic bronchitis. The test results of Zhao Qiuhua and others showed that the compound aminophylline could significantly reduce the cough sputum in patients with chronic bronchitis and emphysema. Sun Qiuhua et al. used the combination of TCM oral medicine and acupoint application to treat traditional Chinese medicine in 124 patients, and observed that the amount of sputum sputum significantly decreased, the number of cough times decreased, and the sputum color decreased in the treatment group. On this basis, the Chinese patent medicine treatment of Chinese patent medicine phlegm wet ning granules also has a good curative effect. After Wu Xiaoxia and 102 patients with chronic bronchitis and emphysema, the cough symptoms improved significantly, and the clinical symptoms such as sputum reduction and blood taking disappeared; the color change of sputum was also significantly reduced and the tongue coating changed from yellow to light red.

2. Chest tightness and urine and feces dysfunction Objective: defecation and expectorant, reduce the symptoms of pulmonary hypertension, improve sleep quality and quality of life

At present, in the aspect of cardiopulmonary rehabilitation, traditional Chinese medicine believes that pulmonary qi deficiency, qi stagnation and phlegm and stasis are the main factors leading to pulmonary hypertension, and phlegm and stasis mutual knot can cause the occurrence and aggravation of pulmonary heart disease.

Related study selected 36 treatment group and control group and found that traditional Chinese medicine was better than western medicine in improving chest tightness symptoms. In this study, TCM treatment was found to significantly improve chest tightness and stool dysfunction in patients with chronic bronchitis combined with emphysema. Li Suling and others showed that traditional Chinese medicine had an obvious effect on chest tightness and small and small stool dysfunction in MHS patients. Sun Yuling will be 27 patients randomly divided into traditional Chinese medicine and western medicine treatment group each 27 cases (Chinese medicine prescription group), observe treatment group and western medicine group chest tightness and urine dysfunction score, both groups have significantly improved, and observed that the two groups of pulmonary heart disease relief degree no significant difference ($P > 0.05$), can be considered that traditional Chinese medicine can reduce the incidence of patients with chest tightness and large urination symptoms in mind. When Wang Xuefeng and other patients treated chest tightness and urine dysfunction in PAH patients, they found that TCM single prescription treatment could significantly improve the symptoms of chest tightness and large urination. Xu Haiqiong et al. combined compound licorice extract with traditional Chinese medicine to treat chest tightness and large urination dysfunction in patients with PAH with significant effect and can significantly improve the symptoms of painful rhinitis in patients.

6. Summary and Outlook

Chronic bronchitis complicated by emphysema is mainly due to pulmonary fibrosis and bronchiolinal pressure increased by bronchiectasis. Western medicine treatment to anti-infection, relieve cough and relieve asthma, improve lung function as the main purpose, often choose glucocorticoids or anti-fibrotic drug treatment. According to traditional Chinese medicine, chronic bronchitis can be caused by insufficient qi and Yin, Yin deficiency and internal heat, heat accumulation of phlegm and heat and humid infusion, while traditional Chinese medicine chooses

the treatment plan of integrated Chinese and western medicine according to the individual differences of patients and personal physical differences. At present, it is believed that integrated Chinese and western medicine is an effective treatment and choice of chronic bronchitis complicated by emphysema. In TCM theory, there is a relationship between lung qi and lung heat, while the treatment scheme of normal lung qi can replenish lung qi and clear lung heat discharge, phlegm heat accumulation, and humid heat injection. Therefore, the clinical symptoms and lung dysfunction can be effectively improved by integrated Chinese and Western medicine treatment. Traditional Chinese medicine therapy is lack of evidence-based medicine basis, however, the clinical application is less, although combining traditional Chinese and western medicine treatment can achieve good results, but there are some problems need to further explore and improve, traditional Chinese medicine characteristic therapy can provide patients with chronic bronchitis with a new effective method and selection principle, namely by dialectical treatment according to personal physical characteristics of combining traditional Chinese and western medicine appropriate therapy.

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