

Progress of clinical research on treating Mammary gland hyperplasia with traditional Chinese medicine

Wang Weigang¹, Liang Xiaojuan^{2,*}, Li Na², Nan Ye², Zuo Yufei²

¹Affiliated Hospital of Shaanxi University of Chinese Medicine, Xianyang, 712000, China

²Shaanxi University of Chinese Medicine, Xianyang, 712046, China

*Corresponding author: 2575328755@qq.com

Abstract: Mammary hyperplasia belongs to the category of traditional Chinese medicine "milk fetish" and is the most common breast disease in clinical women. The main clinical manifestations are breast pain, nodules or lumps, etc. It is a non-inflammatory and benign comprehensive disease occurring in the breast tissue. At present, the clinical treatment of MGH mainly focuses on pain relief and elimination of lumps. Western medicine mainly uses hormone drugs, surgery and other treatments, which have large adverse reactions and lack of effective therapies, while Chinese medicine has many therapies, and has the characteristics of good efficacy and few adverse reactions, which is the main method for the clinical treatment of breast hyperplasia. In order to better summarize the clinical experience and research direction of TCM treatment of mammary hyperplasia, this article collected the literature of TCM treatment of mammary hyperplasia in recent years.

Keywords: Mammary Gland Hyperplasia; Chinese Medicine Therapy; Summary; Clinical Research

1. Introduction

Mammary gland hyperplasia (MGH) is a non-inflammatory and benign comprehensive disease, which is essentially caused by the abnormal structure of the mammary gland caused by the hyperplasia of the main and interstitial of the mammary gland to different degrees and incomplete replication [1]. The main clinical manifestations are breast pain, nodular status or lumps, and some patients are combined with nipple discharge [2]. MGH is the most common breast disease in women, accounting for 70%~80% of all breast diseases, and there is a trend of increasing year by year [3], if not treated in time, it has a certain risk of cancer, according to statistics, its cancer rate is 2-5% [4], a serious threat to women's health.

At present, Western medicine mainly uses oral hormone drugs to treat MGH, which cannot be cured and is easy to cause endocrine disorders, endometrial thickening, menstrual disorders and other adverse reactions [5]. In Chinese medicine, we mainly use internal and external application of traditional Chinese medicine, acupuncture, massage and other methods, which are characterised by good efficacy and small adverse reactions. In recent years, traditional Chinese medicine has become the "main force" in the treatment of mammary hyperplasia. In order to summarize the clinical experience of traditional Chinese medicine in the treatment of mammary hyperplasia, the relevant literature in recent years was collected and reviewed.

2. TCM (traditional Chinese medicine) therapy

2.1 TCM internal treatment

As one of the most important methods of traditional Chinese medicine (TCM) treatment, Chinese medicine is an important means of internal treatment in TCM. Under the guidance of traditional Chinese medicine theory, different prescriptions are formulated, and then made into pills, powders, capsules and other forms by decocting or other different concoctions, all of which play an important role in the treatment of clinical diseases.

2.1.1 Proprietary Chinese medicines taken orally

Chen Yaning [6] treated 110 cases of liver depression and phlegm coagulation type of breast hyperplasia, 55 cases in the control group were treated with tamoxifen, and 55 cases in the treatment

group were added with lactofetish dispersal capsule for oral administration. Results: The total effective rate of clinical treatment in the treatment group was 98.18%, which was higher than that of the control group (85.45%). Zhao Xiurong [7] divided 160 patients with mammary hyperplasia into the control group and the study group, each with 80 cases. The control group received oral treatment with Xiaoyao Pill, and the study group combined treatment with Rupixiao capsule on the basis of the control group. Results: After treatment, breast pain score, breast lump size score, breast lump hardness score, lump diameter, breast low echoic area diameter, milk duct diameter and glandular layer thickness were all decreased in two groups, and the study group was significantly lower than the control group. The effective rate of the study group was 97.50% higher than that of the control group 87.50%. The above studies show that the treatment of breast hyperplasia with Chinese patent medicine has a significant effect, can effectively reduce the degree of breast pain, reduce the size of breast lump, improve the texture of breast lump, and relieve other accompanying symptoms, with high safety. And the drug is simple, high compliance, and less adverse reactions than western medicine, so in recent years, there are many treatment of breast hyperplasia of Chinese patent drugs used in clinical.

2.1.2 Herbs for oral administration

Liu Yujuan [8] treated 140 patients with mammary hyperplasia with Xiaoji Sanjie Decoction combined with emotional therapy. On the basis of conventional Western medicine treatment in both groups, patients in the control group were given emotional therapy, and Xiaoji Sanjie decoction was added to the observation group. Results: After treatment, the disappearance time of breast pain and breast mass in observation group was shorter than that in control group. The scores of material life, physical function, psychological function and social function in both groups were higher than before treatment, and the scores of material life in the observation group were better than those in the control group. The total effective rate of observation group was 94.29%, which was higher than that of control group (74.29%). Lin Sen [9] treated 120 patients with hepato-qi stagnation type mammary hyperplasia. The control group was given Rupixiao tablet, and the observation group was given Xiaolou Bei SAN. Results: After treatment, the total effective rate was 91.67% in the observation group and 76.67% in the control group. The tumor size, hardness, pain scores and TCM syndrome scores in the observation group were lower than those in the control group. Serum E2, PRL and P levels in the observation group were better than those in the control group before treatment. The above studies have shown that oral administration of traditional Chinese medicine can improve the clinical symptoms, accompanying symptoms and hormone levels of patients with breast hyperplasia. Compared with Western medicine and Chinese patent medicine, it takes effect faster, has better efficacy and has higher safety, and is worthy of clinical promotion.

2.2 TCM external treatment

Traditional Chinese medicine external treatment is mainly based on the characteristics of traditional Chinese medicine techniques such as massage, acupuncture, moxibustion, acupressure, traditional Chinese medicine fumigation, ear point pressure on the surface of the body to achieve the purpose of treatment. In clinical application, it has the advantages of simplicity, convenience, low cost, testing and simplicity [10]. Although the external treatment of traditional Chinese medicine contains a variety of techniques, its principle of action is mostly to dredge the meridians, reconcile qi and blood, and promote blood stasis by acting on the body surface or acupoints.

2.2.1 Acupuncture therapy

Jie Liyun et al. [11] discussed the clinical effect of acupuncture Jueyin meridian in treating liver-qi stagnation type mammary hyperplasia. 70 patients with liver-qi stagnation type mammary hyperplasia were selected and randomly divided into control group and experimental group. The control group was treated with Xiaoyao pill, and the experimental group was treated with acupuncture Jueyin meridian plus Xiaoyao pill. Results: The total effective rate of the experimental group (91.43%) was higher than that of the control group (71.43%). After treatment, the scores of TCM syndrome in the experimental group were lower than those in the control group, the maximum diameter of the mass and the thickness of proliferative glands were lower than those in the control group, the VAS and breast mass scores were lower than those in the control group, and the GQOLI-74 scores in all aspects were higher than those in the control group. Sun Yunxia et al. [12] observed the curative effect of "Zhitao" acupuncture at shoulder Jing point on patients with mammary hyperplasia caused by liver depression and phlegm. A total of 112 cases were randomly divided into the observation group and the control group, 56 cases in each group. Both groups were treated with Shugan Tiaoshen acupuncture, the control group was treated with traditional acupuncture at Shoulder well point, and the observation group was treated with

"pricking" acupuncture at shoulder well point. Results: After 12 weeks of treatment, the total effective rate of 92.9% in observation group was higher than 78.6% in control group. After treatment, the scores of breast mass, pain, systemic concomitant disease, B-ultrasound examination score and lesion blood flow examination were significantly decreased in 2 groups, serum E2, bFGF and VEGF levels were significantly decreased in 2 groups after treatment, and serum P level was significantly increased, and the observation group was superior to the control group. Nie Xiaofeng et al. [13] observed the clinical efficacy of mixed moxibustion combined with umbilical acupuncture in the treatment of mammary hyperplasia of liver depression and qi stagnation. In the treatment group, mixed moxibustion combined with umbilical acupuncture was adopted, and moxibustion was carried out with Jueyin Shu on both sides, and acupuncture was carried out with Gen position and exchange position on both sides. Results: After 2 months of treatment, the scores of pain, mass texture, scope and size decreased compared with those before treatment. Rosha et al. [14] treated mammary hyperplasia with the treatment of Fuyang pot warming moxibustion and scraping. The collection of warm scraping, warm moxibustion, massage three major physiotherapy methods, has the effect of Tongyang, warming Yang, nourishing Yang, to achieve the effect of not wasting the body's positive qi while removing the body's toxic evil, focusing on regulating the circulation of human blood and lymph fluid and making the blood run smoothly. Operation: 1) Drop 5 ~ 10 mL of essential oil on the chest; ② First warm moxibustion around the breast, warm moxibustion shanzhong, Tianchi, milk root and other points; ③ Warm scrape deep armpit to Qingling, dredge armpit lymph from top to bottom; ④ Warm push around the breast in a clockwise direction; ⑤ Then warm push and scrape from the outside of the breast to the inside of the breast, the outside of the breast to the milk (avoid the nipple), and the hard part is supplemented by warm push and knead. Many clinical cases have shown that patients treated with this method have a good effect on pain relief and the recovery of mass size and texture, and the recurrence rate is very low. The above studies show that acupuncture treatment of mammary hyperplasia has a clear effect, acupuncture by stimulating acupuncture points to produce therapeutic effect, moxibustion through the burning of mugwort leaves to achieve the purpose of treatment, the combination of the two is to play a 1+1 greater than 2 effect, in improving the pain of patients, improve the lump in all aspects have curative effect.

2.2.2 Massage therapy

Zhou Danni et al. [15] observed the clinical efficacy of "open point unlocking" massage in the treatment of breast hyperplasia, and included 72 patients with breast hyperplasia who were randomly divided into open point unlocking group and control group. The open point unlocking group was treated with "open point unlocking" massage, and the control group was treated with Ruxanjie capsule. Results: After two courses of treatment, VAS score, breast mass size, texture score, low echo area diameter and clinical efficacy in the open and unlock group were significantly improved than those in the control group. Qiu Lihua et al. [16] treated 100 patients with breast hyperplasia with chest, shoulder and spine coherence method, the control group was treated with Chinese patent medicine for syndrome differentiation, and the treatment group was treated with chest, shoulder and spine manipulation. The first step of chest treatment: the patient lies on his back, the operator stands on the right side of the patient, kneads Shanzhong point with palm root kneading method for 1 minute, and then massages the patient's bilateral milk root points with a finger Zen method in turn, Qimen Point, Buong Point, Shenfeng Point, Lingxu Point, Shenzang Point, Yuzhong Point, Yufu Point, Qihu Point, Storang Point, Wuyi point; Yunmen point, Zhongfu point; Zhourong point, chest township point, Tianxi point, Shidou point, deep axillary point, Noir tendon point. The pectoralis major arises from within the clavicle and the lateral margin of the manubrium of the sternum; The pectoralis minor is located on the deep surface of the pectoralis major and arises at the costal anterior joint. Therefore, when massage the above points, look for the strain points of the chest muscles, and do slight and slow point kneading and stretching. The second step shoulder treatment: with the thumb or palm root press massage method to press the patient's shoulder points. The pectoralis major muscle stops at the great node ridge of the humerus, and the pectoralis minor muscle stops at the coracoid process of the scapula. Therefore, when rubbing shoulder points, it is necessary to focus on rubbing the points around the stop point of the pectoralis major muscle, and do slight and slow point rubbing and tendon pulling. Step 3 Back treatment: Use a nine-bead massager to massage the upper middle and lower part of the trapezius muscle, levator scapulae muscle, rhomboid muscle, upper and lower innervus muscle, psoas major muscle, gluteus media muscle, iliotibial band, etc. Focus on rubbing shoulder well point, Tianzong point, shoulder Zhen point, Jueyin Shu point, Feihuang point, rootpoint, Baliao point and Fengshi point. It ends with a pat on the back. Results: After 3 months of treatment, the total effective rate of the treatment group was 92% higher than that of the control group (76%). The changes of SF-36 in quality of life of the two groups before and after treatment were better than those before treatment, and the curative

effect of the treatment group was better than that of the control group. The above studies show that massage has the effect of dredging meridians, activating qi and blood, softening and dispersing knots, and has unique advantages in the treatment of breast hyperplasia, safe and effective, and no adverse reactions. At present, the massage techniques in clinical practice are no longer limited to the traditional local massage, massage, etc., and various characteristic techniques have flourished, enriching the massage treatment methods of MGH.

2.2.3 Drug acupoint application

Zhang Yaofei [17] et al observed the clinical effect of acupoint application of Sanjie paste combined with Xihuang capsule in the treatment of breast hyperplasia. Ninety patients with breast hyperplasia were randomly divided into observation group and control group. The control group was treated with Xihuang capsule, and the observation group was combined with Sanjie paste on the basis of the control group (Prescription: Zhong Lou 246 g, Sheng Chuanwu 162 g, Sheng araceae 98 g, Hedyotis alba, Xia Xia 64 g each, borneol 45 g), select A Shi point, Guanyuan, Qihai patch treatment of breast. Results: The total effective rate of observation group was 88.89%, which was higher than that of control group 66.67%. After treatment, breast pain, lump hardness, lump distribution range and lump size scores in 2 groups were lower than before treatment, and the observation group was lower than the control group. The levels of luteinizing hormone (LH), follicle-stimulating hormone (FSH) and progesterone (P) in the observation group were higher than those in the control group, and the levels of estradiol (E2), testosterone (T) and prolactin (PRL) were lower than those in the control group. Liu Xiaofei et al. [18] observed the clinical efficacy of acupoint application of traditional Chinese medicine in the treatment of breast hyperplasia to improve breast pain, TCM syndrome score, relieve anxiety and depression, and improve quality of life, as well as its influence on inflammatory factors. The experimental group was given detumescence and pain relief patch + Chinese medicine powder, and the control group was given detumescence and pain relief patch placebo + Chinese medicine powder placebo. Ashi point (bilateral), Yongquan point (bilateral), Shenque point and Axilla ten (bilateral) were applied every other day in both groups, and were treated for 8 weeks in total. Results: After 8 weeks of treatment, the VAS scores of breast pain and breast tenderness in experimental group were significantly lower than those in control group; The average onset time of experimental group was shorter than that of control group. The scores of TCM syndrome score, SAS scale and HAMD scale of experimental group were lower than those of control group, and the scores of SF-36 scale were higher than those of control group. The levels of IL-6 and TNF- α in experimental group were lower than those in control group, and the levels of 5-HT and BDNF were higher than those in control group. The above studies have shown that, as one of the most commonly used external treatment methods of traditional Chinese medicine for the treatment of breast hyperplasia, drug application penetrates drugs into the body through the skin to direct the lesions, has fast effect and good effect, can effectively reduce breast pain, regulate sex hormone levels, improve the immune environment and anxiety and depression, improve the quality of life, and has good safety and high patient acceptance.

2.2.4 Scraping therapy

Li Haixia et al. [19] treated patients with mammary hyperplasia of liver depression with Gua Sha combined with point-and-point manipulation, and patients in the control group were treated with three kinds of mammary glands (WH290-i breast therapy instrument was used for evacuation treatment, and the acupoints such as Shanzhong, chest Xiang, milk root and phase men were selected.) Observation group was treated with acupoint manipulation and gua Sha therapy (Acupoint technique: take the patient supine position, apply paraffin oil lubrication on the breast of the affected side, take Shanzhong, Zhongfu, milk root, and shoulder well for acupoint, and massage the patient in a circular manner with the palm of his hand around the affected milk, tell the patient to relax the whole body, and then press the affected milk evenly with the palm of his hand. Acupoint, massage intensity are appropriate to patients feel moderate. Warm gua Sha: The gua sha location is mainly in the upper part of the back and bilateral armpit and accessory milk area. Evenly apply appropriate amount of mugwormwood essential oil to the above parts. Insert the moxibustion strip into the moxibustion cup, light the moxibustion strip, apply it back and forth 3 times, 1 cm away from the skin, and then make the mouth of the moxibustion cup and the skin at an Angle of 10° ~ 15°, so that the moxibustion and scraping act on the body surface at the same time, from the upper part of the back to the underarm, and finally to the side milk area.) Results: Compared with the total effective rate of 84.00% in the control group, 98.00% in the observation group was higher. After treatment, the TCM syndrome score, nodule diameter and VAS score of the observation group were lower than those of the control group. The duration of breast pain in the second and third cycles of the observation group was shorter than that of the control group. Zhu Xiaoping et al. [20] discussed the therapeutic effect and clinical application value of Tianzong acupoint

gua Sha in patients with liver depression and coagulated phlegm. 130 patients with milk fetish were randomly divided into control group and observation group. The control group received conventional treatment, and the observation group combined with gua Sha treatment at Tianzong point (Use buffalo horn gua Sha board and matching gua Sha oil, and position it in the scapular region. Dip a buffalo horn with smooth edge into the intersection of upper 1/3 and lower 2/3 of the line between the midpoint of the scapula and the lower Angle of the scapula and scrape the gua sha oil on the body surface from top to bottom, and scrape repeatedly from inside to outside, gradually worsening). Results: After 1 month of treatment, the total effective rate of observation group was 93.85%, which was higher than 76.92% of control group. After treatment, the score of breast pain and breast mass grading in the observation group were lower than those in the control group, and the levels of estradiol, progesterone and luteinizing hormone in the observation group were better than those in the control group. The above studies show that gua Sha treatment by stimulating the human body surface, thereby stimulating the meridian conduction to regulate the zang fu Qi and blood Yin and Yang, restore the zang fu function application, can improve the therapeutic effect, reduce the degree of breast pain, reduce the breast mass, regulate the hormonal changes in the body, reduce the degree of oxidative stress reaction, improve the quality of life of patients.

2.2.5 Combination therapy

Zhang Shanshan [21] et al used Chai Xiangningshen Decoction combined with acupuncture to treat patients with liver qi stagnation mammary hyperplasia, tamoxifen was used in the single group, and Chai Xiangningshen Decoction combined with acupuncture was used in the combined group. Results: After treatment, symptom score of combined group was lower than that of single group, sex hormone content was better than that of single group, and total effective rate was higher than that of single group. Fu Yafei et al. [22] discussed the clinical effect of massage combined with warm acupuncture and moxibustion on the treatment of mammary hyperplasia with liver-qi stagnation. The control group was treated with massage (press Zhongfu, Shanzhong, Zhangmen, Wuyi and rugen for 2 min each). Keep the supine position still and focus on rubbing the proliferative nodules). Observation group was treated with warm acupuncture and moxibustion on the basis of control group. The clinical efficacy and endocrine hormone levels [estradiol (E2), luteinizing hormone (LH) and progesterone (P)] of the two groups were compared. Results: After treatment, the total effective rate of observation group was significantly higher than that of control group. The levels of endocrine hormones in both groups decreased, and the observation group was better than the control group. Chen Huijiao et al. [23] treated 30 cases of mammary hyperplasia with cupping combined with acupuncture at primary point. Operation: Positioning: (1) Back five line area: Tao Road to the hanging pivot for the middle line, left and right side open 1.5 inches; (2) scapular region; (3) Chest area: to Tiantu to shanzhong as the middle line, left and right side open 1 inch; (4) Hypochondriac region. Operation: Select a suitable glass jar and ask the patient to fully expose the operative site. (1) Ask the patient to take a prone position, apply an appropriate amount of paraffin oil on the back five lines, adsorb the tank on the skin by flash fire method, adjust the suction of the tank to the degree acceptable to the patient, move the glass jar back and forth until the local skin flushing or sand without bleeding, and wipe the paraffin oil on the patient's skin with aseptic spinning after the tank is lifted; (2) Perform the operation in the scapular region with the same method as (1); (3) Ask the patient to take the supine position and perform the operation in the chest area with the same method (1); (4) In the rib area from inside to outside, along the ribs, one-way movement of the glass jar, the remaining operation method is the same as (1); (5) Take both sides Taiyuan, Hegu, carpal bone, Taixi, Chongyang, Taibai and Taichong at acupuncture points. After 3 courses of treatment, the total effective rate was 90.0%. The above studies show that the external treatment of traditional Chinese medicine, whether used alone or combined with each other, can achieve a clear clinical effect in the clinical treatment of patients with breast hyperplasia, and the combined use is more effective. Therefore, two or more methods are often used in clinical practice to achieve better treatment results.

3. Conclusions

In recent years, the incidence of breast hyperplasia has increased year by year, and the incidence population has gradually become younger, which seriously affects the daily quality of life of patients. There are a lot of clinical studies on mammary hyperplasia, and Chinese medicine has a unique curative effect. By sorting out and analyzing the clinical research literature on the treatment of mammary hyperplasia in recent years, it is found that the treatment of traditional Chinese medicine can be divided into internal treatment and external treatment, and each has its own characteristics. Traditional Chinese medicine is the main method to treat mammary hyperplasia. Patent Chinese

medicine is widely used in clinical practice, with the advantages of simple and cheap, without losing the characteristics of TCM syndrome differentiation and treatment, and more convenient to take than traditional Chinese medicine decoction. There are many kinds of TCM external treatment methods, each with its own characteristics. Including acupuncture, massage, acupoint application, scraping, medium frequency, etc., whether it is used alone or combined clinically, it has a "miracle effect". In short, traditional Chinese medicine therapy is the current clinical treatment of breast hyperplasia "main force", with good and stable efficacy, small adverse reactions, simple operation, low cost, generally high patient acceptance many advantages, the future clinical researchers should apply more methods of traditional Chinese medicine to treat the disease.

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