

# Progress in the Study of Postoperative Constipation of Mixed Hemorrhoids in Chinese and Western Medical Treatment

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**Abstract:** Postoperative constipation of mixed hemorrhoids is one of the common postoperative complications of mixed hemorrhoids, which occurs due to many factors, and the diagnosis and treatment is complicated and the effect is not uniform. There is a relative paucity of Western medical treatments for postoperative constipation after mixed hemorrhoid surgery, and treatments such as TCM herbal tonics, acupuncture treatments, and TCM retention enemas for postoperative constipation after mixed hemorrhoid surgery are widely used in the clinic. This article summarizes the progress of clinical research on Chinese medicine treatments commonly used in recent years to promote postoperative defecation of mixed hemorrhoids, and provides reference for the application and clinical research on the use of external Chinese medicine treatments to promote postoperative defecation of mixed hemorrhoids.

**Keywords:** Postoperative mixed hemorrhoids; insomnia; Chinese and Western medicine

## 1. Introduction

A research survey of 31 provinces (autonomous regions, municipalities directly under the Central Government) in China, urban residents of common anal and intestinal diseases survey, the results of the survey found that China's urban residents of anal and intestinal disease incidence rate of 51.14%, including hemorrhoids incidence rate of the highest, accounting for 50.28%, of which young and middle-aged people are the anal and intestinal diseases of the high incidence of the population [1]. The epidemiology of hemorrhoids varies widely by region, and the incidence of hemorrhoids in the Northwest Territories accounts for 98.78% of patients with anorectal diseases [2]. Internal hemorrhoids are the most prevalent, followed by mixed and external hemorrhoids [3]. The main clinical manifestations of mixed hemorrhoids include blood in stool, prolapse, pain, perianal foreign body, perianal moisture, itching, which can be complicated by thrombus, embeddedness, strangulation and difficulty in defecation. Due to the complex physiological structure of the anus and its physiological function, a series of complications will occur after mixed hemorrhoid surgery, of which constipation is one of the most common complications. Western medicine drugs can effectively solve the problem of postoperative defecation difficulties, but some of the drugs have a series of side effects such as dependence, weakening the active response to defecation, drug resistance and some digestive symptoms. Some commonly used TCM treatments have significant advantages in promoting postoperative defecation of mixed hemorrhoids due to their simplicity, effectiveness and low adverse effects. The factors affecting constipation after mixed hemorrhoid surgery and the methods of determining constipation, as well as the application of commonly used TCM treatments, are summarized.

## 2. Factors affecting postoperative constipation in mixed hemorrhoids

### 2.1. Modern medical knowledge of postoperative constipation in mixed hemorrhoids

It is generally believed that the causes of postoperative constipation complications of mixed hemorrhoids are: due to the mixed hemorrhoid surgery site has a rich distribution of nerve endings, postoperative pain leads to fear of defecation, resulting in fear of defecation, resulting in constipation or the original constipation aggravated by the pain of the wound can also lead to sphincter spasms. surgical operation is not appropriate and postoperative fear of pain without proper expansion of the anus makes

the exit obstruction which leads to the patients to have difficulties in bowel elimination, such as external peeling and ligation of postoperative exit stenosis and postoperative stenosis of PPH, there are foreign scholars research shows that the incidence of anal stenosis after the traditional peeling and ligation of the anus after the incidence of about 2.9%<sup>[4]</sup>. Surgery may damage the patient's sense of defecation. Surgery may damage the sensitive area of the defecation reflex at 3 cm above the dentate line, resulting in a decrease in the sensitivity of the patient's defecation reflex and difficulty in eliminating stool<sup>[5]</sup>. Intraoperative anesthesia affects the patient's bowel movements, making it more likely to find postoperative bowel difficulties<sup>[6]</sup>. Changes in the patient's perioperative lifestyle, increased bed rest time, and low fiber intake from postoperative liquid and semi-liquid diets resulted in decreased peristalsis<sup>[7]</sup>. Studies have shown that the occurrence of constipation is related to the patient's age, gender, socioeconomic status, reproductive history, underlying disease and psychiatric status, family history, etc., such as the prevalence of constipation in patients with a reproductive history is higher than that in patients without a reproductive history<sup>[8]</sup>.

## **2.2. Chinese medicine's understanding of postoperative constipation**

Constipation belongs to the motherland medicine "constipation" category, also known as "after unfavorable", "stool difficult", "spleen about", "Yang knot", "Yin knot", etc., the name of the disease is first seen in the "Suwen - syncope" "the syncope of the Taiyin, then abdominal distension and fullness, after the unfavorable. During the Eastern Han Dynasty, Zhang Zhongjing proposed different mechanisms for constipation, including cold, heat, deficiency, and solid. The source and symptoms of all diseases - stool difficult to wait for" said that "thirst and profit of the family, stool is also difficult", "evil in the kidneys also make stool difficult" and so on, pointed out that the occurrence of constipation and the five viscera are not in tune with the deficiency of the real, cold and heat and so on all have a relationship. The occurrence of constipation and the five viscera are not in tune, deficiency, cold and heat, etc. are related; "Miscellaneous Diseases source and flow of rhinoceros turbid" emphasized that "constipation, kidney disease. It is believed that this disease is related to the kidneys<sup>[9]</sup>. Later generations summarized the previous understanding of this disease, that its location in the large intestine, involving the spleen, stomach, lungs, liver and other organs, the pathogenesis of the large intestine conduction malfunction, the evil stagnation of gastrointestinal dregs of the internal storage. (1) and surgery in traditional Chinese medicine "gold trauma", "gold injury" range, such as "jingyue quanquan - secret knot" said "secret knot evidence, all the old man, false people, Yin dirty people and postpartum, after the disease, after sweating, or small water too much, or blood loss Death of blood after vomiting and diarrhea, more than one disease for the dry knot, cover this is not the deficiency of qi and blood, that is, the depletion of fluids. " The operation of blood loss and damage to the fluid, the loss of moistening of the large intestine to constipation is different; (2) operation damage to the perianal local meridians, meridians damaged, Qi and blood can not be blocked, stagnation and blood stasis and constipation; (3) fear of defecation pain after surgery to sit down and move less, the gas is not favorable, which can also lead to the pass down unfavorable conduction of the dereliction of duty; (4) vegetative frailty or old age and frailty of the person, their own internal organs and qi and blood deficiencies, coupled with injury to the operation of fluid depletion of qi, even if the yin and yang are both deficient, the intestinal tract lost in the warmth and warmth and lead to stool difficult to down, such as "medical synthesis must read - fecal impassability," said "more old age fluid dry, women postpartum blood and sweating profits urination, after the disease of gas and blood have not recovered, all for the constipation"<sup>[10]</sup>. The above causes can be isolated to constipation, or they can be transformed into each other or combined to make bowel movement difficult.

## **3. Western medical treatment**

### **3.1. Pharmacological treatment**

Western medicine to mixed hemorrhoid postoperative constipation medication mostly use laxatives, promote gastrointestinal dynamics drugs, and microecological agents, or the application of proprietary Chinese medicine treatment. Laxatives include (1) volumetric laxatives by absorbing water in the intestinal tract, increasing the volume of the intestinal tract to achieve laxative effect, the representative drugs are OuCheQian, polycarboxylic calcium, and so on. (2) osmotic laxatives by oral intake in the intestinal tract to form a high-pressure state, absorption of water, increase the volume of feces, stimulate intestinal peristalsis, the representative drugs are polyethylene glycol 4000 bulk, lactulose, etc. (3) Lubricating laxatives: suitable for patients with dry and hard feces, the representative drugs are liquid paraffin, Keseru, Ma Ren Lunji Pills and Dokur ester polyaldehyde, etc., which lubricate the intestinal

wall and feces, prevent water absorption, and achieve the effect of laxative. (4) Stimulant laxatives: representative drugs are bisacodyl, phenolphthalein, anthraquinones and castor oil, etc. Such drugs act on the intestinal nervous system to stimulate intestinal peristalsis and increase secretion. Promote gastrointestinal dynamics drugs, including Prucalopride, Mosapride and so on. Some scholars also apply microecological agents to prevent the occurrence of postoperative defecation difficulties, such as the application of *Bifidobacterium bifidum* triphylum capsules to prevent and control postoperative constipation by Sun Jianhua<sup>[11]</sup>, and the total effective rate of the live bacterial treatment group was 97.5%, which proved that the combination of conventional medicines and the live bacterial capsule was ideal for the treatment of mixed hemorrhoids postoperative constipation.

### 3.2. Surgical treatment

The treatment of constipation caused by postoperative anal stenosis of mixed hemorrhoids is mainly based on surgical treatment. Anal dilation method is suitable for mild anal stenosis, mostly with fingers and anal dilator, there are foreign scholars research shows that self-mechanical anal dilatation can effectively break the "pain - sphincter spasm - stenosis - pain" vicious cycle and anal stenosis<sup>[12]</sup>. Tang Ling<sup>[13]</sup> carried out different surgical procedures for two groups of anal stenosis patients, in which the experimental group implemented incision and hanging wire therapy and the control group implemented incision and dilatation, the difference in efficacy was not statistically significant, but the difference was statistically significant in terms of the number of postoperative bowel movements per day and the time of defecation, the time of pain, the time of healing, the time of bleeding, and other factors. In addition, anal release combined with incision and hanging thread therapy and modified longitudinal and transverse suture were effective for postoperative anal stenosis, but these techniques were not standardized, and there was a potential risk of sphincter damage resulting in anal incontinence<sup>[14]</sup>. Miligu Ablikhaiti<sup>[15]</sup> divided 53 patients with anal stenosis after hemorrhoidal surgery into two groups: scar release surgery combined with partial internal sphincterotomy group and scar release surgery group. The result was 96.29% in the treated scar laxation combined with partial internal sphincterotomy group, which proved to be superior to scar laxation alone.

### 3.3. Other

Liu Yuchang<sup>[16]</sup> divided 420 patients after mixed hemorrhoidal external stripping and internal ligation into three groups, group A was given Ma Ren soft capsule orally, group B patients were given 80ml of prune juice orally in the morning every day, and group C did not use any medication, and the results of the study showed that "the proportion of constipation was 4.28% in group A, and the constipation rate of group B was 3.57%, which was significantly lower than the rate of group C, which was 46.4%, and it proved that the natural substances in the juice had the same effect as that of ma ren soft capsule to improve the postoperative constipation. This proves that the natural substances in prune juice have the same effect as that of Ma Ren soft gelatin capsules in improving postoperative constipation. Zhang Yongting<sup>[17]</sup> with peppermint oil wet hot compress combined with Ma Ren Pills compared to simple Ma Ren Pills comparison of 108 cases of postoperative constipation of mixed hemorrhoids in the treatment of patients, the application of peppermint oil wet hot compresses patients with constipation symptom improvement rate of 96.3%, significantly higher than the application of Ma Ren Pills of 87.0%, and defecation with less time to improve the effect of the more favorable. Some scholars have also applied modified anal injection of corkscrew to treat postoperative constipation of mixed hemorrhoids, and the modified drug dosage is reduced and the pain level is lower<sup>[18]</sup>. Some studies have also shown that in the mixed hemorrhoid surgery early for saline retention enema, saline pressure small retention time is long, can fully soften the stool to reduce the friction when the stool is discharged, to reduce because of the stool stimulation caused by the wound bleeding, pain and defecation difficulties and so on<sup>[19]</sup>.

## 4. Traditional Chinese Medicine (TCM)

### 4.1. Internal treatment

Yin Huimin<sup>[20]</sup> divided 42 cases of mixed hemorrhoids postoperative intestinal qi stagnation evidence type constipation patients 42 cases according to the digital randomization method to divide the patients into 2 groups, both groups were applied to mixed hemorrhoids external excision and internal ligation treatment, postoperative semi-liquid diet for 1 day, and then 2 days after the instruction of universal food.

In the control group, 9 g of hemp seed was taken twice/day, 30 minutes before meal for 2 weeks, and in the experimental group, based on the control group, the patients were given Qi Laxative Soup (25 g of Astragalus, 20 g of Radix Angelicae Sinensis, 20 g of Radix et Rhizoma Ginseng, 15 g of Cistanchis, Dacryocybe, Hovenia Citri Reticulatae, Pericarpium Citri Reticulatae, Poria cocos, 10 g of Neem, Glycyrrhiza Glabra, and peach kernel, 12 g of Atractylodes macrocarpus, and 30 g of Fructus Hedera Ulmoides, decocted in 50 ml of water once/day). It was taken orally 1 hour before meal. The data showed that the total effective rate of 95.24% in the observation group was significantly higher than the total effective rate of 71.43% in the control group, which proved that the therapeutic efficacy of Chinese herbal soup oral treatment of postoperative constipation after mixed hemorrhoids is worthy of clinical promotion and application. Wang Xiaojing<sup>[21]</sup> divided 96 cases of postoperative constipation of mixed hemorrhoids into 2 groups, the control group took lactulose oral solution 15ml/time, 2-3 times a day, and the research group was given the treatment of pain-relieving and lubricating intestinal drink (Astragalus, Angelica sinensis, Radix et Rhizoma Dioscoreae, Rhizoma Ulmoides, Citrus aurantium Citri Reticulatae, 30g each, Atractylodis Macrocephalae, 20g each, Sheng Ma, Peach Kernel, Apricot Kernel 16g each, decocted in 200ml of water and divided into morning and evening service). The total effective rate of the experimental group was 93.57% higher than that of the conventional treatment group (78.17%), which proved that the efficacy of Pain Relieving and Intestinal Drink in treating postoperative constipation of mixed hemorrhoids was exact. Xiao Huirong believes that the treatment of anal diseases should pay attention to the treatment from the liver, constipation is caused by the loss of the lungs, spleen, the loss of healthy transportation, the liver loss of excretion leads to the large intestine conduction disorder, so the prescription in the lungs, spleen at the same time at the same time as the liver. Yang Nengliu<sup>[22]</sup> applies the foundation of constipation of Xiao Huirong, a famous traditional Chinese medicine practitioner in Jiangxi Province, "Laxative No. 1 formula" to 45 cases of postoperative constipation patients with mixed hemorrhoids and controls the treatment with lactulose oral solution, and the results found that the main symptoms and quality of life scores were significantly superior to those of the patients treated with "Laxative No. 1 formula". The results showed that the main symptoms and quality of life scores of the patients treated with "Laxative Formula No. 1" were obviously superior, and the effective rate of treatment reached 93.33%.

## **4.2. External Treatment**

### **4.2.1. Traditional Chinese Medicine (TCM) Patch Application**

Chinese medicine hot compress belongs to one kind of ironing method, also known as "hot moromi bag method", refers to the heating of the symptomatic Chinese medicine bag placed in the diseased area or meridian points for hot compresses, so as to achieve the therapeutic purpose<sup>[23]</sup>. This treatment method links body acupoint treatment and traditional Chinese medicine treatment together, and also fully combines internal and external treatment, fully embodying the idea of "internal and external same treatment" and "internal and external same reasoning" in Chinese medicine thinking<sup>[23]</sup>. Jing Shuhong<sup>[24]</sup> divided the postoperative mixed hemorrhoid patients into four groups according to the arrangement of differentiation method, and the results of the Ding group with vinegar: Cornus officinalis powder = 2:1 paste to select the Shenque and double Tianshu acupoints for the paste (paste time of 4h) and with acupressure to prevent and control postoperative bloating can significantly reduce the clinical symptoms of the patients, and reduce the occurrence of postoperative abdominal distension and constipation. Liang Xiaoxia et al.<sup>[25]</sup> randomly divided the patients who underwent surgical treatment into experimental group and control group, both groups of patients at the same time with hemorrhoidal kang tablets orally, the experimental group was given 100g of wuzhuzhu and 100g of laixuzhi of traditional Chinese medicine sealing packs hot compresses after the operation, and the control group was warmed up with hot towels. The results showed that the scores of the observation group were significantly lower than those of the control group in terms of difficulty in defecation, time of defecation, anal swelling and abdominal distension ( $P < 0.05$ ). Yu Xuchao's<sup>[26]</sup> experimental results showed that acupoint plastering was superior to Sifu Tang oral solution in improving clinical symptoms in patients with postoperative gas constipation after mixed hemorrhoids surgery.

### **4.2.2. Chinese medicine fumigation sitz baths**

The drugs used in medicated sitz baths are lotions, which are formed by grinding the drugs into powder according to the rules of the formula, and then mixing these drug powders with water, which can be used to elevate the concentration of local drugs and improve blood circulation through the direct drug action on the traumatized surface, and the treatment of the etiology of the disease occurs directly. Hu Yang<sup>[27]</sup> used Citrus aurantium and Magnolia combined with traditional Chinese medicine sitz bath to treat patients with constipation after anal and intestinal surgery, and the results of the study showed that Citrus aurantium and Magnolia combined with traditional Chinese medicine sitz bath has good effect on

the relief of postoperative pain and improvement of defecation function in anal and intestinal diseases. Traditional Chinese medicine fumigation bath is also effective in treating postoperative pain, thus reducing the psychological burden of patients and facilitating defecation.

#### **4.2.3. Acupuncture treatment**

The motherland medicine on acupuncture treatment of constipation recorded a lot, such as: "Acupuncture and moxibustion A Yi Jing" records: "stool difficult, the month of real distension, Chengshan main." The "Horse Dan Yang song" contained: Chengshan Lord "hemorrhoids difficult stool" and so on. Acupuncture therapy is based on the identification of specific acupoints and techniques, so as to dredge the meridians and collaterals, support the positive and eliminate evil, thus promoting the therapeutic purpose. In addition, acupuncture treatment can effectively relieve patients' pain, relieve postoperative anal qi stagnation and blood stasis, tendon damage and meridian obstruction, eliminate the fear of defecation, and to a large extent, relieve constipation due to emotional disorders. Yang Zhen<sup>[28]</sup> randomly divided 130 patients with postoperative constipation of mixed hemorrhoids into two groups, the control group was given Ma Ren soft capsule treatment, the experimental group carried out acupuncture He Gu, Zusanli, on the huge virtual, Zhi Gou, Large Intestine Acupuncture Points, Daxiang, Tianshu and other acupoints, the efficacy of the criteria refer to the "Chinese medicine disease diagnosis efficacy standards," the time of the first defecation of the two groups and the degree of difficulty of defecation scores compared, the results show that acupuncture treatment group treatment effect is more superior. Xin Tao<sup>[29]</sup> selected 84 cases of mixed hemorrhoid postoperative constipation patients in accordance with the hospitalization number 1:1 for the observation group control group, observation group to give Ma Ren soft capsule, 2 capsules / times, 3 times / d treatment; control group to give the needle times the foot Sanli, the center of the sky, the large intestine acupoints, the branch ditch, on the huge virtual, big cross and the Hegu, once / d, the rest of the habit of behavioral guidance is the same. The conclusion showed that the total effective rate of 93.86% in the observation group was higher than 73.81% in the control group, and the time of the first bowel movement was earlier than the degree of difficulty in defecation. Zhai Bozhi<sup>[30]</sup> randomly divided 150 patients into 3 groups, of which 50 cases received conventional treatment, 50 cases in group A received acupuncture treatment for 1 week, and 50 cases in group B received acupuncture treatment for 2 weeks, and the acupuncture points selected were Quchi and Shangjiuxu, and the conclusion of the study showed that the treatment efficiency of group B was higher than that of group A and higher than that of the conventional treatment group ( $P < 0.05$ ).

#### **4.2.4. Chinese medicine retention enema**

Chinese medicine retention enema refers to the therapeutic method of instilling Chinese medicine soup or mixing it with powder into the rectum and retaining it for a period of time, which is widely used in internal and external gynecology and pediatrics. The drug can be administered through the rectum to avoid the influence of gastrointestinal digestive enzymes, and will not increase the burden on the liver, and the drug is directly absorbed into the body circulation through the selective absorption of the intestinal wall tissues, and the high bio-availability is conducive to the therapeutic effect of the drug<sup>[31]</sup>. In the treatment of constipation, the direct action of drugs on the intestines can promote intestinal peristalsis, and can also soften the stool to help defecation. Studies have shown that herbal enema can improve intestinal flora and help defecation<sup>[32]</sup>. For example, Cheng Zhenbo<sup>[33]</sup> clinical research experiments in the observation group using traditional Chinese medicine retained enema, the control group using Ma Ren Zi Spleen Pill oral, the results show that the observation group constipation scores decreased significantly, and the total clinical effectiveness rate of 97.14%. In a study by Zhang Junjun<sup>[34]</sup>, two groups of postoperative patients with mixed hemorrhoids were treated with compound keratanate cream application combined with retention enema of self-prepared herbal formula and conventional treatment, respectively, and the scores of anal swelling and pain, dyspareunia, and bleeding during defecation were reduced compared with those of the pre-treatment period after 2 weeks of treatment. Wang Mang<sup>[35]</sup> gave two groups of postoperative mixed hemorrhoid patients were used to rehabilitate the new liquid and Baotouweng soup enema, the study found that the Baotouweng soup enema compared to the rehabilitation of the new liquid enema can be effective in alleviating the degree of postoperative defecation difficulties, and 4d after the trauma of blood seepage, blood in the stool, defecation difficulties, the pain of the symptoms are significantly relieved, and the two groups did not have any adverse reactions.

#### **4.2.5. Acupuncture Point Embedment**

Acupuncture point buried thread combines acupoint acupuncture and modern medical technology, is the absorbable thread buried in the corresponding acupoints, absorbable thread is decomposed and absorbed at the same time, the corresponding local meridians and acupoints to produce "deep and stay for a long time" stimulation, and thus achieve the effect of bidirectional regulation<sup>[36]</sup>. Song Xiao<sup>[37]</sup> used oral polyethylene glycol 4000 dispersions and abdominal acupuncture therapy combined with acupuncture point submerged line treatment comparison, while treating mixed hemorrhoids postoperative constipation patients 40 cases, after the end of the course of treatment application of

abdominal acupuncture therapy combined with acupuncture point submerged line treatment of the patients postoperative defecation difficulty degree, fecal character, defecation time and other symptoms points are low, anal function is significantly better than oral polyethylene glycol ( $P < 0.05$ ). Yuan Donghui<sup>[38]</sup> divided 80 patients into two groups after external stripping and internal ligation of mixed hemorrhoids, the treatment group was buried in Changqiang acupoints, Tianshu acupoints and bilateral Chengshan acupoints, and the control group was treated with simple surgery. It was found that the patients in the treatment group had their first bowel movement earlier than the control group ( $P < 0.05$ ), and the pain of defecation was lighter ( $P < 0.05$ ), which proved that the efficacy of the buried threads at acupoints on the postoperative constipation and pain of defecation was determined.

#### 4.2.6. Tuina massage

Tuina based on the basic theories of traditional Chinese medicine, refers to the practitioner in accordance with different massage techniques or with the help of massage medium applied to a specific part of the body to treat diseases of a method of treatment, belonging to the external treatment of traditional Chinese medicine, part of the ancient Chinese medicine, the ancient name of the "massage", "stilt press", "Qiaomo" and so on. Massage of lumbosacral acupuncture points, can cause increased secretion of glands, rectal pressure increases, so that the low bowel reflex gradually normalized, massage has obvious auxiliary treatment of constipation, and the efficacy of the exact<sup>[39]</sup>. Wang Ling<sup>[40]</sup> based on the theory of meridian flow injection, Chinese medicine treatment of the disease as the guiding ideology, the treatment group to dawning water, massage, defecation treatment program, the control group in addition to the dawning water at the same time to carry out health education, and found that massage can effectively alleviate the pain of the patient's defecation difficulties. Li Fengren<sup>[41]</sup> real constipation to clear the heat and laxative, and stomach and spleen, dredge the qi, raw Jin Run intestinal deficiency constipation to strengthen the spleen and stomach, replenish qi and blood, through the stagnation for the method, take the large intestine, retreat six viscera, transport the internal eight trigrams, kneading the foot Sanli, push the next seven bones, kneading the epigastric region, abdominal, push the three passes, push the Na Na means of interference in the constipation of the postoperative period of 65 cases, which was cured in 57 cases, the effectiveness of six cases, the overall effectiveness of the rate can be up to 96.9%. Cha Qinfang<sup>[42]</sup> study in the treatment group acupressure selected foot Sanli (double), the middle epigastric, large cross (double), Tianshu (double), Qihai points, the control group through the routine care diet life regulation, the study of the treatment group's efficiency was 94.44% higher than the control group's 70.59%. Essence of conventional treatment compared with conventional treatment with abdominal rubbing exercises for the treatment of postoperative constipation in patients with mixed hemorrhoids, the results show that conventional treatment with abdominal rubbing exercises has a high treatment efficiency and fewer complications<sup>[43]</sup>. Qiu Juanjuan<sup>[44]</sup> massaged the lower abdomen clockwise with the umbilicus as the midpoint, while the control group carried out routine care, and it was found that the incidence of constipation in the treatment group was significantly lower than that in the control group. Therefore, abdominal massage has the advantages of simplicity, easy operation, and obvious therapeutic effect, and it has been widely used in clinical practice.

## 5. Summary

The reasons for postoperative constipation of mixed hemorrhoids are complex and varied, and it is important for the recovery of postoperative anal function and wound. In addition to the anatomical structure and physiological function of the site of the operation, medical personnel should strengthen the perioperative activity guidance, as soon as possible to restore normal bowel movement, should bear in mind the concept of minimally invasive, try to avoid improper surgical operation or postoperative fear of expanding the anus led to the exit of the obstruction of constipation. However, most of the patients with mixed hemorrhoidal constipation only for a short period of time after surgery, clinical constipation after mixed hemorrhoidal surgery lack of uniform diagnostic criteria and efficacy evaluation criteria, and Western medicine on mixed hemorrhoidal constipation after surgery lack of targeted treatment means, treatment is very different from functional constipation.

Under the guidance of the basic theory of Chinese medicine, the external treatment of traditional Chinese medicine, such as Chinese medicine patch, acupuncture treatment, Chinese medicine enema, acupoint patch and oral administration of traditional Chinese medicine soup, is rich in Chinese medicine characteristics, with a unique program, stable therapeutic effect and easy to be accepted by the patients. Whether applied alone or in combination, TCM treatments have significant efficacy and safety, and are suitable for clinical promotion and application, thus giving full play to the advantages of traditional Chinese medicine. However, there is a lack of large-sample, multi-center studies, and although TCM is effective in treating postoperative constipation of mixed hemorrhoids, there is a lack of dialectical typing, and the use of traditional Chinese medicine is more personal. Therefore, Chinese medicine treatment still needs to be followed up with further research and demonstration, to be further researched and explored.

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