

# Application of traditional Chinese medicine characteristic technique in prevention of anorectal operation without pain

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**Abstract:** Anorectal diseases, as common diseases, often lead to patients' delayed medical treatment due to hidden location. With the development of the disease, most patients need surgical operations. However, due to the special anatomical structure of the anus and the distribution of a large number of sensitive nerves around the anus, patients often suffer from severe pain due to postoperative defecation treatment and other stimulation, and the long course of the disease is not conducive to wound healing, so the pain intervention is particularly important. The application of traditional Chinese medicine characteristic technology based on the idea of prevention before disease in advance analgesia in anorectal surgery can not only better reduce pain and speed up the recovery of patients, but also have more diversified ways, more targeted, and higher patient compliance, so as to achieve the purpose of prevention before pain. This paper reviews the application of traditional Chinese medicine characteristic technology based on the idea of preventing diseases before they are diagnosed in advance analgesia in anorectal surgery, and summarizes and analyzes its mechanism, application, advantages, etc., in order to provide some reference for clinical practice when patients have pain intervention in anorectal surgery.

**Keywords:** Preventive Treatment of Disease, Preemptive analgesia, Pain, Anorectal disease, Chinese Traditional Medicine

## 1. Introduction

The incidence of anorectal diseases in China is increasing year by year<sup>[1]</sup>, Patients often delay treatment due to the particularity of the disease site. With the progression of the disease, the main treatment is still surgical intervention, but about 48% of patients will have moderate to severe pain, and how to better manage surgical pain is still a major problem<sup>[2]</sup>. It has been summarized<sup>[3]</sup> that western analgesics have various side effects<sup>[4]</sup>, and the abuse of opioids is more common, resulting in drug dependence and even life-threatening reactions<sup>[5,6]</sup>. With the proposed concept of "advanced analgesia"<sup>[7]</sup> early pain management can not only significantly reduce or eliminate pain, but also reduce the consumption of analgesic drugs and adverse reactions<sup>[8]</sup>, and alleviate the body's pain stress response. It has been reviewed<sup>[9]</sup> that the concept of advanced analgesia is not only valued in Western medicine, but also developed in traditional Chinese medicine. From the perspective of "treating and preventing disease" of traditional Chinese medicine, the widespread application of the concept of advanced analgesia in clinical practice also fully reflects the idea of "preventing disease before disease" in the theory of "treating and preventing disease" of traditional Chinese medicine. Moreover, studies<sup>[10, 11]</sup> have shown that, compared with other Western medicine treatments, advanced intervention of anorectal surgery with characteristic techniques of traditional Chinese medicine can prevent pain before pain, and its analgesic effect is more advantageous. And safe and reliable. This article reviews the progress of the application of the traditional Chinese medicine characteristic technique of preemptive pain prevention in anorectal surgery.

## 2. Overview

Postoperative pain in anorectal diseases is common in various anorectal diseases, including anal fistula resection, hemorrhoidectomy and anal fissure, etc. However, severe postoperative pain is still the main problem, and further effective measures should be taken for pain intervention<sup>[12]</sup>. Chinese

medicine believes that qi and blood is not smooth, Qi stagnation and blood stasis, and pain is not common. In the "Huangdi Neijing" mentioned: "the work to treat no disease, not to treat the disease, this is also called". The thought of "prevention before disease" in the theory of "treating without disease" emphasizes that it is necessary to actively prevent disease when it is not sick, that is, to treat it before it is sick. However, pre-emptive analgesia, as a kind of analgesic intervention before the patient's pain occurs, has the effect of preventing and inhibiting peripheral and central sensitization or abnormal pain. Its meaning is that before the pain occurs, blocking the input signal and raising the pain threshold can inhibit central sensitization and activate channels and collateral. Balance Yin and Yang and transform passive analgesia into active analgesia<sup>[13]</sup>, In order to achieve the purpose of prevention before pain, and better management of surgical pain for patients.

### **3. Advanced analgesic technique of acupuncture based on the idea of preventing disease before it occurs**

#### ***3.1 Mechanism of acupuncture preemptive analgesia***

Already reviewed<sup>[14]</sup> This paper elucidates the mechanism of acupuncture advance analgesia from peripheral and central levels, that is, it exerts advance analgesia effect by inhibiting pain signal and mobilizing the body's endogenous analgesia system, and plays the role of prevention before pain. Zhao Yu et al<sup>[15]</sup> It is proved that electroacupuncture pre-stimulation can reduce neuroinflammation and amplify pain by inhibiting the activation of spinal dorsal horn neurons and astrocytes, and thus significantly reduce the expression levels of c-fos and GFP, IFN- $\gamma$  and substance P in the spinal cord, so as to play a pre-analgesic effect. study<sup>[16]</sup> It was found that acupuncture can effectively promote the release of analgesic substances, stress and immune inflammatory response indicators in vivo, and achieve preemptive analgesic effect. More researched<sup>[17,18]</sup> indicated, Acupuncture has more stable hemodynamics and less physiological interference on the maintenance of mean arterial pressure, heart rate, plasma  $\beta$ -endorphin, 5-hydroxytryptamine and prostaglandin.

#### ***3.2 Application of acupuncture technology for pre-disease prevention in advance analgesia in anorectal surgery***

Patients with anorectal diseases often have a variety of adverse symptoms due to pain. In the pain intervention of anorectal surgery, acupuncture advance analgesia technology can be used to select points according to syndrome differentiation of meridians, acupuncture points such as Changqiang, Chengshan, Baliao and Erbai with electric acupuncture or intradermal acupuncture to stimulate local qi and blood, and then supplement and purify acupoints to achieve the effect of preventing pain first, which can effectively alleviate symptoms and reduce complications. A systematic review<sup>[19]</sup> has proved that this therapy provides a new method for the management of anorectal surgery pain, and the mode of postoperative multi-mode analgesia is more effective. Studies<sup>[20, 21]</sup> have found that acupuncture technology based on the idea of preventing disease before it has a definite effect on pre-emptive analgesia before mixed hemorrhoids, which can not only reduce the amount of painkillers, but also alleviate complications such as anal distention after mixed hemorrhoids. Li Lu et al<sup>[22]</sup> performed pain intervention before mixed hemorrhoids by acupuncture at Chengshan, Chengshan and Erbai points. The results proved that acupuncture at Chengshan, Changqiang and Erbai points before surgery had pre-emptive analgesic effect, which could achieve the purpose of preventing pain before it occurred, improve sleep and reduce postoperative complications.

### **4. Moxibustion advanced analgesia technology based on the idea of preventing disease before it**

#### ***4.1 Mechanism of moxibustion pre-analgesia***

"Lingshu · Functional" and "Introduction to Medicine" have long used moxibustion instead of acupuncture medicine, its analgesic and anti-inflammatory immune effects can relax muscles, relieve pain, its advanced analgesic mechanism is related to nerve conduction, local warming effect and regulation of physiological anabolism in the body. Moxibustion can play a protective effect by pretreating stimulus receptors, regulating conduction pathways and peripheral central reactions, and play a pre-analgesic effect<sup>[23]</sup>, to achieve the purpose of preventing pain before it occurs. Studies<sup>[24]</sup> have shown that moxibustion can reduce pain by transferring heat and radiation generated during the burning process to specific acupuncture points or areas of the lesion, reducing immunosuppression and improving the

vascular microenvironment. Li Xinhua et al<sup>[25]</sup> selected points such as Shenque and Guanyuan to perform moxibustion for advanced analgesia, and found that moxibustion for pre-pain prevention can effectively inhibit spastic contraction of uterine smooth muscle in rats with dysmenorrhea by regulating the levels of prostaglandin E<sub>2</sub>, prostaglandin F<sub>2α</sub> and arginine vasopressin in uterine tissue, and then improve the state of uterine ischemia and hypoxia, thus playing a role in advanced analgesia. But the underlying mechanism is still unknown.

#### ***4.2 Application of moxibustion technology for pre-disease prevention in advance analgesia of anorectal surgery***

Traditional Chinese moxibustion technology is rarely used in advanced analgesia in anorectal surgery, mainly for patients with mixed hemorrhoids, because the severe wound pain after mixed hemorrhoids surgery not only brings troubles to patients, but also affects other body functions of patients. From the perspective of "preventing disease before disease" of traditional Chinese medicine, moxibustion, as a characteristic therapy of traditional Chinese medicine, has the effect of warming meridians and regulating qi and blood. Moxibustion advanced analgesia technology can not only relieve pain better, but also promote the proliferation of fibroblasts, accelerate wound healing, and have the effect of preventing pain first. Based on the technical principles of traditional Chinese medicine characteristics, Qu Yuhua et al<sup>[26]</sup> carried out advance intervention on patients with hemorrhoids by using multi-mode combination methods such as moxibustion, acupoint, massage, etc. Compared with patients without prior intervention, the pain of the former was delayed and alleviated, and no adverse reactions were found.

### **5. Advanced analgesic technology of acupoint embedding based on the idea of preventing disease before it occurs**

#### ***5.1 Mechanism of pre-emptive analgesia of acupuncture point embedding***

The analgesic mechanism of burying thread at acupoints is very complex, and its long-acting needle sensation effect can dredge the meridians, then relieve spasm and pain, and achieve the effect of "deep and long lasting, in order to cure intractable diseases". Its advanced analgesic mechanism is related to the regulation of neuro-endocrine-immune system. Yang Wenwen<sup>[27]</sup>, Chen Panbi<sup>[28]</sup> et al conducted acupoint embedding on the first day before the preparation of primary dysmenorrhea modeling in rats, and selected Guanyuan, Ciliao, Sanyinjiao and other points in rats. It was found that acupoint embedding could increase PGE<sub>2</sub> content in uterus, IL-2 content in serum and NK cell activity in spleen of primary dysmenorrhea rats, and reduce PGF<sub>2α</sub> content in uterus, so as to achieve advanced analgesic effect before pain prevention, and the effect of near embedding group was significantly better than that of far embedding group. In addition, studies<sup>[29]</sup> have found that an important pre-analgesic mechanism of acupoint embedding before pain prevention technology may be to promote the synthesis and secretion of β-endorphin in pain patients by activating neuronal discharge in the central nervous system, enhance endogenous analgesia, inhibit the release of nitric oxide, and effectively block the pain feedback loop and reduce the degree of pain.

#### ***5.2 Application of acupoint embedding technology for pre-disease prevention in advance analgesia of anorectal surgery***

In the advanced analgesia of anorectal surgery, the advanced analgesia technology of acupoint embedding thread is mainly applied to anal diseases, mixed hemorrhoids, anal fistula, etc. The acupoints are usually selected Changqiang, Chengshan, etc. The needles and medicine thread can generate continuous acupoint stimulation in the acupoints, balance Yin and Yang, harmonise qi and blood and zang organs, and play a role in preventing pain before it occurs. Moreover, the multi-mode combined advanced analgesia therapy is still the focus of research. Tang Hueli et al<sup>[30]</sup> used absorbable sutures to perform acupoint embedding for patients with mixed hemorrhoids, and then performed external stripping and internal ligation. The results proved that acupoint embedding advanced analgesia was more effective in alleviating postoperative pain of mixed hemorrhoids, but how to perform anorectal surgery with multi-mode advanced analgesia was still a major challenge. Huang Orange Zi et al<sup>[31]</sup> took No. 26 millimeter-sized needle and buried about 1 cm of catgut into Changqiang and Chengshan points, proving that electroacupuncture combined with acupuncture point embedding pre-analgesia has significant pre-pain prevention effect on pain after anal fistula incision, with no obvious adverse reactions, and is safe and reliable.

## **6. Auricular point prescient analgesia technique based on the thought of preventing disease before it occurs**

### ***6.1 Mechanism of auricular point preemptive analgesia***

The preemptive analgesic mechanism of auricular point pressing technique may be related to the neuroregulatory system. Due to the abundant auricular nerve plexus, stimulation information can enter the spinal cord through afferent nerve, and inhibit the body response caused by pain stimulation through the processing and integration of nerve conduction pathway and pain regulation system, so that pain can be prevented before pain and produce pre-analgesic effect. Studies<sup>[32]</sup> have shown that stimulation of specific auricular points with King's seeds can produce sustained stimulation, improve the analgesic effect by regulating the excitation and inhibition of neurohumoral and central nervous system, greatly exert the pre-analgesic effect, reduce intraoperative and postoperative pain, and play the role of anti-inflammatory, swelling, analgesic and sedative.

### ***6.2 Application of auricular point sticking technique before disease prevention in advance analgesia in anorectal surgery***

In advance analgesia of anorectal surgery, auricular point sticking technology is mainly applied to hemorrhoidal diseases. Kneading, pressing, pinching and pressing can be used to induce acupoint stimulation such as numbness, distension and pain, which has better effect in analgesia and reducing postoperative complications, and can also reduce the amount of anesthesia and painkillers. Zhou Mei et al<sup>[33]</sup> selected Shenmen, sympathetic, subcortical, endocrine, anal, liver, kidney and other points before hemorrhoidal ligation to pre-intervene the pain of patients with auricular point pressure. The results proved that auricular point pressure technology could effectively reduce the pain of patients, improve the pre-operative analgesic effect, reduce postoperative complications, and improve the efficacy of daytime hemorrhoidal surgery.

## **7. Other advanced analgesic techniques of traditional Chinese medicine based on the idea of preventing disease before it occurs**

In the advanced analgesia of anorectal surgery, hemorrhoids are the main diseases that are prevented before pain by using other traditional Chinese medicine characteristic techniques, but the relevant mechanism and application studies are few, such as external application of traditional Chinese medicine, scraping, cupping, wax therapy, traditional Chinese medicine enema, traditional Chinese medicine fumigation and so on. In the existing studies, Huang Dan et al<sup>[34]</sup> believed that pre-acupoint massage could regulate the excitability of the nervous system, produce pre-emptive analgesic effect, play a role in preventing pain before pain, enhance patients' immunity, improve patients' mood, reduce complications, and accelerate the postoperative recovery of hemorrhoids. Li Yunyun et al<sup>[35]</sup> selected Changqiang, Erbai and Chengshan acupoints for acupoint injection in the anesthesia of mixed hemorids surgery, and found that the VAS evaluation and  $\beta$ -EP measurement results of the acupoint injection group were significantly better than those of the control group, which proved that pre-acupuncture acupoint injection could effectively reduce the pain degree of patients, and achieve the purpose of activating channels and arteries and qi and activating blood.

## **8. Nodules**

### ***8.1 Advantages***

Under the guidance of the holistic view of traditional Chinese medicine, the essence of the theory of traditional Chinese medicine is prevention before disease. Based on this, in the pain management of anorectal surgery, compared with other pain intervention methods, traditional Chinese medicine characteristic technology of prevention before disease can not only provide more targeted preemptive analgesia, reduce the amount of anesthesia or analgesic drugs, and achieve the effect of prevention before pain. It also has better effects than other interventions in enhancing patients' immunity and reducing complications, and is easy to be accepted by patients due to its advantages of simple operation and low treatment cost, thus improving patient compliance.

## 8.2 Deficiencies and prospects

First of all, the research focus of traditional Chinese medicine characteristics should be shifted from preoperative analgesia to protective analgesia to prevent the formation of pain sensitivity, so as to block the influence of peripheral nerve sensitization on central nerve sensitization. Secondly, there is a lack of high-quality evidence-based medical evidence to support the research on TCM advanced analgesia by using the idea of prevention before disease. Among them, moxibustion and acupoint application are rarely used in advanced analgesia during anorectal surgery. Other acupoint injection, external application of Chinese medicine, acupoint massage, scraping, cupping, wax therapy, Chinese medicine irrigation, massage, fumigation and other traditional Chinese medicine characteristics of the analgesic mechanism and application are also less, the follow-up can gradually make up for the deficiency. Finally, although various TCM characteristic technologies have their own characteristics, there is no unified standard on how to make the best choice in combination with TCM syndrome differentiation methods for different anorectal diseases and surgical modalities. Therefore, relevant programs should be formulated according to the advantages of various TCM characteristic technologies and combined with clinical practice, and the application of the theory of prevention before disease in the multi-mode combination of TCM characteristic technologies can also be strengthened. It provides further reference for clinical pain management.

## 9. Conclusion

In summary, the appropriate techniques of traditional Chinese medicine have significant application value in preemptive analgesia in anorectal department, but clinical research and mechanism exploration still need to be further strengthened. Through high-quality clinical research, in-depth exploration of its mechanism of action, and the establishment of standardized operating norms, it is expected that the appropriate technology of traditional Chinese medicine can be better integrated into the advanced analgesic system of anorectal department, providing patients with safer, effective and personalized pain management programs, and promoting the in-depth development of integrated Chinese and Western medicine in the field of anorectal department.

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