

Discussion on the treatment of globus hystericus based on mechanism

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Abstract: Globus hystericus is common in clinic, more common in women, 30 to 40 years old. Patients feel that there is a sense of obstruction, burning, itching, crisis and adhesion in the pharynx or head and neck midline. Patients with longer duration of disease are often accompanied by mental symptoms such as anxiety, irritability and anxiety, among which cancer fear is more common. This paper collects various ancient and modern literature with high scientific value and analyzes them from the perspective of academic development. Through in-depth analysis of the etiology and pathogenesis of globus hystericus, the basic syndromes of globus hystericus were clarified, and the treatment of globus hystericus was discussed and summarized. This article discusses globus hystericus from four aspects: etiology, pathogenesis, syndrome type and treatment, especially focusing on psychotherapy. In the long-term accumulation, the treatment of globus hystericus from psychotherapy, medication, medical care of the natural environment, the field of traditional Chinese medicine pointed out the insights and treatment strategies.

Keywords: globus hystericus; pathogenesis differentiation treatment; traditional Chinese medicine nursing

1. Introduction

Globus hystericus is a foreign body sensation in the throat, such as plum nuclear obstruction, vomiting, pharynx. The symptoms of pharyngeal obstruction are mainly obvious feelings when swallowing saliva, but there is no discomfort when swallowing food. It is generally believed that there is no organ damage, no obvious seasonal and regional. It is common in adults, especially middle-aged women. The lesion site is often on the midline of the pharynx or on one side, mostly at the level of cricoid cartilage or sternoclavicular joint, followed by the suprascapular area, less at the level of hyoid bone, and very few parts are uncertain or mobile. It is more significant when swallowing posture or swallowing saliva, but the swallowing diet is accompanied. They often try to alleviate the above symptoms according to the operation of dry cough, expectoration and swallowing. As a result, the original symptoms are more serious because of the frequent activity of the pharynx and the ingestion of a lot of gas.

As early as the sixth century BC in the Sui Dynasty Chao Yuanfang and other Zhu Bing Yuan Hou Lun ^[1], there have been similar to the description of the disease, its symptoms like plum nuclear obstruction throat, so the Chinese medicine called globus hystericus. Western medicine has different names for it, such as globus sensation, throat blockage, globus sensation syndrome, laryngeal neurosis and globus sensation syndrome.

2. Characteristics of Traditional Chinese Medicine etiology and pathogenesis of globus hystericus

There are many discussions on the etiology and pathogenesis of Meiheqi by ancient physicians, which are mainly manifested in these aspects :(1)Among them, the theory of sputum and qi is the first theory for ancient medical scientists to understand the cause of globus hystericus.For example, in the Zhu Bing Yuan Hou Lun, “The pharynx is like sliced meat in it”, it is said that “if there is sliced meat in the pharynx, this is a combination of phlegm and gas in the chest compartment, and it is gathered in the middle of the throat” ^[2].(2)It is closely related to emotional change.Taiping Shenghui Fang ^[3]recorded,excessive worry will lead to Qi rebellion in the five zang viscera, and the phlegm and Qi in the chest will intertwine and move up to the throat, and something will block the throat.Chao Yuanfang said,most women are

often irritable and have improper self-regulation, so they are often injured by emotions. The inverse of liver energy makes qi depression in the chest, or rushes up to the throat, resulting in foreign body sensation in the pharynx. In his article, Jin Huiming^[4] described the second type of evidence as the liver stagnation and qi stagnation type on the identification and treatment of pharyngeal allodynia. Gujin Yijian recorded, the pathogenesis of globus hystericus is that “When the five wills are too extreme, they all turn into fire”, and the accumulated heat accumulates, burning the fluid into phlegm and sticking in the throat^[5]. And Synopsis of Golden chamber recorded “For women with sliced meat in the pharynx, Banxia Houpu Decoction is indicated”^[6]. Although Zhang Zhongjing did not directly discuss its etiology and pathogenesis, but from its composition and function, he believed that “If there is sizzling in the throat”, it is mainly due to phlegm and dampness caused by emotional and mental disorders. In conclusion, emotional disorders are another important etiology for the development of globus hystericus. (3) The fire toxicity of the Thr-Jiao is strong, and the fire is inflammatory and invades the throat. It is written in the Maiyi Jianmo that Wang Hangao said, I have been feeling something similar to roots and leaves attached to the throat, not painful or itchy, but slightly moist. It is because of the heart failure, liver energy is depressed and spleen qi is damaged, and the fire in the Thr-Jiao is knotted and inflamed in the throat^[7]. (4) Cold dampness stagnation caused by phlegm and gas intermingled^[8]. For example, Zhengzhi Huibu recorded, the pathogenesis of globus hystericus is cold-dampness and internal depression, and phlegm is suffocated in the throat, resulting in vomiting and pharyngeal retention. The treatment is moisturizing throat, regulating qi and dispersing liver, and use Jiawei Erchen decoction^[9]. Taiping Shenghui Fang recorded, “The spleen and lungs are congested, and the cold and hot winds fight in the meridians for a long time and do not dissipate, pulling up in the throat, so that if there is something in the throat, it is also stuffy”^[3]. Shengji Zonglu^[10] also maintains the same opinion, it is said that “If there is stuffiness in the throat, it is because of congestion in the lungs and stomach, and wind-cold and wind-heat visitors are fighting against each other in the throat”. Chonglou Yuyao Continuation recorded, it seems that there is something blocking in the throat, and it happens to be attacked by external evil, and the internal and external are knotted in the throat, and because of excessive worry, liver energy rebellious, phlegm and qi intertwined, it is a major disease, the formula with Shengan Decoction or with Xiaoyao Erchen Decoction can also be^[11]. (5) In addition, the ancients have also recorded that globus hystericus does not work in the esophagus, gastrointestinal tract, throat and other organs. Houke Jiye also briefly discussed the “Sizzling Skin” in Synopsis of Golden chamber, “Sizzling skin, dry meat also. Pharyngeal paste with the disease is not due to the stomach and intestines, so it does not hinder the diet with two stools”^[12]. Feng Shi Jin Nang Mi Lu recorded, “Globus hystericus is caused by the injury of cold accumulation, blood flow is not smooth, overflowing outside the vein, moving up the throat, and coagulating with phlegm, making it difficult to move”^[13]. Finally, the ancients expressed that the disease could be extended to diaphragm quarrels over time. In ancient times, doctor of traditional Chinese medicine understood the causes of plum pneumonia, which were probably summarized as theories such as the interconnection of phlegm and gas, disharmony of the five viscera and six internal organs, congestion of the lungs and spleen, wind-cold and wind-heat combinations, and damp-heat internalization.

3. Current status of treatment of globus hystericus

3.1. Internal treatment method

In ancient times, the key to the treatment of globus hystericus was to take oral Chinese medicine on the basis of Chinese medical diagnosis and treatment. The three main ideas include the following: (1) From the perspective of phlegm and qi interlocking: most of the phlegm and qi interlocking evidence caused by liver depression and spleen deficiency, spleen dampness and phlegm are treated with “Banxia Houpu Decoction”, which is clearly proposed in Synopsis of Golden chamber^[6]. For example, the Jin Kui Fang Ge Kuo^[14] said: to transform phlegm and dampness in the body, apply Ban Xia to lower the rebellious qi, Hou Pu to regulate the stagnant qi, Fu Ling to clear the throat, especially ginger should be used to regulate the spirit, support the righteousness and dispel the evil, Perilla leaf aromatic to avoid obscenity, regulate and disperse the depressed qi. There are many discussions on phlegm-qi due to emotional disorders, which can be seen in the etiology and pathogenesis of globus hystericus above. Among them, “Seven Qi Decoction” and “Four Seven Decoction” are highly respected by many medical practitioners. For example, in the Ren Zai Zhi Zhi Fang^[15] recorded, “the seven emotions and qi depression, the knotted phlegm and saliva” is clearly proposed to be treated with “Four Seven Decoction”. The understanding of globus hystericus in Danxi Xinfu is mainly due to the fact that “depression generates phlegm, and phlegm is more and more knotted with qi” and that “qi should be regulated by expelling phlegm, such as Seven Qi Decoction”^[16]. The Za Bing Yuan Liu Xi Zhu also said that people have seven emotions, which give rise to “seven qi”, and when qi is depressed, phlegm is

generated, and when phlegm is strong, qi becomes more knotted, so the treatment should be to regulate qi and expel phlegm, and the formula is Seven Qi Decoction, with Ban Xia as the ruler and cinnamon^[17]. Gujin Yijian^[5] recorded, globus hystericus is described as “accumulation of phlegm and phlegm”, and its pathogenesis is considered to be “directing phlegm and relieving qi, clearing heat and detoxifying toxins”, and the drugs are mostly chosen from Fu Ling, Ban Xia, Xiang Fu, Qiang Huo, Shan Zhi and Huang Qin. He also has a detailed description of the prescriptions of “Plus-flavored Si Seven Decoction” and “Plus-flavored Er Chen Decoction”. (2) Treatment from the kidney: In the Synopsis of Golden chamber, it is said that “Qi rushes upward to the pharynx, and the symptoms are like sizzling meat”^[6] The diagnosis and treatment are kidney yang failure, yang deficiency is yin flourishing, kidney essence rushes upward to the pharynx, and the symptoms of pharyngeal discomfort occur. (3) Treatment is based on the evidence of “disharmony of the five viscera and six internal organs, congestion of the spleen and lung Qi”, “Qi rebellion in the five viscera and phlegm in the chest”: The prescriptions recorded in the Taiping Shenghui Fang^[3] include “Mu Xiang San”, “Xi Jiao San”, “Han Xia San”, and “Sheugan San”. According to Sheng Ji Zong Lu, if the lung loses its propagation and spleen stagnation, and if the lung occasionally encounters wind-cold and wind-heat, it will develop into globus hystericus. It is often referred to as “Jie Geng Decoction”, “Fang Sha San”, “Mu Xiang Decoction”, “Sheng Gan Decoction”, “Ban Xia Hou Pu Decoction”, “Sweet Almond Decoction”^[10].

3.2. External treatment method

There are few records of topical treatments in ancient texts, and only a few records of inhalation methods. For example, the Yi Xue Gang Mu treats “pharyngeal intermediaries like stems” under the item, citing Zhu Danxi formula: for pharyngeal tuberculosis caused by damp phlegm, it is necessary to use salty medicines among the expectorants, because salty can soften and disperse the knots, such as: Gua Lou, Qing Dai, Xing Ren, Sea Clam Powder, Orange Stems, and Lian Qiao, etc., crushed, mixed with ginger juice into pills and held in the mouth^[18]. Another example is recorded in the Wai Ke Zheng Zong^[19]: for the treatment of globus hystericus with phlegm and qi intermingled in the throat, often with a prickly sensation, alum, borax, tooth soap, stellaria, and bile alum should be selected and blended into pills with date meat. In the early stage of the disease, it may vomit acid, and for a long time, it will block the operation of qi, so it should be taken with warm rice wine. Also, take Su Zi Jiang Qi Decoction orally for treatment.

3.3. Acupuncture and massage guided therapy

Acupuncture has also been effective in treating globus hystericus. In the Beiji Qianjin Yao Fang^[20], it is stated that the Yamen (SJ2) and the Sidu can be acupunctured to treat dyspnea, dysphagia, or a feeling that something is stuck in the throat. Acupuncture in the interstitial can treat the feeling of strangulation in the pharynx. Acupuncture Shaofu (HT8) and Zhigou (TE6) to treat the pharynx with polyp-like hyperplasia. It is contained in Hong Lu Dian Xue^[21]: On weekdays, wake up and sit upright, enter the mind and forget about worries and worries, lick the tongue on the palate, close the mouth and exhale to regulate the qi, so that the body fluids are renewed, three times a day, to cultivate the spirit and allow the body's essence, blood, and fluids to mobilize. The body fluids will ensure the proper functioning of the throat. This account key elaborates on the method of channeling for throat health care. In ancient times, there is no record of manipulation guiding therapy for the treatment of globus hystericus in the literature. Although globus hystericus does not affect the diet, the discomfort is always present, the patient is distressed, which leads to a very large work pressure on the patient's psychological state, and some patients are irritable, insomnia, and go around for medical treatment, suspecting that they are suffering from an incurable disease. Thus, it is more crucial to cooperate with each other in the treatment of the disease with psychological guidance treatment method, such as psychotherapy, suggestive treatment, in order to ease the patient to eliminate the depression, can specifically guide the patient to live and exercise. For enhancing the efficacy of globus hystericus or reducing the condition is a very effective way.

4. Effectiveness and shortcomings of the adopted approach

4.1. Current treatment results

It is very creative to study globus hystericus scientifically from the perspective of depression evidence, and we feel that globus hystericus belongs to the category of depression evidence in Chinese

medicine. It is closely related to the transformation of mental substance and emotion, like hysteria, neurological disorder and female menopausal syndrome in Western medicine, and is treated from the evidence of liver depression, dampness and phlegm stagnation, liver qi stagnation and blood stasis, liver depression and spleen deficiency, heart and lung deficiency, heart and liver yin deficiency, heart and spleen deficiency, and yin deficiency and fire exuberance. In the whole process of treating globus hystericus, more and more attention is being paid to psychotherapy for patients. For example, Li Yi^[22] divided globus hystericus into depression phlegm knot type, phlegm-heat mutual knot type, heart and spleen two deficiency type, qi deficiency blood stasis type, yin deficiency fire type to carry out the basic dialectical oral soup, integration of psychological counseling treatment of 48 cases of globus hystericus, cured for more than six months without recurrence of 31 cases, turned good 15 cases, high efficiency of 95.8%. Qin Haiyan^[23] treated 80 patients with pharyngeal heterosensitivity syndrome with the addition and subtraction method of prolotherapy combined with psychological guidance, and the total effectiveness was 92.5%. Tan Jiehua^[24] observed the recent efficacy of Mei Nucleus Kai Yu Tang with addition and subtraction and psychological counseling in the treatment of globus hystericus and found that the mutual treatment of Chinese herbs with psychological status was significantly more effective than the traditional purely Chinese herbal treatment in preventing attacks of globus hystericus. Ge Hongying et al^[25] divided globus hystericus into five types according to dialectical treatment: liver depression, qi depression and phlegm obstruction, siltation and blood obstruction, heart and spleen deficiency, and yin deficiency and fire exuberance, and integrated psychological state treatment to assist patients in eliminating fear, suggesting patients to treat reasonably, and guiding patients to eliminate boredom, which received practical results with half the effort.

4.2. Deficiency

At this stage, there is a lack of further research on the causes, pathogenesis, disease diagnosis, and treatment methods of the disease, and there are many materials on related clinical treatment, but there is no uniform understanding or standardization. The main contemporary theories on the etiology and pathogenesis of globus hystericus are liver-depression, spleen-deficiency, qi-depression and phlegm-clotting. The next theory is that the liver and stomach are not in harmony, Qi deficiency and blood stasis, lung Qi deficiency, stomach Qi deficiency, heart and kidney disconnection, and Yin deficiency and internal heat, but most scholars think that the cause of the disease is liver depression, disorder of Qi ascending and descending, resulting in digestion and absorption of the intestines and stomach. This doctrine is the core insight of contemporary Chinese medicine to understand the development of globus hystericus. In recent years, some scholars have confirmed that globus hystericus is associated with gastroesophageal disorders based on many studies. For example, Feng Ling^[26] felt that “globus hystericus is closely related to chronic gastritis due to the reflex surface nerve center and safe passage of the pharynx together with the stomach and esophagus.” Chen Yongzhen observed and checked 105 cases of pharyngeal heterosensitivity with 31 cases diagnosed as reflux esophagitis, accounting for 29.5%. Liu Ruli^[27] conducted a study on 62 patients with globus hystericus, all of whom underwent basic ENT endoscopy, and the results of the study showed that each of the 62 patients had differential levels of upper gastrointestinal disorders such as esophagitis, gastritis, and abnormal appearance of esophageal fitness movements. Some scholars also feel that the association between globus hystericus and laryngeal disease has not reached an all-encompassing perception. For example, Zhao Jinyong^[28] carried out X-ray barium meal imaging checks on 45 patients whose disease was diagnosed as globus hystericus, in which 37.8% of them had throat disease. Therefore, the association between globus hystericus and comorbidities and further studies are pending.

5. Conclusion

For the treatment of this disease, in addition to oral Chinese medicine, there are also external Chinese medicine, acupuncture and physiotherapy oriented treatment methods. In the whole process of treating the disease, it is very important to clear the psychological barriers such as “suspicion” and “fear of cancer”, pay attention to psychotherapy, and at the same time, do careful and thoughtful work to build the patient's self-confidence. The efficacy of clinical treatment can be enhanced by medication and psychological treatment.

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