

Research Progress of TCM Treatment of Hysteromyoma

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Abstract: Hysteromyoma is a common disease that is difficult to cure in gynecology. In recent years, the incidence rate of hysteromyoma has gradually increased and Hysteromyoma patients are getting younger. Traditional Chinese Medicine (TCM) has the advantages of significant curative effect, appropriate price and no trauma. By exploring the modern medical research, etiology, pathogenesis and treatment of TCM, this paper hopes to contribute to the clinical treatment of this disease.

Keywords: Hysteromyoma; TCM; Research progress

1. Introduction

Hysteromyoma is also called uterine leiomyoma, which is a common benign tumor in gynecology. It often occurs in women of childbearing age. The incidence rate is the first in female genital tumors. The incidence rate is very high, which is more than 25%. There were no significant symptoms in the early stage of onset. The common clinical manifestations were prolonged menstruation, increased menstrual volume and irregular vaginal bleeding. Some patients will have a mass in the abdomen. If the hysteromyoma is too large, there will be pain symptoms, and severe cases will be accompanied by anemia, infertility and so on. For the treatment of this disease, surgery or hormone treatment is often used, but if the drug is used for too long, there will be various adverse reactions, and the condition is easy to relapse after operation. At the same time, there are various complications, and the prognosis effect is very poor. In recent years, TCM has been used to treat hysteromyoma, including TCM syndrome differentiation treatment, acupuncture and moxibustion treatment and so on. According to the practice, the effect of TCM internal and external treatment is very good. This paper mainly expounds the progress of TCM treatment of hysteromyoma, so as to provide reference basis for the treatment of the disease.

2. Modern Medical Research of Hysteromyoma

2.1 Pathogenesis

2.1.1 Effects of Estrogen and Progesterone

Hysteromyoma is known as hormone dependent tumor. Clinical reports show that excessive hormone secretion is a common cause of this disease^[1]. The commonly accepted theory in its pathogenesis is that high concentration of estrogen leads to the activation of its signal pathway, which leads to the proliferation of smooth muscle cells and increases the sensitivity of progesterone receptor in leiomyoma tissue. High concentration of progesterone promotes the proliferation of leiomyoma cells and extracellular matrix^[2]. Before menarche, the ovarian function is not completed, and there is less estrogen that can be secreted. Therefore, girls and younger women are less likely to have hysteromyoma; in postmenopausal women, the ovarian function will gradually fail, the estrogen level will also decline, and the hysteromyoma will shrink and disappear^[3].

2.1.2 Genetic Factors

Tang Xiaoxia et al.^[4] found that gene CYP1A1 is the inducing factor causing hysteromyoma, forming hysteromyoma. Wu Juan et al.^[5] found that most patients with hysteromyoma have subunit med12 gene mutation, which enhances the proliferation of myoma cells and promotes the proliferation of hysteromyoma. Studies suggest that most of the hysteromyoma will have gene mutations, especially when normal cells become dysplastic cells, the functional disorder of med12 coding region can

promote it.

2.1.3 Other Factors

Hypertension, hyperlipidemia, diabetes and other MS syndromes, abnormal cell signaling pathways, and dysregulation of biological factors may lead to hysteromyoma. ^[6]

2.2 Surgical Treatment

The main surgical treatment was hysteromyoma exfoliation and hysterectomy. The most traditional operation is open hysteromyoma removal. Its advantage is that the operation is safe and effective, the field of vision is wide, it will not be limited by the growth location and quantity of myoma, and the operation is very simple and will not affect the fertility of patients; the disadvantage is that the trauma of the operation is larger than that of laparoscopic myomectomy, which will leave scars after the operation, and the recovery time is relatively long, with poor aesthetics ^[7]. Hysterectomy is the most commonly used operation to cure hysteromyoma. Its advantage is that it can completely remove the focus and prevent the occurrence of other diseases such as endometrial cancer and cervical lesions; the deficiency is that after hysterectomy, ovarian function decline and estrogen level disorder may occur, making the patient enter menopause earlier. At present, laparoscopic surgery is the most recommended operation for the treatment of hysteromyoma^[8]. The advantages include less trauma, shorter intraoperative time, less postoperative pain and faster recovery; the deficiency is the narrow visual field and spatial sense change of the operation, and it is not applicable to a large number of myomas with special location, and there is the possibility of recurrence.

2.3 Medication

Now in the clinical treatment of hysteromyoma, the drugs often used include gonadotropin-releasing hormone agonists, androgens, levonorgestrel sustained-release system, mifepristone, vitamin D and so on. Among them, mifepristone, a progesterone receptor (PR) antagonist, was first used in clinic; The main function is to combine with the receptor, and then achieve the effect of anti-progesterone, inhibit the division of hysteromyoma cells and the blood flow of hysteromyoma artery, significantly inhibit Bcl-2, make myoma cells die, and promote the atrophy and disappearance of myoma cells due to ischemia and hypoxia^[9,10]. According to relevant studies, mifepristone is the first choice in the treatment of hysteromyoma, and its effect is very good. The deficiency is that if the drug is stopped, hysteromyoma may relapse.

3. TCM Research into Hysteromyoma

3.1 Etiology and Pathogenesis

3.1.1 Emotional Imbalance

The ancients often said that thinking hurts the spleen, anger hurts the liver, sadness hurts the lungs, happiness hurts the heart, and fear hurts the kidney. That is to say, there is a very important relationship between emotion and the five internal organs, which will be related to the onset of disease. According to "On Liver Qi", "most diseases of the five internal organs happen to liver qi." Modern medical research shows that bad emotions will induce tumors and further worsen according to the neuroendocrine dysfunction and the decline of human immunity. Most tumor patients have long-term emotional abnormalities or strong mental stimulation before the onset of the disease. On the contrary, comfortable emotions can avoid the occurrence of tumors and prolong the survival cycle of tumor patients. Middle aged women often suffer from emotional depression, which is related to the increasing pressure of life and the increasing psychological pressure, resulting in liver dysfunction, poor circulation of Qi and blood, and the occurrence of diseases over time. ^[11]

3.1.2 Imbalance of Viscera, Qi and Blood

In TCM, Hysteromyoma belongs to the category of syndrome accumulation, which belongs to the disease of evil excess and injury to the healthy atmosphere. It was first seen in "Su Wen · Bone Empty Theory", which said: "Ren pulse is a disease...Illness with bodily functions on women happen to abdominal mass and morbid leucorrhea." When it comes to women's Chong Ren disorder, there will be symptoms and pains and lumps; if there is an imbalance between Chong and Ren, there will be Qi deficiency and blood stagnation, Qi inversion and blood overflow, which will promote blood stasis and

mass. Chen Yan of Song Dynasty accurately described the causes of this disease in the prescription for three causes and one disease syndrome: “most of the diseases are results of unhealthy living habits.”

3.2 TCM Internal Treatment

TCM drugs have certain advantages in the treatment of hysteromyoma. Wang Qiao et al. [12] found through experiments that Guizhi Fuling pill can effectively reduce the estrogen level in the human body, improve the blood circulation state, inhibit the mitosis of hysteromyoma cells, improve the immune state and prevent the recurrence of hysteromyoma. Zeng Weijing [13] used the method of promoting blood circulation and removing blood stasis to treat symptoms and found that it can effectively reduce the volume of leiomyoma and the level of estrogen in patients, and no adverse reactions were found. Studies have focused on after curettage the heat and blood stasis syndrome induced by residual lesions, lochia and blood stasis, the evil of heat toxin and residual blood stasis. Rhinoceros horn Rehmannia Decoction is often used in the initial diagnosis to help eliminate the heat toxicity of blood, and chinese violet and raw rhubarb are used to improve the effect of clearing blood; biological and chemical decoction is used to help promote blood circulation and remove blood stasis to separate blood stasis tangled with heat; During the follow-up visit, after the heat potential is reduced, the combination with scorpions, ground turtles and other insects will help to improve the effect of promoting blood circulation and removing blood stasis. Cai Hui [14] used the method of nourishing and removing blood stasis to treat hysteromyoma. Compared with mifepristone, it is found that the combined use of multiple traditional Chinese medicines can improve the blood circulation of leiomyoma tissue, correct the abnormal hormone level in the body, and reduce the levels of estrogen and progesterone. It has more obvious advantages in reducing PR and ER, and can effectively inhibit the growth of leiomyoma and fibrosis of diseased tissue.

3.3 TCM External Treatment

3.3.1 Acupuncture Treatment

Studies have found that acupuncture and moxibustion can improve the human body, regulate hormones in the body, accelerate metabolism and activate NK cells, so as to prevent the growth of myoma cells. Gao Jing et al.[15] treated patients with syndrome differentiation, liver Qi discomfort, poor mood, visceral dysfunction and qi stagnation by soothing the liver and waking up the mind and harmonizing Chong Ren. Acupuncture treatment is used to help patients regulate qi and disperse knots, promote blood circulation and remove blood stasis. Gongsun, Neiguan, Guanyuan, Qihai and other acupoints are selected, supplemented by Yintang acupoint and Baihui acupoints, so as to dredge the Qi mechanism of the human body, coordinate Yin and Yang, and eliminate all their bad feelings. Liu Erlan et al. [16] studied patients with qi stagnation and blood stasis and selected uterus point, Guanyuan point and Sanyinjiao point for acupoint catgut embedding treatment for 3 consecutive days. It was found that hysteromyoma was significantly reduced and the effective rate of symptoms was 95%. Liu Hui [17] directly stimulated abdominal acupoints by he's fire needle method, and achieved the purpose of promoting blood circulation and removing blood stasis by increasing local tissue temperature, so as to slow down or even eliminate hysteromyoma.

3.3.2 External Application of TCM

In some studies, 122 patients with hysteromyoma were treated with abdominal hot compress, and the drug paste was made of ground turtle, zedoary turmeric, Sparganium, LU LUtong and mirabilite, which was compared with Guizhi Fuling Capsule; the results showed that the total curative effect of the study group was 91.80% and that of the control group was 74.62%, which was significant compared with the two groups ($P < 0.05$) [18]. Moreover, the external application of traditional Chinese medicine in the treatment of hysteromyoma can significantly help patients improve their symptoms. Compared with other treatment methods, it is more simple, convenient and applicable to a wider range.

4. Conclusions

With the incidence rate of hysteromyoma becoming younger, the cost of using western medicine is very high, which will seriously affect the quality of life of patients. Therefore, TCM can be used for treatment, which has significant curative effect, appropriate price and no trauma. Moreover, TCM has a long history of development, accumulated more experience and high recommendation value. However, there are still some problems. For example, the treatment effect of TCM is slow, and the research is

more inclined to observe the short-term effect. There is no report on the long-term effect, so the persuasion is not high. With the development of medical technology, there are more and more treatment methods of hysteromyoma. I believe there will be more perfect treatment methods.

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