

Research Progress on the Treatment of Ascites in Liver Cirrhosis with Traditional Chinese Medicine

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Abstract: Ascites of liver cirrhosis is one of the serious complications of liver cirrhosis, which belongs to the category of "bulging" disease in Chinese medicine, and is one of the four major difficult diseases in Chinese medicine, namely, "wind, consumption, dropsy and diaphragm". At present, modern medicine has a single treatment measure for this disease, and the condition is easy to repeat, with poor prognosis and low quality of life of patients. In this paper, the research progress of Chinese medicine treatment of cirrhosis ascites in recent years is summarised by systematically collating and summarising the relevant literature on Chinese medicine treatment of cirrhosis ascites in recent years, and the research progress of Chinese medicine treatment of cirrhosis ascites in recent years is reviewed in terms of the etiology and pathogenesis of cirrhosis ascites, Chinese medicine internal treatment, Chinese medicine external treatment, and ethnic minority characteristic treatment, so as to provide reference for the subsequent modern clinical treatment of cirrhosis ascites in Chinese medicine.

Keywords: Liver cirrhosis; ascites; Chinese medicine; research progress

1. Introduction

Cirrhosis is a chronic, progressive, diffuse lesion of the liver caused by different etiological factors, and is a common pathological change in the end stage of many liver diseases. Ascites in cirrhosis is a common complication in its decompensated stage, once ascites occurs, the 1-year morbidity and mortality rate is about 15%, and the 5-year morbidity and mortality rate is as high as 44%-85% [1], which is an important sign of the course of cirrhosis [2]. And it can induce complications such as electrolyte disorders, hepatic encephalopathy and hepatorenal syndrome. The mechanism of cirrhotic ascites formation is related to the following factors: increased portal venous pressure, hypoproteinaemia, insufficient effective circulating blood volume, decreased glomerular filtration rate and increased sodium and water reabsorption [1,3], etc. Cirrhotic ascites not only leads to a decrease in the quality of life of the patients, but also is closely related to other complications of cirrhosis, such as spontaneous bacterial peritonitis and hepatorenal syndrome, and has a high rate of recurrence and morbidity and mortality. Therefore, actively preventing and controlling the occurrence and development of cirrhosis ascites is of great significance to the prognosis and quality of life of patients. At present, western medicine treats cirrhosis ascites mainly by restricting water and sodium intake and using diuretics, supplementing albumin, and releasing fluid by peritoneal puncture, etc. However, the efficacy of treatment is general and prone to recurrence. Traditional Chinese medicine (TCM) advocates a holistic approach, regulating the functions of internal organs and balancing yin and yang to achieve the purpose of relieving symptoms, which has unique advantages. Therefore, the author now summarises the relevant studies on the clinical treatment of ascites in cirrhosis with Chinese medicine in recent years as follows.

2. Causes and Mechanisms of Disease

2.1. Ancient medical practitioners' understanding of the disease

Cirrhosis ascites belongs to the category of "bulging" in Chinese medicine, which is also known as "water compulsion", "compulsion and distension" and so on. It is recorded in the "Spiritual Pivot - Water Distension Chapter": "What is bulging and distension like? Qi Bo said: Abdominal distension, the body is all puffed up, big and skin distension is the same. Pale yellow colour and rising abdominal tendons are such symptoms." The Su Wen - Six Yuan Zheng Ji Da Lun recorded: "Four of the qi, muggy heat, dampness and heat are thinning each other and competing above the left, the people are sick with yellow disease and swelling." In the Zhu Bing Hou Yuan Lun, it is described as, "This is caused by the accumulation of water-poisonous qi within the body, so that the abdomen grows large, shakes with a sound, often desires to drink water, and the skin is coarse and black, as if it were swollen, and it is called water compulsion." The Lan Shi Mi Cang-Zhong Man Fu Zhang Lun states, "It is all due to the weakness of the qi of the spleen and stomach, which is unable to transport and transform the essence to control the water and grains, and which gathers but does not disperse to become distended." In Danxi Xinfu - Drumming and Bloating, it is stated, "The clear and the turbid are mixed together, the tunnel is blocked, the depression becomes heat, the heat stays as dampness, and the dampness and heat are born together, and thus bloating and fullness is formed." The Jin Gui Yi-Accumulation Unification Theory recorded: "Where worry and anger, long time can not be resolved, more into this disease." From this, we can see that the main causes of this disease are the attack of damp-heat poisonous evils, insect infections, uncontrolled alcohol and food, emotional and emotional injuries, overwork, and subsequent illnesses.

2.2. Modern medical practitioners' understanding of the disease

Xu Guoqian believes that the etiology of the disease is closely related to wine, dampness, labour and insects, malnutrition, emotions and emotions, etc. He divides the course of bulging into two phases: initial and final, and advocates the method of "removing water and sparing the soil and wood" and "promoting water to dispel the evils and not harming the righteousness", and the treatment principle of "more solid at the beginning of the disease should be taken away, and more deficiency at the long term should be replenished" ^[4]. At the beginning of the disease, more solid should be captured, the disease is long and more deficiency should be supplemented" as the principle of treatment ^[4]. Gong Tingxian considered that dampness, toxicity, turbidity, blood stasis for the cause of the disease, the four are mutually causal, each other, resulting in stagnation of qi and blood, which leads to the onset of dropsy, in the diagnosis and treatment of "pulse to identify the cause of the situation", "soil and depression to take away the", In the diagnosis and treatment, the treatments of "pulse discernment and cause", "earth and depression take away", "strengthening the spleen and inducing diuresis", "removing aster chop straw", "slow attack and protection of the root", and "dietary regulation" were proposed ^[5]. Ru Qingjing believed that the pathogenesis of ascites in the early stage of liver cirrhosis focuses on liver depression and spleen deficiency, and water-dampness internal suspension, and the pathogenesis of the late stage focuses on spleen and kidney yang deficiency, and water-dampness internal suspension, and thus put forward the therapeutic law of warming yang and consolidating the root, and focusing on triple jiao diagnosis, supported by the movement of qi, diuretic, and activation of blood ^[6]. Niu Xue'en has unique insights into bulging and distention disease, and believes that the failure of the middle qi and the imbalance of qi is an important pathogenetic mechanism for the development of the disease. The failure of the middle qi, the lack of transport of dampness and earth, the imbalance of the liver and the spleen, and the imbalance of qi lifting and lowering, the qi does not transform the water, the water does not transform the qi, and the water-dampness stops and accumulates and the disease develops ^[7]. Famous liver disease expert Qian Ying is good at applying "nourishing the kidney and softening the liver method" to treat this disease, and believes that clinical treatment of this disease cannot be purely treating water, and if the diuresis is too strong, it will injure the kidney yin, and it is necessary to take into account the deficiency of the liver and the kidney, and should nourish the kidney and soften the liver as a method, so as to make the kidney qi sufficient, the bladder qi opening and closing in a measured manner, and the reduction of ascites ^[8]. Based on years of clinical experience, Guan Youbo proposed that the treatment of tympanites should pay attention to tonifying qi and regulating zhongzhong, dredging the triple jiao to benefit water, and regulating qi and blood, believing that qi deficiency and blood stasis, and phlegm and turbid internal obstruction are the fundamentals of the disease, and advocating that activating the blood, moving qi, and transforming phlegm and diuresis should be carried out through the whole course of the treatment of the disease ^[9]. Yu Shaoyuan believes

that bulging disease is mixed with deficiency and solidity, lasting treatment should be to protect the spleen and stomach, long term disease caused by stasis and injury to the yin, when the blood to nourish the yin, put forward to strengthen the spleen and expel stasis and diuresis method, combining the benefit of qi to strengthen the spleen, blood circulation, diuresis in a body, and the water diuresis to reduce oedema ^[10].

3. Diagnosis and treatment

According to the Consensus Opinions on Integrated Chinese and Western Medicine Diagnosis and Treatment of Cirrhotic Ascites published by the Digestive Diseases Committee of the Chinese Society of Integrative Medicine in 2011, the disease can be divided into the basic syndrome and the main syndrome ^[11]. Among them, the basic syndrome is the syndrome of qi deficiency and blood stasis. Primary symptoms: the patient has a large abdominal distension and fullness, with little support and distension, fatigue, little breath and laziness, no thought of food and drink, and the head, neck, chest, and arms may have purple spots, or red moles and red wires. Secondary symptoms: the patient's abdomen is distended after eating; the face is dark, the urine is unfavourable, the tongue is dull, and the pulse is thin and weak. There are four main types of symptoms: (1) Qi stagnation and dampness obstruction: primary symptoms: the patient has abdominal distension, fullness or pain under the dower's seat, dullness with little food, distension after eating, belching and vexation, with thin white greasy tongue coating. Secondary symptoms: oedema of the lower limbs, short urine; stringy pulse. (2) Damp-Heat Conjugation Syndrome: Primary symptom: the patient has a large, firm and full abdomen, distended and anxious epigastric region, irritable heat, bitter mouth, thirst, constipated stools or loose stools, with red tongue edges, yellow and greasy moss or greyish-black tongue. Secondary symptoms: the patient's face and skin are yellow, urine is red and astringent, and the pulse is stringy. (3) Spleen and kidney yang deficiency: primary symptom: the patient's abdomen is large and distended, shaped like a frog's abdomen, wide in the morning and urgent in the evening, pale yellow face or white bladder, loose stools, fear of cold and cold limbs, with a fat tongue, purple texture and pale white moss. Secondary symptoms: patient's epigastric stuffiness and dullness, swelling, unfavourable urination, and a thin and weak pulse. (4) Liver and Kidney Yin Deficiency: Primary symptom: the patient's abdomen is distended and full, or the veins are exposed, the complexion is obscure, the lips are purple, the mouth is dry and parched, and the heart is upset and insomnia is absent; the tongue is reddish-red with little fluid, and the moss is scanty or barely peeling. Secondary symptoms: the patient has epistaxis, bleeding gums, short urine, and fine stringy pulse. The expert consensus opinion of the Chinese Society of Traditional Chinese Medicine Spleen and Stomach Disease Branch ^[12] classified cirrhosis ascites into 6 types: (1) Qi stagnation and water stopping syndrome, and its treatment is to dredge the liver and regulate the qi, move the water to disperse the fullness, and the patient was given the Chaihu Shuohehexuan San and Gastro-ling Tang plus subtractions. (2) Spleen deficiency and water stagnation syndrome, the treatment method is to warm the middle and strengthen the spleen, move qi and diuresis, and give the patient Si Jun Zi Tang combined with Real Spleen Drink with additions and subtractions. (3) Dampness-heat water-stopping syndrome, the treatment method is to clear away heat and promote dampness, attack and expel water, and the patient is given Zhongxian Duanman Pill combined with Yin Chen Artemisia Soup with additions and subtractions. (4) Blood stasis and water stagnation syndrome, the treatment method is to activate blood circulation and remove blood stasis, move qi to promote water retention, give the patient to regulate the camping drink or diaphragm under the blood stasis soup plus or minus. (5) Spleen and kidney yang deficiency with water stopping syndrome, the treatment method is to warm the spleen and kidney, resolve qi and promote water retention, and give the patient with Radix Rehmanniae Pill combined with Wuling Wan with additions and subtractions. (6) Yin deficiency of liver and kidney, the treatment method is to nourish the liver and kidney, dissolve turbidity and diuresis, and give the patient Guan Decoction combined with Poria Soup with additions and subtractions.

4. Traditional Chinese Medicine (TCM)

4.1. Internal treatment of Chinese medicine

The NeiJing points out that "poisonous drugs attack it", which refers to taking "poisonous drugs" (oral toxic drugs) as internal treatment method. Cirrhosis ascites has various causes, complex and changeable condition, as one of the four difficult diseases in internal medicine, doctors have paid much attention to it and have rich practical experience. As one of the four difficult diseases in internal

medicine, doctors of all generations have attached great importance to it and have rich experience in practice, which has given birth to many classic prescriptions, and the doctors of the later generations have constantly explored and practised on the basis of the sages and formed many self-proposed prescriptions, which are clinically proved to have remarkable efficacy, and the modern pharmacological research has also confirmed its effectiveness and mechanism of action. Modern pharmacological research has also confirmed its effectiveness and mechanism of action, in improving the quality of life of patients and clinical symptoms is significantly better than the pure Western medical treatment, adverse reactions rarely occur, and the patient's dependence is high, clinical application is widespread.

4.1.1. Classic Formulas

(1) Wu Ling San: Wu Ling San originated from Zhongjing's "Shang Han Lun", the original formula is composed of poria, poria, atractylodes, zedoary, and cinnamon sticks, which is mainly used for the treatment of solar water retention in which the bladder is unfavourable to qi and transformation, and it is widely used in the treatment of cirrhosis ascites, cardiogenic oedema, urinary retention, and cerebral hydrocephalus through the expansion of later generations of medical doctors. The addition of Wu Ling San on the basis of conventional treatment can significantly improve liver function, reduce ascites, and alleviate the symptoms of abdominal distension and fatigue in patients ^[13], and it is mostly used clinically in combination with Si Jun Zi Tang for the treatment of cirrhotic ascites.

(2) Radix Polygoni Multiflori Soup: Radix Polygoni Multiflori Soup is a warming agent, which has the effect of tonifying the deficiency and returning yang, warming the middle and dispersing cold. Clinical studies have found that Radix Polygoni Multiflori Tang can promote protein synthesis and improve the body's immunity, thus significantly down-regulating the serum-peritoneal fluid albumin gradient level, improving portal hypertension, and reducing the incidence of spontaneous bacterial peritonitis ^[14].

(3) Ling Gui Jiu Gan Tang: Su Wen-Zhi Zhen Yao Da Lun mentions, "All dampness, swelling and fullness belong to the spleen." The spleen resides in the middle jiao, belongs to the earth in all five elements, has a yin body but uses yang, likes dryness and hates dampness, and dampness and turbidity are easy to be generated when it is deficient. Ling Gui Zhu Gan Tang is from "Jin Gui Yao Lve", which has the effect of warming the Yang, tonifying the spleen and inducing dampness, and is a representative formula for treating phlegm-drinking diseases with insufficient Yang in the middle Jiao. Clinical studies have found that the addition of Ling Gui Zhu Gan Tang to conventional Western medical treatment can promote the recovery of liver function, protect liver cells, relieve the symptoms of cirrhotic patients with ascites, accelerate the regression of ascites, and it is economical and safe, with a high degree of clinical popularity ^[15].

(4) Poria Tang: Poria Tang is a water-inducing and dampness-expelling formula, which belongs to the same category as Wu Ling San, with the effects of water-inducing, yin-supporting, and heat-clearing, and it is mainly used for treating water-heat and yin injuries, and is often used in conjunction with Zhi Gan Cao Tang in the clinic. It was found that pig ling soup has the effect of improving liver function, coagulation function and liver fibrosis, and can significantly relieve pain in the liver area ^[16].

(5) Shipi decoction: Shipi decoction is from the Jisheng Fang of the Song Dynasty and is used for treating yin-water that is caused by insufficient spleen yang and water-dampness, with the effects of warming yang, strengthening the spleen and promoting qi circulation to relieve water retention. Clinical studies have found that it is effective in relieving clinical symptoms, improving liver and kidney functions, and improving patients' life expectancy. Clinical studies have found that the effects of ZhenShenDrink are significant in relieving clinical symptoms, improving liver and kidney functions, improving patients' quality of life, and improving the anxiety and depression of patients with cirrhosis with ascites ^[17].

4.1.2. Specialised prescriptions and medicines

Deng Xin et al ^[18] treated 45 patients with cirrhotic ascites using flavoured stomach ling soup (Poria, poria, zejiao, dahuipi, cangzhu, dandelion, atractylodes macrocephala, atractylodes macrocephala, houpaku, muxiang, chenpi, astragali, and lianlian), and the results showed that the patients' Chinese medicine evidence points were significantly reduced compared with the pre-treatment period, and that the treatment group was lower than the control group. Pan Guangyong ^[19] treated 47 patients with cirrhotic ascites of hepatitis B. Based on the conventional western medical treatment, he administered qinggancao tang and poria tang (Chen Pi, Agaricus blazei, licorice, cinnamon stick, almonds, kozo,

amphioxus, Poria cocos, flaxseed, maitou, poria, zeiguan, tai zi shen, sheng di huang, qinggancao) orally, and the results showed that the efficacy of qinggancao tang and poria tang was significant in improving the patients' clinical symptoms, liver function, and decreasing the incidence of ascites. The results showed that the combination of Roasted Licorice Soup and Pig Ling Soup was effective in improving clinical symptoms, liver function and reducing the occurrence of ascites. Jiang Xiaoqian^[20] treated 48 patients with cirrhosis ascites with Soft Liver Syndrome Soup (Salvia miltiorrhiza, Astragalus membranaceus, Chinese yam, Rhizoma Atractylodis Macrocephalae, Angelica Sinensis, Paeonia lactiflora, Poria cocos, Herba Leonurus, Alba zeylanica, Radix et Rhizoma Platycodonopsis, Panax quinquefolius, Panax notoginseng, and Folium henselae), and the results showed that the total clinical effectiveness rate of the traditional Chinese medicine group was 93.8%, which was significantly higher than that of the control group, which was 81.3%. Chen Min et al^[22] treated 39 patients with cirrhotic ascites of hepatitis B by adding and subtracting Wu Ling San, and the results of the study showed that the recovery of the patients' liver function indexes AST and ALT was remarkable. Professor Kang Liangshi^[23] has been engaged in clinical research of Chinese medicine and liver disease for many years, Professor Kang believes that tunneling and blood circulation is the main pathogenesis of cirrhosis ascites, and the Tianhunsan created by him is composed of two medicines, Tianqi Powder and Succinum Powder, which is mainly used to facilitate the blood circulation, and take into account the movement of qi and diuresis, and the formula can significantly reduce the recurrence rate of cirrhosis ascites in clinical application and improve the quality of patient's survival. Professor Tang Jijun^[24] created the formula of deficiency and distension based on years of clinical experience, which can rapidly relieve symptoms, improve therapeutic efficacy and prevent recurrence of the disease in combination with western medical treatment, especially in the treatment of splenic deficiency and water-stopping type of cirrhotic ascites with precise clinical efficacy, which is worth promoting in the clinic. The elimination of dropsy soup, warm yang water-relieving soup are to warm and tonify the spleen and kidney, move qi and diuresis as the main treatment for spleen and kidney yang deficiency type cirrhosis ascites, the study shows that the above prescriptions have the effect of protecting liver function, reducing ascites and so on, which can reduce the recurrence of the disease, and the clinical effect is satisfactory^[25]. Wu Kong^[26] used spleen strengthening and dispersing essence soup to treat ascites of cirrhosis, reusing spleen strengthening and qi benefiting drugs, taking into account the effect of diuresis at the same time of strengthening the spleen, effectively reducing ascites and increasing the urine volume, improving clinical symptoms, promoting the recovery of patients' liver function and improving the prognosis, which is worth recommending clinically.

4.2. External Chinese Medicine Treatment

4.2.1. Chinese medicine enema

Enema is to instil the medicinal solution into the rectum, through the intestinal mucosa to absorb the drug to achieve the purpose of treatment of disease. Intestinal mucosa is a large area of semi-permeable membrane, with efficient selective absorption and secretion function, and rich submucosal blood transport, conducive to the rapid transit of drugs, not only to reduce the absorption of enteric endotoxin and drug stimulation of the gastrointestinal tract, but also to reduce the metabolism of the liver to the drug; through the combination of the other external treatment method, the therapeutic effect can be strengthened. The results are significantly better than those of pure Western medical treatment. Xu Wenjun et al^[27] used liver cleansing and intestinal formula enema to treat patients with cirrhotic ascites of the damp-heat-containing type, and found that it could significantly improve liver function indexes of patients with cirrhotic ascites and improve the prognosis of patients. Pei Yantao et al^[28] used Chinese medicine (red peony, gardenia, tiger lily, big belly skin, thick park, Xi Cao, etc.) to treat patients with cirrhosis refractory ascites with high retention enema, and found that this treatment can avoid the damage of oral medicines to the spleen and stomach, and expel the high concentration of toxins out of the body, at the same time, the traditional Chinese medicines diffuse into the bloodstream, to achieve the therapeutic effect, and to alleviate the patient's clinical symptoms. Luo Jianjun^[29] added Chinese herbal enema (sepsis, Inulae, Astragalus, rhubarb, Poria, Atractylodes, etc.) to the treatment of 53 cases of intractable ascites in cirrhosis on the basis of western medicine, and found that the treatment group was anti-inflammatory in terms of symptomatic relief and liver function improvement, and that the improvement of intestinal flora disorders and the prevention of infections were more significant. Li Yanjie et al^[30] added Chinese medicine (vinegared rhubarb, umeboshi) retention enema on the basis of traditional Chinese medicine umbilical cord compresses for the treatment of 53 cases of cirrhotic ascites, and after 21 days of treatment, the total effective rate of the treatment group was 86.79%, and the decrease in the levels of renin, angiotensin II, aldosterone, and atrial natriuretic peptide was significantly better than that of the control group.

4.2.2. Chinese medicine applied to the navel

Chinese medicine applied to the navel that is one of the unique therapies for external treatment of Chinese medicine, which is based on the ideological and theoretical guidance of the theory of internal organs and meridians in Chinese medicine, and according to the diagnosis and treatment of different diseases, the corresponding traditional Chinese medicines are selected and made into pills, bulk, creams, dans, pastes and other dosage forms, and then applied on the umbilicus to achieve the effect of preventing and treating the diseases. Yang Guangdong et al ^[31] used Yiqi, blood activating and water-inducing formula for umbilical cord compressing combined with conventional western medicines to treat 60 cases of cirrhosis ascites, and the results showed that the addition of traditional Chinese medicine umbilical cord compressing treatment could significantly improve the patients' Chinese medicine evidence points as well as the quality of survival. Yang Mingbo et al ^[32] added the water-reducing patch (Daqi, Gansui, raw ephedra, Drabanemerosa hebecarpa, Petunia seeds, betel nut, rhubarb) to treat 44 cases of cirrhosis ascites patients with umbilical cord compresses on the basis of western medicine, and the results showed that the observation group was able to significantly reduce the patients' Chinese medicine symptom scores, increase the 24-hour urine output, and reduce the abdominal circumference after 2 weeks of treatment. Li Qiuwei ^[33] treated 18 cases of ascites in cirrhosis by applying umbilical cord in combination with drugs such as Junxia Zhushui medicine on the basis of internal medicine treatment. The results of the study showed that the patients were treated with this method with remarkable results. The reason may be due to the thin skin of the umbilical cord, abundant branches of peripheral subcutaneous blood vessels, and high portal vein pressure in liver cirrhosis. The abdominal wall vein and the inferior hepatic vena cava form a collateral circulation channel. In traditional Chinese medicine, umbilical cord compression can enter the body through the collateral circulation, thereby reaching the affected area and achieving therapeutic effects. Therefore, Chinese medicine umbilical cord compresses are safe, simple and convenient, which can not only avoid the stimulation of the gastrointestinal tract caused by the drugs, protect the gastric mucosa and prevent the occurrence of gastrointestinal symptoms, but also are simple to operate and easy to implement. Under the professional guidance of the medical staff, the family members can master these external treatment methods and use them as auxiliary treatment after the patient is discharged. This will not only reduce the patient's symptoms, but also greatly shorten the patient's hospitalisation time and improve the patient's quality of life.

4.2.3. Acupuncture

Acupuncture is through the stimulation of specific parts, the use of meridians, the conduction of acupuncture points, the use of certain manipulation techniques to achieve the adjustment of Ying and Wei qi and blood, balance the internal organs of yin and yang, the treatment of systemic diseases, not only has a unique therapeutic effect, but also has very few adverse effects, easy to implement, and therefore widely accepted by patients. Bai Jiameng et al ^[34] in the conventional Western medicine therapy with the yellow-reducing compound enema on the basis of the application of penetrating acupuncture points, the middle epigastric cavity through the water, water through the Qihai, Qihai through the Guanyuan, Guanyuan through the middle pole, the treatment of intractable cirrhosis of the liver with ascites patients, the treatment of 30 days, the patient's symptoms and liver function indexes improved significantly. Ye Yingying et al ^[35] treated patients with intractable ascites of liver cirrhosis by needling Shui Shui, Qihai, Zhongji, Guanyuan, and Foot Sanli, and similarly achieved significant efficacy.

4.2.4. Moxibustion

Moxibustion is a flexible method, using moxa or other drugs placed on the body surface of the acupoints, through burning, warm ironing, borrowing moxibustion fire mild heat and the role of drugs, through the meridian conduction, warming qi and blood, supporting the positive and eliminating the evil, so as to treat the disease, and to play a preventive health care role. This method is not only simple, convenient and inexpensive, but also easy to be accepted by the patients, and it has obvious effect on reducing the recurrence rate and the occurrence of complications, which is worthy of clinical promotion. Song Xiaodan ^[36] used thunder fire moxibustion to treat patients with cirrhotic ascites in hepatitis B. A total of 2 weeks of treatment significantly improved liver function and portal hypertension, and the total effective rate of treatment was more than 85%. Fei Jinglan et al ^[37] applied the powder of Tongyin and Sanyang moxibustion to the vicinity of Shenque acupoint, and used Tongyin and Sanyang moxibustion therapy, which had significant therapeutic effects.

4.3. Minority speciality therapies

China has vast territory, more ethnic groups, and different ethnic groups in the development process gradually formed a medical system with its own characteristics, in the diagnosis and treatment of disease plays a role that can not be ignored. Deji et al^[38] added Dangma Quzhen on the basis of conventional Western medicine for the treatment of cirrhotic ascites, and the patients' symptoms were significantly improved after 4 weeks of treatment, and there were no obvious toxic side effects. Salna et al^[39] used Mongolian medicine empirical formula Erligen-II for the treatment of cirrhosis ascites, the patient's symptoms were significantly improved, and the portal hypertension significantly decreased, liver function significantly recovered. Bei Guangming et al^[40] applied Yao medicine umbilical cord therapy combined with medicinal bath to treat cirrhosis ascites on the basis of conventional western medicine comprehensive treatment, the total effective rate of treatment reached 90%, and it had a significant effect on the improvement of the patients' clinical symptoms, liver and kidney function, liver fibrosis index, portal haemodynamics, and recurrence rate, and the therapeutic effect was significantly better than that of pure western medicine treatment.

5. Summary

Ascites of liver cirrhosis is difficult to treat clinically, the condition is easy to repeat and the prognosis is poor. Chinese medicine treatment emphasises the holistic concept and evidence-based treatment, which has the effects of dredging the liver and regulating qi, strengthening the spleen and tonifying the kidneys, activating blood circulation and removing stagnation, resisting hepatic fibrosis, and restoring liver function, and can effectively reduce the mortality rate of cirrhosis and improve the quality of patient's survival. With the continuous progress of research on this disease, Chinese medicine treatment of cirrhosis ascites needs to be further standardised and the clinical diagnostic and treatment protocols optimised in order to achieve better therapeutic effects.

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