The Application of Eight Methods in External Treatment of TCM

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Abstract. External treatment of Chinese medicine is an important part of Chinese medicine, external treatment of Chinese medicine can be directly to the lesion, the local drug concentration is significantly higher than the blood concentration, and compared with the internal treatment, it has the characteristics of quick effect, less adverse reactions and so on. The external treatment of Chinese medicine is based on the theory of traditional Chinese medicine, and is based on the holistic concept and the theory of syndrome differentiation and treatment. Traditional Chinese medicine (TCM) has eight methods: "diaphoresis, vomiting, purgation, warming, harmonizing, clearing, dispersion and reinforcing". In this paper, making the "eight methods of traditional Chinese medicine" for the general programme, expounding the application of external treatment of Chinese medicine, hoping the "eight methods" of TCM in clinical external treatment of Chinese medicine has better application.

Introduction

The external treatment of Chinese medicine has a long history as well as internal treatment, making the syndrome differentiation idea of TCM and the overall concept as a guide, using different methods to promote the drug through orifice, skin, and the zang-fu points to play its role in the prevention and control of disease. Recent studies have shown that the external treatment of Chinese medicine has definite curative effect on dysmenorrhea, nerve root type of cervical spondylosis, malignant tumor, diabetic peripheral neuropathy, rheumatoid arthritis, ulcerative colitis, skin itching and so on. It not only for young people, but also for infants and older adults. With the innovative application of external treatment of traditional Chinese medicine, the route of administration has also been renovated, such as sticking, bathing, suffocating, nasal drops, rectal administration, navel administration, mucosal administration, etc. Of course, the way of drug administration and absorption should be corresponding to syndrome differentiation therapy. "Eight methods" originated from the qing dynasty, and the ancient texts recorded: “in terms of treatment, the treatment of the disease is based on diaphoresis, vomiting, purgation, warming, harmonizing, clearing, dispersion and reinforcing the eight methods.” Referring to the literatures, it is found that the eight methods of Chinese medicine have been applied in the treatment of Chinese medicine, and good results have been obtained. However, the specific application of the eight methods of TCM in the external treatment of Chinese medicine is rarely recorded, and the literature records are mainly based on a single treatment method, and few of the eight methods are concentrated in the same document. Therefore, it is necessary to see external treatment of Chinese medicine comprehensively from the "eight methods" of TCM. So we make the "eight methods of TCM" for the general programme, expounding the application of external treatment of Chinese medicine, looking forward to the "eight methods" of TCM in clinical external treatment of Chinese medicine has better application.
The Application of Eight Methods in External Treatment of TCM

The Application of Diaphoresis in External Treatment of TCM

Diaphoresis is called the head of the eight methods in *Medicine Comprehended*, *Suwen Nuelun* put down in writing: “Evil comes out with the sweat”. Diaphoresis is through the open vent, regulation of qi and blood, dispersing lung qi, in order to promote sweating, make evil come out with sweat and be solved. Renal edema is the category of "water qi disease" in traditional Chinese medicine, Jinkuiyaolu pointed out: "Swelling above the waist, sweating is healing." Patients with renal edema, the urine volume is less than that ordinary people, while sweat can compensatory discharge more water in the body. The patients with chronic renal failure combined with low urinary edema were treated with hot water after the decoction of ephedra soup, taking medicine baths or fumigation, which achieved the therapeutic purpose of sweating and swelling. Zhang Congzheng, one of the four members of the Jin Dynasty used nine exquisite stove steaming medicine making patients sweating to cure lumbar rigidity can not flexion and extension after cold. And so on, involving more than 20 kinds of diseases in clinical departments. Modern clinical research shows that Chinese traditional medicine thermally stimulated in fumigation can play a clear role of relaxing and activating the nerves, making evil come out with sweat, to achieve the purpose of treating evaporative dry eye disease, and low side effects.

The Application of Vomiting in External Treatment of TCM

Vomiting as one of the eight methods of TCM, the ancients said, "Man's disease......Vomiting leads to, the Qi is smooth, then everything is smooth. And what is the trouble?." The method of vomiting can stabilize viscera, harmonize qi and blood, change the state of viscera, and achieve the purpose of treating diseases. It can not only dispeling the evil, but also making Qi smooth. The method of vomiting can be used for cure headache, madness, epilepsy, dyspepsia and other diseases. LunYuJi recorded the application of vomiting in the treatment of in external treatment of Chinese medicine: Make the rush into the nose, then the lying-in woman sneezing, so the Qi in the lung open that the disease in lower energizer got cured. Traditional Chinese medicine believes that depression and stagnation of Qi is one of the pathogenesis of hiccup, and hepatic hiccup are difficult to be cured by conventional therapy. Hepatogenic hiccups are caused by phlegm, blood stasis and damp heat toxin factor block the liver, deficiency of liver Qi that leads to illness. The clinical research shows that auricular point sticking therapy combined with emetic therapy has the function of harmonizing stomach for descending adverse qi and regulating qi activity. Thus, it has the advantages of quick onset, simple and safe for patients with hepatic hiccup.

The Application of Purgation in External Treatment of TCM

The theoretical source of the purgation comes from the book of *Neijing*. The method of purgation refers to using the drug that has effects of discharged, attacked, and run down for the treatment of general guide to move bowels, eliminate the stagnation, clean the heat and purgate excessive fluid. Purgation is one of the Chinese eight methods, respected by doctors in past dynasties. The clinical study found that the method of purgation can be used for acute cerebral infarction, chronic obstructive pulmonary disease, stroke, ulcerative colitis, sepsis, cephalagra and other diseases. Acute colonic pseudo obstruction (ACPO), also called Ogilvie syndrome, belongs to the category of abdominal pain in traditional Chinese Medicine. Neostigmine is a routine western medicine for the treatment of ACPO, but there are many contraindications in the course of using it, and it is not appropriate to master it. The clinical research confirmed that the Tongfu purgative Chinese herbal medicine decoction with low pressure retention enema has low toxic and side effects, and can achieve the effect of treat an internal illness by external treatment. The curative effect is similar to neostigmine, and can be used as an alternative drug when neostigmine is contraindicated. Severe acute pancreatitis (SAP) is one of the common diseases of digestive diseases, belongs to the category of YiDan in traditional Chinese Medicine. The pathogenesis of the disease is poison and
blood stasis, FU QI being obstructed, and the treatment should be based on purgating fu-organs to eliminate heat, eliminating dampness and removing stasis. Chinese medicine preparation of YiDan No. 1, No. 2 has strong effects of clearing away heat and purging the bowels, expelling toxin and diarrhea. After the patients were treated with two kinds of Chinese medicine enema, the intestinal function was significantly restored, and the incidence rate and death rate were decreased.

The Application of Warming in External Treatment of TCM

The warming method belongs to one of the eight methods of traditional Chinese medicine, SuWen-Zhizhenyaoadalun” treating cold with hot drugs”, “taxation is treated by warming”, “cold prescription for pyrosyndrome” is the theoretical basis of warming method. The warming method refers to use warm or hot drugs to encourage the Yangqi, dispelling pathogenic cold evil and eliminating interior cold syndrome, and can be used for dermatosis, acne, pulmonary fibrosis, primary liver cancer, coronary heart disease, chronic airway inflammation and rheumatism. At present, the "inflammation" of western medicine is often equated with the "hot poison" of Chinese medicine, it is considered that the "inflammation" is the heat syndrome. Therefore, the treatment of inflammation is mostly treated by clearing method. However, many chronic inflammatory diseases show cold symptoms, so they should be treated with pungent and warm traditional Chinese Medicine under the guidance of warming method, so as to achieve anti-inflammatory effect. KOA Osteoarthritis is also called osteoarthritis of the knee, it is a kind of common chronic arthritis characterized by deformation, destruction and hyperosteogeny of articular cartilage. The use of warm medicine for fumigation, paste, hot compress can improve the local blood circulation, to achieve the effects of warming and activating meridian, dispersing swelling and relieving pain. At the same time, warm stimulation can also enhance the immune function, reduce the accumulation of inflammatory products and metabolites, thereby enhancing the clinical efficacy of KOA patients.

The Application of Harmonizing in External Treatment of TCM

Typhoid Ming theory records that "Pathogenic cold in the exterior……Neither outside nor inside, semi-exterior-interior, sweating and vomiting are not appropriate, harmonizing can be treated". And the harmonizing method belongs to one of eight methods, can be used to treat the disease of evil in the SHAO YANG or viscera dissonance. Traditional Chinese medicine attributed the occurrence of disease to the imbalance of harmony of Yin and Yang, Qi and blood, body fluid, viscera, meridian. Based on this, regulating yin and yang, reconciling Zang Fu organs, regulating qi and blood all belong to the category of harmonizing method. The harmonizing method is widely used in the treatment of respiratory system, digestive system, urinary system, cardiovascular system, gynecological disease, blood tumor and other related diseases. Tumor is the local manifestation of systemic disease, its etiology is complex, monotherapy is less effective. Chinese medicine believes that the tumor pathogenesis is viscera imbalance, disorder of Qi and blood, disharmony of yin and Yang caused to qi-stagnancy and blood stasis and turbid phlegm coagulation. The Key for the treatment of tumor is viscera harmony, uses the drugs that has the effects of regulating yin and yang, chills and fever and liver and spleen, then internal and external treatment of traditional Chinese medicine is used to balance the internal environment and play an anti-tumor role. Sticking agent of traditional Chinese Medicine has the function of regulating yin and yang balance of Zang Fu organs. Research shown that sticking agent of TCM has a better therapeutic effect on bronchial asthma, chronic obstructive pulmonary disease and so on.

The Application of Clearing in External Treatment of TCM

The clearing method originated from Neijing “treating heat with cold drug”, treating heat syndrome with drugs of cold nature”. Yixuexinwu points out that “The clear, clearing away heat”. The clearing method is one of the important components of the TCM treatment system, It has the different usages, such as dispelling wind and clearing away lung heat, clearing heat-fire, clearing
qi-blood, clearing viscera. Widely used in infectious diseases, cardiovascular diseases, tumors and other diseases prevention and treatment. Diabetic foot is one of the most serious complications of diabetes mellitus. It often results in high amputation or death of the patients due to improper treatment. For damp heat poison Sheng syndrome diabetes foot use Oil regulating cream (Phellodendron, calcined gypsum, etc.) super red swelling range external application. It has the effect of clearing away heat and toxic materials, detumescence and relieving pain, and has better curative effect[13]. Acne is a chronic inflammatory skin disease, affecting the face, chinese medicine external treatment of acne has some advantages. The treatment of patients with lung wind heat type acne should be based on clearing away lung heat, detoxicating and removing sore. The Chinese medicine film powder is applied to the face of the patient with lung wind heat type acne, and the effect is better[14].

The Application of Dispersion in External Treatment of TCM

Neijing records: "Hard masses must be disintegrated", "Enlarged nodes must be resolved". The so-called "disintegrated", "resolved" refers to the dispersion method. The dispersion method refers to using the prescription drug that has effects of abductive dispersion of food stagnation, promoting qi to activate blood, breaking blood stasis and resolving hard lump which makes the gas, blood, phlegm, food, water, insect and so on form gradually disappear and disperse gradually. Anal sinusitis is an acute and chronic inflammatory disease occurring in the anal sinus and anal valve. It belongs to the category of "viscera poison" in Chinese Medicine. The clinical application showed that the disease by using traditional Chinese medicine fumigation and hot medicated bath or enema treatment, can dispel internal evil, and reach the effect of detoxicating and dispersing silt, promoting the circulation of qi, promoting blood circulation and relieving pain[15]. Hemorrhoids, is a common and frequently occurring disease. It is pointed out in the Neijing that the disease is related to damp-heat evil. The clinical use prescription with resolving hard lump let patients bath after fumigation treatment, achieved a better therapeutic effect finally[16].

The Application of Reinforcing in External Treatment of TCM

The so-called "Treate deficiency with tonification, sthenia syndrome requiring purgation", the reinforcing method is a kind of treatment method to various weak syndromes by invigorating yin and Yang of Qi and blood of human body. The purpose of reinforcing is to rectify the imbalance between qi and blood ,Yin and Yang through the tonic of drugs. It can be used for the treatment of gynecological diseases, chronic diarrhea, acute bone injury, fetal Timidity, syringomyelia, chloasma, disease and viral myocarditis. TCM believes that "deficiency" and "evil" in the course of tumor plays a key role, so the principle of treatment of traditional Chinese medicine for external use is " tonifying deficiency " and " eliminating evil". Under the guidance of TCM theory, with tonifying Qi and blood , activating blood circulation to dissipate blood stasis type paste, powder, plaster, for malignant tumor external treatment, the curative effect is affirmative, toxic side-effect is low, deserve the clinical expansion[17]. Osteoarthritis is a common disease in middle-aged and elderly people, the essence is kidney deficiency, blood stasis as the standard. TCM believes that kidney controlling blood, kidney deficiency, so as the blood deficiency . Clinical study showed that 303 cases of knee osteoarthritis patients were treated with internal and external treatment with Chinese herbal medicine with tonifying liver and kidney, promoting blood circulation and relieving pain. The total effective rate was 93.06%[18].

Outlook

External treatment of Chinese medicine is an important part of Chinese medicine, which is paid equal attention to internal treatment. External treatment of Chinese medicine has a long history of treatment. It has the advantages of high concentration of local drugs, quick response and less adverse reactions. Ancient records " The principle of external treatment is same as internal
treatment”. In CNKI, the relevant literatures of external treatment of Chinese medicine from 2 articles in 1954 to hundreds of papers every year, are enough to explain the effectiveness of external treatment of internal diseases. The eight methods of TCM refer to “diaphoresis, vomiting, purgation, warming, harmonizing, clearing, dispersion and reinforcing”. In recent years, the application of the eight methods in the external treatment of TCM has also achieved considerable results. In summary, Combination of external treatment and eight methods of TCM not only can be used for the treatment of the sports system, nervous system, endocrine system, circulatory system, respiratory system, digestive system, urinary system, and reproductive system, also can be used for the treatment of surgery, pediatrics, otolaryngology and other diseases. Therefore, the eight methods of TCM have obvious advantages and prospects in the field of external treatment of TCM.

External treatment of TCM is the essence of Medical Science in China, the eight methods of TCM is a treasure trove of medicine formed in history and Practice. However, there are still the following problems in the application of the eight methods in the external treatment of TCM. Throughout the years of literature, it is not difficult to find that the application of the eight methods in the external treatment of TCM is not clear, and has not formed the mainstream. The literature of eight methods is mainly based on internal treatment, and there are few literatures about the external treatment. The division of the eight methods is vague, and it often coexists with many methods in the treatment of diseases. In CNKI enter the eight methods of TCM inquires the relevant literature, we can see that less than eight methods together with a document, even if there are related articles, also mainly with internal treatment. Most external treatment of TCM literature can not be directly attributed to any one of the eight methods, it is necessary to make a collation and analysis of each prescription before it can be confirmed. Most clinical workers focus on one method study, ignoring the importance of other therapies, and it is difficult to apply the eight methods and the external treatment of TCM into the treatment of diseases flexibly.

In view of the above problems, we should make the following efforts. Make the external treatment as important as internal treatment of TCM, avoid leaning to either side. On the basis of the study of the ancients, defined the application of the eight methods in the external treatment of TCM. Make the eight method flexibly applicate into TCM external treatment, to achieve the purpose of external treatment for internal diseases, adapt ancient forms for present-day use and bring forth the new through the old. Clear division of TCM eight methods of each definition, to develop new standards. For clinical workers, we should learn how to apply various methods comprehensively, and select them on the basis of syndrome differentiation. We should increase efforts to support TCM and train all-round talents of TCM. Even if the oral convenience, but to some extent, the external use of Chinese medicine is still better than oral. To sum up, the eight methods of TCM have broad development space in the external treatment of TCM.

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