

32 Cases of Recurrent Oral Ulcers were Treated with the Self-Made Tonifying qi and Yin Soup

Chunyan Guo, Jiehong Wang*

First Clinical Medical College, Shaanxi University of Traditional Chinese Medicine, Xianyang, Shaanxi 712083, China.

How to cite this paper: Chunyan Guo, Jiehong Wang. (2022) 32 Cases of Recurrent Oral Ulcers were Treated with the Self-Made Tonifying qi and Yin Soup. *International Journal of Clinical and Experimental Medicine Research*, 6(2), 183-186.

DOI: 10.26855/ijcemr.2022.04.011

Received: February 25, 2022

Accepted: March 23, 2022

Published: April 15, 2022

***Corresponding author:** Jiehong Wang, female, chief physician, professor, postgraduate tutor, research direction: Basic and clinical research of spleen and stomach diseases. First Clinical Medical College, Shaanxi University of Traditional Chinese Medicine, Xianyang, Shaanxi 712083, China.

Email: wangjiehong68@163.com

Abstract

Objective: Observing the efficacy of the self-made tonifying qi and Yin soup for recurrent oral ulcer. **Methods:** 32 patients with recurrent oral ulcer patients were treated with the self-made tonifying qi and Yin soup as the main side, and 4 weeks was 1 course of treatment, and the clinical effect was determined after 1 course of treatment. **Results:** (1) After 3 days of treatment of the self-made tonifying qi and Yin soup, 8 cases of the main clinical symptoms and signs were significantly reduced, and the main symptoms and symptoms after 5 days of treatment disappeared, that is, 8 cases of clinical recovery; After 5 days of treatment, 12 cases of main symptoms and symptoms were significantly reduced, that is, 12 cases of remarkable effect; After 5 days of treatment, 10 symptoms and signs were improved, that is, 10 effective cases; After 5 days of treatment, there were 2 cases of the main symptoms and signs disappeared without significant improvement, that is, 2 cases were ineffective. Therefore, after 1 course of treatment, 8 cases were recovered, 12 cases were remarkable effect, 10 cases were effective, 2 cases were ineffective, and the total effective rate was 93.75%. (2) The self-made tonifying qi and Yin soup can effectively reduce the number of ulcers, shorten ulcer diameter and reduce ulcer pain in patients with recurrent oral ulcer. **Conclusion:** The self-made tonifying qi and Yin soup in the treatment of recurrent oral ulcer has good clinical effect, which can significantly reduce ulcer pain, reduce the number of ulcer, shorten the diameter of ulcer, and significantly relieve the local symptoms of oral ulcer, which is worth further clinical promotion.

Keywords

Recurrent oral ulcers, Chinese medicine treatment, The self-made tonifying qi and Yin soup

Recurrent oral ulcer (Recurrent Aphthous Ulcer, RAU), also known as recurrent ulcer [1], is repeated oral mucosa ulcer for clinical features, is by a variety of pathogenic factors on the human body cause viscera dysfunction, Yin and Yang imbalance caused by chronic disease, clinical manifestations of oral mucosa round or oval ulcer, traditional Chinese medicine that oral ulcer belongs to the category of "sore" mouth "mouth erosion". The survey found that at least 10% to 25% of the population had the disease, and the prevalence of RAU was even as high as 50% [2] in specific populations. From September 2017 to September 2019, the author applied the self-made tonifying qi and Yin soup to treat 32 patients with recurrent oral ulcers, and achieved good results. The report is as follows:

1. Clinical data

1.1 Diagnostic criteria

Refer to the diagnostic criteria of recurrent oral ulcer in oral mucosa pathology [3]: Characteristic: (1) recurrence: recurrent oral ulcers (with a history of at least 2 recurrent oral ulcers); (2) periodic; (3) self-limiting. Clinical manifestations: (1) occurs in all parts of oral mucosa (mainly tongue, lip, cheek, soft palate), recurrent round or oval ulcer; (2) with clinical characteristics of “yellow, red, concave, pain”, that is, the ulcer surface is covered with yellow false membrane, surrounding halo band, central depression and obvious pain.

1.2 General Data

All of the 32 patients in this group were outpatients of our hospital. There were 15 males and 17 females; the youngest was 18 years old and the oldest is 72 years old, with an average age of 48 years old. The main manifestations are lip mucosa, tongue, tongue margin, tongue abdomen, cheek, soft palate and hard palate and other parts of mucosal ulcer, pain, the number of ulcers is 1-4, diameter 1-4mm; There were 13 cases with 4-6 morbidity per year, twelve patients were morbidity for 7-10 times, Seven cases had morbidity more than 11 times. Ten patients with 2 years of disease course. There were 12 cases in 3-4 years, 6 cases in 5 years and 4 cases in more over 6 years.

2. Therapeutic method

2.1 Traditional Chinese medicine treatment

Effect: The self-made tonifying qi and Yin soup can strengthen spleen qi, nourishing Yin clear fire. Drug composition: Radix pseudostellariae 20g, Root of straight ladybell 10g, Raw astragalus 20g, Radices cyathulae 10g, Rhizoma anemarrhenae 10g, Bletilla striata 10g, Light bamboo leaf 10g, Prepared radix glycyrrhizae 6g. 1 dose per day. Decoct and take in each morning and evening. Add and subtract with symptoms: For those with blood stasis, add 20g of Salvia miltiorrhiza and 12g of Radices paeoniae rubra to promote blood circulation and remove blood stasis; For those who are dirty and restless, add 20g Floating wheat and 3 Jujubes; For night rest poor, add 15g Wild jujube kernell and 10g Cypress kernel to nourish the heart and calm the mind; For those who Poor appetite, add 12g Ventriculi galli mucosa and 15g Fried malt to eliminate food and appetizer; For those with high blood pressure, add 12g Ramuli et spina uncaria and 10g Gastrodia elata Blume to calm the liver and latent Yang; For those who dry stool, add 10g Chinses angelicas and 10g Hemp seeds. Take 1 course for 4 weeks. The curative effect is determined after 1 course of treatment.

2.2 Care of a patient during convalescence

(1) Diet is light, eat more fruits, vegetables, fast raw and cold, fat and sweet, spicy things and hot pot, keep stool unobstructed, and as far as possible to reduce or avoid smoking; (2) enjoy ease of mind , regular work and rest , do not overwork.

3. Therapeutic outcome

3.1 Efficacy evaluation criteria

According to [4], *Guiding Principles for Clinical Research of New Chinese Medicine Drugs*. Clinical recovery: The symptoms and signs were significantly reduced within 3 days of medication, and the main symptoms and signs disappeared within 5 days of medication; Remarkable effect: The main symptoms and signs were significantly reduced within 5 days of medication; Effective: The main symptoms and signs were improved within 5 days of medication; Ineffective: The disappearance of major symptoms and symptoms was not significantly improved or aggravated within 5 days of medication.

(Recovery: oral ulcer in a year, good mental state, normal sleep, diet and defecation; obvious effect: oral ulcer less than 3 times a year, each attack within a week; effective: oral ulcer more than 3 times a year, although ulcer attacks, but the original attack cycle interruption, interval, symptoms relief; invalid: recent local and systemic symptoms improvement, but recurrence as before.)

3.2 Treatment results

In this group, 32 patients, 8 cases were recovered, 12 cases were remarkable effect, 10 cases were effective, 2 cases were ineffective, and the total effective rate was 93.75%.

4. Typical cases

Bai XX, male, 47 years old, was first diagnosed on June 5, 2018. The patient developed oral ulcer 3 years ago due to fatigue, and then repeated attacks, when the pain was serious, affecting eating and wasting. Have taken western medicine Huasu tablets, vitamin B2, metronidazole tablets can make the ulcer heal, but after the stop of the oral ulcer repeated attacks. During diagnosis, the tongue, tongue margin, tongue abdomen, cheek mucosa ulcer, pain, ulcer diameter of 2-3 mm, basal edge flushing, accompanied by poor appetite, fatigue, dry mouth, dry stool, poor night rest, red tongue, heavy and fine pulse. Dialectic differentiation for qi Yin double loss syndrome. Treatment method: Given the self-made tonifying qi and Yin soup to strengthen spleen qi, nourishing Yin clear fire. Radix pseudostellariae 20g, Root of straight ladybell 10g, Raw astragalus 20g, Prepared radix glycyrrhizae 6g, Radices cyathulae 10g, Scutellaria baicalensis 10g, Rhizoma anemarrhenae 10g, Bletilla striata 10g, Light bamboo leaf 10g, Angelica sinensis 10g, Hemp seed 10g, Ventriculi galli mucosa 12g, Wild jujube kernell 15g, Cypress kernel 10g. 7 doses, decocted in water. After taking, dry mouth, dry stool is significantly reduced, oral ulcer surface becomes shallow, the pain is reduced, and remove Hines angelica, Hemp seed, Taking another 7 doses. When Oral ulcer calm, sleep better, tongue slightly red moss white, pulse, removing Wild jujube kernell, Cypress kerne. Taking another 14 doses, the ulcer healed and the symptoms disappeared completely. There was no recurrence for 1 year.

5. Discussion

Recurrent oral ulcer is a kind of disease with repeated oral mucosa ulcer and pain, and systemic symptoms are not obvious. At present is not completely clear its cause, but most scholars believe that the disease is related to the body immune dysfunction or abnormal, conventional hormones, immunosuppressants, trace elements, curative effect is not ideal, and Chinese medicine for recurrent oral ulcer, syndrome differentiation, modern medical clinical and experimental research has gradually confirmed the curative effect of traditional Chinese medicine, for recurrent oral ulcer clinical symptoms, complications, patient satisfaction has important clinical significance of [5]. Traditional Chinese medicine believes that this disease is mostly fond of spicy food and hot pot, long temper deficiency, stomach Yin deficiency, internal heat, disease in the spleen, stomach, the syndrome is qi Yin double loss, treatment: strengthening spleen qi, nourishing Yin clear fire, for the self-made tonifying qi and Yin soup. Raw astragalus spleen tonic qi, nursery sore muscle, Bletilla striata convergence to stop bleeding, swelling and muscle, with Raw astragalus to promote ulcer healing, Rhizoma anemarrhenae, light bamboo leaves to clear away heat and nourish Yin; Radices cyathulae tonic Yin, down the fire of inflammation, Prepared radix glycyrrhizae can clear away heat and detoxification, and reconcile the medicine. Pharmaceutical compatibility, to achieve the effect of invigorating the spleen and replenishing qi, nourishing Yin and reducing fire, so the curative effect is exact. Modern pharmacological studies show that the chemical components of Radix pseudostellariae include volatile oils, amino acids, peptides, trace elements, polysaccharide, fatty acids, sterols, etc., immune regulation, antioxidant, stress resistance, blood lipid, blood sugar, cough and other [6]. The chemical components of Root of straight ladybell are mainly coumarin, lignin, polyylene and other components, which have immunomodulatory, anti-tumor, anti-tumor, anti-inflammatory, antioxidant, liver protection and other [7]. Pharmacological study of Raw astragalus showed [8] to enhanced body immunity, anti-aging, anti-ulcer, anti-bacterial and anti-tumor effects. Achyranthes bidentata contains many natural organic compounds, such as polysaccharide, steroids, saponins and ferulic acid, which has a wide range of pharmacological effects, such as regulating blood viscosity, improving microcirculation and enhancing immunity [9]. Modern research of Rhizoma anemarrhenae proved that its chemical components are mainly saponins, alkaloids, amino acids, volatile oils and other compounds, with anti-platelet thrombosis, anti-tumor, anti-inflammatory, antipyretic and other effects [10]. Modern pharmacology of Bletilla striata shows [11] that it has hemostasis, effects of gastric mucosa protection, antibacterial, antifungal, anticancer, cancer and anti-tumor, and promotes wound healing. Flavonoids, triterpenoids, volatile components, phenolic acids and polysaccharides, amino acids and trace elements were isolated from light bamboo leaves, which had [12] as antibacterial, antioxidant, liver protection, vasoconstriction, and antiviral effects. Radix licorice has flavonoids, triterpenoids, polysaccharides, alkaloids, trace elements and a small amount of coumarin. Modern medical studies show that Radix licorice has

antidepressant, improved immune function, regulated arrhythmia, anti-tumor, anti-inflammatory effects of [13]. In conclusion, the self-made tonifying qi and Yin soup in the treatment of recurrent oral ulcer is worthy of clinical promotion.

Funding

Key Research Office of Traditional Chinese Medicine Prevention and Treatment of Shaanxi Administration of Traditional Chinese Medicine (Shaanxi TCM Development [2019] No.9).

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- [13] Zhang Yanli, Meng Fanjia, Pastoral, et al. (2019). Progress on the chemical composition and pharmacological effects of roasted licorice [J]. Chemical Engineer, 2019, (8): 60-62. So the curative effect is good.