

# Dialectical Treatment and Health Education of Rheumatism by Chinese Medicine

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**Abstract**—Postpartum rheumatism in postpartum, especially puerperium high incidence, is a common practice in clinical practice. Postpartum rheumatism manifested as joint and systemic symptoms, feelings of different evils or etiology of the symptoms are different. Modern medicine on this lack of knowledge, Chinese medicine treatment of postpartum rheumatism has a unique advantage, a variety of postpartum rheumatoid symptoms, clinical syndrome complex. This article through the clinical practice of Chinese medicine experts on the postpartum rheumatism of the discussion, from the clinical manifestations, pathogenesis and TCM differentiation, Chinese medicine treatment and other aspects of postpartum rheumatism research and further study to provide ideas for further improvement in clinical practice Lay the foundation for the efficacy of postpartum rheumatism.

**Keywords**—Postpartum rheumatism, Education, Chinese medicine treatment, clinical treatment.

## I. INTRODUCTION

Postpartum rheumatism is a woman's physical weakness after the birth, complex feelings of cold and wet, taking aggressive muscle, tendon, joint flow and physical and joint pain, pain, numbness, and bad wind. A cold or mild function that is the main manifestation of the disease. This disease is a common cause of morbidity among women after childbirth. Although the disease has symptoms, there is no obvious tissue damage and there is no abnormal detection index. Therefore, Western medicine has always suspected the existence of this disease, and it is mostly the diagnosis of fibromyalgia syndrome. It's associated with adolescent depression. There is no ideal and effective treatment, mostly symptomatic treatment, and the addition of calcium, vitamins, etc., the effect is not significant or the disease entanglement is difficult to heal, and the compliance is poor. Traditional Chinese medicine has a more comprehensive understanding of dialectical treatment. It is believed that the basis of the disease is blood deficiency, kidney damage, exogenous colds, or blood stagnation, or mixed use. It's a virtual standard for waiting..

## II. CAUSES OF ONSET AND TCM SYNDROME DIFFERENTIATION

First, confirm that you have the correct template for your paper size. This template has been tailored for output on the A4 paper size. If you are using US letter-sized paper, please close this file and download the Microsoft Word, Letter file. The cause of the disease and the mechanism is not yet clear, postpartum rheumatism incidence of postpartum or postoperative inadvertently living, washing too cold, clothing is poor, sleep lying, living in wet or indoor air conditioning, air conditioning, fan use improper and other incentives. Whether the cause of the disease is clear and the patient's physical factors, the body can only be a strong description of the reasons, a small part of the weak body can not say the cause of weakness. Because of the clinical characteristics of the disease in addition to physical discomfort outside the lack of biological function abnormal indicators, the application of modern medical theory can not explain the pathogenesis of the disease, the relevant research is blank. Chinese medicine for postpartum rheumatism pathogenesis have a clear understanding: women in October pregnant, need a lot of blood to give birth to the fetus, once childbirth, blood loss caused by postpartum qi and blood deficiency, limb joints, muscle bones lost in Ru Yang, Evil take the virtual invasion of the human body, leading to yangbi blocking resistance, gas machine not, meridian barrier, poor blood. Not through the pain, not Rong is Ma, wet resistance is acid swollen, yang lost in the warmth is afraid of the wind cold.

Lack of blood: the woman to the blood-based, for the gas for the use, by, pregnancy, production, milk are dependent on blood filling, if the congenital blood deficiency, combined with postpartum blood loss, or postpartum loss is not complex, blood Not by the gas is not exhausted, meridian joints lost in Ru Yang, causing joint muscle pain, numbness.

Kidney qi deficiency: red for the sea of blood, any main child, red any secondary veins are from the cells, are kidney, female by, with, fetal, and are closely related with the kidney. Production injury kidney qi, waist for the kidney of the House, knee is kidney, heel for the kidney by the kidney of the delicate gas deficiency will appear waist and knee pain, leg fatigue or heel pain symptoms.

Evil invasion: postpartum 100 pulse empty, shy reason is not dense, muscle table failure, if the habit of inadvertent, caused by cold dampness evil swoop, missed joints, limbs, affect the normal operation of blood, fatigue and pain.

Blood stagnation: gas for the handsome blood, blood for the mother of gas. Blood deficiency is the source, Qi is to promote weakness, or due to cold off the passenger, or due to qi stagnation and poor blood, or because of postpartum trauma, lochia

endless, blood addiction into, tired in the passage, blocking barrier.

### III. MAJOR SYMPTOMS

Postpartum rheumatism is mainly manifested as joint and systemic symptoms. Postpartum rheumatism can be involved in the body joints, detailed records, including the waist, knee, hip, etc., and pain, including tingling, by the increase, pain hi press, sore numbness, back tough, unable to pitch, hand foot tendon spine, , Also recorded the patient's sense of cold is headache nasal congestion aversion to the systemic symptoms.

#### A. Endocrine Factors

Women during pregnancy, endocrine will be significant changes. Such as the placenta produced by the chorionic gonadotropin and corticotropin-like anti-inflammatory anti-allergic effect, during pregnancy will produce more than three times the normal amount, and postpartum hormone levels decreased rapidly, unable to meet the needs of the body tissue, resulting in Dysfunction, pain. In addition, during pregnancy, corpus luteum and placental secretion of relaxin, in the pregnant women's pelvic ligament relaxation and flexibility at the same time, the impact of the whole body ligament, this physiological changes, postpartum and can not be quickly restored, leading to joint Stability is reduced, joint mobility disorders, muscle fatigue. When the joint activities, the ligaments and joints due to abnormal involvement caused by pain.

#### B. Immune Function Factors:

During pregnancy due to the role of various specific immunosuppressive factors, immune function is inhibited, and after childbirth, due to the lifting of environmental factors, can lead to disease.

#### C. Calcium Deficiency

Maternal during pregnancy for the development of the fetus to provide calcium, phosphorus and other nutrients, the vast majority of calcium from the mother bone tissue mobilization, so that the mother's bone tissue in the calcium deficiency state, resulting in joint pain.

#### D. Maternal Physical Exertion:

Postpartum mothers themselves physical exertion, combined with feeding care baby, day and night labor, joint muscle pain symptoms.

### IV. TREATMENT METHOD

Postpartum rheumatism is the most prominent symptoms of limb joint pain, clinically based on its pain and the nature of the different, on the basis of dialectical, targeted selection of drugs, can improve the treatment effect. Upper limb joint pain, plus slices of turmeric, Clematis, Notopterygium; lower extremity joint pain, plus alone live, anti-self; knee pain, plus earthworm, pine; waist joint pain, gassan parasitic, Adverse, plus white mustard in addition to the skin outside the sputum. In addition, the disease for a long time should be based on the temperature, according to the appropriate use of insect drugs, such as the artillery A warbler Xuan Tong organs; scorpion, entertainment clams walking channeling network, remove the evil paralysis of the pain; Ecstasy.

#### A. Blood Deficiency Condensate Type

Such as dizziness, fatigue, spontaneous perspiration, palpitations, evil wind cold embolism, pale tongue, thin white or small fur, Pulse thin and weak. Governance to Qi and blood, cold and collaterals for the law. Governance law: Huang Mao 30g, Guizhi 12g, white peony 12g, ginger 10g, jujube 10g, Millettia 20g, angelica 10g, Atractylodes 10g, mulberry parasite 10g, Asarum 6g, Chuanwu 8g, safflower 9g, Licorice 10g

#### B. Liver and Kidney Type

Symptoms of limb joints muscle pain, numbness, obvious at night, joint flexion and extension, and even tendons spasm, body more thin, Yaoxisuanruan, or accompanied by dizziness, tinnitus, upset, dry mouth, irritability night sweats, insomnia, , Constipation, red urine, red tongue, less, pulse breakdown. Governance to Yang Yin by fluid, Rongjin Tongluo, blood pain for the law. Treatment of drug composition: Rehmannia 30g, yam 15g, 15 grams of mountain meat, medlar 15g, was Bodhi 10g, Salvia 15g, red white peony 10g, road through 24g, hive 6g, Millettia 30g, thin grass 30g. Figures and Tables

#### C. Kidney Deficiency Type

Disease, no pain, shortness of breath, back pain, lower limbs, soft, pale tongue, Thin white fur, pulse thin and weak. Governance is: Wen Yang blood, cold and collaterals. Fang Xuan Yang and soup plus or minus.

Ingredients: Huangmao 30g, Chuan Shao 15g, Angelica 12g, Rehmannia 30g, wind 15g, gun aconite 6g, ephedra 6g, antler 9g cinnamon 2g, white mustard 11g, medlar 15g, Achyranthes 12g, Atractylodes 10g, licorice 12g.

#### D. Stagnation of Blood Stasis Type

As the postpartum more stasis, bleeding is not net, stay by the meridian, caused by poor blood circulation. Zheng Jian: limb joints, muscle pain, pain at the fixed refusal, such as knife-based card, limb numbness, flexion and extension, and even difficult to move. Looking dark, tongue dark or ecchymosis, petechiae, sublingual veins exposed, pulse string astringent. Governing Law: Huoxue Huayu, qiqi Decoction: Biochemical Decoction: angelica 15g, Chuanxiong 12g, peach 6g, safflower 10g, ginger 12g, Zhigancao 6g, Millettia 30g, green wind rattan 12g.

### *E. Lack of Blood Type*

Due to the weak body, and postpartum Qi deficiency of blood, limbs bivalve darling caused. Symptoms: joint, muscle soreness, after the activities of exacerbated, or limb numbness, gluttony whistle, less fatigue, spontaneous perspiration, palpitations, dizziness, face Huang Shaohua, and even fainting, pale tongue, thin white fur thin pulse Governing Law: Qi and blood, active Quxie. Prescription: bracelet Bi soup addition or subtraction or Huang Mao Guizhi Wuwu Decoction. Angelica 10g, Chuan Shao 10g, white peony root 15g, Rehmannia glutinosa 12g, raw Huangmao 20g, Atractylodes 10g, was 10g, Zhigancao 6g, Notopterygium 12g, independent live 10g, Guizhi 12g, Qin Di 15g, sea wind rattan 15g, wood Fragrant 6g, Ligustrum lucidum 20g, Eclipta 15g

### V. CONCLUSIONS

Postpartum rheumatism for the maternal during the puerperium due to living inadvertently, sweating when the wind, or postpartum physically weak complex and tired, or emotional reasons, there are limbs or joints sorrow and grief, pain, numbness, heavy and a series of symptoms. As the disease although the exact symptoms, but no laboratory indicators and changes in the appearance of the joints, the presence of such diseases have been suffering from Western medicine controversy, so patients often misunderstood, in the treatment method is also more limited. Postpartum rheumatism in postpartum, especially puerperium high incidence, is a common practice in clinical practice. Modern medicine on this lack of knowledge, Chinese medicine treatment of postpartum rheumatism has a unique advantage, a variety of postpartum rheumatoid symptoms, clinical syndrome complex. Through the review of the clinical practice of Chinese medicine experts on the postpartum rheumatoid discussion, from the etiology and pathogenesis, classification treatment, to paralysis, clinical problems to be solved, postpartum rheumatism research status and further study to provide ideas , In order to further improve the clinical practice to lay the foundation for the efficacy of postpartum rheumatism.

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