

Characteristics and Thinking of External Application of Chinese Medicine

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Abstract. Chinese traditional medicine plays an important role in the clinical treatment of traditional Chinese medicine topical drugs in recent years with the increasing types of disease treatment is also not much extended, this paper reviews the application of clinical application of traditional Chinese medicine in recent years in different conditions, to provide reference for related research.

1. Introduction

Throughout the history of Chinese traditional medicine of traditional Chinese medicine, in three, due to the theory of traditional Chinese medicine dialectical system, samples priorities, reasonable selection of acupoints for the treatment principle, has little side effect, safe use, direct effect etc., are widely used in clinical practice, many patients to reduce pain. A topical medicine for external use, dressing, washing, oral, nasal, ear, Ding medicine inserted into a fistula and other methods, corresponding to different conditions, and the effect is significant. It can show the unique treatment for the patients who are inconvenient to take medicine, especially for the critical illness.

2. History of External Use of Chinese Medicine

Traditional Chinese medicine originated from the primitive period, appeared in the Yin and Shang Dynasty of Qin and Han Dynasties of the Warring States period has been described in ancient books abroad, "Shan haijing" in the "Tonka distribution, has a record of. " Prescriptions for Fifty-two diseases" make a detailed description on application method and medicine bath, including the use, dosage forms, methods and matters needing attention. [1] The "Yellow Empero's Inner Canon" as China's first monograph on syndrome differentiation Shanghan Zabing Lun describes the external use of clinical departments, put forward "in the domestic, outside governance". During the Wei, Jin, northern and Southern Dynasties, the first surgical monograph "Liu Juanzi Guiyi Fang" contained many external therapies, such as external plaster, thin paste prescription. The theory of drug nature in Tang Dynasty has been extensively discussed, laying the foundation for clinical external use. The "Qianjin Yao Fang" records of the smoke, smoke, gas washing, bathing, washing, bath and other topical method. The sun's focus on the soles of the feet sticking in disease prevention and control of the application greatly enriched the contents of the external treatment of pediatric. In the period of Song Jinyuan, the first Chinese patent medicine standard "Taiping Huimin Heji Ju Fang" was discussed in detail on the preparation of external dosage forms. "Chen Ziming" was recorded the content of transdermal drug delivery in "Effective Prescriptions for Women", "Bencao Tujing" first recorded bistortae, and pointed out that the pound at the end, with the swollen gas. The Ming Dynasty's "Bencao Gangmu" describes the coating, flapping, rubbing, blowing and other dozens of international usage, extensive range in clinical. "Puji Fang" as the history of the largest collection of books, such as the navel, fumigation, hand foot heart therapy and many other methods such as



prescription, washing, ironing, smoking, etc.. [2] Zhao Xuemin of the Qing Dynasty the "Bencao Gangmu Shiyi" with the largest contribution to foreign supplements, the book not only makes Compendium of Materia Medica left, but also the first set of external functions of many drugs.

3. External Use of Chinese Medicine Classification

Local application: The traditional Chinese medicine was made into washing, tincture, oil, ointment and other formulations, Skin lesions, alcohol is also used as excipient, interaction of Chinese medicine on body surface and body, to reach through the meridians, promoting blood circulation and removing blood stasis therapy, the effect is direct and the curative effect is better. Applicator: Sticking method is also called external application method, grind Chinese medicine into fine powder, it can be made into paste paste with various liquid auxiliary materials, apply to non-woven fabric, Stick to a certain point or affected area, through skin absorption to achieve treatment effect, reduce the pain of patients. fumigating and washing with medicinal solution: Fumigating the skin or affected area with traditional Chinese medicine or compound decoction of Chinese medicine, the method of washing and washing when the medicine solution is cooled down, it can make use of the drug and heat, through the skin, mucous membrane acts on the body, Urge zou li shu tong, mia lu tiao he, qi xue shun chang, So as to achieve the purpose of prevention and treatment of diseases. In addition, there are some other external methods.

4. Clinical External Use Of Chinese Medicine

4.1 The Skin Department

Under the local anesthesia CO₂ laser irradiation treatment, the wart completely carbonized, oral Pidotimod Tablets, and Equisetum, safflower, chuanxiong, Lithospermum, salvia, coix seed, Radix Isatidis, Fructus bruceae fried into after the steam smoked skin fumigation treatment, keep the charge temperature at 50°C after the left and right feet 30min, in the morning and evening 1 times, for 4 weeks. For treatment of plantar warts efficiency is significantly increased, the recurrence rate was significantly reduced. [3] in the partial closure of the wart lidocaine dilution interferon, CO₂ laser wart removal to the skin or mucosa, 5-7 days in advance and wound healing after laser treatment using traditional Chinese medicine: gentian, Yin Chen, dittany bark, Cortex Phellodendri, Radix Sophorae Flavescentis, Radix Stemonae, Fructus Cnidii, dandelion, tuckahoe, daily concentrated decoction fumigation and bath and soaking, vaginal irrigation; 10 day 1 course, several courses of consolidation effect in treatment of condyloma acuminatum. [4] treatment of psoriasis patients, available Lithospermum root, Cortex Moutan, madder root, cogongrass rhizome, Radix Isatidis, radix paeoniae rubra and sophora flower to bath treatment, can also according to the condition of patients, appropriate to add salvia, rehmannia, Caulis Spatholobi, cockscomb Yangxue Huoxue drugs, each morning and evening bath 1 times, 1 months for 1 a course of treatment, the treatment lasted two courses. The total effective rate was 85.4%. [5] treatment of dermatitis with external use of traditional Chinese medicine Cortex Phellodendri, Sophora flavescens, Poria cocos, licorice, exudation obvious alum, boil liquid medicine, wet towel face, 20 minutes after the lesions painted Butyl Flufenamate Ointment, 2 times a day, for 8 weeks, the effect is obvious. [6] in the treatment of chloasma of Chinese medicine angelica, Poria, Atractylodes, gardenia, paeonol, motherwort 1 month daily oral agent for 3 months, at the same time for research and Rhizoma Bletillae, Atractylodes, angelica, Poria, Radix Paeoniae Alba, Radix Angelicae sinensis, Bombyx Batryticatus, painted face water and mix thoroughly, 1 times in 5 days, 3 months later [7], patients with the total effective rate was 93.33%. The drug for treatment of bedsore: Jingwanhong ointment, Shengji Baiyu Gao, Longxue Jie, Xiaozong Sengji San, Shuangliao Houfeng San, Zicao oil, fresh aloe, honey, Ge Genfen etc.[8]. Rhubarb tincture, as the liquid extract and extract the percolation method under the standby agent with rhubarb, plastic film in patients with inflammatory infiltration of bedsore and shallow ulcer stage with gauze soaked in tincture and paste a moderate size on the tincture gauze and then bandaged, as appropriate. The depth of ulcer debridement after bedsore tincture gauze in sinus ulcer, with a sterile gauze, [9] efficiency is 100%. Chinese medicine treatment of verruca vulgaris, fresh leaf juice smear 3-5 times a day or fresh vine tribulus mash decoction or rubbed clean the affected area, 3-10 days off wart. Green Dragon coat is applied to

the affected area about 2 times a day. It can be cured in one week. Treatment of warts with external use of blister, first the wart body top cut to see blood for degree, will live beetle to head, yellow water drop secretion coating on the affected area, within a day can see verrucous body become burn like vesicle, 2-3 days blisters disappear without scarring, the cure rate is 100%. [10] and Fusidic Acid Cream original acne tincture honeysuckle and acne treatment, since the third week, Fusidic Acid Cream had no change, but the treatment of acne tincture honeysuckle continue to maintain a good effect, the cure rate and efficiency have obvious advantages, the original composition of honeysuckle acne tincture: honeysuckle, mint, Prunella, zedoary, angelica, dandelion, tuckahoe, radix paeoniae rubra, rhubarb and other drugs. [11]

4.2 Department of Orthopedics

The cinnamon, ginger, lopseed, frankincense, myrrh, cassia twig, parsnip, rhubarb, hibiscus, angelica, pseudo-ginseng in the pot and stir fry, And mix again to stir fry with salt, In a gauze bag, ironing to the skin of the affected area to slight red, slight sweating degree, the total effective rate of the treatment of knee osteoarthritis is 83.3% [12]. The salvia, Caulis Spatholobi, Jingangteng, Lycopodii, cowherb seed, Rhizoma Corydalis, Radix cyathulae, silkworm, angelica and other drugs, Placed in fumigating machine of traditional Chinese medicine fumigating machine, The total effective rate of the treatment of knee osteoarthritis was 87.32%, it can relieve symptoms and improve knee function [13]. Shujin chubiclearing Zhuanggu plaster Acupoint Application, With Tripterygium wilfordii, clematis root, Achyranthes root, safflower, Radix Aconiti kusnezoffii, frankincense, medicine etc. excipient preparation, Sticking to the acupoints, the effective rate of treatment of knee osteoarthritis is 91.67%. [14] With Chinese angelica, Radix dipsaci, Rhizoma Cyperi, frankincense, psoralen, Ligusticum chuanxiong Hort, Radix Paeoniae Alba and Angelica dahurica, Vinegar prepared corydalis tuber, Safflower, violet, cyathula, Salvia miltiorrhiza, myrrh, Eucommia ulmoides, semen persicae, hot compress waist, About 2 times a day, for half a month, The total effective rate was 96.77%. [15] Treatment of lumbar muscle strain, it can be taken orally with Chinese Medicine acupoint application, fumigation and washin g with medicinal solution, cupping combined with Chinese medicine package, coated combined with electromagnetic wave. Angelica, mistletoe, Rhizoma Corydalis, eucommia, Achyranthes, Morinda officinalis, asarum herb medicine grind into fine powder, add ginger juice to the paste, acupoint application, total effective rate 95.6%. Use pepper, safflower, Lycopodii, lopseed, angelica, acanthopanax bark, Rhizoma Chuanxiong, radix paeoniae rubra and other drugs, Add into the smoked washing machine, Smoking and washing in the affected area, total effective rate 99.17%. [16]

4.3 Anorectal Department

Through the method of traditional Chinese medicine on the treatment of hemorrhoids bath, With rhubarb, phellodendron bark, peach kernel, safflower, honeysuckle, Glauber's salt, pepper, Matrine, angelica, frankincense, cicada, borneol. after decocting with water, about 30 minutes of bath, two times a day, 7 days a course of treatment, the total effective rate was 196.67%. [17] The treatment of anal eczema can kuhseeng, phellodendron bark, Cnidium, cortex dictam, Fructus Kochiae, Stemona, pepper, angelica, radix sileris. A hip bath two times a day, Chinese herbal cream coated with yellow skin on perianal skin lesions, two times a day, two Monday treatment, and total effective rate 88.3%.

4.4 Gynecology

After cold water for fructus cnidii, fructus Kochiae, cortex dictam, matrine, licorice, radix sileris, Sichuan Pepper, Herba schizonepetae, large Leaf Gentian, Alumsoak decoction, smoked and washed for half an hour, once a day, 5 days a course of treatment, just ten days. [18] There are some ways to treat hyperplasia of mammary glands locally: Patch of traditional Chinese Medicine, paste etc. We can choose to apply it to the pain or acupoints of the mass, also choose oral and topical combination therapy. Roses, cloves, angelica, orange kernel, frankincense ect made of Huoxue Sanjie paste, attached to the mass and pain points. Consist of roasted honeycomb, clove, long pepper, asarum, frankincense and other drugs external application of breast, with epimedium and Morinda officinalis, zedoary, Cyperus rotundus, leech and other drugs made of plaster, sticking Shenque point, combined

with oral Chinese Medicine. Or with rhizoma arisaematis, moleplant seed, nuces vomicae, rosin, appropriate amount of medicinal oil, etc attached to the Taiyuan point.[19]

4.5 Andrology

Treatment of nonbacterial prostatitis, Poria cocos, Concha Ostreae, Yam, Salvia miltiorrhiza, Plantago asiatica, Chinese wolfberry, Bixie, Dodder, Alisma orientalis, radix dipsaci, Phellodendron chinense, Red ginseng, Acorus calamus, Licorice decoction, the use of bath treatment, once every 1 days, 1 times 30 minutes. Or use the moxibustion method, take appropriate moxa stick, the length is 5 cm, 3 section, Light it up and place it vertically, moxibustion on perineum, effective rate 60%. [20]

4.6 Other

External application of Chinese medicine can also treat hypertension, cancer pain and other diseases. Decoction of Fructus Evodia, Phellodendron chinense, Anemarrhena, radix rehmanniae, Cattle and Concha Ostreae is made, foot bath treatment, The use of conventional antihypertensive drugs, the total effective rate of treatment of hypertension reached 93.65%. Crush the parasitic loranthus, Salvia miltiorrhiza, chrysanthemum, motherwort, magnet, apocynum venetum, Selfheal, rhynchophylla, rhizome of Chuanxiong, making medicine pillow for sleep, effective rate 96.7% [21]. Grind fructus evodia make a paste with vinegar, Bedtime in bilateral Yongquan xue and shenquexue, about 11 hours a day, the course of treatment was 30 days, the patient's blood pressure decreased significantly. [22] Treatment of cancer pain, Angelica sinensis tail, Radix aconiti, radix aconiti agrestis, Unprocessed Semen Strychni, anemones raddeanae, rhizoma, tribulus, frankincense, myrrh etc Making paste, on the basis of the three step drug delivery principle of cancer pain, Combined use, Change dressing two days 1 times, 10 days a course of treatment, the total effective rate was 20 days 97.5%.

5. Outlook

With the continuous development of traditional Chinese medicine for external use, The related treatment is no longer limited to detoxification, detumescence, chemical decay, pus discharge, myogenic convergence, insecticidal, antipruritic, insect and snake bites and diseases of the five sense organs and so on. External application of Chinese medicine in treating diseases, dosage forms of drugs, diseased parts, dosage of drugs and using method Will have a certain effect on its curative effect, the correct external method should be chosen according to the actual needs of the disease. Method of foot bath by Chinese Medicine treatment of hypertension, treatment of cancerous pain with paste dressing, soak the affected part with Chinese medicine decoction, once a day, continuous use for 4 weeks, Treatment of oxaliplatin related peripheral neurotoxicity. [23] Traditional Chinese medicine sticking treatment tourette syndrome in children, Infantile eczema and other complications caused by cancer, they all have therapeutic effects.

The clinical of Chinese Medicine is good at use safflower, Salvia miltiorrhiza, Rhizome of Chuanxiong, Cypress, Radix Isatidis Activating blood stasis, heat clearing and detoxifying drug team. When combined with dampness and water herbs, treatment of wind, humidity, heat dermatitis eczema, Treatment of inflammation and joint sprain in Department of orthopedics with wind dispelling and dampness removing, tonifying kidney and essence of traditional Chinese medicine combined, treating hemorrhoids and promoting blood circulation to remove stasis, it is often used in combination with Runchang laxative, for gynecological and andrology diseases, tonifying kidney yang and kidney Yin are used to invigorate kidney yang. The compatibility of Chinese herbal medicine according to the disease characteristics and clinical symptoms of external use of Chinese medicine, Treat different diseases, it can be used with acupuncture, massage, acupoint application, combined western medicine and other means of treatment, simple and convenient, high effective rate.

Modern Chinese medicine clinical external use mostly limited to traditional Chinese medicine application, fumigation, local coating, drug formulations are not rich enough, external application of Chinese medicine is not limited to local treatment, Chinese medicine can be made into aerosol, spray, film and other modern new formulations, rapid absorption of mucosa or skin, enter the blood circulation, percutaneous administration of lipid soluble drugs can be slowly permeable, to achieve

systemic lasting efficacy, Such as Chinese medicine essential oils contain rich active substances, fat soluble is easily absorbed by the skin, the curative effect of external use of Chinese medicine was improved. External application of Chinese medicine is mainly used in Department of Dermatology, Department of orthopedics and hemorrhoids treatment, although the gynecological, Andrology and other diseases also have clinical treatment cases, but not widely used. Cancer, blood disease and other serious illness patients, there are some difficulties in oral medications, other methods of treatment can be carried out at the same time, external application of Chinese medicine adjuvant therapy. In the clinical experiment study of external application of Chinese Medicine, The external method and medicine can be exploited and utilized, Deeper exploration on the efficacy of external use of traditional Chinese medicine, Its new therapeutic effect makes greater contribution to clinical treatment.

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