

# Research Progress in the Treatment of Breast Diseases with Traditional Chinese Medicine

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**Abstract:** Breast disease has very high incidence even mortality in China, which seriously harmed the health of female group. In that case, proper measure should be taken to prevent and treat them in time. During past few years, due to the massive development on radiology and ultrasonic technique field, advanced correct diagnose helped physicians a great deal by offering high-precision iconography result, precancerous lesion of breasts could be detected so much earlier than before, and proper surgical treatment and medical treatment could be prescribed. But consider time, cost, patients' emotional condition, the expected outcome doesn't come all the time. On the contrary, traditional Chinese medicine proves its efficiency by giving simple herbal medicine and TCM psycho photo tips, not only their pain discharged, the merits which cause their physical and mental uncomfortable were reduced also. To provide reference for relevant groups, in this article I'm gonna introduce the advanced progress in traditional Chinese medicine Treatment of breast disease.

**Keywords:** TCM therapy; Breast disease; Research progress

## 1. Introduction

Breast disease is a common gynecological disease in female population, which mainly refers to the disease of breast related tissues (breast gland, nipple, lymph, etc.), mainly breast hyperplasia, breast tumor, fibroadenoma. After the disease, patients will have different degrees of clinical symptoms such as nipple discharge, breast pain, breast mass, breast nodule, breast ipsilateral lymph node enlargement, It will cause adverse effects on the health of patients, and even cause death risk of patients. Therefore, we need to make scientific treatment plan according to the causes and types of patients. Traditional Chinese medicine has a certain understanding of the pathogenesis, clinical manifestations and prognosis of breast diseases, so it is recommended to choose traditional Chinese medicine therapy to treat patients. Therefore, it is of great practical significance to explore the research progress of traditional Chinese medicine in the treatment of breast diseases.

## 2. Research Progress in the Treatment of Mammary Gland Hyperplasia with Traditional Chinese Medicine

Hyperplasia of mammary gland accounts for a large proportion in breast diseases, which does not belong to the category of breast inflammation and breast tumor. It mainly refers to the endocrine dysfunction of patients. More than 70% of women suffer from hyperplasia of

mammary gland. Hyperplasia of mammary gland will not have a great impact on the body of patients. Just adjust their mentality, the disease will be alleviated, but regular inspection is still needed to avoid occurrence Canceration, but for the patients with breast hyperplasia with severe heterosexual and obvious pain, the corresponding drug treatment plan needs to be implemented. The drug treatment plan for breast hyperplasia mainly includes Western medicine treatment and traditional Chinese medicine treatment. Although western medicine treatment can play a role in a short period of time, after long-term use, patients will have drug resistance, high disease recurrence rate, and will cause endocrine disorders and other complications, so it is recommended to choose the traditional Chinese medicine treatment plan. Traditional Chinese medicine regards hyperplasia of mammary gland as the category of "mastophilia". It is believed that the causes of hyperplasia of mammary gland are related to emotional disorders, liver depression, deficiency of spleen and kidney, blood stasis and phlegm dampness, in the process of disease, it is necessary to select targeted treatment methods on the basis of distinguishing the syndrome types of patients.

Methods of traditional Chinese medicine include the methods of regulating the body, dispersing the liver and regulating qi, promoting blood circulation and removing blood stasis, and clearing away heat. Method of regulating and absorbing Chong and Ren: Chong belongs to Taichong pulse and Ren pulse, which have the function

of regulating Yin meridian and Qi and blood and mastering the function of women's pregnancy, mainly related to spleen and kidney. Therefore, in order to regulate Tai-chong pulse and Ren pulse of patients, it is necessary to adopt the method of warming kidney and nourishing yang, so as to make the level of sex stimulating hormone of patients balance, improve the resistance and immunity of patients, and highlight the anti-cancer effect of drugs Fruit. According to the patients' symptoms, the herbs such as *Fritillaria thunbergii*, *Buliuhan Wang*, *asparagus*, *bupleurum Bupleuri*, *Radix Bupleuri* and *Festuca arundinacea* were given to the patients to remove phlegm and blood stasis, dredge liver and regulate spleen. Method of soothing the liver and regulating Qi: Gao Bingjun, an ancient Chinese physician, put forward that the main inducing factor of mammary gland hyperplasia is stagnation of liver qi. Therefore, for this basic disease type, the method of soothing the liver and regulating qi should be adopted. The commonly used herbs used for soothing the liver and regulating Qi are *Chaihu*, *Xiangfu*, *Chenpi*, etc., which can balance the patients' endocrine hormones, reduce swelling and relieve pain, reduce the viscosity of patients' blood, and speed up the process Absorption of fibrous masses by the body. Method of activating blood and removing blood stasis: the onset time of hyperplasia of mammary gland is long, and the onset is slow and the disease does not heal for a long time. At this time, the Qi and blood of the patients will be stagnated. Therefore, no matter which syndrome type the patients belong to, the method of activating blood and removing blood stasis should be used to regulate the Qi and blood of the patients. The commonly used TCM materials of activating blood and removing blood stasis are peach kernel, *Sanqi powder*, *red peony*, *angelica*, etc. Interpretation of clearing away heat: the pathogenesis of some patients with hyperplasia of mammary gland is related to the formation of toxin by curdling and the excess of heat and carbuncle. Therefore, in the treatment, it is necessary to take the heat clearing and detoxification program, through the scheme of regulating meridians and collaterals, relieving pain and promoting blood circulation, to achieve the effect of relieving pain and swelling. In this dialectical treatment method, the selected herbs are orange peel, wood incense, neem, *Fritillaria*, etc.

### 3. Research Progress in the Treatment of Breast Fibroadenoma with Traditional Chinese Medicine

Breast fibroadenoma is a benign tumor in breast diseases, the incidence is second only to hyperplasia of breast. The two components include glandular epithelium and fibrous tissue, which are common in young women aged 18-25 years. Clinically, the inducing factors of breast fibroadenoma are not determined. It is mainly considered that it is related to the disorder and exuberant function of ovary,

which is mainly characterized by breast mass, After the diagnosis of the disease, surgical resection is the main treatment. In order to consolidate the treatment effect, it is necessary to remove the root of the patient with traditional Chinese medicine. Breast fibroma is related to deficiency of Qi and blood, poor movement of Qi and blood, stagnation of liver qi and maladjustment of Chong and Ren. Therefore, in the treatment of this disease, it is necessary to mainly promote blood circulation and remove stasis, clear channels and collaterals, detoxify and replenish blood. At present, *Xiaojindan*, *Rupixiao*, *Wangshi Rujian pill* and *Shuchang pill* can be used for treatment. Although the most effective treatment for breast fibroma is surgical resection, traditional Chinese medicine is the most effective It has the function of promoting blood circulation and removing blood stasis, so it can also be treated by traditional Chinese medicine. However, when choosing the treatment plan of traditional Chinese medicine, we should pay attention to the great difference between each person's condition and physical condition, so when treating patients, we should emphasize syndrome differentiation and treatment, and choose the appropriate treatment plan of traditional Chinese medicine.

### 4. Research Progress in the Treatment of Breast Cancer with Traditional Chinese Medicine

The early clinical symptoms of breast cancer are nipple discharge, breast mass, breast pain, skin depression, etc. Therefore, patients need to go to the hospital in time for early diagnosis of breast cancer when these clinical symptoms occur. Most breast tumors are benign, but there are also patients with breast cancer, which has a high incidence and mortality. In the western medicine treatment plan, including immune method, surgical resection method, radiotherapy, etc., although these treatment plans can temporarily relieve the clinical symptoms of patients, but it is difficult to completely cure breast cancer disease, and in the process of treatment, it will increase the patients' body pain, so China needs to pay more attention to breast cancer, and implement the TCM treatment plan. According to the theory of traditional Chinese medicine, breast cancer is related to the imbalance of Chong and Ren, deficiency of Qi and blood, and stagnation of liver qi. Therefore, it is necessary to ensure the balance of liver, spleen and kidney, better resist the invasion of evil Qi, and the side effect of traditional Chinese medicine is small, so it is more suitable for the treatment of breast cancer. In the selection of traditional Chinese medicine for the treatment of malignant tumor patients, we need to explore the pathogenesis of malignant tumor. According to the incidence of patients, we can use the method of syndrome differentiation and treatment. At present, we can use the method of internal

treatment of traditional Chinese medicine and external treatment of traditional Chinese medicine to improve the clinical symptoms and prognosis quality of patients. In the internal treatment of traditional Chinese medicine, we should focus on strengthening the spleen and kidney, so we can select Astragalus, dangshen, *Atractylodes macrocephala*, rehmannia, *Ophiopogon japonicus* and other herbs that can nourish Qi and blood, nourish yin and promote body fluid, warm yang and invigorate the kidney. A research scholar carried out a comparative study of conventional western medicine treatment, conventional western medicine treatment combined with Chinese medicine treatment, and the final investigation results showed that the group that selected the internal treatment of traditional Chinese Medicine No, the effective rate of clinical treatment is obviously higher than that of conventional western medicine. In addition to the internal treatment of traditional Chinese medicine, the external treatment of traditional Chinese medicine can also be selected. Specifically, the auricular point sticking and pressing method and fumigating and washing method can be implemented. The auricular points of liver, spleen, stomach, endocrine and other points can be pressed to relieve the clinical symptoms of patients. In addition, the external application of Zicao Ruyi Jinhuang formula can also be selected to improve the clinical treatment effect.

## 5. Conclusion

To sum up, more than 72.38% of women suffer from breast diseases. Breast diseases will affect the body of patients to different degrees. Therefore, women should pay attention to the rehabilitation treatment of breast diseases. As a common scheme for the treatment of breast diseases, traditional Chinese medicine has increasingly prominent advantages. It can not only find out the cause of the patients, but also formulate targeted treatment according to the patients' conditions. At the same time, the

traditional Chinese medicine treatment plan is not easy to have side effects and drug resistance, which can ensure the safety of the patients' medication. Although the curative effect is slow, the long-sighted use of traditional Chinese medicine for treatment can fundamentally improve the patients' condition and guarantee the patients' health. Therefore, the traditional Chinese medicine treatment plan is worth further application and promotion.

## 6. Acknowledgments

Project of the National Natural Science Foundation of China: Based on Multidimensional Dynamic Spatiotemporal Relation Study on the Relationship Between Five Transport and Six Qi and Breast Disease (No. 81974584); Shaanxi Province Key R & D Project: Study on the effect of spatio-temporal relation of TCM on the disease of herpes zoster based on the theory of treating the disease (No. 2019 SF-295).

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