

TCM Massage Treatment of Chronic Atrophic Gastritis: A Case Report



Wang Dezhi¹, Xie Lin^{2,*}

¹Massage Department of Guang'anmen Hospital, Chinese Academy of Traditionl Chinese Medicine, Beijing 100053, China

²ICU of Anmen Hospital, Chinese Academy of Chinese Medical Sciences, Beijing 100053, China

Abstract: Objective: To observe the clinical effect of traditional massage technique on chronic atrophic gastritis. Methods: Through reading ancient books and related traditional Chinese and western medicine literature, we found that the specific use of massage to treat atrophic gastritis alone is less, most of the massage manipulation on the acupoints with acupuncture to complete. In this paper, the author uses a variety of massage techniques to treat many patients, the most successful case, the observation period of 2-3 years, using gastroscopy as the diagnostic standard, and designed a set of massage techniques suitable for chronic atrophic gastritis. Results: Gastroscopy suggested atrophic gastritis before treatment, and non-atrophic gastritis after treatment, indicating that the traditional massage technique had obvious effect in the treatment of chronic atrophic gastritis.

Keyword: Chronic Atrophic Gastritis; Stomachache; Massage; Acupoint Pressure

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1 Overview

Chronic atrophic gastritis refers to a chronic gastric disease with corresponding changes in the gastric mucosa, such as thinning, causing progressive atrophy or even disappearance of the native glands, accompanied by thickening of the mucosal base and reduction of gastric acid secretion. Western medicine treatment is mostly anti-acid and anti-inflammatory drugs, which need patients to use oral drugs for a long time, but also brings inconvenience to patients. Estrastric pain is the basic disease name of traditional Chinese medicine, Chinese medicine is the word without chronic atrophic gastritis, is a clinical gastroenterology more common disease, frequently occurring disease, middle-aged and old patients. The treatment of traditional Chinese medicine, traditional Chinese medicine, external acupuncture and massage, but changeable, patients also easy to accept, but some patients because of a long time of traditional Chinese medicine treatment, there is not convenient, acupuncture treatment pain, so

want to seek external treatment, treatment, massage therapy arises at the historic moment, and painless and the curative effect is significant. Now will be after two years of massage treatment of a successful case analysis is as follows.

2 Research Background

2.1 Background of Traditional Chinese Medicine

Chronic atrophic gastritis is not recorded in its ancient books, because most of them are traditional Chinese medicine names, which are based on the symptoms of chronic atrophic gastritis in its manifestations, "epigastric pain", "gastric ruffian", "noisy", or "acid" [1]. In the earliest Huangdi Neijing, it was pointed out that the cause of "ep-

*Corresponding author: Xie Lin, 332869206@qq.com

igastric pain" is mostly cold evil invading the human body, between the stomach and intestines, or caused by the condensation of liver qi and the transverse invasion of the spleen and stomach. During the Jin and Yuan period, Li Dongyuan believed that the main cause of the spleen and stomach was the spleen and stomach injury. According to the betography of traditional Chinese medicine, the stomach is called "the sea of water and valley", and its main physiological function is to receive water and grain. For individuals, the stomach qi has long been recorded: "the stomach qi is born, the stomach qi will die, the grain is born, the valley will die", "the stomach is the root of the five zang organs". These indicate that the rise and fall of gastric qi is related to human life activities. We need to maintain a good attitude towards life and an optimistic attitude. The smooth adjustment of emotion plays a certain role for the viscera function of the human body, enhances the qi operation of the body, and can strengthen the ability to resist evil. When epigastric pain attack, accompanied by dull stomach pain, distension, acid reflux, heartburn symptoms. Its etiology is related to improper medication, improper diet, anxiety, fatigue and internal injury, physical weakness or chronic illness. The onset of epigastric pain is often closely related to the liver and spleen, and from a dialectical perspective, it is often accompanied by virtual and real inclusion or cold and heat mismatch [2]. Liu Erjun et al. [3] Through the treatment of the decoction formula particles and traditional decoction in the treatment of this disease, the formula particles are beneficial for patients to carry. Chinese medicine can also be like western medicine, carry, with boiling water can be adjusted. Zhang Li et al. [4] through the study of pinellia xia soup, because it has the method of suffering, and is also one of the representative prescriptions of its method, and is widely used in spleen and stomach diseases. In the clinical experimental study of Cao Qiumei et al. [5], according to its pharmacological effect, it is obvious that Xiaobuhibu soup has the effect of protecting gastric mucosa, increasing gastrointestinal motility and due to gastric emptying. Ding Nana et al [6] found that four reverse dispersion is the basic prescription to reconcile the spleen and stomach and liver, and has the function of relieving liver, relieving depression and regulating qi. Through modern pharmacological experiments, [7] found that quercetin and naringenin played a role in enhancing gastric motility and anti-inflammation by regulating related pathogenic factors in serum. Yu Ruoyu et al. studied [8] The lesion site of chronic atrophic gastritis was mainly

in the stomach and related to the spleen. On the acupoints selected by acupuncture, mostly near the stomach and its meridians patrol route, or for the intersection point. Such as Zhongwan, iguan (bilateral), Zusanli (bilateral), Tianshu (bilateral), men (bilateral), ichong (bilateral). Acupuncture time: 30 min. Use 0.25mm 40 mm disposable acupuncture needle, take the above acupoints, in addition to too chong external tonic method to make the gas, too chong diarrhea method. Achievachieve satisfactory results. Bi Xueqi et al [9] treated Guanyuan, Shimen, Zhongwan and their acupoints once a day for 12 weeks, and achieved clinically satisfactory results. Because massage and needle literature, clinical literature is relatively few, or because of patients with chronic atrophic gastritis, compliance is relatively poor, for clinical induction is relatively difficult, most people think massage and acupuncture for the disease, and the treatment cycle is longer, so most give up, external treatment with oral Chinese medicine.

2.2 Western Medicine Background

Chronic atrophic gastritis forms intestinal metaplasia, which is mainly caused by gastric mucosa hyperplasia. CAG changes the gastric foundation, with inflammatory response, atypical hyperplasia and intestinal metaplasia. This disease has a slow onset and a long course of [10], which is a chronic progressive disease, and the elderly are more common, and the age of onset is an aging trend. Studies have shown that in [11], the pathogenesis of chronic atrophic gastritis may be related to age, constitution, chronic alcoholism (prolonged alcoholism), drug stimulation (non-steroidal anti-inflammatory drugs), and bile reflux. Gastroscopy is an important means and gold standard [12] for the diagnosis of chronic atrophic gastritis, but the coincidence rate of gastroscopy diagnosis and pathological diagnosis needs to be improved, and the coincidence rate between gastroscopy diagnosis and pathological diagnosis needs to be unified. According to some domestic endoscopy literature, [13] was found that the proportion of chronic atrophic gastritis was about 37.00% ~75.20% of the population who can undergo endoscopy, and the results of participating in the clinical investigation were consistent. As endoscopic diagnosis is the gold standard for this disease, endoscopic diagnosis requires doctors to have a certain level of gastroscopy to avoid the probability of missed diagnosis and misdiagnosis. Generally speaking, the progression from precancerous lesions to gastric cancer is a process from quantitative change to

qualitative change. This process is from chronic atrophic gastritis accompanied by intestinal metaplasia of gastric mucosa, and then to the atypical hyperplasia of gastric mucosa, and finally after a long period of time, poor treatment and finally formed gastric cancer. The effective treatment of atrophic gastritis is essential and can effectively prevent the occurrence of cancer. Now in the treatment of the use of anti-acid, anti-inflammatory drugs and enhance the power of gastric drugs. In clinical practice, the common [14] acid drugs are mostly aluminum, magnesium carbonate and other recovery, which have the effect of promoting gastric mucosa regeneration and enhancing repair and defense. When the disease develops to a certain extent, there will be insufficient gastric acid or reduced gastric acid secretion. The specific condition and symptoms will be treated with gastrointestinal motility and other drugs to solve the problems of digestive abnormalities. There are contradictory phenomena, more or less gastric acid, is not conducive to clinical observation, and is not conducive to the health of patients. Common anti-inflammatory drugs [15] main amoxicillin and clindamycin two antibiotics, *H. pylori* infection, two antibiotics can kill *Hp*, bismuth potassium citrate also can protect gastric mucosa can enhance two antibiotics of gastric mucosa, strengthen antibiotic treatment effect, at the same time using leprazole inhibit gastric acid secretion, greatly limited the proliferation of *helicobacter pylori* infection. Although western medicine in continuous development, for the treatment of chronic atrophic gastritis still exist certain problems, there are gold standard but few good drugs, even is a combination, according to the symptoms of the corresponding drugs, will not because of

different drugs have mutual resistance problem, or patients with drugs to the body resistance is worth thinking.

3 Case

3.1 Diagnostic Criteria of Traditional Chinese Medicine

(Refer to Zhou Li. Massage therapy [M]. Beijing: The People's Health Publishing House) Cold evil: sudden onset of epigastric pain, fear of cold and warm, relief of heat pain, aggravation in case of cold, light mouth, no thirst or like hot drink, white fur and tight pulse. Food stagnation: epigastric distension, even pain, belching, rot and acid swallowing; Or vomiting does not eliminate slippery food, its smell is rotten, and the pain is reduced after vomiting; Or the stool is uncomfortable, the arrow Qi is obtained or the stool is slightly relaxed, the moss is thick and greasy, and the pulse is smooth or solid.

3.2 Case

The patient, female, 68 years old, came to the massage department of our hospital in September 2012 because of epigastric pain, gastric acid reflux, fullness of stomach, poor appetite, unable to eat cold and like heat. She was diagnosed as epigastric pain. The patient said that he could not take a large number of drugs at the same time, so the patient insisted on not taking drugs and mainly massage treatment.

Gastroscopy before treatment is as follows:

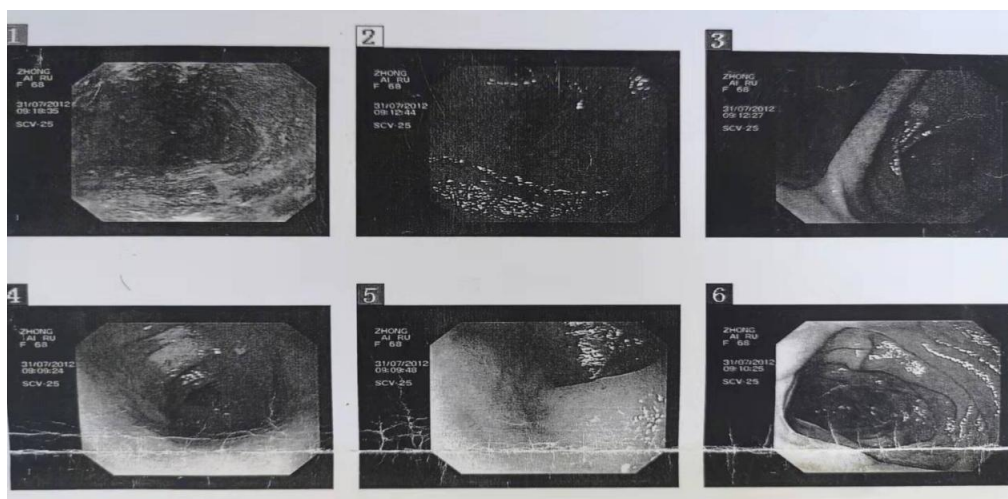


Figure 1 First gastroscopy

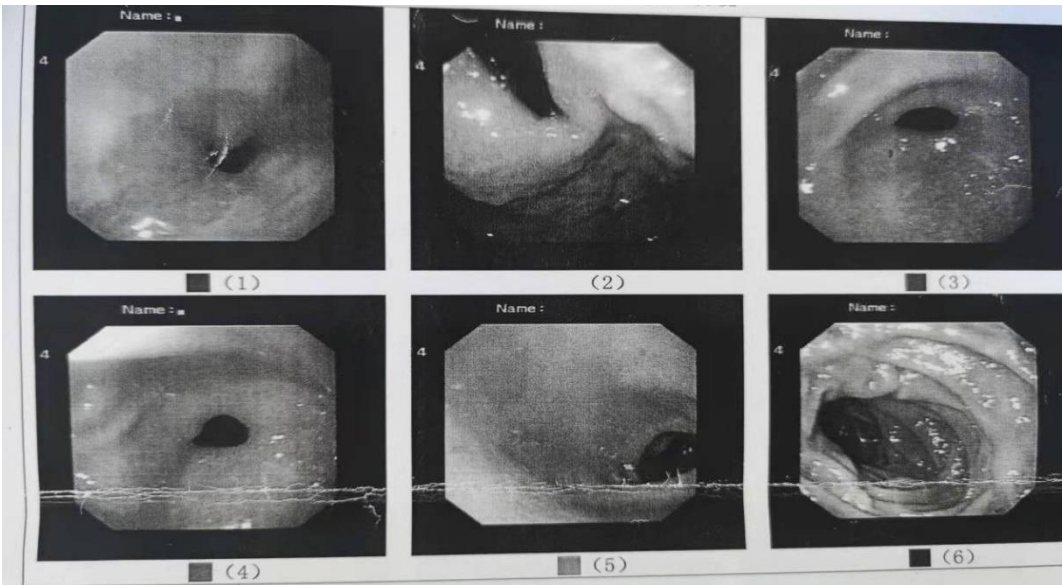


Figure 2 Second gastroscopy

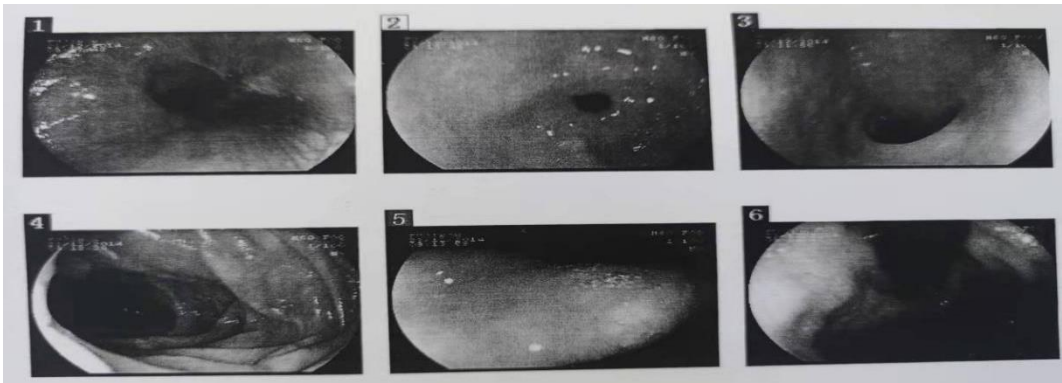


Figure 3 Third gastroscopy

Table 1 Three gastroscopic comparisons were made

Times of gastroscopy	time	diagnosis	remarks
1st gastroscopy	July 31, 2012 (digestive endoscopy center of Beijing Friendship Hospital Affiliated to Capital Medical University)	Atrophic gastritis	Biopsy: 1 esophagus, 2 gastric antrum; HP(-)
Second gastroscopy	March 13, 2014 (Guang'anmen endoscope, Chinese Academy of traditional Chinese Medicine)	Superficial atrophic gastritis	No pathology was found
Third gastroscopy	December 23, 2014 (endoscopy center of the first hospital of Peking University)	Chronic non-atrophic gastritis	HP(-)

3.3 Manual Treatment Process

- (1) Instruct the patient to lie on his back. The doctor is on the left side of the patient. Press and knead Zhongfu and Yunmen points on both sides with both thumbs and fingers for 1-2 minutes. The manipulation shall be gentle and gentle, taking the patient's tolerance as the degree.
- (2) Instruct the patient to lie on his back, the doctor is

- on the left side of the patient, press Tanzhong point with the thumb and finger joint for 30s, and gently knead for 1 minute, taking the patient's tolerance as the degree.
- (3) Ask the patient to lie on the side (both left and right), press and knead the flank ribs on both sides with the root of the palm, and press and knead with the big collaterals of the spleen as the center for 3 minutes, once on the left and once on the right. As the flank ribs on both sides are ribs, it should be

light rather than heavy.

- (4) Instruct the patient to lie on his back, the doctor is on the left side of the patient, click or press Zhongwan point with the interphalangeal joint of his thumb, and press Neiguan point with the other finger for 3 minutes at the same time. While pressing, gently rub Zhongwan point. In this way, Zhongwan and Zusanli match, and the left and right correlation alternate.
- (5) Ask the patient to lie on his back. The doctor is located on the left side of the patient. Press the Neiguan point of the patient's left upper limb with his right hand, lift the stomach on the abdominal surface with his left hand, and repeat the uniform push technique for 5 minutes.
- (6) Instruct the patient to lie on his back, the doctor is on the left side of the patient, with the middle finger as the center point of his right hand, press Shenque, the index finger on the upper point, press Wan, and the ring finger on the lower point. At the same time, with the patient's breathing, it should not be heavy, and gradually add force. It is better to reach abdominal acid distension or press down your fingers until the artery beats, and stay for 3 minutes.
- (7) Instruct the patient to lie on his back, the doctor is located on the left side of the patient, centered on the Shenque, Guan yuan Qihai in the left hand and Zhongwan Xiawan in the right hand, with relative force, and the operation track of both hands is circular, cycle after cycle, 50 times.

4 Summary and Thinking

From the patient's treatment to the end of treatment, the whole process is 2 years, twice a week, occasionally once a week. The first symptom was epigastric pain, acid reflux, fullness of stomach, poor appetite, unable to eat cold and like heat. At the end of treatment, the patient complained that there was no pain in the epigastric part, acid reflux and fullness gradually disappeared, appetite was ok, and a small amount of cold food could be eaten. The results of gastroscopy from the first time to the third time (see Table 1) showed that the patient gradually changed from atrophic gastritis to superficial atrophic gastritis and finally to chronic non atrophic gastritis. The above massage manipulation has a definite clinical effect on this patient.

As a characteristic therapy of traditional Chinese medicine, Chinese massage also has its own uniqueness in ma-

nipulation. The method of this treatment is mainly acupuncture pointing, which adopts the method of acupoint matching, especially as the emperor, Minister and envoy of traditional Chinese medicine. At the same time, the strength of manipulation is based on the patient's tolerance, and the strength is gradually increased. The two acupoints of Zhongfu Yunmen are mainly used to regulate Ying Wei Qi. The big bag is located on the two flanks, which is the pathway of left and right Yin and Yang. It can regulate the spleen and kidney and balance yin and Yang. Zhongwan, Zusanli and Neiguan can warm the middle and stop vomiting, relieve dampness and stomach, and promote the digestion and absorption of water valley in the stomach. Shenque is located in the center of umbilicus, with abundant subcutaneous blood vessels. At the same time, it is above Ren pulse. Ren pulse is the sea of Yin pulse, which plays the role of Yin Qi and nourishing blood. Abdominal rubbing and hook pushing manipulation can promote gastrointestinal movement, enhance gastric power, and stabilize gastrointestinal dysfunction. In the process of manipulation, the operator and the operator keep calm and determined, so as to promote the manipulation to achieve the desired effect. Manual treatment of chronic atrophic gastritis takes a long time and course of treatment. Patients need to have strong medical compliance and be able to complete the whole process of diagnosis and treatment in order to achieve satisfactory treatment results.

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Biography

Wang Dezhi

Born in 1982, postgraduate, attending physician, Guang'anmen massage department, Chinese Academy of traditional Chinese medicine. Research direction: clinical application and treatment of massage manipulation.

E-mail: 332869206@qq.com