

Original Paper

A Review of Traditional Chinese Medicine Treatment of Tonsillitis

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Abstract

This article summarized the methods of treating acute and chronic tonsillitis between Chinese and western medicine, also summarized the methods of treating tonsillitis with traditional Chinese medicine.

Keywords

Tonsillitis, Chinese medical technology, Chinese medicine, the treatment

Tonsillitis refers to the disease of inflammation of the tonsils, mainly caused by bacterial or viral infections. Common symptoms include sore throat, throat swelling, fever, cough, phlegm and so on. There are two types of tonsillitis: acute tonsillitis and chronic tonsillitis. Acute tonsillitis generally occurs suddenly, and the symptoms are obvious, often accompanied by high fever, pharyngeal pain, swelling of the pharynx, swollen tonsils, and increased secretion of the pharynx cavity. The course of the disease usually lasts 7-10 days and can be cured with proper treatment. Chronic tonsillitis refers to recurrent or persistent tonsillitis with relatively mild symptoms but a longer course of disease. Common symptoms include sore throat, discomfort in the pharynx, foreign body sensation in the pharynx, and bad breath. Chronic tonsillitis is prone to recurrent attacks, which can seriously affect the quality of life of patients. The disease is more common in children, middle-aged and young adults than the elderly. Treatments for tonsillitis include medication and surgery. Medication treatment is mainly about using antibiotics, anti-inflammatory drugs, antipyretic drugs, etc., to inhibit the growth and reproduction of pathogens by relieving inflammatory symptoms. Surgical treatment is chiefly adopt tonsillectomy, suitable for chronic tonsillitis repeated attacks or serious impact on patients' lives. In

addition to medication and surgical treatment, patients should also pay attention to rest, maintain adequate water intake, avoid irritating foods and beverages, and keep oral hygiene to promote recovery and recurrence prevention. In the course of treatment, it is recommended that patients consult the doctor's opinion and treatment according to the doctor's guidance.

Recurrent group A Streptococcus tonsillitis (GAS-RT) is more common in children and is also the focus of clinical treatment. Clinically, this disease is characterized by fever, sore throat and repeated acute exudation of tonsils, which is caused by the interaction of multiple factors such as genetics and environment (Shi & Cai, 2019). At present, the definition of "recurrence" in China and abroad is basically the same, that is, more than 7 attacks in a year or more than 2 years; more than 5 attacks a year or more than 3 years; more than 3 attacks a year (Kalaierasi, Subramanian, Vijayakumar, et al., 2018). The irregular use of antibiotics in the treatment of tonsillitis in children and adults will lead to consequences such as increased antibiotic resistance and mucosal microflora damage, so pediatrics experts have paid attention to the new treatment and prevention methods of children's respiratory infections, and the regulation of the immune system and bacterial treatment methods have begun to emerge. Alternative bacterial therapies, in which relatively harmless "effect" bacteria are implanted at the site of infection and persist in the normal microbiota, can competitively exclude or prevent the proliferation of potentially pathogenic bacteria without significantly disturbing the balance of the existing microbial ecosystem (Bellussi, Passali, Ralli, et al., 2019).

Although advanced biomedical and immunomedical technologies are continuously applied in clinical treatment and experiments, the incidence of tonsillitis has not shown a significant trend of reduction, the therapeutic effect is not immediate, and the negative impact of antibiotic-resistant medicines and medical costs continue to increase, but instead, more and more patients undergo surgical removal of tonsils, summer and winter vacations are often the peak time for children and adolescents.

Chinese medicine has been passed down for thousands of years and is profound and broad. The theories of Chinese medicine mainly come from the summarization of practice, and are constantly enriched and developed in practice. As early as more than 2,000 years ago, China's earliest TCM theory monograph, Huang Di Nei Jing (The Yellow Emperor's Classic of Internal Medicine), was published. Some Chinese medicine scientists and technicians believe that the external treatment of tonsillitis by Chinese medicine has the effect of preserving the tonsils and their functions, which is inexpensive and effective, and has no toxic side effects, and is worthy of clinical popularization and application (Zeng & Tao, 2017). For example, needle and knife stabbing camping method, cutting treatment method, open congestion stabbing blood method, pecking treatment method, acupuncture therapy, burning and branding method, bit sticking method, massage method, Chai Baicalin silver gardenia soup foot bath, five flavors disinfectant drink addition and subtraction of the enema, acupoints burying threads, traditional Chinese medicine nebulizing inhalation, neck squeezing gua sha method, ear tip stabbing blood method and so on.

In addition to external Chinese medicine treatments, there are many Chinese herbal tonics that can be

used to treat tonsillitis. Chinese medicine treatment of tonsillitis is mainly through adjusting the balance of yin and yang in the human body, strengthening the body's resistance, to achieve the purpose of treatment and prevention. The following is a comprehensive introduction to the treatment of tonsillitis with Chinese medicine: 1. Chinese medicine treatment: commonly used Chinese medicines include Rhizoma Coptidis, Forsythia, Banlangen and other medicines that have the effect of clearing heat and removing toxins, reducing inflammation and relieving pain. These drugs can be used orally or externally to effectively relieve the symptoms of tonsillitis. 2. Chinese medicine fumigation: the use of Chinese medicine fumigation of tonsils, through the evaporation of drugs, they can play an anti-inflammatory, antiseptic effect, tonsillitis symptoms can be relieved. 3. Chinese medicine fumigation: the use of Chinese medicine fumigation of tonsils, through the volatilization of the drug, they can play an anti-inflammatory, antiseptic effect, to relieve the symptoms of tonsillitis. 4. Chinese medicine irrigation: the use of Chinese medicine irrigation tonsils, through the penetration of the drug, which can play an anti-inflammatory, bactericidal effect, alleviate the symptoms of tonsillitis. It is important to note that Chinese medicine treatment of tonsillitis needs to be individualized according to the individual situation, while combining other treatments, such as rest, dietary modification, etc., in order to achieve a better therapeutic effect. In addition, for severe tonsillitis symptoms, you should seek medical attention and follow your doctor's treatment recommendations.

Many inheritors of Chinese medicine have developed their own formulas for the treatment of tonsillitis. Professor Hou Jianghong, who has always advocated the concept of "The Essentials of the Golden Deprecation" that "the spleen is strong in all seasons and will not be affected by evils". He is good at regulating the spleen and stomach in the non-acute phase of recurrent tonsillitis in his clinical practice. For example, Yakang granules (betel nut 10 g, jiao shen qu 10 g, scutellaria baicalensis 10 g, fried white lentil 10 g, poria 10 g, fried petunia seeds 10 g, gardenia 10 g) is the basic formula, in which poria and fried white lentil are the monarchs to strengthen the spleen and seep away dampness, while scutellaria baicalensis and gardenia are used to clear the heat in the upper and middle zones, and fried petunia seeds, betel nut, jiao shen qu are used to eliminate food and harmonise the stomach. In the acute stage of the disease, decoction-free granules of Chinese medicines can be used, and there is a rest period of 2-3d per week in the medication cycle to give the children a chance recovering and regulating themselves. During the conditioning period, the medicines can be honeyed into a paste for long-term use to consolidate the effect of treatment and enhance immunity. Clinical attention should be paid to the addition and subtraction of symptoms, evidence-based treatment, and getting good effects (Wu & Hou, 2016). Another example is "because of lung and stomach depression heat, Lan Ru'e's body was covered with red swelling rotten spots, burning pain, can't eat anything, the six veins are tight." It is pointed out that the cause of this disease is the evil breath of heat and poison entered from the mouth and nose to the throat, and the internal and external heat was knotted at the throat core, so that Lan Ru'e's body was swollen and her face was red; The fire and gas fumigated her body, burned her flesh, and the blood turned into pus. The most primary pathogenesis is the heat obstruction and stagnation of

breath and blood. Therefore, Zhang Tongyuan, director of a hospital in Tianjin, who made the proposed Liang Xue detoxification soup, intended to the effect of detoxification and diarrhoea heat, cool blood drainage pus. The function of honeysuckle and forsythia in the formula is to reduce fever; Raw land, Danpi, red peony, etc. are to clear heat and cool blood detoxification; Isatidis root has the effect of clearing heat and detoxifying pharynx. Platycodon platycodon in order to benefit the throat expectorant discharge pus; Lugen Yangming clear stomach heat, into the spleen by clearing heat and removing pus; Bupleurum, sweet wormwood clear heat and purge fire, betel nut wash evil heat from the stool, to achieve the effect of removing saprophyte; licorice to reconcile these drugs. The combination of all the drugs has the effect of cooling blood and clearing heat, detoxifying and draining pus, with high efficiency and few adverse effects (Ma, 2007).

The efficacy of Chinese medicine in the treatment of tonsillitis varies with each individual, but in general, Chinese medicine can play a role in the following aspects:

1. Clearing heat and detoxification: Traditional Chinese medicine commonly used herbs such as Coptis and forsythia have the effect of clearing heat and detoxification, which can help eliminate symptoms such as fever and sore throat caused by inflammation.
2. Moistening dryness and relieving pain: Some herbs in traditional Chinese medicine, such as ophiopogon and lily, have the effect of moistening dryness and relieving pain, which can relieve the discomfort of throat caused by tonsillitis.
3. Immune regulation: Traditional Chinese medicine believes that tonsillitis is caused by the imbalance of Yin and Yang in the body. By regulating the function of the immune system and enhancing the body's resistance, the frequency and severity of tonsillitis can be reduced.
4. Overall conditioning: Traditional Chinese medicine emphasizes the overall conditioning, by regulating the balance of Yin and Yang of the human body, improve physique, improve resistance, thereby reducing the occurrence of tonsillitis.

It should be noted that the efficacy of traditional Chinese medicine in the treatment of tonsillitis may take some time, and for severe tonsillitis, it may be necessary to combine other treatment methods such as antibiotics for comprehensive treatment. In addition, the treatment effect will be different due to the large individual difference, so when you are considering to choose Chinese medicine treatment, it is best to consult the opinion of a professional Chinese medicine doctor, and carry out an individualized treatment plan.

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