

Application and Exploration of Guan's TCM Triple Therapy of Tonifying and Stabilizing in the Treatment of Pain

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Abstract

Guan's Traditional Chinese Medicine triple therapy of tonifying and stabilizing is a unique TCM therapy developed based on the TCM theory of “when healthy energy exists inside, pathogenic factors cannot invade”, emphasizing disease treatment by strengthening healthy energy and regulating Yin-Yang balance. This therapy, refined through a century of inheritance and innovation within the Guan lineage, combines external therapies (TCM hot compress and plaster application), internal medicine (medicinal paste), and Tuina massage to create a synergistic internal and external triple therapy approach. This article, incorporating the improved practice of Guan's ancestral secret recipe, explores its treatment methods, clinical application value, and mechanisms of action in the treatment of pain disorders.

Keywords: Guan's Traditional Chinese Medicine, Tonifying and Stabilizing, Pain Therapy

Objective: To explore the clinical efficacy and mechanism of action of Guan's TCM triple Therapy of Tonifying and Stabilizing in the treatment of pain diseases.

Methods: A retrospective analysis was performed on the clinical data of patients with various pain disorders who were treated with Guan's TCM triple Therapy of Tonifying and Stabilizing. The data included patients' demographics, disease diagnoses, treatment courses, and efficacy evaluations.

Results: Following treatment with this therapy, most patients experienced significant pain relief and improved functional activity, with a total effective rate of 90%.

Conclusion: Guan's TCM Triple Therapy of Tonifying and Stabilizing, which focuses on strengthening the body's resistance, consolidating the foundation, and balancing Yin and Yang, integrates various characteristic TCM techniques and combines internal and external treatments. It offers a safe and effective novel approach to treating pain disorders and warrants further clinical investigation and application.

Competing Interests:

The authors declare that there is no conflict of interest.

1. Introduction

Pain, one of the most common clinical symptoms, seriously impacts patients' quality of life and physical and mental well-being, encompassing a wide range of conditions such as neck, shoulder, back, and leg pain, as well as traumatic injuries. Traditional Chinese medicine boasts a long history and unique strengths in treating pain disorders. Guan's Traditional Chinese Medicine, through generations of inheritance and innovation, has developed a "reinforcing healthy qi to maintain homeostasis" triple therapy, demonstrating promising efficacy in pain management. This study aims to analyze in depth the therapeutic value of this approach in treating pain disorders.

2.Theoretical Origins of Guan's Traditional Chinese Medicine Triple Therapy of Tonifying and Stabilizing

Guan's Traditional Chinese Medicine upholds the classic TCM principle, "when righteous Qi is abundant internally, evil cannot invade." It posits that the root cause of illness lies in the deficiency of righteous Qi, which allows pathogenic factors to exploit vulnerabilities and disrupt the body's Yin-Yang balance and homeostasis. Consequently, generations of Guan's physicians have prioritized strengthening righteous Qi as the cornerstone, endeavoring to restore the body's inherent ability to resist pathogens while precisely regulating Yin and Yang to restore harmony, thereby achieving therapeutic goals. The lineage is well-defined, beginning with the ancestor Guan Zhengyi, who encountered the Taoist Master Zixu and received a secret formula for traumatic injuries. Guan's descendants carried on the tradition, continuously refining it through tens of thousands of clinical practices by Professor Guan Chengwu, a renowned TCM doctor in Changsha. Associate Professor Guan Feng, the fifth-generation inheritor, boldly innovated by expanding the traditional single external plaster into a diversified approach combining TCM hot compress with internal oral paste, advancing the treatment modality from simple external therapy to a triple therapy integrating internal and external approaches, thus injecting new vitality into the treatment.

3. Specific Implementation of Guan's TCM Triple Therapy of Tonifying and Stabilizing

3.1 External treatment methods

(1) Combination of Traditional Chinese Medicine Hot Compress and Tuina

Associate Professor Guan Feng meticulously developed the traditional Chinese medicine hot compress based on a secret ancestral recipe. During application, the Dian method of Tuina is first employed, combined with the initial heat of the hot compress, to precisely open the body's pores, creating a pathway for subsequent drug penetration. Then, the An method is used to slowly introduce the medicinal power carried by the hot air of the medicinal pack into the body's meridians, as if paving a track for the flow of Qi and blood. Subsequently, the Rou and Bo methods are employed. The Rou method is as gentle and soothing to the muscles as a spring breeze, and the Bo method, like a skilled craftsman, precisely clears stasis and muscle knots, allowing the meridians and Qi to flow smoothly. Finally, the hot compress is applied to Ashi points for 5-10 minutes. The continuous warm stimulation promotes transdermal drug absorption, as if continuously delivering medicinal power to the source of the ailment.

(2) Yulong Pain Relief Plaster Application

Following the hot compress, promptly apply Guan's Secret Yulong Pain Relief Plaster. This plaster features a carefully selected blend of Chinese herbal medicines, leveraging their skin-nourishing properties to nourish damaged skin, promoting Qi and blood circulation to dispel blood stasis, and reducing swelling and relieving pain to quickly alleviate local swelling and pain. This multi-faceted approach repairs damaged soft tissues, inhibits inflammation, and addresses the root cause of pain.

3.2 Oral pastes

Medicated oral pastes are prescribed based on an individual patient's specific imbalances of Yin, Yang, Qi, and Blood, according to the principles of syndrome differentiation and treatment. These pastes are crafted from authentic medicinal ingredients, meticulously prepared using traditional methods to ensure a rich, yet gentle, medicinal effect. Their purpose is to address the root cause at the level of the internal organs, bolstering vital Qi, regulating organ function, and enhancing the body's capacity for self-repair. For instance, in patients suffering from shoulder, neck, lower back, and leg pain stemming from Liver and Kidney deficiency, the paste will emphasize ingredients known to tonify the Liver and Kidneys and fortify sinews and bones. By nourishing the essence of the Liver and Kidneys, the sinews and bones receive vital nourishment, providing internal support to complement external therapies, and synergistically achieving the effects of strengthening the body's overall constitution while

addressing both the symptoms and the underlying cause.

4. Clinical Application Case Analysis

4.1 Case selection

A total of 300 patients with shoulder, neck, lower back, and leg pain, including conditions such as lumbar disc herniation, frozen shoulder, and acute sprains, who were admitted within the past 3 years, were selected. The patients ranged in age from 30 to 60 years, with a disease duration of 1 to 20 years.

4.2 Treatment process

All patients received Guan's TCM Triple Therapy of Tonifying and Stabilizing. The external treatment consisted of manual hot compress every other day, along with the external application of Yulong Pain Relief Plaster. One month was considered a course of treatment. Internally, patients took two packets of medicinal cream daily, one packet half an hour after breakfast and another half an hour after dinner, for a duration of 1 month. Patient symptoms were closely monitored throughout the treatment period, and the treatment plan was adjusted as needed.

4.3 Efficacy evaluation

Pain levels were assessed using the Visual Analog Scale (VAS), and functional recovery was evaluated based on joint range of motion, functional disability index, and other relevant measures. The results showed that patients' VAS scores decreased by an average of 3 points after treatment compared to before, functional activity indicators significantly improved, and the total effective rate was over 90%. A typical case was a 50-year-old patient with lumbar disc herniation who had experienced lower back pain with radiating pain in the lower limbs for over six months. After two courses of treatment, the lower back pain essentially resolved, numbness in the lower limbs significantly decreased, and the ability to perform activities of daily living greatly improved.

5. Exploration of the Mechanism of Guan's TCM Triple Therapy of Tonifying and Stabilizing

5.1 Improving local blood circulation

The warmth and medicinal properties of the TCM hot compress, combined with the mechanical action of massage, effectively dilate local blood vessels, accelerate blood flow,

and alleviate ischemia and hypoxia in the affected area. This provides damaged tissues with ample nutrients, promoting cell repair and regeneration, while also promptly removing metabolic waste and inflammatory mediators, thus reducing local inflammation.

5.2 Regulating nerve function

Through meridian transmission, the medicinal effects and stimulation from massage can act on nerve endings, modulating nerve excitability and relieving the transmission of pain signals. Simultaneously, the Zheng-Fu-Gu-Ben (supporting vital energy and strengthening the body) oral medicinal cream holistically regulates the body's neuroendocrine network, stabilizes the internal environment, enhances the body's pain tolerance, and reduces pain sensitivity.

5.3 Enhance the body's immunity and repair capabilities

Internally administered herbal plasters fortify the body's Qi and Yang, nourish the viscera, boost the body's overall vitality, stimulate the activity of immune cells, strengthen immune defense and surveillance, and help the body resist disease. Externally applied treatments, in conjunction with internal remedies, promote the proliferation and differentiation of local tissue cells during the repair of damaged soft tissues, accelerating injury repair and restoring the body's homeostatic balance.

6. Conclusion and Outlook

Guan's TCM Triple Therapy of Tonifying and Stabilizing, rooted in classic TCM theories and integrating the practical wisdom and innovative spirit of generations, has demonstrated remarkable efficacy in treating pain disorders. Its holistic approach, combining internal and external treatments and targeting multiple pathways, not only alleviates pain symptoms but also addresses the underlying cause by strengthening the body's vital energy and reinforcing its foundation, thus opening a new avenue for TCM in the treatment of pain disorders. However, current research is limited by a relatively small sample size and the absence of multi-center, large-scale validation. Future studies should focus on more in-depth basic research to elucidate its precise mechanisms of action. Simultaneously, expanding the scale of clinical trials and optimizing treatment protocols will allow this treasure of traditional Chinese medicine to shine in the prevention and treatment of pain disorders, and potentially in broader medical fields, contributing to the betterment of human health.

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