Literature Review on TCM Cognition, Dialectical Treatment and Prevention to Lung Damage Caused by Haze

**Fei Wang**

**[Abstract]** To focus on the heated topic of haze, it is necessary to study TCM to treat and prevent the lung damage caused by haze. TCM has its own cognition of haze and the pathogenesis of haze caused diseases using the theory of Yin Yang. Its treatment varies according to different situation and its general principle is dialectical treatment. For prevention, the application of TCM health management is feasible and the general rule of prevention is significant and practical. In conclusion, despite the shortcoming, TCM is promising towards haze caused diseases.

**[Key Words]** TCM; treatment; prevention; haze.

**1.Background**

The air pollution caused by haze has recently become a front-burner issue, while Traditional Chinese Medicine (TCM) is gaining more and more attention all over the world, while. Therefore, it is interesting to combine both of them, which can inspire people and is excepted to develop new thoughts and treatments towards haze caused lung damage.

**2. TCM cognition**

**2.1 The cognition of haze**

The cognition of haze in TCM’s view mostly comes from Chinese ancient books. In a famous ancient lexicographical book called “Er Ya”, haze is described as a murky chaotic air condition which is related to sand blowing caused by wind (Zhang, 2015; Ma, 2015). It has determined Chinese’s cognition of haze in the Ancient China. TCM stands on the point of “Yin” and “Yang” to understand haze. (Ma, 2016)In Autumn and Winter, the disharmony of the Qi of Heaven and Earth gives rise to the haze. In this period, the Qi of Earth diffuses while the Qi of Heaven does not accept or transfer or assimilate, so the Qi gathers and accumulates between the Heaven and the Earth to form haze (Yang, 2017). These cognitions are different from modern definition of haze both in details and in macroscopic view.

**2.2 The pathogenesis of haze caused diseases**

In TCM’s view, all things that may lead to diseases and are not inside human’s body are called “external evil”. It is commonly agreed that haze is mostly close to an affliction from external pathogenic dampness, namely, external damp evil (Zhang, Yan, 2016; Zhang, 2015). They also admit that the lung damage caused by haze is partly attribute to people themselves whose Qi is deficient (Zhang, Yan, 2016).

**3. Treatment**

**3.1** **General principle**

The general principle of the treatment is to eliminating evil (Zhang, 2015; Zhang, Yan, 2016)And the major and basic method of treatment is dialectical treatment (辨证论治).

**3.2 Types of syndromes**

Types of syndromes vary. Actually, dialectical treatment requires analyze based on specific situations concerning both the body conditions and the circumstances of weather , which makes it difficult to decide on what type of syndromes to choose if not fully experienced. Three of the typical types of syndromes of the specific disease include syndrome of haze attacking superficies(遏表证), syndrome of haze disturbing spleen(困脾证), syndrome of haze impairing lung(损肺证).(Cheng, 2014)

**3.3** **Effect of some prescriptions**

**3.3.1 Cangwei prescription(苍韦方)**

The fundamental prescription includes sixteen grams of rhizoma atractylodis (苍术) and thirty grams of pyrrosia lingua (石韦). Rhizoma atractylodis is a kind of Chinese herbs that is hot and bitter but mild. Pyrrosia lingua is another that tastes sweet and bitter and is a little bit cold-natured. With both of them as the key component of the prescription, it exposes its function of lung purgation and consolidate the Qi of the spleen and lung. (Zhang, Yan, 2016)

**3.3.2 Chinese** **Food Therapy**

It is a very traditional way to treat people with food. Food Therapy is the study of food medicine, health preservation and prevention knowledge. They use food and medicinal food, namely food materials, to formulate individualized therapy for different patients. The reasonable combination of different food and medicine, can not only regulate physiological function, auxiliary haze disease treatment and rehabilitation, but also improve patients’ habitus, which enable it to be worthy to be promoted.(Yang, 2017)

**3.3.3 “Fenxiaozouxie” prescription(分消走泄法)**

This prescription is based on Detox pipe theory by Jiang Liangduo. It claims that there is a dynamic stereo complete system including viscera, channels, Qi blood and detox pipes in healthy human bodies. With the guidance of this theory, they develop various methods to detox the evil of haze, which is called “Fenxiaozouxie” prescription. (Gao, 2016)

**3.3.4 Convalescent factors therapy**

Convalescent factors include natural convalescent factors and artificial convalescent factors. The former includes forest bath, air bath, water bath, mineral water spray inhalation therapy and other treatments. The latter can be divided into physical therapy and physical therapy, and physical therapy includes electrotherapy, magnetic therapy, spa treatment, light therapy, ultrasound therapy, and air ion therapy and so on. (Wang, 2016)

**4. Prevention**

**4.1 Application of TCM health management**

Application of TCM health management is of great value. An investigation to understand the effect of Chinese medicine health management in preventing respiratory diseases insusceptible population in fog-haze season has been done.118 COPD patients with stable spleen-kidney-yang deficiency syndrome were randomly divided into an experimental group (n = 60) and a control group (n = 58). The control group were treated with conventional treatment while the experimental group were treated with“pre-pathogenesis” health care in addition to the conventional treatment given to the control group．The conclusion shows that proper “pre-pathogenesis” health care education can significantly contribute to favorable clinical outcome of population susceptible to respiratory diseases during seasons of smog.(Zhang, Shen, 2016)

**4.2 General rule of prevention**

Almost every paper mentions these prevention: avoid contact to the haze and to strengthen the body. For avoiding contact to the haze, it is suggested to stay at home when the level of PM2.5 is high and to wear a respirator when going out is inevitable. (Gao,2016) As for strengthen the body, Chinese food therapy enjoys a high status. (Yang,2017) Also, it is important to cultivate the concept of care(养慎).(Zhang,2015)

**5.Conclusion**

**5.1** Shortcomings

Although there are various treatments to lung damage caused by haze in TCM, the pathogenesis has not yet all agreed, partly because of its dialectical theory requiring adjustment to different conditions and partly because of the uncertainty of this subject. It has to be admitted that the treatments are not proved effective enough though they are the best remedies for some particular cases. What’s more, it is highly demanding for doctors to accumulate experience to analyze and treat patients dialectically. The differences and connections of different models are needed to be judged by the doctor according to the specific situation of the patient, the weather conditions, the pathogen exposed to and so on with his or her own experience.

**5.2 Significance**

Firstly, TCM has its value in diversifying treatment. Since TCM is totally different from the typical western medicine, it may lead to different effect. When western medicine treatment is stranded, we may have alternative choice such as TCM treatment, which may not be perfect enough but better than having nothing to do.

Also, TCM health management and preventive treatment of disease are good and effective ways to keep our health against haze. We go for treatment only when ill while TCM suggests taking action before illness, which would keep us fit more effectually.

**5.3 Prospect**

It is urgent to understand pathogenic reasons more thoroughly, not only from the perspective of physiology, but also concerning the overall body and their interaction with each part and their surroundings. This is part of TCM’s work.

Furthermore, it can be used to develop some treatments that are more suitable for practice. It would make perfect sense to combine TCM with western medicine treatment to obtain the best effect. (1288 words)

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