

New Progress in the Integrated Treatment of Traditional Chinese and Western Medicine for Recurrent Aphthous Ulcer in the Oral Cavity

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ABSTRACT

Recurrent aphthous ulcer in the oral cavity is a common oral mucosal disease with periodic, recurrent, and self-limiting characteristics. This article aims to explore the new progress of integrated traditional Chinese and Western medicine in the treatment of recurrent aphthous ulcers in the oral cavity. Through a comprehensive analysis of relevant research, the advantages and mechanisms of integrated traditional Chinese and Western medicine in improving efficacy, reducing symptoms, and reducing recurrence rates are elaborated, providing reference for clinical treatment.

KEYWORDS

Recurrent aphthous ulcer in the oral cavity; Integrated Traditional Chinese and Western Medicine

1. INTRODUCTION

Recurrent Aphthous Ulcer (RAU) is one of the most common ulcerative lesions in oral mucosal diseases. Its pathogenesis is complex and related to multiple factors such as immunity, genetics, environment, and psychology. Simple Western or traditional Chinese medicine treatment often fails to achieve ideal results, and the combination of Chinese and Western medicine provides a new approach for the treatment of RAU.

2. WESTERN MEDICINE'S UNDERSTANDING AND TREATMENT METHODS FOR RECURRENT APHTHOUS ULCER IN THE ORAL CAVITY

2.1. Pathogenesis

Western medicine believes that the onset of RAU is related to immune dysfunction, genetic factors, infection factors, microcirculation disorders, and nutritional deficiencies.

2.2. Treatment Methods

(1) Local treatment

- a. Gargle: such as compound chlorhexidine mouthwash, which has antibacterial and anti-inflammatory effects.
- b. Ointment or gel: such as triamcinolone acetonide oral ointment, can reduce inflammation and pain.
- c. Tablets: such as Xidi Iodine Tablets, which can kill bacteria and reduce inflammation.

(2) Systemic treatment

- a. Immunomodulators: such as transfer factors, thymosin, etc., regulate immune function.
- b. Vitamins: Supplementing with vitamins B and C to promote ulcer healing.

3. TRADITIONAL CHINESE MEDICINE'S UNDERSTANDING AND TREATMENT METHODS FOR RECURRENT APHTHERIA ULCERS IN THE ORAL CAVITY

3.1. Etiology and Pathogenesis

Traditional Chinese medicine believes that RAU is mainly caused by heat accumulation in the heart and spleen, yin deficiency and excessive fire, and spleen kidney yang deficiency.

3.2. Treatment Methods

(1) Oral administration of traditional Chinese medicine

- a. Heart and spleen heat accumulation type: The commonly used formula is Daochi San combined with Qingwei San modified to clear heat, clear fire, detoxify and reduce swelling.
- b. Yin deficiency and excessive fire type: often modified with Zhibai Dihuang Wan to nourish yin and reduce fire.
- c. Spleen and Kidney Yang Deficiency Type: Select modified Fuzi Lizhong Wan to warm and nourish the spleen and kidneys.

(2) External use of traditional Chinese medicine

- a. Apply Bing Bing San, Xi Lei San, etc. to the ulcer surface to clear heat, detoxify, reduce swelling, and relieve pain.

4. NEW PROGRESS IN THE COMBINED TREATMENT OF TRADITIONAL CHINESE AND WESTERN MEDICINE FOR RECURRENT APHTHOUS ULCER IN THE ORAL CAVITY

4.1. Traditional Chinese Medicine Combined with Local Western Medicine Treatment

(1) Kangfuxin liquid combined with triamcinolone acetonide oral ointment

Kangfuxin liquid has the effect of promoting blood circulation, nourishing yin and generating muscle. When used in combination with triamcinolone acetonide oral ointment, it can promote ulcer healing and shorten the course of the disease.

(2) Combination of traditional Chinese medicine mouthwash and compound chlorhexidine mouthwash

Traditional Chinese medicine mouthwashes such as decoctions of honeysuckle, forsythia, mint, etc., when combined with compound chlorhexidine mouthwash, can enhance antibacterial and anti-inflammatory effects and alleviate symptoms.

4.2. Traditional Chinese Medicine Combined with Systemic Western Medicine for Treatment

(1) Zhibai Dihuang Wan combined with transfer factors

Zhi Bai Di Huang Wan nourishes yin and reduces fire, combined with transfer factors to regulate immunity, can improve the body's immune system and reduce the recurrence rate.

(2) Bu Zhong Yi Qi Tang combined with vitamins

Bu Zhong Yi Qi Tang, combined with vitamin supplementation, helps to improve the nutritional status of the body and promote ulcer healing.

4.3. Integrated Treatment of Traditional Chinese and Western Medicine

(1) Internal and external use of traditional Chinese medicine combined with Western medicine treatment

According to the patient's traditional Chinese medicine syndrome differentiation and classification, corresponding traditional Chinese medicine oral formulas are given, and external medications such as Bingboron powder are used, combined with local use of Western medicine such as triamcinolone acetonide oral ointment. Comprehensive treatment can improve the therapeutic effect.

(2) acupuncture and moxibustion combined with western medicine

By needling acupoints such as Zusanli, Hegu, and Neiting, regulating meridian qi and blood, combined with Western medicine treatment, pain can be relieved and rehabilitation can be promoted.

5. CONCLUSION

The combination of traditional Chinese and Western medicine has made significant new progress in the treatment of recurrent aphthous ulcers in the oral cavity, bringing better treatment effects to patients. However, there are still some shortcomings in current research, such as the lack of large sample, multicenter randomized controlled studies, and further clarification of the optimal treatment plan and mechanism of action for the combination of traditional Chinese and Western medicine. In the future, we should strengthen basic and clinical research, deeply explore the mechanism of integrated traditional Chinese and Western medicine treatment, optimize treatment plans, and provide more scientific and effective methods for the treatment of recurrent aphthous ulcers in the oral cavity.

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