

New Progress in the Combined Treatment of Traditional Chinese and Western Medicine for Oral Lichen Planus

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ABSTRACT

Oral lichen planus (OLP) is a common chronic oral mucosal disease, with a complex etiology and difficult treatment. [1] This article reviews the new progress of integrated traditional Chinese and Western medicine treatment for oral lichen planus, including Western medicine treatment methods, traditional Chinese medicine treatment concepts, specific plans for integrated traditional Chinese and Western medicine treatment, as well as their advantages and mechanisms of action. It also looks forward to future research directions.

KEYWORDS

Oral lichen planus; Integrated Traditional Chinese and Western Medicine; Treatment

1. INTRODUCTION

Oral Lichen Planus (OLP) is a common chronic inflammatory disease of the oral mucosa, which is more common in middle-aged women. OLP can affect all parts of the oral cavity, most commonly in the buccal mucosa, followed by the tongue, gums, and labial mucosa. The bilateral symmetrical distribution of posterior oral skin lesions is a typical lesion of OLP. Its clinical manifestations are diverse and can be accompanied by discomfort such as pain and burning, seriously affecting the quality of life of patients.

2. WESTERN MEDICINE'S UNDERSTANDING AND TREATMENT METHODS FOR ORAL LICHEN PLANUS

(1) Pathogenesis

Western medicine believes that the onset of oral lichen planus is related to immune, genetic, infectious, and psychological factors. It is currently believed that OLP is an autoimmune disease mediated mainly by T lymphocytes [2].

(2) Treatment methods

OLP treatment aims to eliminate all diseases associated with the oral mucosa, reduce symptoms and reduce the risk of oral cancer, including glucocorticoids, immunosuppressive agents, retinoic acid, ultraviolet irradiation and laser therapy [3].

Local treatment

Corticosteroids: such as triamcinolone acetonide oral ointment, used to reduce inflammation.

Immunomodulators: Tacrolimus ointment, etc., regulate local immune responses.

Vitamin A drugs: improve epithelial keratinization.

Systemic therapy

Glucocorticoids inhibit inflammatory responses by inhibiting the synthesis of two major inflammatory response products, leukotrienes and prostaglandins, and can inhibit T cell-mediated immunity. Since OLP is a cell-mediated chronic inflammatory oral disease, taking corticosteroids can accelerate the healing of skin lesions in patients with OLP,

Immunosuppressants, such as cyclosporine and azathioprine, are suitable for severe cases.

Antihistamines: Relieve itching symptoms.

3. TRADITIONAL CHINESE MEDICINE'S UNDERSTANDING AND TREATMENT OF ORAL LICHEN PLANUS

(1) Etiology and pathogenesis

Traditional Chinese medicine believes that OLP is mainly caused by liver depression and qi stagnation, spleen and stomach damp heat, yin deficiency and excessive fire, and deficiency of both qi and blood.

(2) Treatment methods

Oral administration of traditional Chinese medicine

Liver stagnation and qi stagnation type: Chaihu Shugan San is commonly used with modifications to soothe the liver and regulate qi.

Spleen and Stomach Damp Heat Type: Modified with Ganlu Disinfection Pill to clear heat and promote dampness.

Yin deficiency and excessive fire type: use modified Zhibai Dihuang Wan to nourish yin and reduce fire.

Qi and blood deficiency type: using modified Guipi Tang to tonify qi and nourish blood.

External use of traditional Chinese medicine

Traditional Chinese medicine mouthwash: such as decoction of Sophora flavescens, Phellodendron amurense, etc. to rinse the mouth, clearing heat and detoxifying.

Wang Mingkai et al [3] conducted statistical analysis on 68 clinical control observation literature of OLP, and found that the high-frequency Chinese medicines for OLP were Angelica, manga, licorice, poria, Scutellaria baicalensis, etc. In terms of efficacy, they were mainly heat-clearing drugs, followed by deficiency drugs, water and blood circulation drugs, with a cumulative frequency of more than 50%. It is suggested that the treatment of OLP can be treated from clearing away heat and detoxification, promoting blood circulation and removing blood stasis, invigorating qi and invigorating the spleen, which has a certain guiding effect on clinical treatment.

4. NEW PROGRESS IN THE TREATMENT OF ORAL LICHEN PLANUS WITH INTEGRATED TRADITIONAL CHINESE AND WESTERN MEDICINE

At present, there is no complete cure for OLP in Western medicine, all treatments have local or systemic adverse reactions, and after withdrawal, skin lesions may appear again. Current OLP treatment aims to eliminate all diseases associated with the oral mucosa, reduce symptoms and reduce the risk of oral cancer, including glucocorticoids, immunosuppressants, retinoic acid, ultraviolet

irradiation and laser therapy.[2] In clinical diagnosis and treatment, simple western medicine treatment is often easy to relapse, and there are many adverse reactions, and the treatment effect of contraindications is not good. Traditional Chinese medicine treatment starts from the overall concept, syndrome differentiation and treatment, can give full play to the efficacy of medicine, can reduce the recurrence rate of western medicine treatment, and reduce adverse reactions. Therefore, the integrated Chinese and western medicine treatment can complement each other and achieve remarkable therapeutic effects.

(1) Traditional Chinese Medicine Combined with Local Western Medicine Treatment

Chinese herbal formula mouthwash combined with glucocorticoid ointment

For example, using a self-designed traditional Chinese medicine mouthwash formula combined with triamcinolone acetonide ointment can enhance local anti-inflammatory effects and promote lesion healing.

Combination of external application of traditional Chinese medicine ointments and immunomodulators

Combining traditional Chinese medicine ointments with tacrolimus ointment, which have the functions of clearing heat, promoting dampness, promoting blood circulation, and removing blood stasis, can improve the therapeutic effect.

(2) Traditional Chinese medicine combined with systemic Western medicine for treatment

Traditional Chinese Medicine Formula for Nourishing Yin and Clearing Heat Combined with Immunosuppressants

The combination of Zhibai Dihuang Wan and cyclosporine can alleviate the side effects of immunosuppressants and improve patient tolerance.

Combination of Traditional Chinese Medicine for Tonifying Qi and Nourishing Blood with Antihistamines

The combination of modified Guipi Tang and antihistamines can effectively alleviate symptoms and improve the overall condition of patients.

(3) Integrated treatment of traditional Chinese and Western medicine

Internal and external use of traditional Chinese medicine combined with Western medicine

According to the patient's traditional Chinese medicine syndrome, corresponding oral Chinese medicine should be given, while external Chinese medicine ointments should be used, combined with local Western medicine application and systemic Western medicine treatment, for comprehensive regulation.

Combination of acupuncture and moxibustion and western medicine

By needling specific acupoints such as Zusanli and Neiguan, regulating qi and blood, combined with Western medicine treatment, the therapeutic effect can be improved.

5. CONCLUSION

The combination of traditional Chinese and Western medicine in the treatment of oral lichen planus has shown good prospects, but there are still some problems that need further research and resolution. In the future, more large-scale and multicenter clinical studies should be conducted to explore their mechanisms of action, optimize treatment plans, and provide more effective treatment methods for patients with oral lichen planus.

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