

# Progress of Clinical Research on the Treatment of Hyperplasia of Mammary Glands by Auricular Plaster Therapy

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**Abstract:** Hyperplasia of mammary glands (HMG), the most common benign breast disease in women of childbearing age, often has a long and recurrent course. Because of its mild pain, long-lasting efficacy, ease of operation, non-toxic side effects, ease of acceptance, and remarkable efficacy especially for pain, auricular plaster therapy has created a new way for the treatment of HMG. This article analyzes the efficacy of the current treatment of HMG by auricular plaster therapy, in order to pave the way for finding an ideal solution for the treatment of HMG by auricular plaster therapy in the future.

**Keywords:** Auricular Plaster Therapy; Hyperplasia of Mammary Glands; Research Progress

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## 1. Introduction

HMG is a non-inflammatory, benign and comprehensive disease, which is essentially a disorder of the normal structure of the breast caused by varying degrees of hyperplasia and incomplete replenishment of the main and interstitial mammary glands. The main clinical manifestations are: lumps in the breast area, accompanied by breast pain and menstrual irregularities, and the severity of the disease varies with the menstrual cycle and mood<sup>[1]</sup>. HMG is a risk factor for breast cancer, it has an incidence of 78%. Therefore, the study of HMG can lay the foundation for the prevention of breast cancer. Currently, ultrasound imaging is usually used to confirm the diagnosis of HMG. However, ultrasound imaging can usually only detect organic disease, but some patients with HMG do not feel the symptoms at the beginning of the disease and the condition is easily overlooked, thus delaying the disease. Research has shown that auricular points can be positive not only in the presence of organic disease, but also in the early stages of the disease, providing a method and basis for early detection of the disease. Once HMG is detected and cured early, it can not only relieve the patient's pain and financial burden, but also effectively alleviate the disease or avoid its deterioration, which is of great significance to protect women's health.

## 2. Overview of HMG

HMG is in the category of Ru Pi of Traditional Chinese Medicine (TCM). Currently, no clear understanding of the specific pathogenesis of HMG has been achieved. However, many scholars have proposed that HMG is caused by endocrine hormone imbalance in the body<sup>[2]</sup>. According to today's medical technology, the conventional treatment of HMG is based on hormonal drugs, such as the use of progesterone to regulate the body's endocrine disorders. The short-term efficacy of the treatment is definite, but in the long run, this method only treats the symptoms and does not cure the disease, therefore, the efficacy is not very stable, the disease is prone to recurrence, and there are obvious side effects. Doctors usually use surgery to treat patients who have a long history of the disease and whose treatment with hormones is less effective. However, surgical treatment can be traumatic and painful, and is also prone to recurrence, so patients are less likely to accept<sup>[3]</sup>.

### **3. Overview of auricular plaster therapy**

Auricular plaster therapy is a special Chinese medicine treatment method that stimulates ear acupuncture points by applying pressure to them to treat diseases. In recent years, ear points have been widely used in diagnosing diseases, treating diseases, preventing diseases and health care, and have made new research progress, and have gradually formed an ear point treatment system, becoming a unique new medical science. The study of ear points can not only improve the clinical diagnosis and treatment effect, but also have certain theoretical value for further understanding of meridian points and revealing the mysteries of the human body.

Domestic and foreign scholars have found that auricular plaster therapy is used to treat diseases by adjusting multiple aspects in multiple ways. It has been found that auricular pressure can lower estradiol levels and raise progesterone levels in patients, restoring the metabolic pattern of endocrine hormones<sup>[4]</sup>.

### **4. Clinical Research Advances**

#### **4.1 HMG treated by auricular plaster therapy alone**

Wang applied pressure to ear points on the breast, chest, endocrine, liver, and kidney. Conclusion: A total of 76 patients with HMG were selected, and 47 patients were cured after treatment, accounting for 61.8% of all cases; 16 cases showed a curative effect, accounting for 21.1% of all cases; 6 cases had some curative effect, accounting for 7.9% of all cases; and 7 cases were not effective, accounting for 9.2% of all cases<sup>[4]</sup>. Shen selected ear points for the breast, Shen Men, liver, gallbladder, Triple-Jiao, gastrointestinal, endocrine, subcortical, and occipital. Conclusion: A total of 112 patients with HMG were selected, 68 patients were cured after treatment, 41 cases improved after treatment, and 3 cases did not see any effect after treatment. The total effective rate was as high as 97.32%<sup>[5]</sup>. Zhu treated 89 patients with HMG by applying pressure to the ear points of the chest, endocrine, thoracic spine, and liver. Conclusion: 35 patients were cured, 45 patients showed efficacy, 5 patients were effective, 4 patients were ineffective, and the total effective rate was 95.5%<sup>[6]</sup>.

#### **4.2 Chinese medicine with auricular plaster therapy for HMG**

Feng selected 101 patients with HMG and applied pressure to the ear points of the breast, liver, endocrine, sympathetic and subcortical. They also took Rupi Decoction with reduction. Composition of the formula: Radix Bupleuri, Ligusticum Wallichii, Epimedium, etc. Conclusion: 35 patients were cured after treatment, accounting for 35% of all cases; 41 patients showed efficacy, accounting for 41% of all cases; 21 patients were effective, accounting for 35% of all cases; 4 patients were ineffective, accounting for 4% of all cases. The total effective rate was as high as 96%<sup>[7]</sup>. Xing treated 82 patients with HMG, randomly grouped, the observation group selected ear points: Shen Men, breast, liver, sympathetic, spleen and endocrine. At the same time, the Rupi Sanjie Capsules was taken and stopped during menstruation; the control group was treated with Rupi Sanjie Capsules only. Results: The total effective rate of the observation group was 92.68%, which was significantly higher than that of the control group (75.61%)<sup>[8]</sup>.

#### **4.3 Acupuncture combined with auricular plaster therapy for HMG**

Shang treated HMG with acupuncture points such as the Tsusanli, Taichong, Tanzhong, Qimen, Wuyi, Hegu, and Sanyinjiao. Apply pressure to auricular points such as the breast, endocrine, Shenmen, adrenal, sympathetic, liver, subcortical, and Tri-jiao. Conclusion: The thickness of the mammary glands was reduced and the glandular nodules disappeared<sup>[9]</sup>. Lan selected 80 patients with HMG and performed acupuncture on body points such as Fenglong, Rugen, Taichong, Tanzhong, Hegu, Qimen, Tsusanli and Sanyinjiao. The auricular points were selected: breast, ovary, chest,

endocrine, liver and sympathetic. Conclusion: A total of 32 patients were cured, accounting for 40% of all cases; 35 patients were significantly effective, accounting for 43.8% of all cases; 12 patients were effective, accounting for 15% of all cases; 3 patients were ineffective, accounting for 3.8% of all cases. The overall effective rate was 96.3%<sup>[10]</sup>.

## 5. Conclusion

A comprehensive analysis of the literature reveals that the use of auricular acupressure alone or in combination with other TCM treatments for HMG can effectively reduce the symptoms of HMG patients. If used in conjunction with other TCM therapies, the therapeutic effect can be more pronounced and the course of treatment can be shortened, thus achieving the patient's treatment expectations and making it more suitable for clinical promotion and application. Because auricular acupuncture points have some reference significance for the early diagnosis of HMG and other diseases, auricular plaster therapy can also be used as a routine health care modality to preventative intervention for diseases that have not yet reached diagnostic criteria, thus achieving the goal of treating the undiagnosed disease, if this treatment method can be promoted and popularized in the medical and healthcare system.

However, there are still some shortcomings in the clinical use of auricular plaster therapy for the treatment of HMG, for example, the lack of standardized principles for the selection of acupuncture points for the prevention and treatment of HMG by different experts using auricular acupressure therapy. Therefore, in the future, we need to further standardize the selection criteria of auricular acupressure therapy for the treatment of HMG, so that it can be more effectively used in clinical practice.

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