

Contributions of Integration of Traditional Chinese and Western Medicine to the Prevention and Treatment of Respiratory Diseases

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Abstract: Respiratory disease is a relatively common disease currently recognized in society, which brings a burden to individuals and society that beyond measure. The Integration of traditional Chinese medicine (TCM) and Western medicine(WM) to prevent and treat respiratory diseases is a new method of comprehensive application of TCM and WM for prevention and treatment. Its advantage point in the treatment of respiratory diseases have become increasingly prominent, becoming one of the important measures in the field of disease control Nowadays. Integration of TCM and WM(ITCWM) brings a more effective and sustainable approach to the prevention and treatment of respiratory diseases and alleviates the pain and suffering of patients during treatment. The contribution of ITCWM to the prevention and treatment of respiratory diseases is not only reflected in treatment, but also in prevention, health-care and health education. This article will explore the particular contribution of ITCWM in the prevention and treatment of respiratory diseases in the disease control and human well-being.

Keywords: Integration of Traditional Chinese and Western Medicine; Prevention and Treatment Of Respiratory Diseases; Contribution on Disease Control

Introduction

With the improvement of people's living standards, respiratory diseases have gradually become one of the main diseases affecting human health. These diseases cause a lot of health problems physically and mentally. The ITCWM to control diseases is a new method of chronic treatment to respiratory disease, which organically combines the advantages of both TCM and WM, comprehensively employing their practices of regimen, conditioning, medical treatment and rehabilitation, to bring new viable methods to the treatment of respiratory diseases. This method appear superior that it can get the disease under control , relieve symptoms, and reduce the side effects of drugs swiftly, which has played a positive role in promoting the particularity of life. This article will discuss the remarkable contribution made by the ITCWM in the prevention and treatment of respiratory diseases.

1. Brief Intro of the Prevalence of Respiratory Diseases and the Exploration of the Medical Community

Respiratory diseases refer to diseases that affect the function of the respiratory system, including lung diseases, bronchial diseases, tracheal diseases, pleural diseases, pulmonary hypertension and the likes. Due to the influence of environmental and social factors such as pollution, tobacco, dust, allergens and so forth, the incidence and mortality of respiratory diseases have continued rising in recent years, becoming one of the health problems of global concern.

According to the World Health Organization Statistic, up to millions of lives died of respiratory diseases worldwide every year, of which chronic obstructive pulmonary disease and lung cancer account for the highest proportion on cause of death, especially obvious in developed countries. The incidence and mortality of respiratory diseases in China are, without exception, rising year by year to boot, especially respiratory diseases such as pneumonia, tuberculosis and lung cancer, severely threaten people's health.

To this end, the medical community is constantly exploring a variety of effective methods of prevention and treatment as well. TCM has tradition and experience of a long history, while modern WM yet possesses high-tech and sophisticated medical methods. Therefore, numerous experts in the medical field have gradually being aware of the significance and necessity of ITCWM to prevent and treat respiratory diseases, advance nonstop the research and practice of ITCWM, and are actively digging for better treatment options.

The experience of traditional Chinese medicine are devoted into “balance and harmony”, emphasizing the coordination of yin and yang, and unclogging the movement mechanism of qi and blood veins. From the perspective of TCM, the symptom of respiratory diseases are mainly manifested as “qi stagnation, phlegm coagulation”, such as qi deficiency of lung, pulmonary hemorrhoids and other diseases, and the treatment methods are mostly warmly-dredging method and invigorating method. In practical applications, Both of TCM and ITCWM adopt traditional Chinese herbal and decoction medicine, meridian massage, acupuncture and other means, which can effectively relieve symptoms such as inflammation and swelling of the trachea, bronchi and other body parts, and are conducive to the recovery and health of the respiratory system.

WM, meanwhile, has outstanding advantages in modern advanced medical technology, Application of technologies such as thoracoscopy, stent and others can more precisely locate and act on the lesions of respiratory diseases. When patients suffer from respiratory diseases, WM would adopts a series of treatments such as through inhaling various drugs to exert locally stimulative effects to accelerate the diffusion and absorption of drugs in the local area.

ITCWM to prevent and treat respiratory diseases, in essence, requires comprehensive consideration of the specific etiology, pathology and other factors in any aspect of the disease, as well as numerous detailed factors such as different groups of different ages and various environments, combined with miscellaneous professional skills such as acupuncture, Tuina(manipulation), cooling, and expectoration, to offer well-rounded treatment services to patients.

TCM is, in contrast, widely proficient in application of herbal medicine, and whose relatively mild medicinal properties can decline the internal side effects caused by Western medicine, and somewhat lives up to “balance and harmony” of producing a positive therapeutic effect^[1]. In summary, the ITCWM in the prevention and treatment of respiratory diseases has a wide range of application prospects in the exploration and practice of the medical community, take full advantages of the experience and medicine of TCM and WM of two, making no mean feat to the prevention and treatment of respiratory diseases.

2. Discussion on the Application of Integrated Traditional Chinese and Western Medicine in the Prevention and Treatment of Respiratory Diseases

The prevention and treatment of respiratory diseases by ITCWM has always been a hot issue in the medical community. Considering the complexity and diversity of respiratory diseases, it is tough for a single treatment method to achieve the desired therapeutic effect, and ITCWM thus plays a significant role in the prevention and treatment of respiratory diseases.

2.1 Advantages of TCM in the Prevention and Treatment of Respiratory Diseases

As an excellent traditional medicine in China, TCM possesses tradition and experience of a long history. In the diagnosis and treatment of respiratory diseases, TCM often takes them from the whole condition, not only considering the disease itself, but also paying attention to the physiological and psychological causes of the onset of the disease. TCM has a particular way with the treatment.

(1) Meridian massage. Meridian massage is one of the techniques of common use in TCM. As per different etiologies and pathologies, through kneading, patting, pinching, manipulation and other techniques to stimulate acupuncture points, adjust meridians, and thus achieve the effects of expectorant and cough-relieving, qi-reorganizing and pain-dispelling .

(2) Acupuncture therapy. Acupuncture is one of the unique treatment methods of traditional Chinese medicine. By stimulating acupuncture points, it can achieve the purpose of regulating the body’s own recovery function, enhancing resistance and immunity, and do wonders for the treatment of respiratory diseases.

(3) Decoction of Chinese medicine. Decoction is one of the most common treatments in Chinese medicine. Commonly used Chinese herbal medicines can exert clearing heat and dissipating phlegm, releasing heat and cough, etc., which are of profound application value. Compared with Western medicine, Chinese medicine has relatively fewer side effects and cause overdue burdens to the body^[2].

2.2 Status Quo and Problems of Western Medicine in the Prevention and Treatment of Respiratory Diseases

With the continuous development of medical technology, many respiratory diseases can be treated in a better manner. However, the following problems still remain. (1) Drug treatment. At present, WM mainly adopts drug treatment for respiratory diseases. Although the efficacy of Western medicine synthetic drugs is remarkable, its side effects are significant. Once the patient takes it improperly, it is very likely to cause severely negative effects on the body. (2) Surgical treatment. Surgical treatment of respiratory disease usually involves surgery to remove the lesion. Surgical treatment, however, may bring secondary injury and adverse sequelae for some special occasions, and once the treatment is done, it is quite likely to cause more serious irreparable consequences to the patient.

2.3 Application of the ITCWM in Prevention and Treatment of Respiratory Diseases

2.3.1 The ITCWM

Given the distinctive directions and thought process of traditional Chinese and western medicine, the ITCWM thus combine the advantages of TCM and WM, which can considerably improves the treatment effect. TCM often takes diseases from the root and may not prove obviously efficacious in the short term, but it can establish a solid foundation of the patient's body and make it possible to heal itself spontaneously. Western medicine, otherwise, can act on and work out something quickly in emergency situations to avoid adverse consequences to occur.

2.3.2 Application of Acupuncture, Massage and Other Traditional Chinese Medicine Techniques

The unique treatment techniques of TCM, such as acupuncture, manipulation, massage and others, play an increasingly important role in the treatment of respiratory diseases, which can not only alleviate the their symptoms, but also work wonders in promoting the recovery from the diseases and regeneration of body. Especially in the aspects of pain relief, blood circulation promoting, therapy targeting, and immunity regulation, TCM is incomparably of expertise.

2.3.3 Appropriate Cooperation of Chinese and Western Medicines

The ITCWM can maximize the efficacy of medicines and drugs, in the treatment of respiratory diseases. TCM mainly focus on warm-dredging and qi-activaing, while Western medicine antibiotic, inflammation-reducing, allergic resistance and the likes. The drug effects of them complement each other, which can help patients alleviate symptoms better and speed up the treatment process.

2.3.4 Improvement of Treatment Effect to Prevent the Recurrence of the Disease

There is still a long haul for ITCWM in the treatment of respiratory diseases to press forward. Its treatment methods should adjusted timely, improving the treatment effect to prevent the recurrence of the disease. TCM reckons that the root of diseases stems from the disorder of balance in body, and different treatments must be exercised to adjust the balance of the well-being. In light of this standpoint, the ITCWM in the treatment of respiratory diseases should not only pay attention to external manifestations of the disease like the symptoms, but also emphasize adjusting the patient's body functions, regulating the body's qi, blood, internal organs, and so forth and thus stifling the possibility of disease recurrence from the source. The ITCWM possesses remarkable advantages in the prevention and treatment of respiratory diseases. In addition to the characteristic methods of TCM and WM, it also includes health-care treatments such as exercise and diet. Being able to solve the cases of drug tolerance, medical side effects, and relapse of disease wonderfully in the process of treatment, the ITCWM is a kind of efficient approach to improve the treatment effect, refine, personalize and scientize the prevention and treatment of respiratory diseases. Down the line, the application of the ITCWM in the prevention and treatment of respiratory diseases will definitely be more extensive. Medical institutions and teams of various scales should, however, also strengthen exchange and cooperation to jointly advance the further development and innovation of ITCWM in the prevention and treatment of respiratory diseases.

3. Summary on the Role and Value of ITCWM in the Prevention and Treatment of Respiratory Diseases

As a modern medical method, the ITCWM has been praised both from medical community and by many patients and their families for its more systematic and outstanding overall performance. The role and value of ITCWM in the prevention and treatment of respiratory

diseases have been verified in practice. the superiority of ITCWM in the prevention and treatment of respiratory diseases have been proved in terms of the prevention and treatment, conditioning of patients with different conditions and the sequelae of diverse phases.

3.1 Role

(1) Overall Treatment.

The treatment method of ITCWM for the prevention and treatment of respiratory diseases emphasize the integrity, and treatments start from all aspects of the front and side of the body, which enhances the therapeutic effect under its own specificity and overall effect, puts the disease under control and meanwhile prevents the disease from recurring.

(2) Scientific Selection of Drugs

The ITCWM to prevent and treat respiratory diseases employs both the decoction treatment method of TCM and the chemical synthetic drug treatment method of WM. It is able to coordinate two different treatment methods better, scientifically select drugs in accordance with the development of the disease, and avoid the defect of drug tolerance enhancement inside body out of long-term heterogeneous treatment.

(3) Maximum of the Drug Efficacy

Traditional Chinese medicine generally takes longer time to prove efficacious yet causes relatively minor harm, Western medicine is, otherwise, to get effects instantly but prove so potent and even formidable for organs to absorb so as to incur a lot more side effects according to the diversity of drug ingredients. The ITCWM can, in contrast, maximize the efficacy of the drug while cutting down the negative effects caused by drugs abuse and inappropriate as much as possible.

(4) Dietetic Therapy

Dietetic therapy can be adopted in the ITCWM in the prevention and treatment of respiratory Diseases as well. Different dietary regulation or Dietetic regimen must be prescribed ad per the patient's condition, so as to strengthen the body constitution. For instances, clearing heat and dissipating phlegm, moisturizing the lungs, regulating the stomach and the other, recover and enhance function of body's natural defense mechanism through diet, and thus to enhance immunity, improve the treatment effect, and prevent the recurrence of the disease to the utmost ^[4].

3.2 Value

(1) Physical Constitution Improvement

The elementary regulation of the patient's body is the kernel of prevention and treatment of respiratory diseases through the ITCWM, of which aim at multiple aspects such as exercise, diet, and psychology to treat. This method can, based on holistic harmony, increase the patient's body's overall coordination, immunity and body element balance, consequently improve the patient's body's resistance and resiliency, thereby ultimately achieving the goal of recovery.

(2) Restoration from Condition and Recurrence Prevention

ITCWM to prevent and treat respiratory diseases can formulate a series of selected optimal treatment plans oriented to different diseases, to achieve the goal of promptly managing the disease. It can not only control the disease, but also effectively prevent the reappearance of the disease, enhancing the therapeutic result by leaps and bounds. As for chronic respiratory diseases, TCM techniques such as acupuncture and massage can be exercised to minimize the recurrence of the disease, increase the cure rate, and reduce the disability rate of the disease.

(3) Reduction and Even Elimination of the Side Effects of Drugs

The ITCWM to prevent and treat respiratory diseases can maximize the therapeutic effect of drugs while minimizing the side effects of drugs, allowing patients to recover earlier with little negative impacts on the body. For long-term medication or chronic diseases requiring long-term treatment, the ITCWM's methods can minimize drug dose and avoid patients from adverse reactions to drugs ^[5].

With the ITCWM to prevent and treat respiratory diseases as a medical method, its practical value and role are of great significance, which has unique advantages that it can make full use of the functions of two different medical methods, alleviate the pain and side effects of patients, and at the same time prevent from developing drug tolerance through abuse of a drug or a treatment, and even from emerging mul-

tiple side effects. In a nutshell, the method of preventing and treating respiratory diseases by ITCWM is more humane, systematic, personalized, and green. The development of this method is bound to be a typical representative in the field of rehabilitation medicine.

Conclusion

The ITCWM for the prevention and treatment of respiratory diseases has been widely recognized by more and more of the medical community, patients and society. It not only shortens the treatment course, but also improves the treatment effect, reduces the recurrence rate of the disease, the development of drug tolerance and the appearance of drug side effects. The contribution of ITCWM in the treatment of respiratory diseases is notable, which effectively secures people's health and quality of medical service, alleviate some suffering from patients caused by treatment, and effectively prevents the recurrence of diseases. The active exploration should be encouraged in the field of medicine, combining traditional Chinese and Western medicine, continuously strengthen cooperation and exchange, to make greater contributions to the prevention and treatment of respiratory diseases. At the same time, the method of ITCWM should be promoted on end, expanding the field and depth of ITCWM in the prevention and treatment of respiratory diseases, to serve the people's welfare dedicated as always.

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