

The Status and Prospect of Traditional Chinese Medicine (TCM) Treatment in Pulmonary Tuberculosis

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Abstract

Pulmonary Tuberculosis (TB) is infected by Mycobacterium, which is the top two leading cause of death globally. Routine mainstream modern medical treatment has last for six months, but individual TB patients may induce drug-resistant or severe hepatic adverse-effect, and it would increase the complexity along with the treatment. Traditional Chinese Medicine (TCM) is commonly applied for TB treatment in China and Taiwan. Recently more and more studies have shown integration treatment method of modern medication, and Chinese medicine could be improved the curative effect by inhibiting Mycobacterium, reducing the toxicity to pulmonary with prolonged modern medication, boosting up individual's immune system which depends on TCM syndromes.

Keywords: Pulmonary Tuberculosis (TB); Mycobacterium; Traditional Chinese Medicine (TCM)

Introduction

Characteristics of TCM syndromes of TB patients are categorized as pulmonary Yin deficiency syndrome (PYD), hyperactivity of fire due to Yin deficiency syndrome (HFYD), deficiency of Qi and Yin syndrome (DQY) and deficiency of Yin and Yan syndrome (DYY). The description of TCM elements of Yin, Yang, Qi and the clinical features of PYD, HFYD, DQY and DYY are summarised as table 1 and 2 respectively.

TCM Elements	Description
Yin	Material aspects of the organism, often known as fluid (including plasma, lymph, blood)
Yang	Refers to function
Qi	Vital substance promoting blood circulation, often known as hemodynamic mechanism

Table 1: TCM elements description.

Code	Description	TB Stage (Similar)	Clinical Signs
PYD	Pulmonary Yin deficiency syndrome	1 st	Thirst, tussiculation, mild night sweat, feverishness in palms and soles
HFYD	Hyperactivity of fire due to Yin deficiency syndrome	2 nd	Steaming sensation in bone, dysphoria with feverish sensation in chest-palms-soles
DQY	Deficiency of Qi and Yin syndrome	3 rd	Weak and pale look
DYY	Deficiency of Yin and Yan syndrome	4 th	Almost dead condition

Table 2: Clinical sign and symptoms for TB patients (TCM syndromes).

According to a systematic clinical trial review study provided evidence that combination therapy of Chinese herbal medicine and chemotherapy treatment may have beneficial compared to chemotherapy alone for multidrug-resistant tuberculosis in terms of bacteriological and radiological which published in the year 2015, the review has shown improvement of sputum conversion rate, cavity closure, reducing liver and kidney damage and lung lesions resorption. A study which published in the year 2016 with a total of 292 pretreated TB patients (aged 18 - 75) revealed In cRNA and mRNA has a significantly different express transcript in the PYD, HFYD and DQY syndromes, the result indicated that RNA expression profile analysis might be a new biological experiment measures to explore the physiologically or pathologically change of TCM syndromes [1].

Type 2 diabetes complicated with pulmonary tuberculosis is tough to be treated, a study shown Qi-boosting and Yin-nourishing combine with modern medication have better-treating effect in terms of blood glucose control, negative sputum conversion, lung lesion absorption than modern medicines alone. Another study in the year 2018 with 110 pulmonary TB patients in a six months clinical trial with Fu Qingzhu's tuberculosis prescription has shown improvement of clinical symptoms, the rate of focal absorption and rate of phlegm infection, even reduce the side-effect of modern conservative medicine alone [2,4].

Even the better curative efficacy of TCM prescription in TB patients are supported and published by numerous clinical research mostly in China and Taiwan, but there is yet to accumulate confident enough to promote TCM to majority modern medical profession and promote the treatment to non-Chinese population elsewhere in any country [3,5].

TCM treatment principle is about "Balance in Human Regulation System". The basic concept is human regulation system would auto-regulate from subhealth condition back to a health condition.

For instance, an adult who worked more than 15 hours daily continuously for a week, he is fatigue, diarrhoea and lack of appetite. TCM practitioner would recommend him to rest and only take adequate warm and non-oily food without taking any herb medicine for recovery; OR if the existing auto-regulate system could not adjust the illness (severe than subhealth) back to normal condition, Chinese herb medicine would take a role. For instance, a patient who is having a mild fever after catching a cold due to without a jacket in an 18 degree Celsius cinema hall to enjoy a movie which lasts for 140 minutes. A Chinese herbal compound prescription which would generate heat in the body will give to the patient, to eliminate the "cold" from the body thru mild sweating, this is an efficient and safe way in cold-curing among Chinese population across worldwide. TCM theory contains non-microbiology (bacteria/virus) concept; it emphasizes the balance of the human body, the balance between human and environment (change of climate/community/emotional). Chinese herb medicine is the measures to regulate or assist the human auto-regulate system to gain back a healthy level if it could not function enough to resist during illness.

A newly biological experimental approach like RNA transcript expression, correlation with clinical evidence of erythrocyte sedimentation rate (ESR) and serum protein, are already being tested and published. All these efforts are bridging up the confident for the modern medical professional to understand in a scientific aspect, as well as concrete the theories of TCM curing system of TB treatment. Further clinical investigate approach with persuasive biological experiment expression (science-based) with variety TCM syndromes is broadly needed in the future.

Conclusion

Growing Healthcare expenditure is a disaster for every country in the world. High cost on Healing processes and medical treatment, incurable diseases and others are the primary concern issues for all the governors as well as healthcare insurance companies. In short, compare to modern medical procedure and expenses, TCM could be one of the cost-effective options to identify specific diseases' clinical features and treatment, in term of cutting off part of the medical procedure processes (lower down the total involved cost); providing relative lower cost of Chinese herb medicine and lesser adverse effect (often induced by specific modern medication). The International Classification of Disease, 11th revision (ICD-11) which approved by World Health Organization's (WHO) firstly list in Traditional Chinese Medicine for medical coding, to document diseases with diagnoses and clinical sign and symptoms, ICD-11 will be the effect on January 1, 2022. ICD codes were updated roughly every decade, the primary purpose for ICD is built for recognition of statistics research in term of efficacy and cost of new created Individual code, an evidence-based reference for global insurance system after large-data being pro-

cessed and analysed. TCM method is being used by approximate 1.6 billion populations, which commonly active in China, Taiwan, Japan, Korea and other countries, it would be a large and attractive incentive factor in pushing TCM development all over the world [6].

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