

## 2<sup>ND</sup> WORLD CONGRESS OF GASTROENTEROLOGY & DIGESTIVE DISEASES



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### Clinical study on microscopic syndrome differentiation and traditional Chinese medicine treatment for liver-stomach disharmony in chronic gastritis

#### **Abstract:**

**Background:** Chronic gastritis (CG) is a common gastrointestinal disorder characterized by inflammation of the stomach lining. Liver-stomach disharmony (LSD) syndrome is believed to contribute to CG symptoms.

**Aim:** To evaluate the efficacy and safety of microcosmic syndrome differentiation and Chinese herbal medicine (CHM) treatment in patients with CG and LSD syndrome.

**Methods:** Sixty-four patients with CG and LSD syndrome were randomly divided into two groups: The treatment group received CHM based on microcosmic syndrome differentiation and the control group received conventional Western medicine. The treatment course lasted 12 weeks. The primary outcome was improvement in dyspeptic symptoms, measured using the Nepean Dyspepsia Index. The secondary outcomes included the improvement rate of endoscopic findings, histopathological findings, and microcosmic syndrome scores and the incidence of adverse events.

**Results:** After 12 weeks of treatment, the treatment group showed significantly greater improvement in dyspeptic symptoms than the control group (93.75% vs 65.63%,  $P < 0.01$ ). The treatment group also showed a significantly higher improvement rate in endoscopic findings than the control group (81.25% vs 53.13%,  $P < 0.05$ ). The improvement rates of histopathological findings and microcosmic syndrome scores were not significantly different between the two groups ( $P > 0.05$ ). No serious adverse events were observed in either group.

**Conclusion:** Microcosmic syndrome differentiation and CHM treatment can effectively improve dyspeptic symptoms and endoscopic findings in patients with CG and LSD syndrome and have a good safety profile.

**Keywords:** Chinese herbal medicine; Chronic gastritis; Liver-stomach disharmony; Microcosmic syndrome differentiation; Microcosmic syndrome scores; Randomized controlled trial.