

The clinical features of patients in the study to evaluate the effect of peptic ulcer treatment of Kien ty chi thong - HV

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SUMMARY

Objectives: To investigate the clinical features of patients in the study to evaluate the effect of peptic ulcer treatment of Kien ty chi thong - HV granules.

Subjects and methods: Open clinical intervention, comparing before and after treatment. Patients from 18 years old, regardless of gender or occupation, who voluntarily participate in the study, were examined and diagnosed with gastroenteritis through clinical examination and endoscopy with precise standards.

Results: With 35 patients participating in the research, the highest prevalence was in age group from 51 years old, accounting for 85.7%, women had a greater illness prevalence than males (71.4% of the study members). In term of professional characteristics, the group of officials has the greatest prevalence of sickness, at 48.6%. The group of patients with a BMI of 23-24.9 (overweight) accounts for the highest rate at 40.0%. Stress, eating hot food, and drinking alcohol are disease-related variables that account for 37.1%, 22.9%, and 20%, respectively. The most diseased time is from 1 to 5 years with 18 individuals, accounting for 51.4% of total. Patients with the highest history of using modern medicine accounted for 45.7%, followed by the group combining modern medicine + traditional medicine, accounting for 25.7%.

Conclusions: The patients were mostly overweight women office workers, above 51 years old with prolonged stress. Most patients had had the disease from 1 to 5 years and had been treated with modern medicine.

Keywords: Peptic ulcer, Kien ty chi thong - HV granules, Modern Medicine, Traditional Medicine.

INTRODUCTION

Peptic ulcer (VDDHTT) is a popular digestive disease in Vietnam and the world. This is a frequently occurring disease, often recurring and common in the world, with an annual incidence of 1.1 to 3.3% and prevalence of 1.7% to 4.7%, about 10% of person have this disease during their lifetime in the United States [1]. The rate of peptic ulcers in Iran ranges from 13.6% to 47.2%. [2]. According to the Vietnam Gastroenterology Association, in Vietnam, up to 26% of the population has peptic ulcer disease. The clinical manifestations of the disease include epigastric abdominal pain with a dull cyclical characteristic; in addition, symptoms of dyspepsia, nausea, vomiting,

anorexia, and weight loss, about 2/3 of patients with peptic ulcer disease are not diagnosed and are present to be examined due of complications including intestinal obstruction, perforation, or gastrointestinal hemorrhage [3]. Although these are not fatal, they can significantly reduce patients' quality of life, can prevent a person's daily activities, and can cause a social and economic burden [4]. The treatment of peptic ulcer disease with traditional medicine is getting more and more attention and has achieved many beneficial clinical results. Kien ty chi thong - HV (KTHV) is derived from the experimental remedy "Kien ty hanh khi chi ta thang" excerpted in "Nam Y nghiem phuong" by author Nguyen Duc

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Doan includes 11 medicinal herbs: Radix Codonopsis javanicae, Rhizoma Dioscoreae persimilis, Rhizoma Atractylodis macrocephalae, Pericarpium Citri reticulatae perenne, Rhizoma Typhonii, Herba et Radix Scopariae, Fructus Amomi, Poria Cocos Wolf, Radix Saussureae lappae, Fructus Aurantii, Cortex Magnoliae officinalis, are modernized in the form of granules, gaining basic standard, used in treatment Traditional medicine for good improvement of clinical symptoms. To have more scientific evidence in the treatment of peptic ulcer with

Kien ty chi thong - HV granules, we carried out the study: "Determining the toxicity and therapeutic effects of Kien ty chi thong - HV granules on patients with peptic ulcer".

OBJECTIVES AND RESEARCH METHODS

Research materials

The cure Kien ty chi thong - HV in form of granules is derived from the cure Kien ty hanh khi chi ta thang excerpted in Nam Y nghiem phuong which was authored by Nguyen Duc Doan.

Components of Kien ty chi thong – HV granules granules

No.	Medication name	Scientific name	Dose (mg)
1	Đảng sâm	<i>Radix Codonopsis javanicae</i>	1500mg
2	Hoài sơn	<i>Rhizoma Dioscoreae persimilis</i>	1500mg
3	Bạch truật	<i>Rhizoma Atractylodis macrocephalae</i>	1500mg
4	Trần bì	<i>Pericarpium Citri reticulatae perenne</i>	900mg
5	Bán hạ	<i>Rhizoma Typhonii</i>	900mg
6	Cam thảo nam	<i>Herba et Radix Scopariae</i>	600mg
7	Sa nhân	<i>Fructus Amomi</i>	900mg
8	Bạch linh	<i>Poria Cocos Wolf</i>	1200mg
9	Mộc hương	<i>Radix Saussureae lappae</i>	900mg
10	Chỉ xác	<i>Fructus Aurantii</i>	900mg
11	Hậu phác	<i>Cortex Magnoliae officinalis</i>	1200mg
Excipients q.s			

- Dosage form: Powdered (124g medicinal herbs ≈ 5 packets of powder, 3g/packet).

- Human dosage: 5 packets of powder/day, 3g/packet.

- Research medicines are prepared at the Tue Tinh Institute of Traditional Pharmaco- Medicine - Vietnam University of Traditional Medicine.

- The source of medicines are provided at the Central Institute of Medicine according to Vietnam Pharmacopoeia V standard and basic standards.

- The preparation process and standards of the research sample are presented in a separate attachment.

Research objectives

Including 35 patients, both inpatients and outpatients at Tue Tinh hospital from 18 years old regardless of gender, were examined and diagnosed with peptic ulcer, volunteered to participate in the research, from July 2022 to July 2023.

Inclusion: Epigastric pain, with belching, heartburn,

vomiting, nausea, flatulence. Image of peptic ulcer, HP (-). Spleen and stomach are weak according to traditional medicine theory.

Exclusion criteria: Image of peptic ulcer, HP (+), Patients participating in the study did not comply with treatment principles or took other medications. Other diseases form according to traditional medicine theory.

Research methods

The study was designed by using an open clinical intervention method, comparing before and after treatment.

Patients were given "Kien ty chi thong - HV" x 05 packs/24 hours.

Take medicine 2 times/day at 9:00 a.m. and 4:00 p.m. 28 consecutive days were spent for using medicines.

Data processing methods

After the data was collected, analyzed and processed by biomedical statistical methods, using the statistical

program SPSS 22.0. With 95% confidence. $p > 0.05$: the difference is not meaningful. $p < 0.05$: the difference is meaningful in this statistic.

RESULTS

Age characteristics of study patients

Table 1. Distribution of patients according to age

Age group	Research group (n=35)	
	n	Proportion (%)
18 - 20	0	0.0
21 - 30	1	2.9
31 - 40	2	5.7
41 - 50	2	5.7
> 51	30	85.7
Total	35	100
Average	59.66 ± 13.38	

According to Table 1's results, the highest incidence rate was in the age group > 51, accounting for 85.7%, followed by the age group with a lower incidence rate, the 31- 40 years old group and the 41 years old group, accounting for 5.7%, 50 years old group accounted for 5.7%, the 21-30 years old group accounted for 2.9% and the 18-20 years old group accounted for 0%.

Gender characteristics of research group

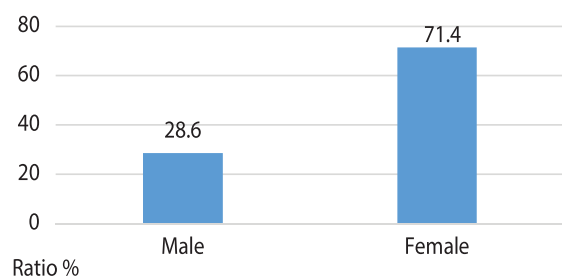


Chart 1. Patients' gender distribution

Chart 1 shows that the prevalence of the disease was higher in women than in men, specifically, the proportion of women accounted for 71.4%, the rate of men accounted for 28.6%.

Characteristics of patient distribution according to BMI

Table 2 shows that the highest incidence rate was in the group with BMI 23-24.9 (overweight) accounting for 40.0%, followed by the group BMI 18-22.9 accounting for

31.4%, the group BMI <18 accounted for 20%, BMI ≥25 group accounted for 8.6%.

Table 2. Patients' BMI distribution

BMI Index	Research group (n=35)	
	n	Proportion (%)
<18 (underweight)	7	20.0
18-22.9 (normal)	11	31.4
23-24.9 (overweight)	14	40.0
≥25 (obese)	3	8.6

Occupational characteristics of the research group

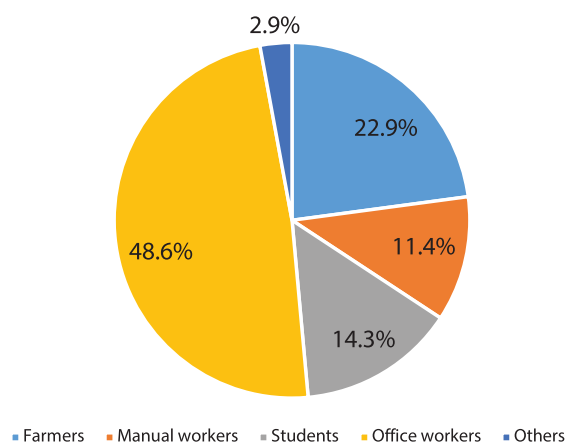


Chart 2. Distribution of patients according to occupation

Chart 2 shows that the disease rate in the group of office workers was the highest, accounting for 48.6%, followed by the group of farmers accounting for 22.9%, the group of students accounting for 14.3%, the group of manual workers accounting for 11.4%, the others group account for 2.9%.

Characteristics of disease history

Table 3 shows that patients with disease from 1-5 years were the highest with 18 patients accounting for 51.4%, then the group <1 year accounts for 34.3%, followed by the group from 6-10 years, and group >10 years did not have any patient.



Table 3. Distribution of patients according to peptic ulcer disease history

Illness time	Research group (n=35)	
	n	Proportion (%)
< 1 year	12	34.3
1-5 years	18	51.4
6-10 years	5	14.3
>10 years	0	0.0

Characteristics of medicine use history

Table 4. Distribution of patients according to the history of using medicine

Methods of using medicine	Research group (n=35)	
	n	Proportion (%)
Modern medicine	16	45.7
Traditional medicine	7	20.0
Combination of Traditional Medicine + Traditional Medicine	9	25.7
Untreated	3	8.6
Total	35	100

From table 4, it shows that the number of patients using traditional medicine for treatment is more than other groups, there are 16 patients, accounting for 45.7%, the number of patients using a combination of traditional medicine + traditional medicine accounts for 25.7%, the group using traditional medicine accounts for 20.0%, the group that did not use drugs accounted for 8.6%.

Factors related to the disease

Table 5. Factors related to the disease

No.	Risk factor	Research group (n=35)	
		n	Proportion(%)
1	Smoking	2	5.7
2	Drinking alcohol regularly	7	20.0
3	Often eating hot spicy food	8	22.9
4	Overweight and obese	2	5.7
5	Prolonged nervous tension	13	37.1
6	Less physical activity	2	5.7
7	Family history of stomach disease	1	2.9

From table 5, it shows that the factor most related to the disease is the group of prolonged mental stress with 13 patients, accounting for 37.1%, followed by the group eating hot spicy foods regularly, accounting for 22.9%. The group that drinks alcohol accounts for 20.0%, the overweight and obese group accounts for 5.7%, the group with less physical activity accounts for 5.7%, and the group with a family history of stomach disease accounts for 2.9%.

DISCUSSION

Characteristics of age, gender, and occupation of research patients:

Among the 35 studied patients, it was found that the age group most affected was over 51 years old, accounting for 85.7%.

There was a difference in the prevalence of men and women in the study, with 10/35 male patients accounting for 28.6%, and 25/35 female patients accounting for 71.4%. There is the disparity between the ratio of men and women because women in this era have to endure a lot of pressure from family and social work, besides, women's tolerance is less than men's, so they go to the doctor and get treatment more often. This reflects gender differences in access to health care services. Men are often more hesitant to access to medical services than women.

Also according to research on patients' occupations, the group of patients who are office workers accounted for the highest proportion of 48.6%. This occupational group accounted for a high proportion because they often have intense work intensity leading to psychological stress, sitting more and less having activities than the group of manual workers. This was one of many favorable factors that make the number of patients in the group of mental laborers higher than those of manual laborers. The group of farmers and manual workers had a high rate because the intensity of heavy labor, the diet and living conditions are not suitable.

According to BMI, the highest incidence of disease is in the group with BMI from 23-24.9 (overweight)

Characteristics of factors related to the studied disease

According to the results of Table 5, it shows that the factors related to peptic ulcer disease have different rates. The mental factor, prolonged stress, accounted for the highest rate of 37.1%. In the current society, there is exceptionally family pressure, and also work

pressure leading to stress. This factor is equivalent to the emotional factor of Traditional Medicine. Uncontrolled emotions lead to stagnated liver qi, and it causes spleen and stomach disease.

The factor of eating hot and spicy food accounted for 22.9%, drinking alcohol accounted for 20.0%. Hot spicy foods, alcohol... affect the function of the spleen, the spleen controls metabolism according to traditional medicine theory, spleen damage causes poor metabolism, stagnation causes epigastric pain.

Time characteristics of peptic ulcer

The duration that the people had the peptic ulcer ranged from 1 to 5 years, with 18 patients, accounting for 51.4%. The number of patients with the disease less than 1 year accounted for 34.3%. Patients having the disease from 6 to 10 years accounted for 14.3%. No patient had the disease since 10 years. The group of patients with a history of the disease from 1 to 5 years accounted for the highest rate because the disease has a high recurrence rate, accounting for 80% within 1 year and 50% within 5 years, causing patients to come for examination and treatment. It is also possible that due to the more and more advanced educational level and more adequate economic conditions, people pay more attention to health care. The group of patients with a 6- to 10-year medical history is low, less than 10 years is absent. This proportion may be due to patients having the disease for a long time, without treatment, they can develop complications such as: Gastrointestinal bleeding, gastric cancer... which are in the exclusion criteria in our research

Characteristics of the used treatment method

According to table 4, the highest proportion of patients using traditional medicine was 45.7%. This rate shows that currently patients still simply use modern medicine, because of its popularity, in almost all pharmacies today, patients can easily buy stomach medicine, just need to mention the symptoms. In addition, traditional medicine is used in form of capsule or caplet, tablet,... so it is convenient for patients to carry it around, whereas traditional medicine is mainly used in decoction form, so it is a bit difficult for patients who travel a lot or are lazy in decoction.

The next is the group of combining modern medicine and traditional medicine, accounting for 25.7%. In the era of economic development, with the high intellectual level, people are more and more concerned about their health, they choose to combine both traditional and

modern medicine to treat diseases.

The group only using traditional medicine accounted for 20.0% and the untreated group accounted for 8.6%.

CONCLUSION

Through research results, 35 patients with peptic ulcer disease were treated with the remedy Kien ty chi thong - HV. After 28 days of treatment, we draw some surveys on the clinical characteristics of patients as follows:

- The patients are mostly over 51 years old, accounting for 85.7%.

- The disease rates of men and women in the study were different: men had 10/35 patients, accounting for 28.6%; women had 25/35 patients, accounting for 71.4%.

- According to the research on patients' occupations, the majority of peptic ulcer disease appear in the group of officials, accounting for 48.6%.

- According to BMI, the highest disease rate was in the group from 23-24.9 (overweight), the lowest was in the group from 25 (obese).

- Factors related to the disease such as stress, eating spicy foods and drinking alcohol accounted for 37.1%, 22.9% and 20% respectively.

- The maximum duration of the disease ranged from 1-5 years with 18 patients, accounting for 51.4%.

- Most patients use modern medicine, accounting for 45.7%, followed by the group of combining modern medicine and traditional medicine, accounting for 25.7%.

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