

Research Progress in Diagnosis and Treatment of Postpartum Depression by Traditional Chinese Medicine

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doi:10.56397/CRMS.2023.03.03

Abstract

In this paper, by analyzing a large number of domestic and foreign literatures on the treatment of postpartum depression in recent years, the research progress of traditional Chinese medicine (TCM) in the treatment of postpartum depression was systematically reviewed. Sum up after a postpartum depression of the most common etiology and pathogenesis, from the compound Chinese medicine, acupuncture, needle medicine use, massage, music therapy and traditional Chinese medicine fumigation treatment, according to the basic theory of TCM in detail its historical source, choose party on the basis of TCM syndrome differentiation, acupuncture and moxibustion therapy in a variety of acupuncture and moxibustion treatment of forms, and other characteristics of traditional Chinese medicine therapy. Literature review shows that: The doctor of traditional Chinese medicine in the treatment of postpartum depression, with overall concept as guiding ideology, thus improve the systemic symptom of patients, improve the quality of life, and there are diversified TCM therapies, patients and their families have high acceptance, small side effects, make up the deficiency of western medicine, not only in the clinical practice to improve the curative effect of treatment of postpartum depression, also for the general medical compatriots to broaden the diagnosis and treatment method of postpartum depression, provide evidence for the selection of treatment for such patients.

Keywords: postpartum depression, Chinese medicine treatment, review

1. Introduction

We call that depression is a disease with obvious and persistent low mood, low interest, slow thinking and cognitive response as the main clinical characteristics, which has the characteristics of “four high” (KÖNIG H, KÖNIG H H & KONNOPKA A, 2019). In 1968, Pitt (Shen Keng & Martin, 2015) first proposed

the definition of “postpartum depression (PPD)”, which means that postpartum depression occurs during the puerperium, and the most important thing is that many patients are not found clinically. This disease not only affects maternal body and mind greatly, but also causes certain harm to the baby, marriage bonds, family, society and so on.

In western medicine, antidepressants are commonly used in the treatment of postpartum depression. However, considering the impact of breast-feeding on the health and safety of infants after taking drugs, there are no drugs with zero impact available clinically at present (Chi Liquan, Yu Jingxian & Gu Sujun, 2019). Hormone drugs are a relatively new treatment for postpartum depression (Xia Guangyuan, Zhang Jing, Xie Yuan, Chen Jing & Zou Tao, 2015), but long-term use of estrogen will increase the incidence of other diseases and also have a bad effect on nursing infants. Although there are immunomodulators, oxytocin and other drugs, a group of controlled clinical experiments conducted by Ramirez (Ramirez K & Sheridan JF., 2016) et al. found that infliximab had no significant effect on general patients. Wang (Wang T, Shi C, Li X, Zhang P, Liu B, Wang H, Wang Y, Yang Y, Wu Y, Li H & Xu ZD, 2018) et al. found in animal tests that it is still unknown whether giving human exogenous oxytocin can resist postpartum depression. To sum up, there are still shortcomings in western medicine treatment, which needs further exploration and research.

The majority of colleagues may try to change the way of thinking, with a different perspective to look at medical problems, our motherland medicine has developed thousands of years, perfected with countless people and discarded the dross and select the essential, it has their own theory and clinical system from the practice of true knowledge and complement the Western medicine treatment of puerperal depression shortcomings. Puerperal depression belongs to the categories of traditional Chinese medicine "depression syndrome", "dirty dryness" "abnormal postpartum mood". Under the guidance of traditional Chinese medicine thought theory, combined with physical factors, environmental factors and postpartum special physiological conditions for comprehensive thinking, throughout the ancient and modern doctors from different angles to elaborate its etiology and pathogenesis, to appear different treatment methods and prescriptions. Therefore, by referring to the domestic and foreign studies on postpartum depression since 2015, the author summarizes many aspects of TCM treatment as follows:

2. TCM Compound Treatment

According to literature review (Fifan Wang, 2019; Xu Linjie, Zheng Yu, Shi Lei & Xu Fengquan,

2017; Xu Ailing, 2016), postpartum depression is a disease characterized by false standard solid disease, and its etiology is nothing more than deficiency, stasis and depression. The pathogenesis (Shen Keng & Martin, 2015) is the deficiency of solid body blood, coupled with excessive blood loss during the process of bearing, resulting in insufficient blood effort and mental disorder. Or when the production of cold, blood stasis in stop, and because of Qi deficiency blood flow is not smooth and stasis stop, causing blood stasis Qi reverse, disturb the state of mind; Or elemental depression, postpartum emotional injury, liver depression fire on the mind, and postpartum blood loss, liver blood deficiency, liver does not hide the soul, the soul has no return, and head is carried away with soul. "Empty", "stasis", "depression" as the root cause of disease, the three factors can both cause disease, and can complement each other. Therefore, we carry out the discussion from "deficiency", "stasis", "stagnation" three aspects.

2.1 From the Discussion of Deficiency

Jing yue quan shu explains: "postpartum Qi and blood all go, more sincere deficiency syndrome". Puerperal depression is a common mental disease of mental disorders in women during puerperal period, and deficiency is the primary pathogenic factor. During childbirth, the Qi and blood sudden deficiency is the fundamental cause of puerperal depression, and because of the loss of viscera function, can not be timely training and tonic can be sent to abnormal mood. The most common deficiency syndrome type is the deficiency of heart and spleen (Shen Keng & Martin, 2015), or the deficiency of heart and spleen. The treatment is to nourish blood and Yin, to nourish heart and calm the mind. The prescription can be Tianwang Buxin Dan. Wu Xiao et al. (Wu Xiao, Dong Haoxu, Zhang Mingmin & Chen Zhuo, 2021) summarized the application of kidney tonifying Qi and blood activating method by Professor Huang Guangying (commonly used drugs include Huangqi, Dangshen, Shudihaung, Shanyao, Danggui, Baishao, Chuanxiong, Danshen, Fuling, Chaihu, Suanzaoren, etc. Shudihuang is the king of kidney tonifying and essence filling; Huangqi, Dangshen, Fuling, Baizhu invigorates the spleen and Qi, helps rehmannia tonifying the kidney and filling the essence, the compatibility of king and minister, tonifying the kidney and supplementing the Qi; Chuanxiong

and Danshen clean up the uterine stasis and blood; Chaihu and Suanzaoren soothe the liver and the mind; The combined use of various medicines, playing a total of kidney and Qi, liver and collages, nourishing blood and calming the spirit effect) in the treatment of postpartum depression achieved very good results. Du Xinhua (Du Xinhua, 2019) used Ganmai Jujube decoction to add and reduce (composition: Chenpi, Chaihu, and Dazao 15g each, Ganciao, Zhike and Baishao 12g each, Chuanxiong and Xiangfu 10g each, Xiaomai 30g; Qi stagnation phlegm stasis add Banxia and Houpu 10g, Fuling 15g; the people of heart-spleen deficiency add Yuanzhi and Danggui 15g each) 100 cases of postpartum depression were treated with Chinese medicine nursing for patients with deficiency of heart and spleen add Yuanzhi and angelica 15g each. By comparing with conventional nursing, the results showed that the score of Hamilton depression scale in both groups was improved after 1 week and 4 months of intervention, and the observation group was better than the control group. Hao Ruijun et al. (Hao Ruijun & Deng Huaili, 2018) treated 60 patients with postpartum depression with morbidino-oligosaccharide capsule combined with psychological counseling. Compared with psychological therapy alone, the results showed that the reduction values of HADM score and TCM quantitative score scale of kidney deficiency in the treatment group were statistically significant. Li Baohua et al. (Li Baohua, Li Zhihuan & Ma Yangchun, 2016) summarized Professor Hu Sirong's classical prescription (the basic prescription is Chai Hu and Longgu Muli soup, Ganmai and Dazao soup for those who are sad and want to cry, Baihe and Dihuang soup for those with obvious anxiety and symptoms of heat, or a three-way combination of Baihe and Zhimu soup, Baihe and Dihuang soup, and Chai Hu and Longgu Muli soup, etc.). It's good for mothers, but also babies. Wang Dan (Wang Dan, Zhao Ruizhen, Li Xiaoli, Xu Fang & Tang Qisheng, 2015) et al. used Shenqi Jieyu Granules to treat 60 patients with postpartum depression with the method of toning heart and spleen. By comparing with the placebo group, the results showed that the total score of TCM syndrome scoring scale in the treatment group was significantly reduced after 1, 2, 4 and 6 weeks of treatment compared with that before treatment. Hu Gaiqin (Hu Gaiqin, Li Yonghong & Liu Yunlei, 2015) et al. used

Shenguiren mixture (drug composition: Renshen, Danggui and Suanzaoren, etc.) to treat 60 cases of postpartum depression. Through comparison with morning escitalopram combined with psychological intervention, the results showed that EPDS score and TCM syndrome score in the treatment group were lower than those in the control group ($P < 0.05$).

2.2 From the Discussion of Blood Stasis

Wan shi nv ke explains: "postpartum weakness, septic stasis and closed heart, the mind can not clear." Puerperal depression is a common mental disease of mental disorders in women puerperal period, which is damaged during childbirth, Qi and blood deficiency, Qi deficiency blood is not good, blood stasis is not good, blood stasis disturbs the mind; Or blood stasis, Qi machine unfavorable, blood flow is not smooth, or Qi machine reverse disorder, can be sent as emotional abnormalities. Wang Qingren of the Qing Dynasty also put forward the idea of treating depression syndrome from the perspective of stasis. The most common type of blood stasis syndrome is the reverse syndrome of blood stasis and Qi (Shen Keng & Martin, 2015), and the treatment is to promote blood stasis, relieve the reverse and calm the mind and choose the prescription to add or reduce the decoction of madness and waking up.

2.3 From the Discussion of Depression

"The Inner Canon of Huangdi" explains: 'The spirit of five depression will outbreak until culminate, but need to wait for a certain time to attack'. In Zhu Zhenheng's Essay on *Gezhi Yu Lun*, it was said that "In a time when there is a wave of crabbed stress, all the diseases will arise." He proposed that "crabbed stress" is mostly caused by rash emotions. He also founded the theory of Liuyu and the famous prescription Liuyu Pill. Chao Yuanfang discussed the pathogenesis of postnatal emotional diseases in his book *Zhu Bing Yuan Hou Lun: Chan Hou Feng Xu Dian kuang Hou*. Postpartum depression is a common mental disease for women, the birth of rushed any damage, qi and blood deficiency, blood deficiency is not nourished liver led to the soul nowhere to hide, head is carried away with soul and abnormal emotions; Or factor depression, or because of postpartum mood, depression of liver-qi and feel ill at ease can also be sent to abnormal emotion. The most common depressive syndrome type is the liver depression

fire syndrome (Shen Keng & Martin, 2015), the treatment is to smooth liver-qi stagnation, remove fire from the liver and soothe the nerves and choose Dan Zhiyao powder add or less. Liu Xia et al. (Liu Xia & Huang Jing, 2021) treated 82 cases of postpartum depression of smoothing liver-qi stagnation soup (Danggui 10g, Chuanxiong 10g, Chaihu 6g, Yujin 6g, Chaobaizhu 10g, Xiangfu 6g, Chaobaishao 15g, Hehuanpi 15g, Yimucao 15g and Zhihuangqi 15g) to treat the 82 patients of stagnation of qi and depression of liver with postpartum depression. Compared with psychotherapy alone, the results showed that the EPDS score of the study group was significantly lower than the control group after treatment ($P < 0.05$). Wang Yanli (Wang Yanli, 2017) used Xiaoyao powder to treat 76 patients with postpartum depression (Suanzaoren, Hehuanpi and Fuling 15g each, Baishao 12g, Chaihu, Xiangfu, Yujin and Baizhu 10g each, Danggui, Yuanzhi and Gancao 6g each). Through comparison with psychological psychotherapy, the results showed: The remission rate of depression after treatment was higher in the treatment group than the comparison group, and the Edinburgh postpartum depression score, SF-36 quality of life score and Pittsburgh Sleep quality score showed greater improvement. Gao Lili (Gao Lili, 2017) applied Xiaoyaosan Mianjianji (composition: Baishao 15g, Chaihu 9g, Fushen 12g, Suanzaoren 15g, Danggui 12g, Zhigancao 6g, Chaobaizhu 15g, Fuxiaomai 30g, Yejiaoteng 30g, the young people with a light tongue and fine pulse, dizziness and fatigue add Dangshen, Yujin, Longanrou; patients with chest epigastrium tightness, dizziness and brain distension, and constipation add Zhuru, Banxia, Cishi and Hehuanpi) to treat 70 patients with postpartum depression. By comparing with oral paroxetine hydrochloride tablets, the results showed that the total effective rate of treatment in the experimental group was higher than control group. Zhi Jun (Zhi Jun, 2016) applies smoothing liver-qi stagnation soup (Chiahu 15g, Zhike 15g, Xiangfu 20g, Qingpi 20g, Foshou 10g, Baishao 20g, Gancao 15g, Yuanhu 10g, Guizhi 15g, Chenpi 10g, Chuanxiong 15g, Shengdi 15g, Zhizi 15g, Yujin 15g, Baiziren 15g) to treat patients with infectious puerperal depression 61 cases were compared with psychological intervention alone. The results showed that the levels of estrogen and progesterone were significantly different between the two groups

before and after treatment, and EPDS score and TCM symptom score at the end of the sixth week were significantly different from those before treatment.

3. Acupuncture Treatment

Chinese medicine considers that the disease is always emotional injury and the most close relationship with the liver, followed by involving the heart, spleen and kidney. *Liuzhou Medical Words* said: "The disease of seven emotions must start from the liver." The liver is mainly responsible for the drainage, regulating the qi and promoting the blood movement, then regulate the emotions. The liver's drainage function and the changes of emotions show a two-way interactive relationship. Puerperal depression is related to stagnation of qi and blood disorders of Yin and Yang of the viscera. These pathological changes can be reflected in the meridians of the body. Under the guidance of the holistic view of traditional Chinese medicine and the theory of syndrome differentiation, we can reconcile the Yin and Yang of qi and blood of the viscera of the body through acupuncture and moxibution on the meridians and acupoints, and then restore the normal physiological function of the body.

3.1 Acupuncture Therapy

3.1.1 Body Acupuncture

Zhang Fuchao et al (Zhang Fuchao, Man Jiali, Lin Shao-ying & Liao Jing, 2021) Combined Venlafaxine with acupuncture of strengthening kidney and invigorating spleen (main points: Zhongwan, Danzhong, Qihai, bilateral Xuehai, bilateral Neiguan, bilateral Zusanli, bilateral Taixi, combined points: Baihui, bilateral Yongquan, Shenting) in the treatment of 92 patients with postpartum depression. By comparing with the oral lavenlafaxine treatment alone, the results showed that: After treatment, HAMD score, TCM syndrome score, plasma orphan peptides and serum thyrotropin levels in the study group were lower than those in the control group. The levels of leptin, dopamine, 5-hydroxytryptamine and estradiol in the study group were higher than those in the control group. Zhang Yonghui (Zhang Yonghui, 2020) treated 60 patients with postpartum depression by acupuncture at back-yu point (Xinshu, Ganshu, Danshu, Pishu, Weishu, Sanjiaoshu, Shenshu) combined with aural-point sticking method. Compared with ordinary acupuncture treatment, the results showed that HAMD and

EPDS scale scores of the two groups were reduced after treatment, and the treatment group was better than the control group. The clinical efficacy of the treatment group is better than the control group. The conclusion is that both methods can effectively treat postpartum depression, and acupuncture at back-yu point combined with auricular point sticking is better than ordinary acupuncture in improving the clinical symptoms of puerperal depression. Zhang Kaiyu (Zhang Kaiyu, 2017) used acupuncture points (main point: Baihui, emotion area, Neiguan, Shenmen, Anmian, Zusanli, with points: Sanyinjiao, Taichong, Taixi) to treat 60 patients with postpartum depression. By comparing with simple psychological counseling, the results showed that: After 4 weeks of treatment, the scores of Edinburgh Postpartum Depression Scale, Zung Self-rating Anxiety Scale and self-rating Depression Scale were significantly improved in the treatment group and the control group. Compared with the control group, the improvement of depression state was more significant in the treatment group.

3.1.2 Abdominal Acupuncture

Liu Yamin (Liu Yamin, 2019) used Sun's abdominal acupuncture (Baihui, Yintang, Fuyiqu, Fubaqu) to treat 64 patients with postpartum depression. Compared with ordinary acupuncture treatment, the results showed that: After treatment, HAMD and EPDS scale scores of the two groups of patients were significantly lower than previous treatment, and there were significant differences in scale scores and clinical efficacy between the two groups. The conclusion is that both Sun's abdominal acupuncture and conventional acupuncture can improve the depressive state of patients with postpartum depression, but the effect of Sun's abdominal acupuncture is better than conventional acupuncture. Yu Hongjuan (Yu Hongjuan, Zhang Wei & Wang Xiaoguang, 2015) et al. used the Bo Zhiyun's abdominal acupuncture theory to treat 68 patients with depression during the postpartum period and achieved good curative effect. The average HAMD score of patients after treatment and scores of TCM clinical symptoms showed statistically significant differences compared with those previous treatment, and the total clinical effective rate was 92.6%.

3.1.3 Electric Acupuncture

Zhang Beng et al. (Zhang Evert, Zou Wei, Sun Xiaowei & Liu Hao, 2016) applied music electric acupuncture combined with the five internal organs (heart, liver, spleen, lungs and kidneys) and Shu-Mu Point allocation method to treat 48 patients with depression during the postpartum period. Compared with conventional acupuncture treatment, the results show that EPDS scores of the two groups are compared and the therapeutic effects of the two groups are of statistical significance.

3.2 Moxibustion Therapy Treatment

Elementary Medicine: "The moxibustion can treat cold and heat, deficiency and substance. The postpartum women are mostly more deficiency and blood stasis. Puerperal depression is the disease of deficiency and substance, and the relationship between deficiency, stasis and depression is inseparable. The moxibustion can replenish deficiency and promote qi to active blood, eliminate blood stasis. Lv Kun (2018) treated 84 patients with puerperal depression with medicine-salt moxibustion (Formula: 100 parts of Cuyan, 20 parts of Huangqi, 15 parts each of Huoxiang, Shichangpu and Xiaohuixiang, 10 parts each of Zaojiao and Dingxiang, 5 parts each of Ganjiang, Rougui and Suhexiang, and 2 parts of Xionghuang) Shenque combined with Tongyuan acupuncture. The results showed as follows: The total effective rate of the experimental group was significantly higher than the control group. EPDS scores of the two groups were significantly decreased after treatment, and the test group was significantly lower than the control group. After treatment, the serum progesterone level was significantly decreased and the estradiol level was significantly increased, and the difference was statistically significant compared with the control group.

4. Both Acupuncture and Chinese Medicine

There is a saying in The Inner Canon of Huangdi: "Poison treats the inside and acupuncture treat the outside." This is the theoretical basis for the early treatment of diseases by the combination of needles and drugs. As an intermediary, TCM and acupuncture link the basic theory and clinical practice of TCM together. Based on TCM theory, TCM is compatible to treat diseases according to its function and efficacy under the guidance of the ideology of "monarch minister assistant" and "treatment based on syndrome

differentiation". Acupuncture is also based on the theory of traditional Chinese medicine. Under the guidance of theories such as "treatment based on syndrome differentiation" and "meridians and acupoints", appropriate acupuncture techniques are used to treat diseases after rational collocation of acupoints. In clinical practice, they can be used together to achieve the same effect, complementary effect and reverse effect restriction. Puerperal depression causes miscellaneous, many syndromes. The single Chinese medicine therapy is sometimes slightly meager, the use of needle and drug treatment often can make patients achieve satisfactory results. Pan Li et al. (Pan Li & He Shuxing, 2018) treated 80 patients with postpartum depression with the method of supplementing blood and nourishing heart (Tonrentang Modified Xiaoyao pills), acupuncture (Xinshu, Pisshu, Guanyuan, Xuehai, Zusanli, Sanyinjiao, Shenmen and Baihui) combined with psychotherapy. The results showed that: After treatment, the HAMD and TCM syndrome score of the observation group were significantly lower than the control group, and the total clinical effective rate of the observation group was significantly higher than the control group. Shi Zengke et al. (Shi Zengke, Liang Xuejun & Gao Cunyou, 2016) used Danzhi Xiaoyaosan combined with electroacupuncture and repeated transcranial magnetic stimulation (rTMS) to treat 105 patients with postpartum depression. Through comparison with rTMS group, traditional Chinese medicine + electroacupuncture combined with rTMS group and western medicine group, the results showed that: The total effective rate of TCM + electro-acupuncture combined with rTMS group on treatment 4th, 6th weekends was better than that of electro-acupuncture combined with rTMS group, EPDS score was lower than that of electro-acupuncture combined with rTMS group, and TCM syndrome score and adverse reactions were lower than those of the other two groups ($P < 0.05$).

5. Massage Therapy

Massage refers to the use of various techniques on the human body in accordance with the meridian of traditional Chinese medicine acupoints for treatment of a kind of physical therapy, which has the effect of relaxing body and mind, health and refreshing to the postpartum depression patients. Chen Xinwen (Chen Xinwen, Zhao Haijun, Zhang Aiping, Yin

Yanlin, Yang Xinbo & Wang Danfang, 2015) et al. used TCM massage combined with psychological intervention, and compared with oral TCM formula granules, the results showed that TCM massage combined with psychological intervention could effectively reduce EPDS score and prevent the occurrence of postpartum depression.

6. Music Therapy

The ancient people put the "gong, shang, jiao zhi, yu" of five the five tones respectively to the liver, the heart, the spleen, the lung and the kidney in the five organs of the human body, as well as to the human emotions, anger, joy, thoughts, sadness and fear. Wang Chengshu et al. (Wang Chengshu, Liu Shuangfeng & Xu Wenjing, 2018) treated 120 patients with postpartum depression by using TCM five-element music therapy combined with psychological nursing. Through comparison with psychological nursing alone, the results showed that: After treatment, HAMD score, EPDS score, 5-hydroxytryptamine level, endorphin level and estradiol level in 2 groups were significantly improved compared with previous treatment, and the improvement degree of observation group was better than the control group ($P < 0.05$). The total effective rate of the observation group was significantly better than the control group ($P < 0.05$). The conclusion is that the five elements music therapy of traditional Chinese medicine combined with psychological nursing can significantly reduce the depression-related factors and improve the degree of depression. Su Ying (Su Ying, 2018) used TCM five-tone combined with home-based cognitive behavioral therapy for early intervention of 46 patients with postpartum depression. Compared with postpartum routine care, the results showed that it could significantly relieve maternal depression and improve maternal prognosis. Sun Jingyi et al. (Sun Jingyi, Zheng Shuqing, Wang Hongyan, Du Wei & Chen Changxiang, 2015) used five-tone therapy combined with behavioral therapy for early intervention of 62 patients with puerperal depression. Through comparison with postpartum routine care, the results showed that the total effective rate reached 93.5%.

7. Drug Fumigation

The Inner Canon of Huangdi calls it "A method of treating diseases with massage, soup liquid impregnated bath". It also points out in the

LiYue Pianwen, "The doctrines of external governance are the doctrines of internal governance; the medicine for external treatment is the medicine for internal treatment." Qin Xiuyun (Qin Xiuyun, 2018) treated 154 patients with puerperal body pain complicated with depression by Chinese medicine combined fumigation (Tongfang, oral Chinese medicine, 30 min/ time, and the temperature of the fumigation chamber was set at 39-41°C). Through comparison with oral acetaminophen solution combined with psychological intervention, the results showed: The incidence of depression in the treatment group was higher than that in the observation group ($P < 0.01$).

8. Conclusion

Postpartum depression is a relatively common puerperal women's mental illness, the etiology is complex, and the incidence is high (foreign reports about 30%, domestic is 3.8%~16.7%), not only seriously affect the quality of life of patients, but also cause serious harm to their babies, marriage bonds, families and their social relations. Therefore, effective antidepressant treatment can minimize the impact of postpartum depression on patients' quality of life and other aspects. Through literature review, it is found that Western medicine (antidepressants, hormone drugs, immunomodulators, oxytocin, etc.) and psychotherapy are the main means of Western medicine to treat postpartum depression. However, due to the high side effects of medical treatment, the acceptance rate of patients and their families is low, which cannot meet the needs of patients' conditions. The traditional Chinese medicine, based on the overall theory, does not target a single pathological substance in treatment, but differentiates the etiology and pathogenesis of different patients. Under the guidance of TCM treatment theories such as "treating the same disease with different diseases" and "treating specimens with the same treatment", more perfect results can often be achieved.

At the present stage, Chinese medicine has achieved good results in the treatment of puerperal depression, providing clinicians with more and better treatment options, including Chinese medicine compound, acupuncture, combination of acupuncture and medicine, massage, music therapy, traditional Chinese medicine fumigation, etc. It supplements the deficiencies of Western medicine treatment and

has more better treatment effect, less adverse reactions, higher acceptance rate to patients and their families. Therefore, it is worth the majority of colleagues in the clinical practice of active use, continuous study, so that traditional Chinese medicine treatment of postpartum depression may achieve more excellent results. The author believes that: At present, although traditional Chinese medicine (TCM) treatment has advantages, there are no complete, systematic and standardized plans in many treatment methods, such as acupuncture point selection and traditional Chinese medicine fumigation, etc. It is necessary to continue to make efforts to inherit the ancient and modern TCM treatment of depression in the postpartum period through informatization and digitalization, and carry out data mining to obtain higher level evidence-based medical evidence. Emphasizing on the elaboration of Chinese medicine treatment of puerperal depression mechanism, further improve the curative effect and scientific.

Fund Project

Key R&D Project of Shaanxi Province; Project number: 2019SF-219.

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