

Description and Treatment Progress of Postpartum Body Pain in Chinese Medicine

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Abstract

Postpartum body pain is one of the common postpartum diseases, the damage to the patient's physical and mental health can not be ignored. The recognition and treatment of postpartum body pain in traditional Chinese medicine mainly take qi and blood, Zang-fu organs and ying wei as the main points of syndrome differentiation. Its main etiology and pathogenesis are postpartum deficiency of qi and blood, wind-cold and dampness evil invading human body, the dysfunction of each viscera and the disharmony of camp and health. According to the cause, the treatment can be summarized as supplementing qi and blood, harmonizing Yingwei, dispelling wind and dispersing cold, activating collages and relieving pain, regulating zang fu organs and so on. TCM treatment focuses on the holistic view, and its systematic treatment through early intervention, multiple means and multiple approaches has the advantages of high safety, significant efficacy and low recurrence rate. Clinical syndrome differentiation is not limited to one of the above types, but this article can provide treatment ideas for this disease.

Keywords: postpartum body pain, etiology and pathogenesis, treatment based on syndrome differentiation, early intervention

1. Introduction

Postpartum body pain, also known as "postpartum arthralgia", "postpartum paralysis", commonly known as "postpartum wind", refers to the maternal in the During the puerperium, women with pain, numbness, and heaviness in the limbs and joints (Tan Yong, 2016). There are no obvious abnormal findings in imaging and laboratory examinations of this disease, so medical care and patients do not pay high attention to this disease. Patients are often

mistreated or mistakenly treated, leading to lingering illness, which directly affects postpartum women's quality of life and even their mental state (Wu Qianyan, Zhang Qingyuan & Zhang Ying, 2022). At present, Western medicine mainly provides hormone or painkiller treatment based on rheumatoid arthritis, but there are generally large side effects, poor efficacy, high recurrence rate, and most patients are in the lactation period, so the acceptance of this is not high (Liao Yinglian & Tan Zhenyu, 2019). With thousands of years of

practice and unique therapeutic advantages, Chinese medicine has been protecting the health of the whole people since ancient times. Chinese medicine has a great understanding of postpartum body pains, as early as in the “Jingxue Zhanbao”: “Postpartum stroke, body aches and pains, impotence and weakness of the limbs.” It has unique advantages in treating postpartum body pain with good efficacy, little side effects and does not affect breastfeeding. In this paper, the etiology and typology of postpartum body pain identified by TCM in recent years are summarized as follows

2. Etiology and Pathogenesis

2.1 Deficiency of Qi and Blood

The Suwen—Regulating the Classic says: “If the qi and blood are not in harmony, all diseases are born from the changes”. It can be seen that qi and blood play an extremely important role in the normal functioning of the body. The role played by qi and blood in the normal operation of the body is extremely important. In particular, women have the physiological characteristics of menstruation, fetus, childbirth and breastfeeding. Therefore, the requirements for qi and blood are more than men. The “Gynecological Jade Ruler” says: “After childbirth, the true essence is greatly lost, and the qi and blood are empty”. Women during pregnancy and childbirth, strain on qi and blood causes sudden loss of qi and blood, and the joints and muscles of the body lose moistening and tendons lose nourishment. This eventually leads to numbness and pain in joints, muscles and limbs. Prof. Zhao Ruihua (Li Tiantian & Zhao Ruihua, 2022) proposed that maternal blood loss during delivery, sweating, excessive effort, and even birth injuries, resulting in sudden deficiency of yin and blood, loss of vital energy, and the emptiness of all the veins.

2.2 Invasion of External Evil

“On the source of diseases” contained: “the production of blood qi injury, damage viscera... Qi deficiency and wind evil take advantage of deficiency injury... If the wind evil air conditioning, the first guest skin meridians, pain bi Ren, bitter lack of gas.” After childbirth, the woman’s qi and blood are both deficient, and the function of the viscera has not been recovered temporarily, insufficient qi and blood generation, limbs lost in the support of the body, resulting in Cou li is not solid, if coupled with the shelter of the wind less than such as careless adjustment,

wind cold and damp evil invasion of the muscle, veins, meridians and joints, qi and blood running is not smooth, not on the basis of the shameless, so the development of pain. “Chen Suan gynecological supplement solution” said: “postpartum pain all over the body... However, if the whole body is covered with pain, the wind cold more than ten to six blood.” “For example, Professor CAI Shengchao (Wang Mingming, Huang Xuezhen & CAI Shengchao et al., 2017) pointed out that the infiltration of wind, cold and dampness is the external condition for the onset of postpartum body pain, while deficiency and blood stasis are the internal basis for the onset of postpartum body pain. This type is common in clinic.

Prof. Jin Zhichun (Wang Yadong, Guo Jiayong & Jin Zhichun, 2020) also believed that postpartum body pain is actually the evidence of deficiency of the root and the symptoms of the root, which lies in the deficiency of qi and blood after childbirth. The root of the problem lies in the deficiency of qi and blood after childbirth, which is painful when it is not honored; the symptoms are wind, cold, dampness, and stasis that take advantage of the deficiency to invade the body, resulting in the loss of qi and blood flow. The symptom is pain due to deficiency of qi and blood after childbirth.

2.3 Blood Stasis

“Zhang’s medical” carries: “postpartum pain, qi deficiency hundred sections open, lochia into the meridians and collaterals between the joints... The pain is unforgivable.” After childbirth, the woman has bad blood or fetal clothing to stay in the uterine cell, or the diet and daily life inadvertently lead to blood stasis muscles, muscles and bones, joints and other places, resulting in pain. Blood stasis stops, obstructs qi and blood operation, qi and blood operation is not smooth, regeneration blood stasis, its “impassability” more and more repeated. Zhang Xiaojing (Zhang Xiaojing, Du Xiaoli & Su Li, et al, 2019) believed that postpartum blood stasis was caused by excess turbid blood fluid or residual afterbirth, or blood stasis was caused by evil poison, and pain was caused by abnormal symptoms. Professor Wang Lina (Guo Miao, Chen Ping & Li Shurong, et al, 2020) proposed that the general pathogenesis was blood deficiency and blood stasis, and the key was blood deficiency and wind, wind cold and dampness, which caused the obstruction of qi circulation and pain.

2.4 Disorders of the Viscera

2.4.1 Deficiency of Kidney Qi

“Su Wen” said: “The kidney is the main water, by the five viscera and six organs of the essence of the hidden.” It can be seen that the rise and fall of kidney qi is of fundamental significance to the growth of the human body and the normal function of the five viscera and six organs. Kidney Qi foot, viscera Qi Wang is each viscera function, the human body qi and blood circulation orderly; Kidney qi deficiency is the function disorder of the viscera, qi and blood disharmony, thus endogenous diseases. “On the Sources of Diseases” said: “The kidney to the waist and feet... Childbirth is strained kidney qi, damage cell collateral, deficiency is not calm, and the wind cold” woman pregnancy, production consumption damage kidney qi, or normal kidney qi deficiency, postpartum kidney qi deficiency, the function of the zang fu organs weakened, insufficient qi and blood production cause pain, or the invasion of external evil, and cause pain. Professor Fang Dingya (Han Shuhua, Du Liyan & Zhou Caiyun, et al, 2016) believed that postpartum kidney deficiency had not been recovered, the main bone of the kidney had marrow, the body lacked nourishment, and the evil of wind and cold was felt again, resulting in joint pain.

2.4.2 Liver Depression and Qi Stagnation

“On Blood Syndrome” said: “Liver belongs to wood, wood qi chong and strip reach, not repressed, then the blood is smooth.” Visible liver qi like spring wood hair, happy, liver qi chang qi and blood transport; If the liver qi is not comfortable, qi and blood obstructed. Postpartum women due to economic conditions, personal character, family environment and other factors lead to excessive thinking, depression and mood is not smooth, after liver qi stagnation, qi and blood disharmony. In the Law of Danxi Heart, “When qi and blood are in harmony, all diseases will not arise. When there is a crabbed atmosphere, all diseases will arise.” Professor Hu Yuquan (Li Na, Zhai Fengxia & Guo Miao, et al, 2021) proposed that the disease was located in the “liver”. Combining the four characteristics of the liver, namely easy depression, easy heat, easy deficiency and easy hyperactivity, he treated the disease from the “liver” and emphasized the combination of body and mind to prevent liver depression. Professor Fang Dingya (Han Shuhua, Du Liyan

& Zhou Caiyun, et al, 2016) believed that the pathogenesis of this disease is mainly kidney deficiency, but the occurrence and development of this disease are accompanied by stagnation of liver qi.

2.4.3 Deficiency of Spleen and Stomach

“Fu Qing main female Science” cloud: “All diseases arise from the failure of blood and qi, the deficiency of spleen and stomach. This is especially true after childbirth.” “Gynecological jade ruler” contains: “postpartum leg pain, can not stand for a long time, but not into the diet, the spleen Yin deficiency.” Women are weak in the spleen and stomach after childbirth. If combined with insufficient diet and nutrition, the spleen and stomach become passive, and the spleen and stomach cannot be transported and other improper nurturance, it will lead to qi deficiency and blood deficit, and the loss of the meridian limbs in caring and numbness of the limbs will be unfavorable or even painful. The stomach is the main recipient, and its decomposed water and grain are transformed into fine, and then the spleen is used to nourish the whole body. Therefore, the development and healthy movement of qi and blood require the joint action of the spleen and stomach, so that qi and blood can nourish the five Zang organs, six fu organs and limbs (Zeng Ping, Li Shiyong & Qiao Lijun, et al., 2022)

2.4.4 The Heart Is Displaced and Nourished

Su Wen said, “The heart is the blood of the body.” Clinical need to remember, the heart is the master of blood, blood is inseparable from the role of the heart, through the spleen and stomach Shuigu fine must be warmed by the heart Yang blood, “blood theory”: “food into the stomach, spleen by the juice, heart fire, heart fire, change and red, is called blood.” Heart main pulse, heart qi enough to promote blood circulation throughout the body to nourish the skin, muscles, viscera and so on. The heart is the master of the spirit, the balance of qi, blood and Yin and Yang of the heart, and the normal function of the heart storing the spirit, then the functions of the viscera are coordinated and orderly, and the body and mind are intact (Tan Yingzi, Jiang Zhonghui & Xiao Wenli, et al., 2021). “The class classics · The class of viscera” discusses: “The heart is the master of a body, and contains nature and nature... So the gods come forth.” Professor Wang Xinzhong (Xi Chenglong, Liu Yujia & Yao Lusha, et al., 2022)

believed that women with postpartum arthralgia often had poor complexion and emotional disorders such as anxiety or indifference when seeing a doctor. Therefore, she believed that postpartum arthralgia was related to the heart, and she often treated postpartum body pain by heart in clinical practice.

2.5 *The Camp Guard Is out of Harmony*

In “Suwen Jing Zhujie”: “The essence of Shuigu is proud... The strength of water and valley is the health... Evil pre human, will take the Wei Qi deficiency and enter.” Ying Qi has the function of nourishing and moistening human organs and limbs, so that the limbs have to be used; Health temperature nourishing health skin and bones joints, so that evil do not commit. Based on clinical practice, Professor Wu Quansheng (Qiao Xinxing, CAI Shuang & Wu Quansheng, 2022) traced back to the source and proposed that “insufficient vanity of health” was the fundamental and key to the onset of postpartum body pain. “Gynecological Bingjian” cloud: “postpartum pain, excessive blood removal, lack of Rong blood, Wei qi decline... There must be evidence.” After giving birth, the woman suffers from sudden deficiency of qi and blood, lack of recuperation, loss of harmony of camp and guard, lack of “glory” and pain of limbs. “Wei deficiency is not solid”, the invasion of external evil causes pain.

3. Treatment Principles

3.1 *Nourishing Qi and Blood, Harmonizing Yingwei*

“Medical Prescriptions”: “Human body, qi and blood only... Qi flourishing is the life of the capital, and blood flourishing is the life of the capital.” Therefore, in the treatment of postpartum pain, should be reasonable to nourish qi and blood first. Nourishes the qi and blood, harmonizes the Ying and Wei, and the muscles, limbs and joints are nourished, and then the numbness and pain in the body will be removed. Professor Zheng Fuzeng (Wang F & Zheng F Z, 2020) believes that in clinical treatment, we should not forget to tonify qi and nourish blood to soften tendons, relieve spasm and relieve pain.

3.2 *Promoting Blood Circulation and Removing Blood Stasis, Dispelling Wind and Dispersing Cold*

If the stagnant blood is not removed, it is difficult to produce new blood, so the limbs and bones are not moistened and the body is not strengthened. Blood stasis is dissolved when the

new blood is born, the tendons, muscles and couples are nourished, so that the external evil will not be offended and the body pain will be removed. Professor Cai Xiaosun (Hao Li-shuang, Tan Li, ZHANG Ting-ting, 2013) pointed out that postpartum deficiency of qi and blood makes the mother prone to blood stasis, so it is believed that the key to treatment of this disease is to nourish the blood without leaving stasis. And because the postpartum body pain is often a combination of wind, cold and dampness for paralysis, cold and dampness is often preceded by wind, so the clinical must be combined with the medicine to dispel wind to treat this disease.

3.3 *Tune the Internal Organs for a Period of Peace*

3.3.1 Nourishing the Kidney Qi

When the kidney energy is developed, the five organs are nourished, the functions of the internal organs are regulated and the body pain is removed. Han Shuhua (Han Shuhua, Du Liyan & Zhou Caiyun, et al., 2016) et al. concluded that Professor Fang Dingya, in the use of medicine to nourish the kidney first, believes that kidney deficiency is the root of the disease, so it should be cultivated to nourish kidney qi first.

3.3.2 Soothing the Liver and Regulating Qi

“Female science Jinglun” cloud: “All diseases are born in qi, and especially in women.” Liver main drainage, regulate the whole body qi machine. The liver qi is comfortable, the whole body qi is chang, the body pain is more. Professor Hu Yuquan (Li Na, Zhai Fengxia & Guo Miao, et al., 2021) emphasized that this disease should be treated with “liver”. According to the characteristics of liver easiness, heat, deficiency and hyperactivity, the treatment should nourish blood and qi to soften liver and nourish liver, tonify kidney and replenish essence to nourish water and wood, nourish Yin and soothe the spirit to prevent deficiency Yang and hyperactivity. With regard to postpartum body pain, the gynecology department of Hashi (Yang Bin & YAN Ying, 2020) proposed after continuous practice that the treatment of postpartum body pain should take care of the whole body, harmonize qi and blood, and adjust the zang Fu organs and qi machinery.

3.3.3 Harmonizing the Stomach and Strengthening the Spleen

Su Wen said: “Drinking in the stomach, overflowing essence, upward transmission in

the spleen ... thought it was normal.” Therefore, if the spleen and stomach are healthy, they will be properly transported, and the qi and blood will be born to moisten the limbs and bones, and then the body pain will be removed. Li Hanyu (Li Hanyu, Dai Zeqi & Sun Weiwei, et al, 2021) pointed out that Professor Zhao Ruihua often used the formula for tonifying the spleen and stomach, such as Ginseng Ling Bai Zhu San, Liu He Ding Zhong Tang, and Si Jun Zi Tang. The herbs used in this formula include Fu Ling, Glycyrrhiza glabra, Sha Ren, etc.

3.3.4 Nourishing the Blood and Nourishing the Heart

The “Class Scripture” said “the personal gods, only the heart is the main ... outside such as the soul, spirit, will, five gods and five will, which is not the original. God is transformed and unified in one mind.” The heart is the master of the mind, the heart is safe and the pain is reduced, as Wang Bing pointed out, “the heart is still and the pain is slight, the heart is agitated.” The heart is the master of the mind. The heart is the main blood vessel, and when the blood vessels are full, the body will be nourished and the body pain will be reduced. Prof Wang Xinzhi (Xi Chenglong, Liu Yujia & Yao Lusha, et al, 2022) proposes one of the major methods for treating this disease is to nourish the blood and nourish the heart and nourish the meridians.

3.4 To Regulate the Mood and Reasonable Exercise

The “Prepared Emergency Thousand Gold Essentials” says: “The way to nourish life is to nourish the mind; the key to nourishing the mind is to nourish virtue.” Emotional therapy highly embodies the holistic view of traditional Chinese medicine, that is, people themselves are a whole, and people and society are a whole. Professor Fu Jinying (Wang Xiao-sha, FU Jin-ying, & LI Rui-li, 2018) emphasized the principle of “three parts medicine and seven parts nourishing” in the treatment of postpartum body pain, advocating that emotional recuperation and exercise therapy should not be forgotten in clinical treatment.

4. Treatment Methods

4.1 Internal Treatment Methods

4.1.1 Decoction

In clinical practice, doctors in the past dynasties summarized decoction or commonly used drugs with remarkable curative effect after continuous in-depth understanding of postpartum body pain. Professor Zheng Fuzeng (Wang F & Zheng F Z, 2020) advocated the method of nourishing qi and blood, softening tendons, relieving spasmodic and relieving pain, and flexibly used Guizhixin decoction to treat it, which is quite effective in clinical practice. The combination of peony with licorice and jujube is sour and sweet to dissolve yin; ginger and cinnamon stick with licorice and jujube is pungent and sweet to dissolve yang. The combination of yang-aiding and yin-benefiting herbs gives the formula the characteristics of balancing yin and yang and harmonizing ying and yang. Traditional Chinese medicine master Professor Zhou Zhongying (Deng Yanzhi & Zhou Xueping, 2018) proposed that qi deficiency is the basis of the disease, and on this basis, the discord between camp and health is the key to the disease. Therefore, Huangqi Guizhi Wuwu Decoction is often used in clinical addition and reduction. Huang Qi is sweet, warm and beneficial to qi, tonifying Wei Qi as the ruling herb; Huang Qi helps Gui Zhi to invigorate Wei Yang, and Gui Zhi can help consolidate the surface without leaving evil; Paeonia lactiflora nourishes Blood and works with Gui Zhi to regulate Ying and Wei, and harmonize the surface and the interior; Ginger is pungent and warm to help Gui Zhi to open Yang and activate the channels. For those with spleen and stomach deficiency, Professor Wang Xinzhi (Xi Chenglong, Liu Yujia & Yao Lusha, et al, 2022) made good use of Guipi Decoction, which can not only strengthen the function of “Fengxin red”, but also make the vascular blood sufficient and smooth, so that the joints of the body and limbs can be nourished. It can also nourish the blood and calm the mind, and the whole body qi is smooth. According to the different syndrome-type of patients and different clinical drugs used by different doctors, the following table is summarized.

Table 1. The views and drugs of various doctors

| Representative figure | Rule of treatment | Stands for decoction or medicine |
|-----------------------|--|---------------------------------------|
| Zheng Fuzeng | Nourishing qi and blood, softening tendons | Cassia branch new plus Tongplus minus |

| | | |
|-------------|--|---|
| | and relieving spasm | |
| CAI Xiaosun | Nourishing blood and removing blood stasis, dispelling wind and relieving pain | Angelica, Radix Paeoniae, Astragalus, Parsnax, Rhizoma Macrophylla, Gentiana, mulberry branch, Cassia branch |
| Fangdinya | Nourishing kidney qi | Liuwei Dihuang Wan, Guifu Dihuang Wan plus or minus (often compatible with cuscuta seed, Ligustrum fructus, Euphorbia officinalis, drought lotus grass) |
| Hu Yuquan | Soft liver nourishing liver, water culvert wood | Cooked Rehmannia Rehmannii, Salvia miltiorrhiza, Radix achyranthes, Radix Astragalus, Radix codonopsis codonopsis, Radix spatholobi, Mother of Pearl |
| Zhao Ruihua | Regulate the spleen and stomach qi and blood | Sijunzi Decoction, Shenling Baizhu Powder (often mixed with patchouli, Magnolia officinalis, Divine Qu and lily) |
| Wang Xinzhi | Tune the blood to nourish the heart and nourish the meridians | Guipi Decoction (often mixed with safflower, peach kernel, frankincense, myrrh, Zhimu and coptidis) |

4.1.2 Paste Recipe

Lu Heng (Lu H & Liang Zhuo, 2017) took the postpartum patients with qi and blood deficiency combined with wind, cold and dampness syndrome as the research object, added and subtraction Huangqi Guizhi Wuwu Decoction and Duhuo Zizhi Decoction, and proved that the ointment had better clinical efficacy through oral control of Xuanqi Tongbi Capsule.

4.2 External Treatment

4.2.1 Warm Acupuncture and Round Needles

Zhai Xuan (Zhai X, 2020) randomly divided 116 cases of postpartum body pain with deficiency of qi and blood into two groups for experimental observation and proved that warm acupuncture and moxibustion had significant effect on patients with postpartum body pain with deficiency of qi and blood, which could reduce pain degree, reduce cell sedimentation rate and improve immune function. "Lingshu Nine Needles and twelve Original" records: "The yak is as big as the yak, and the yak is sharp, and the middle body is small, so as to take violent qi." It can be seen that Yuanli needle is mainly used to treat bi syndrome, pain syndrome and swelling syndrome. Yuanli needle has the function of loosening meridians and muscles, dredging meridians and collaterals, promoting blood circulation and qi. Chen

Mianhong (Chen Mian-Hong, Chen Xiang-xia, 2018) et al. showed that the combination of Yuanli acupuncture and Fuzheng Yiqi Zhibi Decoction could improve the pain and relieve the clinical symptoms of postpartum patients with body pain by comparing the symptoms of pain and numbness of limbs.

4.2.2 Moxibustion, Isolation Moxibustion, Lightning Moxibustion

The Golden Mirror of the Medical Emperor said, "All moxibustion diseases, fire enough qi, can only be cured." The moxibustion generally uses ginger mud as the foundation material, the heat ignited by mugwort leaves and the penetrating power of ginger as the force. This method can stimulate the Governor's Vessel to stimulate the meridian qi, enhance the positive qi, and the medicinal power enters the organs. It has the effect of dispelling cold, relieving dampness, warming the internal organs and relieving pain (Zhang Qi, 2021). Wang Jinyan (Wang Jinyan, Tang Youbin, & Zhang Xiaojun, 2018) showed that the total effective rate of the treatment of postpartum body pain caused by cold coagulation and blood stasis was 96% and 72%, respectively, indicating that the treatment effect of the treatment was considerable. Zhan Mingjie (Zhan Mingjie, Yan Hang, & Jin Hongmei, 2021) et al proved that moxibustion Guanyuan with aconite cake had better effect on postpartum body pain by comparing the oral treatment with

Huangqi Guizhi Wuwu Tang granules. Hua Manhang (Hua Manhang & Wu Wen, 2020) in the control group used Yiqi Tongluo SAN for fumigation, washing and wiping, while in the experimental group, on the basis of the control group, thunderfire moxibustion and hanging moxibustion were added. The comparison between the two groups proved that Yiqi Tongluo SAN fumigation and washing combined with thunderfire moxibustion and hanging moxibustion could effectively relieve postpartum pain, thus improving postpartum life quality.

4.2.3 Medicated Bath, Fumigation and Acupoint Massage

The medicinal bath and fumigation can make the medicinal effect enter the couples with the help of heat in order to work, and can also help the body get rid of evil through sweating. By giving e jiao Huangqi oral liquid treatment to the control group and Tibetan herbal bath treatment to the observation group, Ka Maocailang (Kamo Choekjeong & Kenzo Dongzhi, 2020) proved that patients could get better treatment when combined with Tibetan herbal bath on the basis of general treatment. The application of TCM Dumai fumigation therapy can not only stimulate the kidney Yang, strengthen the spleen and remove dampness, nourish blood and promote blood circulation, but also warm and nourish the Yang qi of one body and promote the stagnation of qi and blood. This method has the effect of regulating the zang-fu organs, warming qi and blood, and can effectively treat postpartum body pain (Huang Yue-ying, Tian Lei & Sang Xiao-qing, et al., 2022). Chinese medicine fumigation and acupressure can not only strengthen the liver and kidneys, spleen and stomach, regulate the function of the internal organs to promote the body's qi and blood production, while dredging the meridians to strengthen the liver drainage function, so that the body is full of qi and blood and smooth strip.

4.2.4 Acupoint Application and Transcutaneous Electrical Nerve Stimulation

Su Xiao (Su Xiao, Jing Xuefeng & Wang Zhe, 2018) et al. collected 80 patients with collective deficiency and external sensation postpartum pain. The experimental group was treated with "Sanfu paste" acupoint application and given Yangkun Qutong decoction orally, while the control group was treated with Yangkun Qutong

decoction orally, and finally proved that Sanfu paste combined with Yangkun Qutong Decoction was not only safe in the process but also clinically effective in the treatment of deficiency and external sensation postpartum pain. Shi Chenxing (Shi Chenxing, Wang Rencun & Sun Qianqian, et al, 2022) randomly divided 100 patients with postpartum body pain into the control group (only thunder-fire moxibustion) and the experimental group (50 cases each), and compared the TCM syndrome scores and pain scores of the patients and concluded that the combination of percutaneous electrical nerve stimulation and thunder-fire moxibustion had significant clinical efficacy in treating postpartum body pain, limb numbness and other symptoms. And it also has a certain preventive effect on the recurrence of pain.

4.2.5 Emotions and Sports

Chinese medicine pays attention to the holistic concept, and the disease caused by seven emotions is indispensable in TCM syndrome differentiation. Proper exercise can help qi and blood run normally. Proper exercise is conducive to mobilizing a Yang Qi, smooth qi machine. Professor Fu Jinying (Wang Xiao-sha, FU Jin-ying, & LI Rui-li, 2018) encouraged patients to exercise appropriately and regulate breath by practicing Baduanjin and Tai Chi, so as to promote patients' recovery and improve postpartum life quality.

5. Conclusion

The causes of postpartum body pain are varied and changeable, we should follow Zhong Jing's words, "Observe its pulse syndromes, know what the offense is, and treat it according to the syndromes". The above syndromes are the representative syndromes of postpartum body pain, which are clinically affected by the patient's own constitution, medication, course of disease and other factors, and a specific case is often accompanied by concurrent syndromes. Therefore, in practice, it is not necessary to adhere to the one type for treatment, but to combine the specific conditions, closely focus on the pathogenesis, and flexibly dispatch prescription and medication to improve the curative effect. Traditional Chinese medicine has rich experience in the treatment of postpartum body pain. The valuable treatment experience of predecessors provides the treatment ideas for future generations. There are not only internal treatment such as decoction and ointment,

which have been developed through continuous practice, but also external treatment such as fumigation, medicinal bath, acupuncture and moxibustion, which provide various means for the treatment of postpartum body pain. In recent years, more and more attention has been paid to this disease, and the understanding of medical care for this disease is deepening. On the basis of summarizing the excellent treatment methods of traditional Chinese medicine combined with modern pharmacological research, the early intervention and the intervention of new therapeutic means greatly improved the cure rate of postpartum body pain and significantly shortened the course of the disease.

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