

Nursing Experience of Bian Stone Hot Compress-Massage Chinese Medicine Penetration Therapy Combined with Guided Music Imagery Therapy for a Patient with Chronic Gastritis Complicated by Anxiety and Depression: A Postprint

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Abstract

This article summarizes the nursing experience of a patient with chronic gastritis complicated by anxiety and depression who received combined treatment with Bian stone ironing-massage with Chinese medicine penetration method and guided music imagery. Guided music imagery technique was employed to alleviate the patient's negative emotions, while Bian stone ironing-massage with Chinese medicine penetration method was utilized to intervene in the patient's gastrointestinal symptoms. The combined application of these two modalities complemented each other, achieving the effect of simultaneous treatment of body and mind, thereby further improving the patient's gastrointestinal symptoms.

Full Text

Nursing Experience of a Patient with Chronic Gastritis Complicated with Anxiety and Depression Treated by Bian-Stone Hot Ironing-Massage and Chinese Herbal Medicine Penetration Combined with Music-Guided Imagination Therapy

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Abstract

This paper summarizes the nursing experience of a patient with chronic gastritis complicated with anxiety and depression treated with Bian-stone hot ironing-massage and Chinese herbal medicine penetration combined with music-guided imagination therapy. Music-guided imagination therapy was used to alleviate the patient's negative emotions, while Bian-stone hot ironing-massage and Chinese herbal medicine penetration were employed to intervene in gastrointestinal symptoms. The combined application of these two Traditional Chinese Medicine (TCM) techniques complemented each other, achieving holistic treatment of body and mind and further improving the patient's gastrointestinal symptoms.

Keywords: chronic gastritis; depression; Bian-stone; Traditional Chinese Medicine; music-guided imagination therapy

Introduction

Chronic gastritis (CG) is a common digestive system disease in China, with an endoscopic diagnosis prevalence rate ranking first among digestive system diseases. Modern medical research considers chronic gastritis both a physiological disease and a psychosomatic disorder. The incidence of anxiety and depression in CG patients is approximately 40-50%, and CG and anxiety/depression states influence each other, potentially leading to symptom exacerbation and disease deterioration. Bian-stone hot ironing-massage and Chinese herbal medicine penetration is an organic combination of Bian-stone therapy, massage, hot ironing, and herbal application. In recent years, appropriate TCM techniques have played an important role in improving physical and psychological symptoms in CG patients. Music-guided imagination technology involves patients following guided imagery while listening to music, typically imagining beautiful natural scenes and positive self-experiences, which can reduce or eliminate anxiety, tension, or depression, and establish and strengthen feelings of security, relaxation, and positive self-experience. This paper summarizes the nursing experience of treating a patient with chronic gastritis complicated with anxiety and depression using Bian-stone hot ironing-massage and Chinese herbal medicine penetration combined with music-guided imagination therapy.

1. Clinical Data

1.1 Patient Information

The patient was a female, [age] years old, admitted to the Department of Spleen and Stomach Diseases with a diagnosis of “gastric pi disease (chronic gastritis)” due to intermittent upper abdominal distension and discomfort for over [duration]. For the past [duration], the patient experienced intermittent upper

abdominal distension and discomfort, worsened by emotional fluctuations, loss of appetite, poor food intake, postprandial bloating, belching, morning sour taste, chronic emotional depression, tendency to cry, irritability, normal bowel movements and urination, and poor sleep requiring zolpidem tartrate tablets [dosage] mg nightly as a sleep aid. Tongue examination revealed a red tongue with fissures in the middle and yellow greasy coating.

1.2 Assessment Scores

Depression Status: Assessed using the Self-Rating Depression Scale (SDS), which consists of 20 items scored on a 4-point scale (1 = none or minimal time, 2 = some of the time, 3 = considerable amount of time, 4 = most or all of the time). The SDS critical value was 53 points; scores of 53-62 indicated mild depression, 63-72 moderate depression, and ≥ 73 severe depression. The patient's pre-intervention SDS score was [score] points.

Sleep Quality: Assessed using the Pittsburgh Sleep Quality Index (PSQI), which includes 7 components: sleep disturbance, sleep quality, sleep duration, sleep medication, sleep latency, sleep efficiency, and daytime dysfunction, with total scores ranging from 0-21 points (higher scores indicate worse sleep quality). The pre-intervention sleep quality score was [score] points.

Gastrointestinal Symptoms: Evaluated according to the Gastrointestinal Disease Symptom Rating Scale, with symptoms such as gastric distension, poor appetite, and acid reflux scored by severity. The pre-intervention gastrointestinal disease symptom score was [score] points. Clinical efficacy was calculated as: $(\text{pre-treatment symptom score} - \text{post-treatment symptom score}) / \text{pre-treatment symptom score} \times 100\%$. Clinical cure: symptom disappearance with $\geq 95\%$ reduction; Markedly effective: $>70\%$ reduction; Effective: $\geq 30\%$ reduction; Ineffective: $<30\%$ reduction.

1.3 Diagnosis

TCM Diagnosis: Gastric pi disease, pattern differentiation of spleen-stomach damp-heat syndrome.

Western Medicine Diagnosis: Chronic gastritis.

Past Medical History: Post-thyroid nodule surgery, hypercholesterolemia, leukopenia; denied food or drug allergies.

Specialized Examination: Gastroscopy indicated chronic atrophic gastritis, negative Helicobacter pylori test, abdominal ultrasound showed no significant abnormalities.

1.4 Treatment Plan and Outcomes

Treatment Plan:

- **TCM Treatment:** Clear heat and resolve dampness, activate spleen and har-

monize stomach. Herbal medicine: Zhizhu Kuanzhong Capsule [dosage], [frequency]/d. Non-pharmacological therapies: auricular point pressing [frequency]; basic manipulative therapy, [frequency]/week; herbal paste massage combined with music-guided imagination therapy, [frequency].

- **Western Medicine Treatment:** Flupentixol-melitracen tablets [dosage], [frequency]/d for anti-anxiety.

Outcomes: After [duration] of symptomatic treatment and nursing care, the patient reported improved belching, appetite, sleep, and stable emotions. After [duration] of intervention, the patient reported occasional mild upper abdominal distension, disappearance of belching, normal appetite, normal sleep, occasional use of zolpidem tartrate, stable emotions, and improved social interaction.

2. Nursing Care

2.1 TCM Characteristic Nursing: Bian-Stone Hot Ironing-Massage and Herbal Penetration

Procedure: The Bian-stone Tai Chi ball was charged and preheated to approximately °C, adjusted for patient comfort. The patient was placed in supine position with the treatment area exposed and clothing protected with tissue paper. Herbal paste was evenly applied to the preheated Bian-stone ball and spread around the umbilicus, from Shangwan (CV13) to Qihai (CV6), extending bilaterally to cover Tianshu (ST25). Clockwise massage was performed on Shenque (CV8), Zhongwan (CV12), Jianli (CV11), Tianshu (ST25), Guanyuan (CV4), Qihai (CV6) and other points, applying focused pressure while monitoring patient comfort. After min, a thermal film was applied to the treatment area to continue herbal penetration through the skin. After min, the film was removed, herbal residue wiped clean with tissue, and patient feedback obtained regarding comfort and symptom improvement.

Manipulative Techniques (Two Clockwise Methods, Four Techniques):

1. **Warming Method:** Gradual temperature increase from low to warm, ironing Shenque to mobilize qi and blood.
2. **Pushing Method (for inter-acupoint areas):** Using the Bian-stone tool to push from Shenque to Zhongwan and Tianshu.
3. **Pressing Method (for acupoints):** Vertical downward pressure on Shenque, Zhongwan, Tianshu, etc.
4. **Circular Rubbing Method (for acupoints):** Clockwise circular rubbing on the abdomen to expand the massage area.

Precautions: The Bian-stone ball must be preheated; temperature should not exceed °C. During operation, patient response should be monitored continuously, with adjustments to pressure and heat to prevent skin injury. Contraindications include menstruation, extreme hunger or fullness, skin infection, scarring, or bleeding tendency. If skin redness, itching, or other reactions occur after herbal paste application, massage should be stopped immediately and

appropriate management provided.

2.2 Music-Guided Imagination Therapy

Conducted simultaneously with Bian-stone therapy using guided audio music such as *Visiting the Apple Orchard* [Figure 1: see original paper]. Music was played during Si time (9:00-11:00 AM) at a comfortable volume for min per session. During treatment, patients were guided to take deep breaths, close their eyes, imagine relaxing scenes, relax their body and breathing, achieving whole-body relaxation. Nursing staff explained the method and purpose to gain patient cooperation, with treatment courses totaling [number] courses. The patient' s imagined scenes after *Visiting the Apple Orchard* intervention are described in .

2.3 Daily Living Care

Due to poor sleep, the patient was provided with a quiet ward with appropriate temperature and humidity, regular light-out times, and a good sleep environment. Patients were advised to avoid strong tea and coffee before bedtime, could drink warm milk or soak feet in warm water to promote sleep, and were instructed to keep warm and avoid abdominal cold exposure, adjusting clothing according to climate changes.

2.4 Dietary Care

Patients were instructed to chew slowly, eat regular meals at fixed times and quantities, avoid food before bedtime, and avoid snacks between meals. Cooking methods such as stewing, steaming, braising, boiling, and simmering were recommended. Prohibited foods included overly sour, cold, sweet, hot, salty, rough, coffee, spicy, and strong tea. Pattern-based dietary guidance: For spleen-stomach damp-heat with anxiety/depression, foods that clear heat, resolve dampness, and soothe liver qi were recommended, such as lily bulb, purslane, adzuki bean, and celery.

2.5 Emotional Regulation

Nursing staff patiently listened to the patient' s concerns, provided health education to improve understanding of chronic gastritis, used companionship therapy to alleviate anxiety, and provided music-guided therapy with relaxing music to relieve negative emotions.

3. Discussion

Bian-stone contains multiple trace elements that generate abundant ultrasonic pulses and far-infrared radiation with a wide spectrum. During friction, dense ultrasonic pulses are produced. When applied to human skin, it accelerates blood

circulation while promoting drug penetration. Bian-stone ironing-massage continuously stimulates abdominal acupoints. Shenque is an important health preservation point of the Ren meridian; Shangwan is a point of the Ren meridian; Zhongwan is the front-mu point of the stomach meridian; Xiawan and Tianshu are front-mu points of the large intestine meridian. These five abdominal points regulate gastrointestinal function and restore normal qi transformation. For CG patients with spleen-stomach damp-heat pattern, a spleen-strengthening and qi-moving herbal paste was used, containing herbs such as *Atractylodes macrocephala* (Baizhu) and *Angelica dahurica* (Baizhi). Baizhu strengthens spleen qi and dries dampness, while Baizhi dispels wind-dampness and reduces swelling and pain.

TCM psychological therapy is guided by TCM mind-body theory. Modern psychosomatic medicine research indicates that CG patients have varying degrees of psychological health problems, such as emotional instability or introverted personality accompanied by depression and anxiety caused by social life stress. The method of shifting emotions and transforming temperament is one TCM psychological treatment approach. In this case, the *Visiting the Apple Orchard* guided music employed this method, using vivid imagery of large, round apples to gradually calm the patient's emotions, relax muscles, and shift attention to a virtual scene, thereby improving tension and anxiety.

This case demonstrates that music-guided imagination therapy alleviated negative emotions while Bian-stone hot ironing-massage and herbal penetration intervened in gastrointestinal symptoms. On the basis of reducing systemic and abdominal muscle tension, the patient's anxiety and depression symptoms improved, enhancing patient acceptance and facilitating smooth implementation of Bian-stone therapy. The combination of these two techniques complemented each other, achieving holistic body-mind treatment and improving the quality of nursing care for patient symptoms.

Conflict of Interest Statement: The authors declare no conflict of interest in this article.

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Note: Figure translations are in progress. See original paper for figures.

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