



## Clinical Observation on the Effect of Umbilical Moxibustion Combined with Perineal Flushing on the Conversion of HPV Positive to Negative

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### Abstract

**Objective:** Traditional Chinese medicine has achieved good results in the treatment of HPV infection, among which umbilical moxibustion is widely used in clinical because of its outstanding effect and no obvious side effects. By stimulating the induction conduction of the meridians, mobilizing the body's own regulatory role to harmonize qi and blood, dredge the meridians, and the channels can be dredged, then the virus is gradually eliminated. To observe the clinical effect of umbilical moxibustion combined with perineal irrigation on HPV conversion, and provide a new method for clinical treatment.

**Methods:** A total of 60 patients with HPV infection who met the inclusion criteria and were treated in Yantai Hospital of Traditional Chinese Medicine affiliated to Shandong University of Chinese Medicine from June 2023 to June 2024 were selected and divided into control group and observation group by double-blind method, with 30 patients in each group. The control group was treated with perineal irrigation, while the observation group was treated with perineal irrigation combined with umbilical moxibustion for 10 consecutive days and a course of treatment for 3 months. HPV was detected 3 days after each course of drug withdrawal to compare the HPV conversion between the two groups. Comparison of control group and observation group before and after treatment 1. HPV negative; 2. HPV load changes; 3. Vaginal microecological environment changes; 4. TCM syndrome score and curative effect. SPSS statistical software was used for evaluation and analysis.

**Results:** After treatment, the negative rate of HPV in the observation group was 43.33%, which was significantly higher than that in the control group (16.67%). After treatment, HPV viral load in the observation group was significantly reduced ( $P < 0.05$ ), and the reduction was significantly better than that in the control group ( $P < 0.05$ ). After treatment, the vaginal microecological environment in the observation group was significantly improved ( $P < 0.05$ ), and the improvement was significantly better than that in the control group ( $P < 0.05$ ). After treatment, the TCM syndrome score of the observation group was significantly improved ( $P < 0.05$ ), and the degree improvement was significantly better than that of the control group ( $P < 0.05$ ).

**Conclusion:** Umbilical moxibustion combined with perineal irrigation can significantly improve the conversion rate of HPV, and has significant efficacy in improving viral load and vaginal microecological environment of patients, which can effectively alleviate clinical symptoms of patients, and is worthy of further promotion and application.

**Keywords:** Umbilical moxibustion; HPV; Perineal irrigation

### Introduction

HPV is the main high-risk infection factor causing cervical cancer in women. Cervical cancer is the most common among women worldwide. Multiple studies have shown that persistent infection with high-risk cervical HPV is a necessary but not sufficient condition for causing cervical cancer and its precancerous lesions [1-4]. However, there is currently no clear, unified and effective method at home and abroad treatment methods. Although modern medicine has yet to make further progress, HPV can not only enhance the patient's physical fitness and improve their own immunity, but also reduce the recurrence of HPV viral infectious diseases. Umbilical moxibustion is an operation method in which ultra-fine powder is used as a medium, irradiated by an infrared baking lamp, and finally acupoint application is performed. Umbilical moxibustion stimulates the corresponding

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acupuncture points to achieve the purpose of consolidating the foundation and nourishing the vitality. It can not only increase the yang energy, but also dredge the meridians. The therapeutic effect of HPV yin in the meridians is reported as follows.

## Materials and Research Methods

### Source

This experiment selected 60 HPV-infected patients who were treated at Yantai Traditional Chinese Medicine Hospital Affiliated to Shandong University of Traditional Chinese Medicine from June 2023 to June 2024 and met the inclusion criteria. They were randomly divided into a control group and an observation group using a double-blind method. Each group 30 cases. The control group was treated with perineal irrigation, while the observation group was treated with perineal irrigation combined with umbilical moxibustion for 10 consecutive days, with a course of 3 months. HPV was detected 3 days after each course of treatment and the HPV negative conversion status of the two groups of patients was compared. Record the indicators before and after treatment in the control group and the observation group: 1. PH value, Hydrogen Peroxide (H<sub>2</sub>O<sub>2</sub>), Sialidase (SNA), Leukocyte Esterase (LE),  $\beta$ -N-Acetylglucosaminidase (NAG),  $\beta$ -Glucuronidase (GUS); 3. TCM syndrome scores and efficacy. Evaluation and analysis were performed through SPSS statistical software.

### Diagnosis, inclusion and exclusion criteria

**Western medicine diagnostic criteria:** "Obstetrics and Gynecology" for gynecological examination and auxiliary examination for diagnosis [5].

(1) Silk, foul odor, secretions irritation, causing vaginal burning sensation and vulvar itching, or bleeding after intercourse, and even lumbosacral pain, lower abdominal pain, frequent urination, urgency, etc.;

(2) Cervical gland cyst, accompanied by contact bleeding, or bilateral attachment area thickening, causing pain when pressure is applied;

(3) ASCUS, LSIL, etc.; Histopathological examination under colposcopy shows that it is consistent with HPV infection or inflammatory changes [6].

**TCM diagnostic standards:** Refer to the "Guiding Principles for Clinical Research of New Traditional Chinese Medicines" (2002 edition) [7] and combine it with clinical practice.

**Main symptoms:** Heavy vaginal discharge, white or yellow color, thin or sticky texture, with or without peculiar smell.

**Secondary symptoms:** Vaginal itching, chest tightness and upset, physical drowsiness, tiredness, lack of appetite, poor skin and nails, pain in the lower abdomen or lower abdomen, dark and lumpy menstruation, bitter mouth and dry throat, short red urine, sticky stools.

**Tongue and pulse:** Red or dark red tongue, or petechiae, ecchymosis, greasy tongue coating, thin or stringy or slippery pulse.

### Inclusion criteria:

(1) Comply with both traditional Chinese and Western medicine diagnosis;

(2) Women aged 25 to 65 years old;

(3) Any type of HPV test result is positive;

(4) Sex hormones 3 months before treatment;

(5) All have a history of sexual intercourse and are in a non-pregnant state;

(6) Patients can cooperate with the trial and sign the informed consent form.

### Exclusion criteria:

(1) Age >65 years old or <25 years old;

(2) AIDS, etc.;

(3) Acute inflammation of the cervix, cervical vegetations, bleeding, and ulcers;

### Treatment methods

**Observation group:** Perineal flushing combined with umbilical moxibustion was used for 10 consecutive days of treatment, with a course of 3 months.

**Control group:** Perineal flushing treatment was performed for 10 consecutive days, with a course of 3 months. All medicinal materials come from Yantai Traditional Chinese Medicine Hospital and are fried in the decoction room of Yantai Traditional Chinese Medicine Hospital.

### Main observation indicators

(1) HPV negative status

(2) Changes in HPV infectious load

(3) Changes in vaginal microecological environment

### Statistical methods

Statistical descriptions were performed as mean  $\pm$  standard deviation. For comparisons between groups, we used the independent sample t test. Group  $P < 0.05$  means that the difference in the ratios of the two samples is statistically significant, and  $P > 0.05$  infers that the difference in the analysis results is not statistically significant.

## Result

1. Comparison of HPV negative conversion rates between the observation group and the control group (Table 1).

2. Comparison of HPV viral infection load between the observation group and the control group

3. The difference between HPVs was statistically significant ( $P < 0.05$ ).

4. Significantly better than the control group ( $P < 0.05$ ) and statistically significant ( $P < 0.05$ ).

## Discussion

The exact disease name of "cervical HPV virus infection" has not been systematically discovered in Traditional Chinese medicine classics of the past dynasties, but it is mainly caused by abnormalities in vaginal examinations in women. Therefore, cervical HPV virus infection can be initially classified as a "vaginal disease in traditional Chinese medicine" [8]. "Fu Qingzhu Women's Science" puts forward the view that "all vaginal discharge is due to dampness syndrome". Ye Tianshi put forward the theory of "long-term disease entering the collaterals" in "Clinical Guidelines for Medical Records", believing

**Table 1:** HPV 43.33%.

Group	Number of cases (person)	Number of negative cases (person)	Negative conversion rate (%)
Observation Group	30	13	43.33
Control Group	30	5	16.67

that "primary", collaterals will cause stagnation of collaterals to form collateral disease. Therefore, long-term infection with pathogenic factors, stagnation of meridians, and invagination of evil poisons that cannot be dispersed are important pathogenesis of cervical HPV infection.

The skin of the umbilicus is thin and highly sensitive, which can better penetrate the pure Yang Qi into the body, stimulate the induction conduction of the meridians, and mobilize the body's own regulatory function to reconcile qi and blood and dredge the meridian. Supplemented by the pungent warmth of ginger juice, the effects of warming the meridians and dispersing cold, it can relax muscles and activate collaterals, remove blood stasis and dispel cold, astringent sweat and solidify the surface, raise clearness and lower turbidity, regulate qi and blood, thereby achieving health care and strengthening the body, treating and preventing diseases, the function of cultivating the essence and strengthening the foundation.

Thus, it can directly or indirectly treat various diseases throughout the body. At the same time, umbilical moxibustion integrates the effects of moxibustion, acupoints, and drugs. It is guided by the theory of Traditional Chinese medicine, uses standardized dough as the medium, and puts a moxa cone on top, put ground ginger and edible salt in the round hole in the middle, and moxibustion on the navel with ginger apart, taking advantage of the thin skin of the navel and the characteristics of fast absorption, and then use the heat of moxibustion to stimulate the tissue, thereby dredging the meridians, promoting the circulation of qi and blood, and more conducive to the elimination of HPV viruses, thereby achieving better treatment results. Perineal irrigation acts directly on the lesion, HPV treatment.

**HPV prevention:** 70% to 80% of cases are mostly transient infections, which rarely develop into cervical cancer. However, in recent years, there are still a small number of female patients with persistent cervical infections, and persistent and repeated infections with the HPV virus are closely related to the occurrence of cervical cancer, HPV pathogenic factors can be dispersed, and it has a good effect on converting HPV positive into negative, and is worthy of further clinical promotion and application.

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