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The Role of External Application of Ancestral Poultices in the Treatment of Spondyloarthropathies in the Elderly

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Abstract: With the aging of the population, geriatric spinal and joint diseases have become an important factor affecting the quality of life of the elderly. Traditional Chinese medicine (TCM) treatments, due to their unique theoretical basis and practical experience, have shown some potential in relieving pain and improving joint function. Based on this, the role of external application of ancestral plasters on the treatment of spinal joint diseases in the elderly is discussed below for reference.

Keywords: External application of ancestral poultices; Treatment of spondyloarthropathies in the elderly; Effect

Introduction

As a treasure of the Chinese nation, Chinese medicine has thousands of years of history and rich clinical experience. In the treatment of geriatric spondyloarthropathies, the external application of ancestral plasters, as a traditional external treatment, is widely used to relieve joint pain, promote blood circulation and tissue repair. In-depth analysis of the mechanism of action, clinical application and its effect in the treatment of geriatric spondyloarthropathies will provide a useful reference and supplement for modern medicine.

1. Characteristics of external application of ancestral poultices on spondyloarthropathies in the elderly

The ingredients of Ancestral Ointment are usually carefully formulated from a variety of Chinese herbs, which have the efficacy of activating blood circulation and removing blood stasis, subduing swelling and relieving pain, and are able to effectively regulate the pathological characteristics of spinal and joint disorders in the elderly. Easily absorbed is one of the major features of the external application of the ancestral ointment. The active ingredients in the ointment can penetrate into the body through the skin and reach the lesions directly. This transdermal absorption avoids gastrointestinal discomfort and hepatic first-pass effect that may be brought about by oral medication, enabling the medication to work more directly and quickly. For the elderly, due to their relatively thin skin and poor blood circulation, the easy absorption property of ancestral plasters is especially important, which can ensure the effective delivery and utilization of drug ingredients. Good effect is another major advantage of the external application of ancestral plasters. Clinical practice has shown that the external application of ancestral plasters can effectively relieve the pain of elderly spinal joint diseases, improve joint mobility, promote local blood circulation, accelerate the absorption of inflammation and tissue repair. Long-term use can also enhance the stability of joints and slow down the progress of the disease. No side effects is another remarkable feature of the external application of Ancestral Ointment. Compared with Western medicines, Ancestral Ointment Topical Application usually does not contain chemically synthesized drugs, so it will not cause gastrointestinal reactions, liver and kidney function damage and other side effects. This is especially important for elderly patients, who often suffer from multiple chronic diseases and need to take multiple medications for a long time. The non-side-effect characteristic of the Ancestral Poultices can reduce drug-drug interactions and adverse reactions, and improve the safety of treatment.

2. The role of external application of ancestral poultices in the treatment of spondyloarthropathies in the elderly

2.1 Improvement of local circulation

An important role of external application of ancestral plasters in the treatment of spinal and joint diseases in the elderly is to improve local blood circulation. With age, the elasticity of blood vessels of the elderly decreases, and the ability of blood circulation is weakened, which directly affects the nutrient supply and waste excretion of joints and surrounding tissues. The active ingredients in Ancestral Ointment can penetrate through the skin and act on local blood vessels, dilating them and increasing blood flow, thus improving local blood circulation. This

improvement not only helps to relieve pain and stiffness caused by poor blood circulation, but also provides more oxygen and nutrients to the joints, accelerating the subsidence of inflammation and tissue repair. In addition, good blood circulation can help eliminate metabolic wastes and inflammatory mediators from the joints, reduce swelling and pain in the joints, and improve the mobility of the joints. Therefore, improving local circulation through external application of Ancestral Cream is of great significance in relieving the symptoms and promoting the recovery of spinal joint diseases in the elderly.

2.2 Promotion of metabolism

Ancestral poultices applied externally can also boost the metabolism of elderly patients with spondyloarthropathies. Metabolism is the basis of life-sustaining activities. For the elderly, due to the decline of body functions, the metabolic rate is often slower, which affects the repair and regeneration of joints and surrounding tissues. The herbal ingredients in Ancestral Poultices have the effect of warming the meridians and channels, activating blood circulation and removing blood stasis, which can activate the metabolic activities of local cells and accelerate the conversion of energy and substances. By applying the poultice externally, these active ingredients are able to act directly on the diseased area, stimulate the metabolic process of the cells, and enhance the vitality and repair ability of the cells. Promoting metabolism not only helps to eliminate inflammation and swelling within the joints, but also accelerates the repair of damaged tissues and enhances the stability and function of the joints. The role of Ancestral Ointment Topical Application in promoting metabolism is crucial for the treatment and rehabilitation of spinal joint diseases in the elderly.

2.3 Strong muscles and bones

Another important role of external application of ancestral poultices in the treatment of spinal and joint disorders in the elderly is to strengthen the muscles and bones. With age, the bones and muscles of the elderly gradually deteriorate. Osteoporosis and decreased muscle strength are common problems, which directly affect the stability of the spine and joints. The herbal ingredients in Ancestral Poultices contain a variety of nutrients beneficial to bones and muscles, such as calcium, phosphorus and collagen, which are able to penetrate through the skin and act directly on bones and muscles to promote their growth and repair. Through long-term use of Ancestral Ointment Topical Application, it can enhance the density and strength of bones, improve the elasticity and strength of muscles, thus strengthening the support ability of spine and joints, and reducing joint pain and dysfunction caused by osteoporosis and muscle atrophy. Ancestral poultices applied externally in strengthening the muscles and bones are of great value in preventing and treating spinal and joint diseases in the elderly.

3. Application strategies of external application of ancestral plasters in the treatment of spondyloarthropathies in the elderly

3.1 Optimize the formula of ointment

In the treatment of geriatric spondyloarthropathies, the application strategy of topical application of ancestral plasters should include the optimization of plaster formulations. Traditional poultice formulations are often based on experience and ancestral recipes, but with the development of modern medicine, scientific screening and proportion adjustment of poultice ingredients in combination with modern pharmacology and clinical research results can improve their therapeutic effects and safety. When optimizing the formula, the physiological characteristics of the elderly, such as increased skin sensitivity and decreased metabolism, should be taken into account, and mild and targeted herbal ingredients should be selected. At the same time, the purity and bioavailability of the active ingredients should be improved through modern extraction techniques, and unnecessary excipients should be reduced to minimize the risk of allergic reactions and skin irritation. The formula should also contain ingredients that promote blood circulation, anti-inflammatory and analgesic, and promote tissue repair to meet the comprehensive needs of the treatment of elderly spinal and joint diseases. Through such optimization, Ancestral Ointment Top Dressing can better adapt to the therapeutic needs of elderly patients and improve the breadth and effectiveness of its clinical application.

3.2 Improving the effectiveness of treatment

In order to improve the efficacy of external application of ancestral plasters in the treatment of spondyloarthropathies in the elderly, the application strategy should focus on improving the therapeutic effect. This includes rationally selecting the dressing site, ensuring close contact between the poultice and the skin, and adapting the treatment program to the patient's specific condition. The application site should be chosen in the area where pain and inflammation are most evident to ensure that the medication can act directly on the diseased tissue. Maintaining close contact between the plaster and the skin can be achieved by using a breathable and adhesive dressing to prevent the plaster from falling off and to ensure continuous penetration of the drug. According to the patient's response and changes in condition, the type, dosage and frequency of application of the plasters can be adjusted in a timely manner to achieve the best therapeutic effect. Through these measures, the therapeutic effect of external application of ancestral plasters can be maximized to alleviate the pain of elderly patients, improve joint function and enhance the quality of life.

3.3 Expanding clinical applications

In order to achieve wider clinical application of ancestral poultices for external application in the treatment of spondyloarthropathies in the elderly, application strategies should include expanding clinical application. This will require clinical studies to validate the safety and efficacy of the poultices, the establishment of standardized treatment protocols, and the enhancement of medical staff's skills in their use through education and training. Conduct rigorous clinical trials to collect data to assess the efficacy and safety of the plasters in elderly patients with different conditions and at different stages of life, providing a scientific basis for clinical application. Formulate detailed treatment guidelines, including indications, methods of use, precautions, etc., so that medical personnel can accurately guide patients in their use. By organizing seminars and training courses, medical personnel will be able to improve their knowledge and operational skills in the external application of ancestral plasters to ensure their correct and effective use in clinical practice.

4. Conclusion

Ancestral poultice external application shows unique advantages and potentials in the treatment of elderly spinal and joint diseases. It can not only relieve patients' pain symptoms, but also improve joint function to a certain extent and enhance patients' quality of life. As a traditional therapy, the scientificity and effectiveness of the Ancestral Poultice External Application still need to be verified through more clinical studies and experiments. In the future, we look forward to further exploring and optimizing the application of ancestral plaster external application through the combination of Chinese and Western medicine, bringing more benefits to elderly patients with spinal and joint diseases.

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