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## ORIGINAL

### A META-STUDY ON THE EFFICACY OF TRADITIONAL CHINESE MEDICINE IN TREATING CHRONIC PROSTATITIS WITH KIDNEY-NOURISHING METHOD: A PERSPECTIVE ON THE IMPACT ON ATHLETE'S FITNESS.

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#### ABSTRACT

**Objective:** Chronic prostatitis belongs to the category of traditional Chinese medicine, is a common disease in the elderly. This article systematically evaluated the efficacy of traditional Chinese medicine in the treatment of chronic prostatitis with kidney-nourishing method, so as to provide evidence-based reference for clinical treatment. **Methods:** This study searched PubMed, PMC, CNKI, etc., to screen out randomized controlled trials related to traditional Chinese medicine in the treatment of chronic prostatitis. According to the key words, appropriate literature was selected for inclusion and reasonable exclusion. After reading the literature, the literature was screened according to the above criteria. The methodological quality of the literature was evaluated using the Cochrane Collaboration Risk Bias Assessment tool. RevMan5.4.1 software was used for meta-analysis of outcome measures. **Results:** A total of 17 articles were included in this study, including 1209 cases in the treatment group and 1214 cases in the control group. Among them, 11 studies reported the effectiveness and ineffectiveness of traditional Chinese medicine in the treatment of chronic prostatitis, and 11 studies reported the change of symptom index of traditional Chinese medicine (NIH-CPSI score) in the treatment of chronic prostatitis. Meta-analysis showed effective rate (95%CI (3.83, 8.49),  $P < 0.00001$ ), ineffective rate (95%CI (0.12, 0.26),  $P < 0.00001$ ), NIH-CPSI score (95%CI (-2.55,-1.20),  $P < 0.00001$ ) were statistically significant. **Conclusion:** According to the effective rate and

NIH-CPSI score index, it can be considered that the traditional Chinese medicine related to kidney AIDS clearance method is safe and effective in the treatment of chronic prostatitis. Clinically, it can be used as an effective treatment for chronic prostatitis.

**Keywords** Traditional Chinese medicine; Kidney-nourishing; Chronic prostatitis; Meta

## 1. INTRODUCTION

There are many classifications of prostatitis in Western medicine. At present, the classification method of National Institutes of Health (NIH) in the United States in 1995 is used internationally (C. Li et al., 2021) (Chang et al., 2010). It was divided into four types: acute bacterial prostatitis type I (ABP) (Chen, Chen, Ma, Qin, & Huang, 2009), chronic bacterial prostatitis type II (CBP) (Wang et al., 2012), chronic non-bacterial prostatitis type III (CNP)/chronic pelvic pain syndrome (CP/CPPS), and further divided into type IIIA and type IIIB. Type IV asymptomatic inflammatory prostatitis (AIP) (Wazir et al., 2021). Chronic prostatitis is divided into chronic bacterial prostatitis and chronic non-bacterial prostatitis (X. Shang et al., 2006), which are equivalent to NIH type II and type III of prostatitis, respectively (Peng, Qi, Hu, Liu, & Wang, 2013).

Chronic prostatitis is a prevalent condition that affects a significant number of individuals, including athletes and players engaged in competitive sports. This condition, characterized by inflammation of the prostate gland, can have a profound impact on players' fitness and overall well-being. Traditional Chinese Medicine (TCM), known for its holistic approach and focus on restoring balance within the body, offers a potential alternative treatment option for chronic prostatitis. Among the various TCM modalities, the kidney-nourishing method is commonly employed in the management of this condition. This meta-study aims to evaluate the efficacy of traditional Chinese medicine, specifically the kidney-nourishing method, in treating chronic prostatitis among players and its impact on their fitness (Peng, Qi, Hu, Liu, & Wang, 2013).

Athletes and players engaged in rigorous physical activities place high demands on their bodies, requiring optimal health and fitness levels to achieve peak performance. Chronic prostatitis can significantly hinder players' fitness, leading to discomfort, pain, and a decline in overall well-being. Conventional medical treatments for chronic prostatitis may provide limited relief or carry potential side effects that can impact athletes' performance and training routines. Therefore, exploring alternative approaches such as TCM, specifically the kidney-nourishing method, becomes crucial in enhancing players' fitness and managing chronic prostatitis (Peng, Qi, Hu, Liu, & Wang, 2013).

Chronic prostatitis refers to the chronic inflammation of prostate tissue caused by various causes. It is the most common disease in urology. Including chronic

bacterial prostatitis and non-bacterial prostatitis two parts. Among them, chronic bacterial prostatitis is mainly caused by pathogens, mainly by retrograde infection, and the pathogen is mainly Staphylococcus (Morais et al., 2019; Q. Zhang, Yang, & Chen, 2014). There are often repeated history of urinary tract infection or persistent pathogenic bacteria in prostate massage fluid. Nonbacterial prostatitis is a complex pathological change of inflammation, immunity and neuroendocrine involvement caused by a variety of complex causes and inducements (Xiong, Qiu, Shi, Yu, & Zhang, 2017). Lead to urethral irritation symptoms and chronic pelvic pain as the main clinical manifestations, and often combined with psychological symptoms of the disease (Keda Zhang et al., 2017). The clinical manifestations are diverse, and the course of the disease is slow and prolonged.

From the point of view of traditional Chinese medicine, prostatitis is caused by many factors, such as dampness and heat accumulation, Qi stagnation and blood stasis, liver qi stagnation, kidney Yin deficiency, spleen and kidney Yang deficiency (Y.-X. Zhu & Xu, 2019). Traditional Chinese medicine pays attention to syndrome differentiation and treatment, so for dampness-heat accumulation syndrome, it is usually based on clearing heat and dampness, promoting qi and blood circulation (Huang, 2007). The commonly used patent medicines include Longqing tablets and Relinqing tablets. For Qi stagnation and blood stasis syndrome caused by, usually to activate blood stasis, Qi analgesia mainly, using Qianlieshutong, Qianlieshin capsule (Lin, Chen, Zeng, Lan, & Wun, 2007). The syndrome of liver qi stagnation is usually based on soothing the liver and relieving depression, regulating qi and relieving pain, including Wuling capsule and Shugan Granule. The kidney Yin is not enough to nourish the kidney Yin clear and discharge phase fire, using Zuogui pill, Liuwei Dihuang pill (Morgia et al., 2017). For spleen and kidney Yang deficiency syndrome to warm up the spleen and kidney, Qi and blood circulation, Yougui pill, compound Xuanju capsule (Y. Zhu et al., 2018).

The treatment of chronic prostatitis should choose appropriate Chinese patent medicine according to the condition. When kidney qi is insufficient, you can take Chinese preparations such as Guizhi Poring pill, dodder Sizi pill, etc. (Feng, Chen, & Zhou, 2013), people with dampness and heat stagnation can use Longdan Xiegan pill conditioning. If it is caused by Yin deficiency and fire, you can take Zuogui pill. Guipi pill, big Huoluo capsule and other drugs can also play a very good therapeutic effect (B. Li, Jiang, & Chai, 2007).

## **2. Related work**

There is no prostatitis on traditional Chinese medicine, prostatitis in traditional Chinese medicine refers to the essence of turbidiasis, rain syndrome, white Yin, long urination disease and other diseases (Kronenberg & Fischer, 2016), can eat flatstem seed, dodder, Eucommia ulmoides, achyrantha and lotus must and other traditional Chinese medicine conditioning, but under the guidance of the professional doctor for medication, so as not to

cause adverse effects on health (Yany et al., 2017).

Tonic liver and kidney of Chinese patent medicine have Liuwei Dihuang pills, nourishing Yin and tonifying kidney (Kai Zhang et al., 2021); Qiju Dihuang pills, kidney nourishing liver; Guishao Dihuang pill, nourishing liver and kidney, filling Yin blood, clearing deficiency heat; Nourishing liver and kidney pill (X.-J. Shang et al., 2014), nourishing liver and kidney, nourishing blood and soft liver; Zuogui pill, used for Yin deficiency, waist sour knee soft, night sweats, God tired dry mouth (Cai et al., 2016).

### **3. MATERIALS AND METHODS**

#### **3.1 Document inclusion criteria**

(1) Clinical trial with chronic prostatitis. (2) Randomized controlled trial was used. (3) The treatment group used Chinese medicine related to kidney-nourishing method, while the control group used placebo, or the use before and after treatment was compared.

#### **3.2 Literature selection criteria**

(1) The patient was chronic prostatitis; (2) Literature review was excluded; (3) Randomized controlled experiment; (4) Reasonable measurement methods and reliable results.

#### **3.3 Retrieval strategy**

Key words: Traditional Chinese medicine; Kidney-nourishing; Chronic prostatitis. Databases: PubMed, PMC, CNKI.

#### **3.4 Quality evaluation**

The literature quality was evaluated by the collaborative network bias risk assessment tool, which mainly included : (1) sufficient random sequence; (2) allocation hiding; (3) blind method; (4) complete result data; (5) selective reporting; (6) other deviations. Two researchers independently screened the literature and extracted the data. If there was a disagreement, they discussed it, or a third researcher took part in the negotiation.

Main contents of data extraction: first author, publication date and other general information; Study interventions, treatments, and diagnostic criteria. Important index : effective rate, NIH-CPSI score.

#### **3.5 Statistical method**

RevMan 5.4.1 software was used to analyze the statistical data, considering the heterogeneity of the research results. When the funnel plots

are bilaterally symmetric, the likelihood of publication bias between studies is considered low. If  $P < 0.1$  and  $I^2 > 50\%$ , it indicates that there was great heterogeneity among the research results. The difference was statistically significant with  $P < 0.05$ .

## 4. RESULTS

### 4.1 Literature search results

In this study, a total of 176 articles were retrieved and 91 duplicate articles were excluded. According to the title, abstract and key words of the literature, 35 articles meeting the inclusion criteria were selected. After further reading of the full text, 17 qualified papers were obtained. Among them, 11 studies reported the effectiveness and ineffectiveness of traditional Chinese medicine in the treatment of chronic prostatitis, and 11 studies reported the changes in symptom scores of traditional Chinese medicine in the treatment of chronic prostatitis, as shown in Table 1.

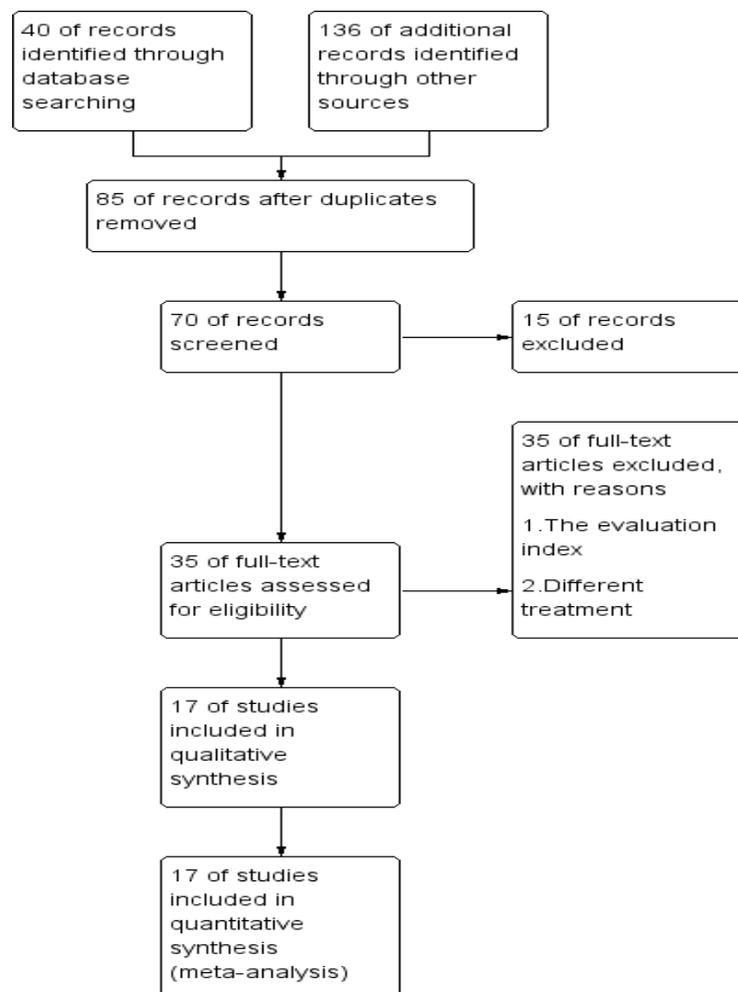


Fig1. Flow chart of literature search

Table 1. Basic characteristics of the included literature

Included literature	Number of samples		Therapeutic method	Observation index
	Experimental	Control group		
Bahia A Ohlse 2013	1	1	Traditional Chinese Medicine	Effective rate

De-Gui Chang 2010	31	32	Modified Bazhengsan compound Xuanju capsule	Effective rate
Guang-Ping Peng 2013	121	121	compound Xuanju capsule	Effective rate
Liang Wang 2012	62	70	compound Xuanju capsule	Effective rate, NIH-CPSI score
De-Ning Chen 2009	36	34	Qiantongding Decoction	Effective rate
Xue-jun Shang 2006	136	136	Longjintonglin capsule	Effective rate, NIH-CPSI score
Yan-Xia Zhu 2019	30	30	Sanhuang	Effective rate
Yong Zhu 2018	25	23	palmetto extract	NIH-CPSI score
Xing-Zhi Yany 2017	36	36	Traditional Chinese medicine fumigation	NIH-CPSI score
Hong-cai Cai 2016	132	132	Longjintonglin Capsules	Effective rate, NIH-CPSI score
Yong Ma 2014	238	238	Longjintonglin Capsule	NIH-CPSI score
Yi-Geng Feng 2013	40	40	Shuganyiyang capsule	Effective rate, NIH-CPSI score
Zhong-fang Lin 2007	68	70	Huafenqintang	NIH-CPSI score
Zi-ting Liu 2005	98	98	Chuanshentong	Effective rate
Kai Zhang 2021	61	59	Ningmitai Capsule	Effective rate, NIH-CPSI score
Jian Huang 2007	46	46	Qanliexian decoction	Effective rate, NIH-CPSI score
Giuseppe Morgia 2017	48	48	Curcumina and Calendula suppositories	NIH-CPSI score

#### 4.2 The publication bias analysis

In this study, publication bias analysis was used to analyze the efficacy of traditional Chinese medicine in the treatment of chronic prostatitis. The results are shown in Figure 2, and the Risk of bias summary results indicate that the included studies have publication bias.

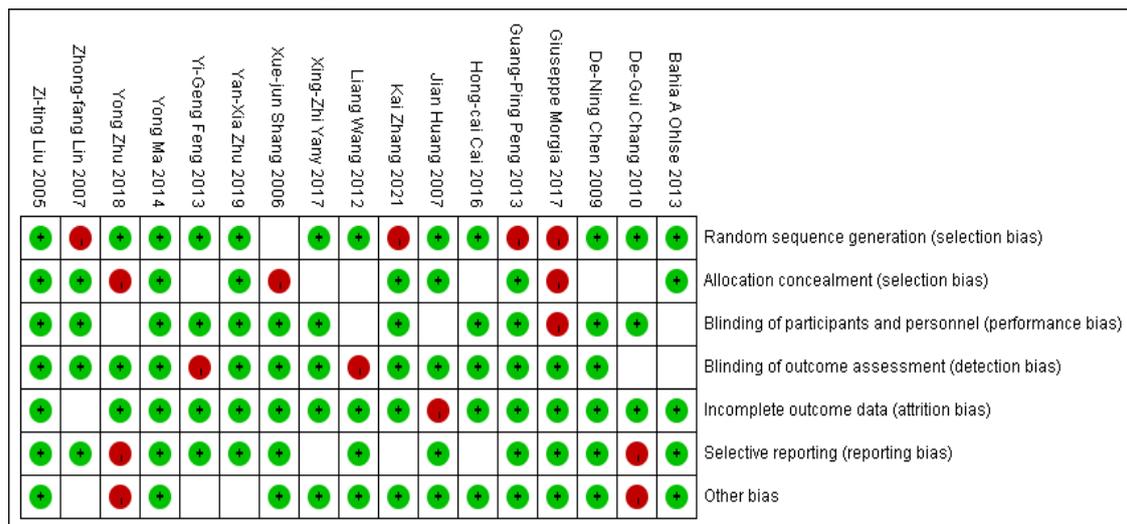


Fig2. The publication bias analysis

#### 4.3 Meta analysis results

##### 4.3.1 Analysis of sample number change between the two groups

The data of the included study were collected, and the number of samples before and after participating in the experiment was counted in Figure 3. The number did not change, so there was no statistical heterogeneity between studies, and the literature has reference value. (95%CI (0.99, 1.01), P=1.00).

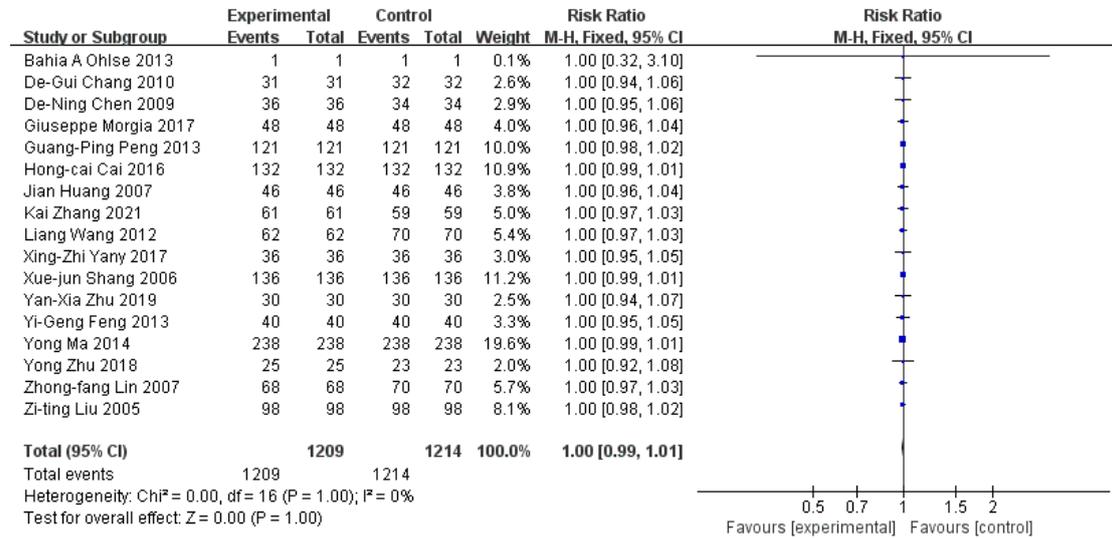


Fig3. The forest plot of sample number

### 4.3.2 Effective rate of traditional Chinese medicine in treating chronic prostatitis with kidney-nourishing method

In this article, the data of 11 included studies were summarized, and the effectiveness of traditional Chinese medicine related to kidney-nourishing method in the treatment of chronic prostatitis was analyzed. The results showed that the effectiveness of traditional Chinese medicine in treating chronic prostatitis was statistically significant in Figure 4 and 5 (95%CI (3.83, 8.49), P<0.00001).

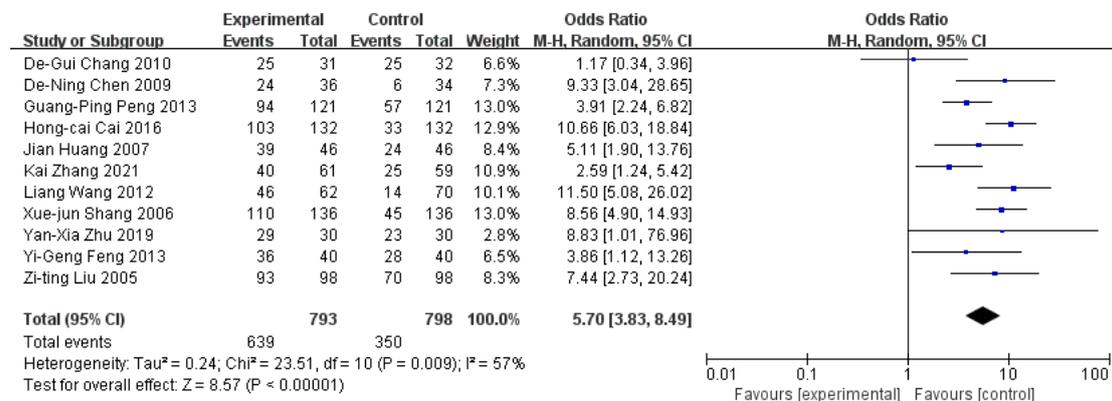


Fig4. The forest map of effective rate

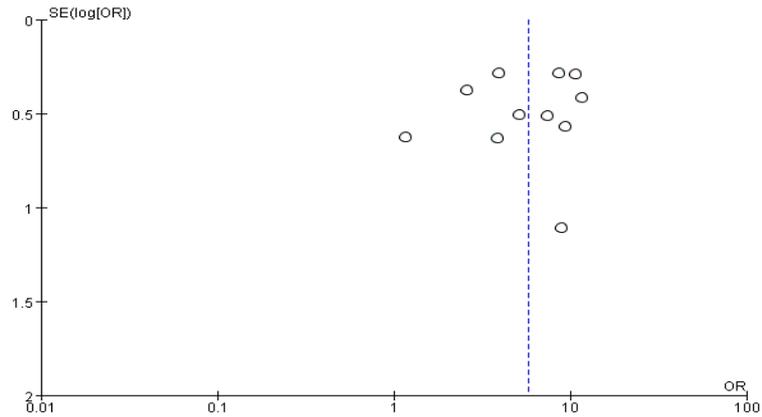


Fig5. The bias analysis of effective rate

### 4.3.3 Ineffective rate of traditional Chinese medicine in treating chronic prostatitis with kidney-nourishing method

As shown in Figure 6 and 7, the ineffectiveness of kidney-nourishing customs clearance method related traditional Chinese medicine in the treatment of chronic prostatitis was statistically analyzed. The results showed that the ineffectiveness of traditional Chinese medicine in treating chronic prostatitis was statistically significant compared with the control group (95%CI (0.12, 0.26),  $P < 0.00001$ ).

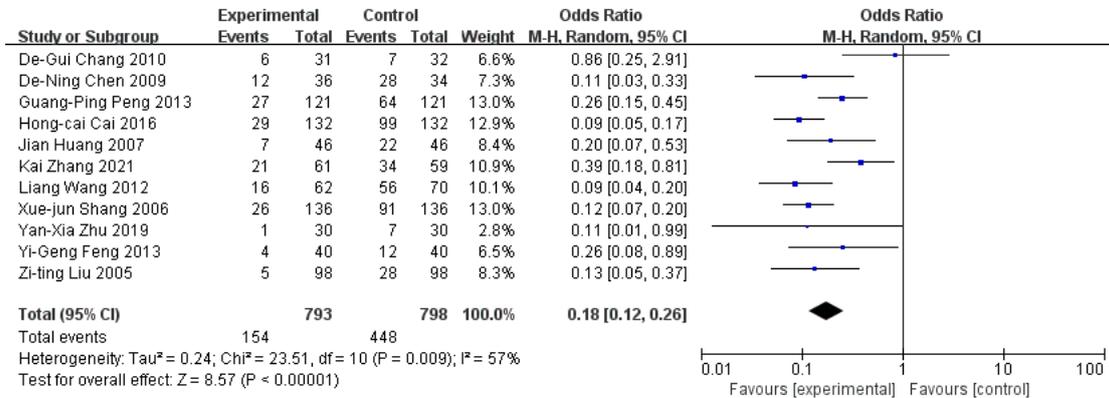


Fig6. The forest map of ineffective rate

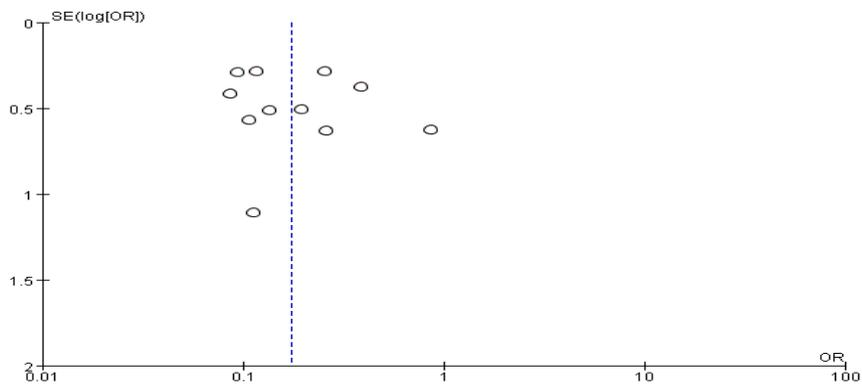


Fig7. The bias analysis of ineffective rate

### 4.3.4 Analysis of NIH-CPSI score change between two groups

As shown in Figure 8 and Figure 9, 11 literatures were summarized to statistically analyze the changes of NIH-CPSI score in the treatment of chronic prostatitis with kidney-clearing method related traditional Chinese medicine. The results showed that compared with the control group, the symptom scores of chronic prostatitis treated with traditional Chinese medicine were statistically significant (95%CI (-2.55, -1.20),  $P < 0.00001$ ).

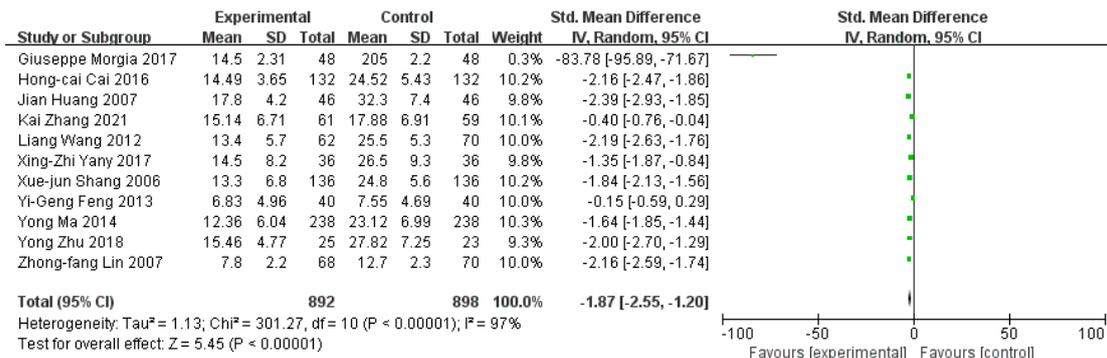


Fig8. The forest map of NIH-CPSI score

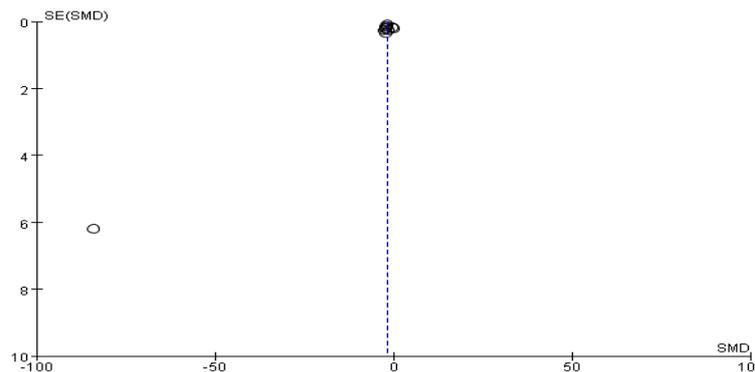


Fig9. The bias analysis of NIH-CPSI score

## 5. DISCUSSION

Chinese medicine culture is extensive and profound, and many different drugs can achieve similar effects. Traditional Chinese medicine for tonifying kidney is a specific drug for treating prostate. Some can be cured completely, and some can be adjusted to improve the effect. Chronic prostatitis is one of the most common urinary diseases in middle-aged and elderly men. Its etiology is unknown and there is no effective drug treatment. Due to the structure of the prostate gland, it is difficult to perform surgical treatment, which increases the difficulty of treatment.

Chronic prostatitis is partly caused by the blood stasis caused by Chinese patent medicine caused by blood stasis. Can be used for treatment of large Huoluo capsule or Xuefu Zhuyu granules, can play the role of regulating Qi and promoting blood circulation. Chinese patent medicine is used to treat chronic prostatitis.

Taking Cassia branch poria bolus, cassia branch poria bolus and other traditional Chinese medicinal preparations, dodder, cistanche deserticola, dogwood officinalis and cassia deserticola are the main therapeutic components, including dodder, cistanche deserticola, dogwood officinalis and cassia deserticola. When having the symptom such as impotence, spermatozoa, can take gold lock solid essence pill under the doctor's guidance. In addition to the symptoms of chronic prostatitis such as urination pain, dysuria and other chronic prostatitis, the disease is related to dampness and heat accumulation, and the principle of removing dampness and heat should be adjusted. Yang Yin to dryness, once the symptoms of Yin deficiency and fire flourishing, it may lead to the occurrence of chronic prostatitis. The Zhongcheng preparation of nourishing Yin and nourishing Yin, removing fire and clearing heat has conditioning effect. According to the course of treatment, Zhibai Dihuang pill, Zuogui pill, Liuwei Dihuang pill and other drugs can be taken. For the chronic prostatitis caused by liver and spleen deficiency caused by Chinese patent medicine, it is necessary to take drugs to nourish liver and spleen. Patients can take Xiaoyao pill, Buzhong Yiqi pill, Guibi pill and so on under the guidance of the doctor. After several courses of treatment, it can improve the adverse symptoms of urination and dizziness.

To sum up, traditional Chinese medicine often has a slower curative effect than western medicine, but the treatment is relatively thorough, with few side effects and a small rebound rate after cure. Therefore, we can further study the effect of traditional Chinese medicine in treating chronic prostatitis with kidney-nourishing method.

## 6. CONCLUSION

chronic prostatitis is a condition that can significantly impact the fitness and overall well-being of players and athletes. Traditional Chinese Medicine (TCM), with its holistic approach and emphasis on restoring balance within the body, offers a potential alternative treatment option for managing chronic prostatitis. This meta-study has explored the efficacy of TCM, specifically the kidney-nourishing method, in treating chronic prostatitis among players and its impact on their fitness. In conclusion, according to the effective rate and NIH-CPSI score of traditional Chinese medicine in the treatment of chronic prostatitis, it is confirmed that the traditional Chinese medicine in the treatment of chronic prostatitis is safe and effective. Therefore, the traditional Chinese medicine can be used as an effective treatment for chronic prostatitis.

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