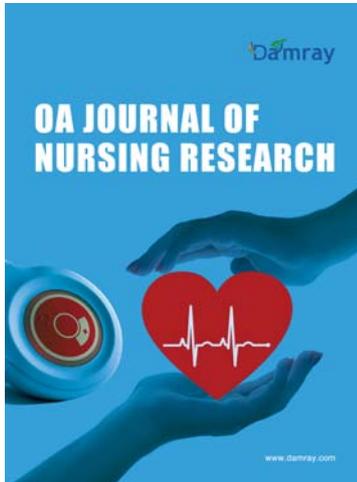


# Clinical Observation on the Treatment of Ketamine Associated Cystitis with Bladder Hyperactivity by Means of Interstitial Moxibustion Combined With Sizi Powder

Jiao Zuo<sup>\*</sup>, Jindi Lei, Dongxiang Zheng, Jinying Su, Qiao Luo

Department of Urology, Zhongshan Hospital of Traditional Chinese Medicine, Zhongshan, 528401, Guangdong province, China.



<https://oajnr.damray.com/>

## OPEN ACCESS

DOI:

Received: June 30, 2022

Accepted: July 26, 2022

Published: August 30, 2022

Copyright: ©2022 Jiao Zuo, et al.

This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

## Abstract

**Objective:** To explore the clinical effect of interstitial moxibustion combined with Sizi Powder on ketamine associated cystitis and bladder hyperactivity. **Methods:** A total of 60 inpatients admitted to the department of Urology in our hospital from April 2019 to February 2021, who met the study criteria, were selected as the study subjects. They were randomly divided into treatment group and control group, with 30 patients in each group. The control group was treated with conventional therapy, and the treatment group was treated with separated moxibustion combined with sizi powder. Pain scores, sleep quality, and bladder activity were compared between the two groups. **Results:** VAS scores, OABSS scores and PSQI scores of the treatment group were all lower than those of the control group, and the differences were statistically significant ( $P < 0.05$ ). **Conclusion:** In the treatment of patients with ketamine associated cystitis and bladder overactivity, the treatment measures of interstitial moxibustion combined with sizi powder can effectively relieve the clinical symptoms of patients, which is worth promoting.

## Keywords

Interstitial Moxibustion, Four Sons Powder, Ketamine Correlation Cystitis, Bladder Hyperactivity Disease

## 1. Introduction

Ketamine correlation cystitis is a urinary tract disease in which long-term consumption of ketamine can cause damage to the urinary system. Bladder contracture is often accompanied by bladder hyperactivity symptoms such as frequent, urgent and painful urination, and in severe cases, suprapuboid pain, which seriously affects their normal life and work. The treatment of this disease is basically western medicine at home and abroad, with unsatisfactory effects and different degrees of side effects and disadvantages [1]. This study intends to investigate the clinical efficacy of septal moxibustion combined with sizi powder hot pack in the treatment of ketamine associated cystitis and bladder hyperac-

tivity. The following is a detailed report.

## 2. General information and methods

### 2.1. General data

Sixty inpatients admitted to our hospital from April 2019 to February 2021 who met the study criteria were selected for the study, and they were randomly and equally divided into treatment and control groups according to the lottery measure, with 30 patients in each of the two groups. In the treatment group, there were 18 male patients and 12 female patients; the age distribution of the patients ranged from 36 to 68 years, with a mean age of  $(51.3\pm 4.6)$  years. In the control group, there were 17 male patients and 13 female patients; the age distribution of patients ranged from 35 to 68 years old, with a mean age of  $(50.4\pm 4.2)$  years. There was no significant difference between the two groups of patients in all data comparison ( $P > 0.05$ ).

### 2.2. Methods

Patients in the control group were treated with conventional treatment measures, including close observation of patients' conditions, timely life care for those with reduced self-care ability, infection prevention measures, keeping patients' perineal skin clean, and antispasmodic and analgesic drugs for patients with paroxysmal pain. In the treatment group, on the basis of conventional treatment and care, patients were placed on their backs and given hot compresses of Sizi San. The medication consisted of 60 g of perilla seeds, 60 g of lycopodium, 60 g of mustard seeds and 30 g of dogwood, 20 min, twice a day. At the same time, moxibustion was applied to the Shen Que point, which is located in the umbilicus. A fresh ginger slice (2-3 cm in diameter and 0.2-0.3 cm thick, with several holes pierced with a needle) is placed on top of the skin around the Shen Que point and a conical moxa pillar made of moxa wool (King of Herbs) is placed directly on the ginger slice and ignited [2]. After the column is burned out, remove the remaining ash and replace it with another moxibustion, usually 5-6 strokes, to the extent that the patient's skin is red and moist. Note to avoid burning the skin, a treatment takes about 10-15min, 2 times / d, once in the morning and once in the afternoon.

### 2.3. Evaluation index

The pain level was measured by the VAS scale, with a total score of 10, the higher the score the more obvious the pain. Sleep quality was measured by the PSQI scale, with a total score of 21. Bladder mobility was measured on the OABSS scale, with a total score of 14. The higher the score, the more pronounced the overactive bladder.

### 2.4. Statistical processing

SPSS 21.0 software was used for statistical analysis of the data, and t-test data were taken and expressed as ( $\pm s$ ), and  $P < 0.05$  means the difference was statistically significant.

## 3. Results

VAS scores were compared: treatment group ( $3.6\pm 1.3$ ), control group ( $5.9\pm 1.7$ ),  $t=5.887$ ,  $P=0.000$ . PSQI scores were compared: treatment group ( $12.7\pm 2.3$ ), control group ( $17.5\pm 2.6$ ),  $t=7.574$ ,  $P=0.000$ . OABSS scores were compared: treatment group ( $7.3\pm 1.6$ ), control group ( $12.5\pm 2.2$ ),  $t=10.470$ ,  $P=0.000$ . The VAS, PSQI, and OABSS scores of patients in the treatment group were lower than those in the control group, and the differences were statistically significant ( $P < 0.05$ ).

## 4. Discussion

At present, domestic and foreign about ketamine correlation cystitis are mostly treated by using antibiotics and adrenergic receptor blockers, cholinergic receptor blockers and intravesical instillation of sodium pentosulfate and sodium hyaluronate, prognosis and improve the quality of life of patients [3].

Ketamine correlation cystitis belongs to the category of "gonorrhoea" in Chinese medicine, and the treatise on the origin of diseases states: "All gonorrhoea is caused by kidney deficiency and bladder heat, and it is mostly a mixed evidence of deficiency and reality. Treatment should be to benefit the spleen and kidneys, and to facilitate the flow of dampness and laxative. Chinese medicine treatment can achieve better results whether it is limited or extensive inflammation. Chinese medicine and acupuncture are effective in relieving urinary frequency and urgency [4]. Some studies have demonstrated the efficacy of acupuncture moxibustion in relieving bladder spasm and facilitating urination [5].

In the present study at our institution, patients in the treatment group were treated with hot compresses of Sizi San on

lumbar acupoints combined with moxibustion points, and the VAS scores, OABSS scores, and PSQI scores were lower in the treatment group compared with the control group, and the differences met statistical significance ( $P < 0.05$ ), and the results indicated that in the treatment of patients with ketamine correlation cystitis with overactive bladder, spacer moxibustion combined with Sizi San Hot compress treatment measures can effectively relieve the clinical symptoms of patients and are worth promoting the use.

## References

- [1] Chen A-Di, Zhang J-X. (2012). Clinical features of ketamine-associated cystitis [J]. *Journal of Practical Medicine*, 2012, 28(7):1197-1198
- [2] Gao Gao W, Xin S Y, Zhang J G, et al. (2014). Analysis of the efficacy of tamsulosin combined with solifenacin in the treatment of mild to moderate benign prostatic hyperplasia combined with overactive bladder [J]. *Chinese Journal of Male Science*, 2014, 20(3): 239-243.
- [3] Wang YX, Liu CH, Jiang CL, et al. (2014). Efficacy of Bazheng san plus reduction in the treatment of ketamine cystitis [J]. *New Chinese Medicine*, 2014, 46(1):88-90.
- [4] Zheng Dongxiang, Zhong Òl Òl Òl, Huang Zhifeng. (2015). Clinical observation of 20 cases of ketamine-associated ulcerative cystitis treated by electroacupuncture combined with forced urinary muscle injection of botulinum toxin. *Clinical Research*, 2015, 8:106-107.
- [5] Li Hongyan, Zhu Huai Di. (2017). Study on the effect of moxibustion treatment on bladder spasm after green laser vaporization of the prostate. *TODAY NURSE*, April, 2017, no. 4.