Research Article

Analysis of the Characteristics of Dominant Diseases in Traditional Chinese Medicine: Based on 95 Diseases

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1. Introduction

TCM has been widely used in the treatment of various diseases in China for thousands of years and has shown its potential and superiority in many diseases such as leukemia, irritable bowel syndrome, and angina pectoris [1–5]. Therefore, the conception of TCM dominant diseases was born. The dominant diseases of TCM mainly refer to diseases for which there is currently no targeted western medical treatment and it has a definite effect, or the toxic side effects and drug-induced, iatrogenic disorders of TCM were less than western therapy [6]. For example, some chronic respiratory diseases, such as asthma and chronic obstructive pulmonary disease (COPD), are commonly treated with corticosteroids, which are often accompanied by side effects [7]. Based on conventional therapies, the application of TCM not only significantly improved the symptom of acute exacerbations of COPD (AECOPD) but also reduced hospital stay (mean difference, −1.21 days; \( P = 0.003 \)) and the number of AECOPD readmissions (RR, 0.41; \( P = 0.015 \)), greatly reducing the overall burden of disease [8].

The evaluation criteria of dominant diseases of TCM are used to define a certain disease as the dominant disease of TCM. However, the criteria should be recognized by the majority of medical workers before it is beneficial for better clinical promotion and application of TCM to provide patients with better curative medical services. Currently, the consensus within countries or industries concerning the evaluation criteria and evaluation tools for dominant diseases of TCM has not been reached yet [9]. There are no mature evaluation systems for the definition of TCM’s dominant diseases.
Commissioned by the Chinese National Administration of Traditional Chinese Medicine, the China Association of Chinese Medicine assembled a panel of TCM experts from across the country in 2018 to systematically collect and summarize opinions on dominant diseases of TCM. In 2019, a list of 95 dominant diseases of TCM was published by the Chinese National Administration of Traditional Chinese Medicine with the diagnosis, treatment program, and clinical pathway of these diseases [10]. Definite Chinese medical treatment options, clinical pathway, and objective evaluation criteria of the clinical efficacy were established for these diseases through clinical practice, with broad consensus. This study was conducted to comprehensively summarize the classification of these TCM dominant diseases and the application of TCM treatment, aiming to identify the characteristics of the 95 dominant diseases of TCM and provide a reference for the further selection of TCM dominant diseases and establishment of clear evaluation criteria.

2. Methods

2.1. Data Sources. The 95 TCM dominant diseases, promulgated by the Chinese National Administration of Traditional Chinese Medicine, were selected as the subjects of this study. Basic information about the International Classification of Diseases (ICD) 10 code [11], ICD 11 code [12], disease classification, and length of hospital stay was collected. Chinese medical treatment protocols were categorized as TCM (oral TCM decoction, oral Chinese patent medicine, and TCM injection) and external treatment of TCM (including external treatment of TCM, acupuncture, moxibustion, manipulation, anorectal of TCM, special therapy of TCM, and comprehensive therapy of TCM).

ICD is a health statistics coding tool and is widely used in clinical practice. Based on ICD 10, substantial improvement was made in ICD 11. More unique codes for injuries and diseases and a new chapter focusing on traditional medicine were also included in ICD 11 [12].

2.2. Data Extraction. The diagnosis and treatment protocols of each disease were screened and data were extracted by two researchers independently using a standard data extraction table. Then, they crosschecked the table after primary extraction. Disagreements were resolved through discussion or the suggestion of a third reviewer. The main contents of the table were as follows: disease, classification of diseases, diseases’ code of TCM, length of hospital stay, diseases’ name in western medicine, code in ICD-10 and ICD-11, optional TCM therapies, and optional TCM external therapies.

2.3. Statistical Methods. Statistical analyses were performed using the SPSS software (SPSS Standard version 23.0, SPSS Inc., Chicago, IL). Continuous variables were presented as means ± SD, minimum value, and maximum value. Categorical variables were classified and shown as numbers and percentages. Differences between groups were tested by Student’s t-test, chi-square test, or rank-sum test, respectively. Significant differences were defined as \( P \leq 0.05 \).

3. Results

3.1. Basic Characteristics. Diseases were classified using ICD-10. Of the 95 included diseases, diseases of the genitourinary system accounted for the largest proportion (\( n = 14, 14.74\% \)); other classifications proportional from high to low in turn were diseases of the nervous system (\( n = 12, 12.63\% \)), diseases of the digestive system (\( n = 10, 10.53\% \)), diseases of the respiratory system (\( n = 8, 8.42\% \)), neoplasms (\( n = 8, 8.42\% \)), certain infectious and parasitic diseases (\( n = 7, 7.37\% \)), diseases of the musculoskeletal system and connective tissue (\( n = 7, 7.37\% \)), diseases of the skin and subcutaneous tissue (\( n = 7, 7.37\% \)), diseases of the blood and blood-forming organs and certain disorders involving the immune mechanism (\( n = 7, 7.37\% \)), diseases of the circulatory system (\( n = 5, 5.26\% \)), diseases of the eye and adnexa (\( n = 4, 4.21\% \)), mental and behavioral disorders (\( n = 3, 3.16\% \)), endocrine, nutritional, and metabolic diseases (\( n = 2, 2.11\% \)), and diseases of the ear and mastoid process (\( n = 1, 1.05\% \)). The 95 dominant diseases covered almost all disease systems.

Although there was specific TCM therapy for each disease, not every one of them had a TCM disease code. The results showed that 33 (34.74%) of the 95 diseases had no TCM disease name and used a western medicine name in clinical practice.

Length of hospital stay ranged from \( \leq 7 \) days to \( \leq 35 \) days. As is shown in Table 1, a total of 50 (52.63%) diseases' average length of stay was \( \leq 14 \) days and maximally not exceeding 35 days.

3.2. Application of TCM. The application of TCM was summarized in Table 2; Chinese herbal decoction pieces and Chinese patent drugs were all used in the 95 dominant diseases of TCM. However, the utilization of Chinese medical injections varied from 28.57% to 100.00%, with a total rate of 63.16%. The lowest rate (2/7) of Chinese medical injections use was seen in diseases of the skin and subcutaneous tissue.

3.3. Application of TCM External Treatment. Table 3 and Table 4 indicated that, for each of included diseases, there was at least one TCM external therapy, and the number of external therapies can reach a maximum of 10. Acupuncture, moxibustion, manipulation, and Chinese medical plastering therapy were most widely applied in these diseases. Among them, acupuncture included ear acupuncture, collateral prickling, cutaneous needle, plum-blossom needle, and many other techniques. Uncommon characteristic therapies of TCM such as acupoint injection, TCM ion introduction, TCM enema, and TCM positive ridge were also widely used in these diseases.
4. Discussion

Our study found that the 95 TCM dominant diseases covered multiple systems, mainly the genitourinary, nervous, and digestive systems. However, the diseases’ code of TCM was incomplete and remained to be revised and improved. The length of hospital stay was mainly ≤14 days. Each disease has its own Chinese herbal decoction pieces and Chinese patent drugs. Although therapeutically effective [13–15], Chinese medical injections have not been widely used, which may be because of the controversy on their safety [16]. For the 95 TCM dominant diseases, there were many alternative external treatments of TCM. Therapies such as acupuncture and moxibustion have been widely recognized for their efficacy, easy operation, and low cost and played an important role in the therapy process of many diseases [17–19].

For thousands of years, TCM has been widely used in clinical practice in China. How to inherit and develop the advantages of TCM in the diagnosis and treatment of diseases and health maintenance is still a hot topic [20]. Some scholars have proposed that strategy should, with clinical efficacy at the core, be developed based on a single disease. A study conducted in a TCM hospital indicated that, in health economics, the TCM dominant diseases are characterized by difficulties in treatment, a longer length of hospital stay, and higher hospitalization costs [21]. But evidence from other
Table 3: Application of TCM external treatment in 95 dominant diseases of TCM.

| Disease classification                                           | Number of diseases | Number of optional TCM external therapies | Number of optional TCM external therapies/number of diseases |
|------------------------------------------------------------------|--------------------|-------------------------------------------|------------------------------------------------------------|
| Diseases of the musculoskeletal system and connective tissue    | 7                  | 47                                        | 6.71                                                       |
| Diseases of the skin and subcutaneous tissue                     | 7                  | 32                                        | 4.57                                                       |
| Diseases of the circulatory system                               | 5                  | 22                                        | 4.40                                                       |
| Diseases of the respiratory system                               | 8                  | 34                                        | 4.25                                                       |
| Diseases of the ear and mastoid process                         | 1                  | 4                                         | 4.00                                                       |
| Diseases of the nervous system                                   | 12                 | 46                                        | 3.83                                                       |
| Neoplasms                                                        | 9                  | 34                                        | 3.78                                                       |
| Diseases of the genitourinary system and certain disorders       | 14                 | 47                                        | 3.36                                                       |
| involving the immune mechanism                                   | 6                  | 19                                        | 3.17                                                       |
| Diseases of the digestive system                                 | 10                 | 29                                        | 2.90                                                       |
| Diseases of the eye and adnexa                                   | 4                  | 11                                        | 2.75                                                       |
| Certain infectious and parasitic diseases                        | 7                  | 18                                        | 2.57                                                       |
| Endocrine, nutritional, and metabolic diseases                   | 2                  | 5                                         | 2.50                                                       |
| Mental and behavioral disorders                                  | 3                  | 6                                         | 2.00                                                       |
| Total                                                            | 95                 | 354                                       | 3.73                                                       |

Table 4: Application of TCM external treatment in 95 dominant diseases of TCM (detailed).

| Serial number | Disease name in western medicine | Disease code in ICD 10 | Disease code in ICD 11 | Optional TCM external therapies | Disease classification |
|---------------|----------------------------------|------------------------|------------------------|----------------------------------|------------------------|
| 1             | Viral encephalitis (acute stage) | A86/G05.1             | 1C80                   | (1) Acupuncture                  | Certain infectious and parasitic diseases |
|               |                                  |                        |                        | (2) Ear acupuncture              |                        |
|               |                                  |                        |                        | (3) Collateral pricking          |                        |
|               |                                  |                        |                        | (4) Cutaneous needle             |                        |
|               |                                  |                        |                        | (5) Plum-Blossom needle          |                        |
| 2             | Dengue fever                     | AP0 × 00              | 1D2Z                   | (1) TCM external washing         | Certain infectious and parasitic diseases |
|               |                                  |                        |                        | (2) TCM enema                    |                        |
|               |                                  |                        |                        | (1) Acupuncture                  |                        |
|               |                                  |                        |                        | (2) Body acupuncture             |                        |
| 3             | Ramsay Hunt syndrome             | B02.203               | 8B88.Y                 | (1) Electroacupuncture           | Certain infectious and parasitic diseases |
|               |                                  |                        |                        | (2) Moxibustion                  |                        |
|               |                                  |                        |                        | (3) Cupping                      |                        |
|               |                                  |                        |                        | (4) Manipulation                 |                        |
| 4             | Hand, foot, and mouth disease    | B08.401               | 1F05.0                 | (1) Acupuncture                  | Certain infectious and parasitic diseases |
| (severe)      |                                  |                        |                        | (2) Manipulation                 |                        |
|               | Hepatitis B virus associated     | B10.910+              | GB40 and1E51.0Z        | (1) Acupuncture                  | Certain infectious and parasitic diseases |
| glomerulonephritis |                        |                        |                        | (2) Electronic biofeedback       |                        |
|               | therapeutic instrument           |                        |                        | (3) TCM enema                    |                        |
|               |                                  |                        |                        | (1) Acupuncture                  |                        |
|               |                                  |                        |                        | (2) Ear pressure beans           |                        |
|               | Infectious mononucleosis         | B27.901               | 1D81.Z                 | (1) TCM spray pharynx            | Certain infectious and parasitic diseases |
| (without serious complications)                                 |                                  |                        |                        | (2) TCM compress                 |                        |
| 7             | Malignant neoplasm of breast     | C50.900               | 2C6Z                   | (1) Acupuncture                  | Neoplasms |
|               | (perioperative period)           |                        |                        | (2) Acupoint application         |                        |
|               |                                  |                        |                        | (3) Moxibustion                  |                        |
|               |                                  |                        |                        | (4) TCM hot compress             |                        |
| Serial number | Disease name in western medicine | Disease code in ICD 10 | Disease code in ICD 11 | Optional TCM external therapies | Disease classification |
|---------------|----------------------------------|------------------------|------------------------|----------------------------------|------------------------|
| 9             | Malignant neoplasm of breast (consolidation stage) | C50.902 | 2C6Z | (1) Acupuncture  
(2) Moxibustion  
(3) Ear pressure beans  
(4) TCM diagnosis and treatment equipment  
(1) TCM application  
(2) Acupuncture  
(3) Ear pressure beans  
(4) Cupping  
(5) Moxibustion  
(1) TCM soaking  
(2) Moxibustion  
(3) Acupoint application  
(4) Acupuncture;  
(3) Moxibustion  
(1) Acupoint application  
(2) Ear pressure beans  | Neoplasms |
| 10            | Malignant neoplasm of ovary | C56.X00 | 2C73.Z | Neoplasms |
| 11            | Malignant neoplasm of prostate | C61.x00 | 2C82.Z | Neoplasms |
| 12            | Malignant lymphoma/ aggressive lymphoma (after chemotherapy) | C82 | 2B33.5 | Neoplasms |
| 13            | Acute lymphoblastic leukemia | C91.001 | 2B33.3 | Neoplasms |
| 14            | Acute myeloblastic leukemia (elderly) | C92.004 | 2A60.3Z | Neoplasms |
| 15            | Acute promyelocytic leukemia (low and intermediate risk) | C92.401 | M986604/3 | Neoplasms |
| 16            | Polycythemia vera | D45.X01 | 2A20.4 | Neoplasms |
| 17            | Megaloblastic anemia | D53.100 | 3A01.Y | Diseases of the blood and blood-forming organs and certain disorders involving the immune mechanism |
| 18            | Purpura nephritis (children) | D69.005 | GB55.Y/3B60 | Diseases of the blood and blood-forming organs and certain disorders involving the immune mechanism |
| 19            | Secondary thrombocytopenia (after chemotherapy) | D69.602 | 3B64.1Y | Diseases of the blood and blood-forming organs and certain disorders involving the immune mechanism |
| 20            | Leukopenia (after chemotherapy) | D72.901 | 4B00.01 | Diseases of the blood and blood-forming organs and certain disorders involving the immune mechanism |
| 21            | Essential thrombocythaemia | D47.300 | 3B63.1Z | Diseases of the blood and blood-forming organs and certain disorders involving the immune mechanism |
| Serial number | Disease name in western medicine | Disease code in ICD 10 | Disease code in ICD 11 | Optional TCM external therapies | Disease classification |
|---------------|----------------------------------|------------------------|------------------------|---------------------------------|------------------------|
| 22            | Anemia (tumor associated)        | D52.100                | 3A71.0                 | (1) Moxibustion (2) Acupoint application (3) Medicated diet and dietotherapy | Diseases of the blood and blood-forming organs and certain disorders involving the immune mechanism |
| 23            | Abnormality of lipid metabolism (diabetic) | E14.600        | 5C62 and 5A14     | (1) Acupuncture (2) Moxibustion (3) Ear acupuncture (4) Manipulation | Endocrine, nutritional and metabolic diseases |
| 24            | Diabetic foot                    | E14.606                | BD54                  | (1) TCM compress               | Endocrine, nutritional and metabolic diseases |
| 25            | Mental and behavioral disorders due to the use of alcohol | F10.900              | 6C40.6Z              | (1) Transcutaneous electrical acupoint stimulation (2) Ear acupuncture (3) Bloodletting therapy | Mental and behavioral disorders |
| 26            | Acute stress response            | F43.0                  | QE84                  | (1) Acupuncture                | Mental and behavioral disorders |
| 27            | Dissociative [conversion] disorders | F44                  | 6B60.Z                | (1) Acupuncture (2) Acupoint application (1) Acupuncture (2) Moxibustion (3) Acupoint injection (4) Cutaneous needle (5) Manipulation | Mental and behavioral disorders |
| 28            | Motor neuron disease             | G12.210                | 8B60.Z                | (1) Acupuncture (2) TCM soaking (3) Moxibustion (4) Manipulation (1) Acupuncture: ① scalp acupuncture; ② body acupuncture | Diseases of the nervous system |
| 29            | Parkinsonism-plus syndrome       | G20.02                 | 8A00.Y                | (2) TCM soaking (3) Moxibustion (4) Manipulation (1) Acupuncture (2) Moxibustion | Diseases of the nervous system |
| 30            | Parkinson disease (with bladder dysfunction) | G20.02                 | 8A00.Y                | (3) TCM compress (4) TCM psychotherapy (5) Low-frequency pulse electrical stimulation (1) Sensory irritation (2) Cognitive stimulation (3) Emotional intervention | Diseases of the nervous system |
| 31            | Alzheimer disease                | G30.9                  | 8A20                  | (1) Acupuncture (2) Traction treatment (3) Acupuncture (4) Moxibustion | Diseases of the nervous system |
| 32            | Neuromyelitis optica             | G36.001                | 8A43.Z                | (1) Acupuncture (2) Traction treatment (3) Acupuncture (4) Moxibustion | Diseases of the nervous system |
| 33            | Cervical headache                | G44.801                | 8A84.Y                | (1) Moxibustion (2) Acupuncture (1) Moxibustion (2) Acupuncture (3) Electroacupuncture (4) TCM hot compress | Diseases of the nervous system |
| 34            | Posterior circulation ischemia   | G45.0                  | 8B10.Y                | (1) TCM compress (2) Acupuncture (1) Manipulation (2) TCM compress (3) TCM hot compress (4) TCM soaking | Diseases of the nervous system |
| 35            | Carpal tunnel syndrome           | G56.001                | 8C10.0                | (2) Acupuncture (1) Manipulation (2) TCM compress (3) TCM hot compress (4) TCM soaking (5) TCM soaking | Diseases of the nervous system |
| 36            | Ankle canal syndrome             | G57.502                | 8C1Z                  | (3) Electroacupuncture (4) TCM hot compress (5) TCM soaking (6) Moxibustion | Diseases of the nervous system |
| Serial number | Disease name in western medicine                      | Disease code in ICD 10 | Disease code in ICD 11 | Optional TCM external therapies                                      | Disease classification                  |
|--------------|--------------------------------------------------------|------------------------|------------------------|-----------------------------------------------------------------------|----------------------------------------|
| 37           | Chronic inflammatory demyelinating polyneuropathy     | G61.801                | 8C01.3                 | (1) Acupuncture (2) Moxibustion (3) Manipulation (4) TCM soaking       | Diseases of the nervous system          |
| 38           | Myasthenia gravis                                      | G70.000                | 8C60.Z                 | (1) Acupuncture injection (2) Cutaneous needle (3) TCM soaking        | Diseases of the nervous system          |
| 39           | Muscular dystrophy (progressive)                       | G71.001                | 8C70                   | (1) External TCM (2) Acupuncture injection (3) TCM enema              | Diseases of the nervous system          |
| 40           | Retinal artery occlusion (branch)                      | H34.202                | 9B74.0                 | (1) Acupuncture (2) Moxibustion (3) Ear pressure beans (4) Acupuncture | Diseases of the eye and adnexa          |
| 41           | Senile macular degeneration (atrophic) (exudative)     | H35.311                | 9B75.0Y                | (1) Acupuncture (2) Moxibustion                                       | Diseases of the eye and adnexa          |
| 42           | Vitreous hemorrhage                                    | H43.100                | 9B83                   | (1) Acupuncture application (2) Ocular iontophoresis (3) Acupuncture   | Diseases of the eye and adnexa          |
| 43           | External ophthalmoplegia                               | H49.807                | 9C82.Z                 | (1) Acupuncture (2) Moxibustion                                       | Diseases of the eye and adnexa          |
| 44           | Ménière’s disease                                      | H81.000                | AB31.0                 | (1) Acupuncture (2) Moxibustion (3) Ear pressure beans (4) Acupuncture | Diseases of the ear and mastoid process |
| 45           | Viral myocarditis (children)                           | I40.001\141.1         | BC42.1                 | (1) Acupuncture (2) Moxibustion (3) Acupuncture injection (4) Acupuncture | Diseases of the circulatory system      |
| 46           | Diabetic peripheral angiopathy                         | I79.202                | BD53.Y                 | (1) Acupuncture (2) Moxibustion (3) TCM fumigation                    | Diseases of the circulatory system      |
| 47           | Thrombophlebitis                                       | I80.902                | BD70.Z                 | (1) TCM compress (2) Moxibustion                                       | Diseases of the circulatory system      |
| 48           | Varicocele                                             | I86.101                | 5A81.1                 | (1) Acupuncture (2) Moxibustion (3) Needle-picking (4) Acupuncture application (5) Acupuncture injection | Diseases of the circulatory system      |
| 49           | Mesenteric lymphadenitis (children)                    | I88.002                | BD90.1                 | (1) TCM hot iron (2) TCM soaking (3) Acupuncture (4) TCM ion introduction | Diseases of the circulatory system      |
| 50           | Acute tonsillitis (children)                           | J03.900                | CA03.Z                 | (1) Acupuncture (2) Moxibustion                                       | Diseases of the respiratory system      |
| Serial number | Disease name in western medicine | Disease code in ICD 10 | Disease code in ICD 11 | Optional TCM external therapies | Disease classification |
|---------------|----------------------------------|------------------------|------------------------|---------------------------------|------------------------|
| 51            | Mycoplasma pneumonia             | J15.702                | CA40.04                | (1) TCM chest compress          | Diseases of the respiratory system |
|               |                                  |                        |                        | (2) Acupoint application         |                        |
|               |                                  |                        |                        | (3) Cupping                      |                        |
|               |                                  |                        |                        | (4) TCM ion introduction         |                        |
|               |                                  |                        |                        | (5) Umbilical therapy            |                        |
| 52            | Severe community-acquired pneumonia | J15.903               | CA40.Z                 | (1) TCM ion introduction         | Diseases of the respiratory system |
|               |                                  |                        |                        | (2) TCM enema                    |                        |
| 53            | Hospital-acquired pneumonia      | J18.8                  | CA40.Z                 | (1) Acupuncture                  | Diseases of the respiratory system |
|               |                                  |                        |                        | (2) TCM atomization inhalation   |                        |
|               |                                  |                        |                        | (3) TCM enema                    |                        |
|               |                                  |                        |                        | (4) TCM compress                 |                        |
|               |                                  |                        |                        | (5) Skin scraping therapy        |                        |
| 54            | Acute tracheitis/bronchitis      | J20.902                | CA42.Z                 | (1) TCM ion introduction         | Diseases of the respiratory system |
|               |                                  |                        |                        | (2) Moxibustion                  |                        |
|               |                                  |                        |                        | (3) Acupuncture                  |                        |
|               |                                  |                        |                        | (4) Cupping                      |                        |
|               |                                  |                        |                        | (5) Stone needle therapy         |                        |
|               |                                  |                        |                        | (1) Infantile tuina              |                        |
|               |                                  |                        |                        | (2) TCM ion introduction         |                        |
|               |                                  |                        |                        | (3) Acupuncture                  |                        |
| 55            | Bronchiolitis                    | J21.902                | CA40.Z                 | (1) TCM chest compress           | Diseases of the respiratory system |
|               |                                  |                        |                        | (2) TCM enema                    |                        |
|               |                                  |                        |                        | (3) Lifting and scraping therapy |                        |
|               |                                  |                        |                        | (1) Acupuncture                  |                        |
|               |                                  |                        |                        | (2) Moxibustion                  |                        |
|               |                                  |                        |                        | (3) Acupuncture                  |                        |
|               |                                  |                        |                        | (4) Acupuncture injection        |                        |
| 56            | Pharyngeal abscess (<i>Helicobacter pylori-associated</i>) (refractory) | J36.X00; J39.001; J39.003; J05.100 | CA0K.0 | (1) Acupuncture                  | Diseases of the respiratory system |
|               |                                  |                        |                        | (2) Moxibustion                  |                        |
|               |                                  |                        |                        | (3) Abdominal paste massage      |                        |
|               |                                  |                        |                        | (4) Acupuncture injection        |                        |
|               |                                  |                        |                        | (1) Acupuncture                  |                        |
| 57            | Bronchiectasis                   | J47.x00                | CA24                   | (2) Moxibustion                  | Diseases of the respiratory system |
|               |                                  |                        |                        | (3) Acupuncture                  |                        |
|               |                                  |                        |                        | (4) Acupuncture injection        |                        |
| 58            | Gastritis (<i>Helicobacter pylori-associated</i>) (refractory) | A49809 + { . . . }* | DA42.1                | (1) TCM fumigation               | Diseases of the digestive system |
|               |                                  |                        |                        | (2) TCM compress                 |                        |
|               |                                  |                        |                        | (3) Turunda                      |                        |
| 59            | Cryptitis (anal)                 | K62.801                | DB70.Z                 | (1) TCM fumigation               | Diseases of the digestive system |
|               |                                  |                        |                        | (2) TCM compress                 |                        |
|               |                                  |                        |                        | (3) Turunda                      |                        |
| 60            | Hypertrophy of anal papilla      | K62.806                | DB71.2                 | (1) TCM fumigation               | Diseases of the digestive system |
|               |                                  |                        |                        | (2) Turunda                      |                        |
| 61            | Alcoholic cirrhosis of liver     | K70.301                | DB94.2                 | (1) Acupuncture                  | Diseases of the digestive system |
| 62            | Hepatic failure (hepatitis B related) (early stage) | K72.004 | DB99.7and1E51.0Z | (1) TCM enema                    | Diseases of the digestive system |
|               |                                  |                        |                        | (2) TCM rectal instillation      |                        |
| 63            | Chronic hepatic failure          | K72.101                | DB99.8                 | (1) TCM enema                    | Diseases of the digestive system |
|               |                                  |                        |                        | (2) TCM compress                 |                        |
| Serial number | Disease name in western medicine | Disease code in ICD 10 | Disease code in ICD 11 | Optional TCM external therapies | Disease classification |
|---------------|----------------------------------|------------------------|------------------------|---------------------------------|------------------------|
| 64            | Ascites (hepatitis B related) (hepatic sclerosis) | K74 + R18             | 1E51.0Z/ DB93.1 + ME04.0 | (1) TCM umbilical therapy  (2) Acupuncture  (3) TCM enema  (1) TCM enema  (2) Liver disease therapeutic apparatus  (3) Acupuncture  (4) Moxibustion  (1) Acupuncture  (2) Moxibustion  (3) Ear pressure beans  (4) TCM enema  (5) TCM application | Diseases of the digestive system |
| 65            | Cholestatic hepatitis            | K75.802               | DB97.Y                 | (1) TCM enema  (2) Liver disease therapeutic apparatus  (3) Acupuncture  (4) Moxibustion  (1) Acupuncture  (2) Moxibustion | Diseases of the digestive system |
| 66            | Gallstone                        | K80.203               | DC11                   | (1) TCM enema  (2) Liver disease therapeutic apparatus  (3) Acupuncture  (4) Moxibustion | Diseases of the digestive system |
| 67            | Cholangitis (primary) (sclerosing) | K83.0                 | DB96.2Z                | (1) TCM fumigation  (2) Liver disease therapeutic apparatus | Diseases of the digestive system |
| 68            | Impetigo                         | L01.000               | 1B72.Z                 | (1) TCM external therapy  (2) Acupuncture  (3) Moxibustion  | Diseases of the skin and subcutaneous tissue |
| 69            | Pilonidal cyst (sacroccocygeal)  | L05.900               | EG63.0                 | (1) TCM fumigation  (2) Liver disease therapeutic apparatus  | Diseases of the skin and subcutaneous tissue |
| 70            | Pustular psoriasis               | L40.100               | EA90.4                 | (1) TCM fumigation  (2) Liver disease therapeutic apparatus  | Diseases of the skin and subcutaneous tissue |
| 71            | Pemphigus                        | L10                   | EB40.Z                 | (1) TCM collapse stains  (2) TCM scrub treatment  (3) Moxibustion | Diseases of the skin and subcutaneous tissue |
| 72            | Erythroderma psoriasis           | L40.801               | EA90.3                 | (1) TCM collapse stains  (2) TCM scrub treatment  (3) Moxibustion | Diseases of the skin and subcutaneous tissue |
| 73            | Chronic actinic dermatitis       | L57.801               | EJ30.1                 | (1) TCM external therapy  (2) Acupuncture  (3) Moxibustion  | Diseases of the skin and subcutaneous tissue |
| 74            | Allergic cutaneous vasculitis    | L95.802               | 4A44.BZ                | (1) TCM external therapy  (2) Acupuncture  (3) Moxibustion  | Diseases of the skin and subcutaneous tissue |
| 75            | Lupus nephritis                  | M32.101+              | 4A40.0Y                | (1) Acupuncture  (2) Moxibustion | Diseases of the musculoskeletal system and connective tissue |
| Serial number | Disease name in western medicine | Disease code in ICD 10 | Disease code in ICD 11 | Optional TCM external therapies | Disease classification |
|---------------|----------------------------------|------------------------|------------------------|---------------------------------|------------------------|
| 76            | Juvenile idiopathic scoliosis    | M41.992                | FA70.1                 | 1 Tendon-soothing manipulation  | Diseases of the musculoskeletal system and connective tissue |
|               |                                  |                        |                        | 2 TCM hot compress              |                        |
|               |                                  |                        |                        | 3 TCM fumigation                 |                        |
|               |                                  |                        |                        | 4 Acupuncture                   |                        |
|               |                                  |                        |                        | 5 Manipulation                   |                        |
|               |                                  |                        |                        | 6 Chiropractic treatment        |                        |
|               |                                  |                        |                        | 7 Needle knife treatment        |                        |
|               |                                  |                        |                        | 8 Positive ridge                |                        |
|               |                                  |                        |                        | 9 Traction                      |                        |
|               |                                  |                        |                        | 10 Moxibustion                  |                        |
|               |                                  |                        |                        | 1 Tendon-soothing manipulation  |                        |
|               |                                  |                        |                        | 2 TCM hot compress              |                        |
|               |                                  |                        |                        | 3 TCM fumigation                 |                        |
|               |                                  |                        |                        | 4 Acupuncture                   |                        |
|               |                                  |                        |                        | 5 Manipulation                   |                        |
|               |                                  |                        |                        | 6 Needle knife treatment        |                        |
|               |                                  |                        |                        | 7 Positive ridge                |                        |
|               |                                  |                        |                        | 8 Traction                      |                        |
|               |                                  |                        |                        | 9 Moxibustion                   |                        |
|               |                                  |                        |                        | 1 Manipulation                  |                        |
|               |                                  |                        |                        | 2 Acupuncture                   |                        |
|               |                                  |                        |                        | 3 Moxibustion                   |                        |
|               |                                  |                        |                        | 4 TCM hot compress              |                        |
|               |                                  |                        |                        | 5 TCM fumigation                 |                        |
|               |                                  |                        |                        | 6 TCM ion introduction          |                        |
|               |                                  |                        |                        | 7 Musical therapy               |                        |
|               |                                  |                        |                        | 8 Moxibustion                   |                        |
|               |                                  |                        |                        | 1 Tendon-soothing manipulation  |                        |
|               |                                  |                        |                        | 2 TCM hot compress              |                        |
|               |                                  |                        |                        | 3 Acupuncture                   |                        |
|               |                                  |                        |                        | 4 Manipulation                  |                        |
|               |                                  |                        |                        | 5 Needle knife treatment        |                        |
|               |                                  |                        |                        | 6 Positive ridge                |                        |
|               |                                  |                        |                        | 7 Traction                      |                        |
|               |                                  |                        |                        | 8 Moxibustion                   |                        |
|               |                                  |                        |                        | 1 Acupuncture: ① body acupuncture |                        |
|               |                                  |                        |                        | ② Ear acupuncture               |                        |
|               |                                  |                        |                        | ③ Moxibustion                   |                        |
| 77            | Spondylolisthesis (lumbar)       | M43.162                | FA81.Z8X0D60           |                                | Diseases of the musculoskeletal system and connective tissue |
| 78            | Contracture of muscle (gluteal)  | M62.405                | FB32.48X0A4F2          |                                | Diseases of the musculoskeletal system and connective tissue |
| 79            | Metatarsalgia                     | M77.401                | FB54.4                 |                                | Diseases of the musculoskeletal system and connective tissue |
| 80            | Fibromyalgia                      | M79.792                | MG30.01                |                                | Diseases of the musculoskeletal system and connective tissue |
| 81            | Degenerative lumbar spinal stenosis | M48.061              | FA82                  |                                | Diseases of the musculoskeletal system and connective tissue |
| 82            | Acute glomerulonephritis          | N00 + B95.5            | GB40                  |                                | Diseases of the genitourinary system |
| 83            | Primary nephrotic syndrome (primary) (children) | N04.900 | GB41 |                                | Diseases of the genitourinary system |
| 84            | Idiopathic membranous nephropathy | N05.201               | GB41                  |                                | Diseases of the genitourinary system |
research suggested that because of the long-term therapeutic effect of TCM, the number of readmissions and total expenses of treatment reduced with the participant of Chinese medical treatment [22]. For example, in the TCM treatment of acute myocardial infarction, the readmission rate due to angina during the 6-month follow-up in the treatment group (2.96%) was significantly lower than that in the control group (7.88%) [23]. Therefore, TCM dominant diseases are ubiquitous and need us to excavate through research.

The evaluation criterion of TCM dominant diseases exactly follows the principle of focusing on a single disease and with clinical efficacy at the core. Under the guidelines of these evaluation criteria, the potential TCM dominant diseases can be evaluated one by one, and the scope of TCM dominant diseases can be continuously expanded and enriched according to the criteria of the evidence grade of evidence-based medicine. Currently, the level of evidence from TCM trials is generally low [24]. Moreover, a large number of diseases were considered TCM dominant diseases by experts but lacked high-quality evidence. Therefore, it is important to establish mature evaluation criteria for TCM dominant diseases as soon as possible. With the guidance of evaluation criteria of TCM dominant diseases, finding the direction of the topic of high-quality original clinical research will also be easier [25, 26].

However, the concept of TCM dominant diseases has been put forward for decades and a large number of clinical trials have also demonstrated the superiority of TCM in the treatment process of some diseases. There have been no clear regulations to elucidate which diseases belong to the

Table 4: Continued.

| Serial number | Disease name in western medicine | Disease code in ICD 10 | Disease code in ICD 11 | Optional TCM external therapies | Disease classification |
|---------------|----------------------------------|------------------------|------------------------|---------------------------------|------------------------|
| 85            | Acute pyelonephritis             | N10.X01                | GB51                   | (1) Acupuncture                 | Diseases of the genitourinary system |
| 86            | Urolithiasis                     | N20.951                | GB70.Z                 | (1) Acupuncture (2) Moxibustion  | Diseases of the genitourinary system |
| 87            | Hyperplasia of prostate (benign) | N40                    | GA90                   | (1) Acupuncture (2) TCM umbilical therapy (3) TCM enema | Diseases of the genitourinary system |
| 88            | Orchitis/epididymitis (acute/chronic) | N45.903; N45.902       | GB02.Y                 | (1) TCM external therapy (2) Acupuncture (3) TCM enema | Diseases of the genitourinary system |
| 89            | Vesiculitis (seminal)            | N49.001                | GB07.0                 | (1) Acupuncture (2) Acupuncture (3) Moxibustion | Diseases of the genitourinary system |
| 90            | Mastitis (plasma cell)           | N61.X02                | GB20.0                 | (1) TCM enema (2) Acupuncture (3) Moxibustion | Diseases of the genitourinary system |
| 91            | Granulomatous lobular mastitis (abscess) | N61.x07                | GB21.Y                 | (1) TCM compression (2) Acupuncture (3) Moxibustion | Diseases of the genitourinary system |
| 92            | Pelvic congestion syndrome       | N94.803                | GA34.Y                 | (1) TCM compression (2) Acupuncture (3) Moxibustion | Diseases of the genitourinary system |
| 93            | Minimal change nephropathy (adult) | NO5.004                | GB40                   | (1) TCM soaking (2) Moxibustion (3) TCM fumigation | Diseases of the genitourinary system |
| 94            | Hyperemesis gravidarum           | Q21.951                | JA60.Z                 | (1) Acupuncture (2) Moxibustion (3) Cupping (4) Ear pressure beans | Diseases of the genitourinary system |
| 95            | Polyuria (neurogenic)            | R35.X51                | MF50.0                 | (1) Acupuncture (2) Ear pressure beans (3) Acupoint application (4) Manipulation | Diseases of the genitourinary system |
dominant diseases of TCM until the list of dominant diseases of TCM issued by the Chinese State Administration of Traditional Chinese Medicine in 2019, which systematically summarized the dominant diseases of TCM on a national scale for the first time and described their diagnosis and treatment protocols and clinical pathways in detail, providing important references for clinical practice. As the list is derived from the collective views of experts, there is a level of subjectivity in the process of developing the list.

Future studies could start with diseases in which TCM was widely used with clear therapeutic effect and an accepted TCM treatment to unearth more TCM dominant diseases. On the other hand, high-quality original research is also warranted to reinforce its theoretical basis.

5. Conclusion

For all the 95 TCM dominant diseases, there were definite TCM treatment protocols, clinical pathways, length of hospital stay, specific Chinese herbal decoction pieces, and Chinese patent drugs. Various characteristic TCM external therapies were widely applied in these diseases. This study may offer some reference for the establishment of the evaluation criterion of TCM dominant diseases.

Data Availability

The datasets analyzed during the current study are available from the corresponding author on reasonable request.

Conflicts of Interest

The authors declare that they have no conflicts of interest.

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