Rona’s talk about Menopause

Pre-menopausal syndrome is usually caused by decline of kidney qi, near exhaustion of reproductive substance (tiangui), conception deficiency of the thorough and conception vessels and insufficiency of essence and blood before and after menopause; or by asthenia of kidney yang and malnutrition of meridians and vessels; or by frequent asthenia of blood; or by multiparity and excessive sexual life, or serious disease and prolonged illness and severe asthenia of kidney yin that lead to failure of yang to keep in latency the heart and liver, leading to hyperactivity of yang; or by deficiency of kidney yin that fails to nourish the heart and liver, leading to hyperactivity of heart and liver fire; or by frequent asthenia of yang and excessive intake of cold foods consuming kidney yang. This syndrome is marked by kidney asthenia, disturbance of the heart, liver and spleen as well as disorder of yin, yang, qi and blood.

{Deferential diagnosis and treatment}

1. Asthenia of liver and kidney yin

[Main symptoms]
Dizziness and tinnitus, flushed complexion, night sweating and fever, aching pain in loins and knees, irregular menstruation with fresh red color and profuse or scanty menorrhea, reddish tongue with scanty coating, thin and rapid pulse.

[Principle treatment]
Nourishing the liver and kidney, fostering yin and suppressing yang.

[Formula]: < zuoguiwan>+

shudi 熟地, shengdi 生地, gouqizi 枸杞子, shanyurou 山萸肉, shanyao 山药, fuling 茯苓, mudanpi 牡丹皮, guiban 龟板, longgu 龙骨, nvzhenzi 女贞子, hanliancao 旱莲草。
For insomnia: add— yejiaoteng 夜交藤, suanzaoren 酸枣仁。
For headache: add—gouteng 钩藤, tianma 天麻, shijueming 石决明。
For dry mouth: add—xuanshen 玄参, maidong 麦冬。
For profuse sweating: add—wuweizi 五味子, fuxiaomai 浮小麦。
For itching skin: add—chantui 蝉蜕。
For constipation: add – baizire 柏子仁.

2. Asthenia of spleen and kidney yang

[Symptoms]
The symptoms are pale complexion, dispiritedness, cold body and limbs, edema of lower limbs, thin and profuse leucorrhea, loose stool and dyspepsia, frequent urination in the night, deep and weak pulse.

[Principle treatment]
Warm the kidney and supporting yang, strengthening the spleen and assisting transportation.

[Formula]: <youguiwang>+

鹿角胶 Lujiaojiao, 丹参 dangshen, 白术 baizhu, 补骨脂 buguzhi, 仙茅 xianmao, 山茱萸 shanzhuyu, 杜仲 duzhong, 苍丝子 tusizi.
For morning diarrhea, add—木香 (muxiang), 肉豆蔻 (roudoukou).

For frequent urination and incontinence of urine: add—益智仁 (yizhiren), 金樱子 (jinyingzi).

For swelling of limbs: add—黄芪 (huangqi), 茯苓皮 (fulingpi).

For epigastria distension: add—石菖蒲 (shichangpu), 郁金 (yujin).

3. Asthenia heart and spleen.

**[Main symptoms]**
The symptoms are: feverish sweating, palpitation and shortness of breath, amnesia and insomnia, sallow complexion, facial dropsy, lassitude, epigastria and abdominal distension, or sudden profuse vaginal bleeding or dripping vaginal bleeding with light color and thin texture, light colored tongue with whitish thin fur and thin and weak pulse before and after menopause.

**[Treatment principle]**:
Strengthening the spleen and nourishing qi, nourishing the heart and tranquilizing mind.

**[Formula]**:
黄芪 (Huangqi), 党参 (dangshen), 白术 (baizhu), 当归 (danggui), 茯神 (fushen), 远志 (yuanzhi), 酸枣仁 (suanzaoren), 木香 (muxiang), 甘草 (gancao), 大枣 (dazao).

For incessant vaginal bleeding: add—煅龙骨 (duanlonggu), 煅牡蛎 (duanmuli).

For sore back and cold limbs: add—补骨脂 (buguzhi), 杜仲 (duzhong).

For facial dropsy and foot edema: add—薏苡仁 (yiyiren), 玉米须 (yumixu).

4. Liver depression syndrome

**[Main symptoms]**:
Mental depression, anxiety, sentimentality, chest oppression, susceptibility to sighing, irritability, chest oppression, distending pain in hypochondria, feverish sweating, disturbance of menstruation, profuse menorrhea in the late stage with dark red color, red tongue with thin and white or thin and yellow fur as well as taut pulse before and after menopause.

**[Principle treatment]**
Soothing the liver to relieve depression and regulating qi to nourishing yin.

**[Formula]**:
白芍 (Baishao), 当归 (danggui), 柴胡 (chaihu), 生地黄 (shengdihuang), 茯苓 (fuling), 郁金 (yujin), 山药 (shanyao), 陈皮 (chenpi), 甘草 (gancao).

For transformation of heat from liver depression with restless fever, bitter taste I the mouth and dry throat: add—栀子 (zhizi), 牡丹皮 (mudanpi).

For anorexia and loose stool: add—炒白术 (chaobaizhu), 党参 (dangshen), 茯苓 (fuling).

For restless sleep at night: add—夜交藤 (yejiaoteng), 龙骨 (longgu), 酸枣仁 (suanzaoren).

**Acupuncture treatment:***

**Prescription**: Sanyinjiao (SP 6), Qihai (CV 6), Shenmen (HT 7) and Baihui (GV 20).

**Modification**: For asthenia of the liver and kidney, Taixi (KI 3), Taichong (LR 3) and Ganshu (BL 18) are added; for asthenia of spleen and kidney yang, Pishu (BL 20), Zusani (ST 36), Yinlingquan (SP 9) and Zhongwan (CV 12) are added; for imbalance between the heart and the kidney, Tongli (HT 5), Xinshu (BL 15), Shenshu (BL 23) and Zhishit (BL 52) are added; for stagnation of phlegm and qi, Fenglong (ST 40) and Tizhong (CV 17) are added.

**Ear acupuncture**

**Prescription**: Endocrine (CO18), internal genitalia (TF2), Sympathetic Nerve (AH6a), Subcortex
My experience

Menopause is mainly caused by kidney deficiency, but “biao” are at heart, liver and spleen, especially liver.

Kidney essence is consumed, therefore heart and liver deficient heat rise up, plus phlegm and blood stagnation, it makes menopause even complicated for treatment.

[Special Formula]
1. Kidney deficiency is the main cause. So the principle treatment is strengthening kidney.

Formula:
- <liu wei di huang wan>, 六味地黄丸.
  Shudihuang 熟地黄, shanyurou 山萸肉, shanyao 山药, zexie 泽泻, mudanpi 牡丹皮, fuling 茯苓.
- <zuoguiwan> 左归丸
  Shudihuang 熟地黄, shanyao 山药, gouqizi 枸杞子, fuling 茯苓, shanyurou 山萸肉, zhigancao 炙甘草.
- <qijudihuangwan>, 枸菊地黄丸.
  Gouqizi 枸杞子, juhua 菊花 + liuweidihuangwang 六味地黄丸.
- <zhibaidihuangwan>, 知柏地黄丸.
  Zhimu 知母, huangbai 黄柏, liuweidihuangwan 六味地黄丸.
- <wuziyangzongwan>, 五子衍宗丸
  Tusizi 菟丝子, weizi 五味子, nuzhenzi 女贞子, fupenzi 覆盆子, gouqizi 枸杞子.
- <Jinguishenqiwan>, 金匮肾气丸
  Guizhi, fuzi 附子 + liuweidihuangwan 六味地黄丸
- <tianwangbuxindan>, 天王补心丸
  Shengdihuang 生地黄, shudi 熟地, weizi 五味子, dangguishen 当归身, tiandong 天冬, maidong 麦冬, baiziren 柏子仁, suzaoren 酸枣仁, renshen 人参, xianshen 玄参, danshen 丹参, fuling 茯苓, yuanzhi 远志, jiegeng 桔梗.
- <gengniakang> 更年康
  Ciwujia 刺五加, lurong 鹿茸, weizi 五味子 + Calcium + Magnesium + Vitamin D
- <gengniantang> 更年康汤
  Shengdihuang 生地黄, baizhi 熟地, baiziren 柏子仁, suzaoren 酸枣仁, xuanzaoen 冬虫夏草
- <guipitang> 归脾汤
  Huangqi 黄芪, dangshen 党参, baizhu 白术, baihuai 白藜, dangguai 当归, fushen 神经, yuanzhi 远志, suzaoren 酸枣仁, muxiang 木香, ganyao 大枣, dazao 大枣.

2. *** I think strengthening spleen is even more important.
   (It is quick than only tonic kidney).

   It is mainly because kidney qi and essence are very deficiency and it comes from parents (xiantian先天). Spleen is “houtian 后天”. It can richer by food and herbs.

   <guipitang 归脾汤>

3. **** Regular liver qi is quite important as well. (I think for treatment that is very important to add this kind of herbs into the formula).
Chaihu 柴胡, xiangfu 香附, yujin 郁金, chuanlianzi 川楝子.
You can think about this kind of formulas:
<xiaoyaowan>, 遼效丸
<danzhixiaoyaowan>, 丹栀逍遥丸
<chaihushugansan>, 柴胡疏肝散

4. Special herbs:
a. Herbs for kidney—lurong 鹿茸, roucongrong 肉苁蓉, tusizi 菟丝子, duzhong 杜仲, shudi 熟地, guiban 龟板
b. herbs for spleen—huangqi 黄芪, dangshen 党参, renshen 人参, taizishen 太子参, xiyangshen 西洋参, shanyao 淮山药, huangjing 黄精, yimi 薏米, chaobiandou 炒扁豆。
b. shen herbs 刺五加, wuweizi 五味子, baihe 百合, fuxiaomai 浮小麦, zhenzhumu 珍珠母, fushen 茯神, yejiaoteng 夜交藤, danshen 丹参。
c. herbs for brain: (memory)—walnut, black sesame, mulberry.
 核桃仁 hetairen, 桑椹子 sanshenzi, 大枣 dazao, 桂圆 guiyuan,
d. hers for liver:— chaihu 柴胡, yujin 郁金, xiangfu 香付,
e. herbs for blood:—何首乌 heshouwu, 当归 danggui, 川芎 chuanxiong, 枸杞子 gouqizi, 鸡血藤 jixueteng, 熟地 shudi,
f. herbs for blood circulation: --红花 Honghua, 三七 sanqi, 益母草 yimucao.

5. Dietary:
Lamb with “chestnuts 栗子”, porridge of walnuts 核桃仁 hetairen, porridge of mulberry with sticky rice (桑椹糯米粥 sanrennuomizhou), Tortoise soup (甲鱼枸杞汤 jiayugouqitang)

6. Body & ear acupuncture and “club’s needles”.

7. Exercise:
Swimming, walking, taijiquan, qigong, GYM-for weights（for bone）

8. Supplements:
Multivitamin for women, Susana, Calcium+ Magnesium+ Vitamin D…..

9. Special tea:
Green tea, black berry pond tea, dandelion tea, cleavers tea, yellow dock tea, milk thistle seed burdock tea, Tincture of skullcap tea (Scutellaria laterilora)……

10. For menopause—dry skin (internal tonic for skin care))
My formula: （granule）
1. Huangqi 黄芪 12,danggui 当归 6, shudi 熟地 12, jixueteng 鸡血藤 12, guiban 龟板 6, chenpi 陈皮 3, heshouwu 何首乌 9, zhimu 知母 9,chuanxiong 川芎 3, yejiaoteng 夜交藤 9,tusizi 菟丝子 9,gouqizi 枸杞子 9, shanyourou 山萸肉 9, shanzha 山楂 6, danshen 丹参 9, yizhiren 益智仁 5, wuweizi 五味子 3, chaihu 柴胡 3, baishao 白芍 6, zhigancao 炙甘草 3g
2. With heat:
shengdi 生地, shanyourou 山萸肉, shanyao 山药, zexie 泽泻, danshen 丹参, gouqizi 枸杞子, guiban 龟板 6, chenpi 陈皮 3, heshouwu 何首乌 9, zhimu 知母 9, chuanxiong 川芎 3, suanzaoren, 酸枣仁 12, fuxiaomai 浮小麦 12, juemingzi 诀明子 9, zhigancao 炙甘草.

Take one table spoon every night

[Key points]
1. **Treating symptoms** first if **urgent condition** (jizezhiqibiao—“急则治其标”)

   i.g: hot flushing, palpitation, heavy bleeding.

2. Kidney is “root” problem, but through benefiting **spleen is quick** way to tonic kidney.

3. **Tonic liver blood** and **regular liver qi** herbs must used in the same time.
   (Menopause women kidney yin and liver blood deplete).

4. **Holistic** treatment is very important. (Life style, dietary, exercise, supplements and tea)

5. Attitude of psychology for menopause is very important too.( keep happiness)

**Menopause--- Heavy bleeding**

Rule: **Stop bleeding** when the condition is urgent.

Formula: `<shengmaiyin>`<br> - renshen 人参, maidong 麦冬, wuweizi 五味子

<shenfutang> <br>- renshen 人参, fuzi 附子。

Herbs are for stop bleeding.

Different herb for different season.

- **Blood heat:**
  - Deficiency heat—`liangditang`—shengdi 生地, digupi 地骨皮, yuanshen 元参, maidong 麦冬, baoshao 白芍, a jiao.
  - Excess heat-----<qingre gujingtang> “清热固经汤” —zhizi 栀子, shengdi 生地, shengdiyu 生地榆, digupi 地骨皮, huangqin 黄芩, ajiao 阿胶, zonglutan 棕榈炭, zhiguiban 炙龟板, muli 牡蛎, gancao 甘草.

- **kidney deficiency**
  - Yang deficiency—《youguiyin 右归饮》
    - Lujiao 鹿角胶, dangshen 丹参, baizhu 白术, buguzhi 补骨脂, xianmao 仙茅, xianzhuyu 山茱萸, duzhong 杜仲, tusizi 补骨脂.
  - Yin deficiency---<zuoguiyin>+<er zhiwan>
    - shudihuang 熟地黄, shanyao 山药, gouqizi 枸杞子, fuling 茯苓, shanyurou 山萸肉, zhigancao 炙甘草
    - shudihuang 熟地黄, shanyao 山药, gouqizi 枸杞子, fuling 茯苓, shanyurou 山萸肉, zhigancao 炙甘草

- **spleen deficiency**
  - `gubenzhibengtang` “固本止崩汤”

Renshen 人参, huangqi 黄芪, baizhu 白术, shudi 熟地, heijiang 黑姜, dangui,当归 shengma 升麻, shanyao 山药, wuzejigu 乌贼骨, dazao 大枣, ajiao 阿胶.

4. **blood stasis**

<siwutang>四物汤<shixiaosan>失笑散+

Shudi 熟地, danggui 当归,
Chuanxiong 川芎, baishao 白芍, puhuang 蒲黄, wulingzhi 五灵脂, yimucao 益母草, sanqipowder 三七粉.

**For hot flushes:** you can use <liuweidihuangwan>六味地黄丸 + shenglonggu 生龙骨, shengmuli 生牡蛎, lingcishi 灵磁石, chaozaoren 炒枣仁.

**For palpitations:** <zuoguiwan> <huangliana jiaojizihuangtang>+

Shudi shanyuyou, shanyao, fuling, gouqizi, huanglian, huangqin, ajiao, baishao, yuanzhi, jizihuang, fuxiaomai.

Rona Wang 31/10/06  (09) 4199028(w)

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鹿茸-----Sweet and salty in flavor, warm in nature and attributive to the liver and kidney.

肉苁蓉-- Sweet and salty in flavor, warm in nature and attributive to the large intestine and kidney.

菟丝子--- Pungent and sweet in flavor, neutral in nature and attributive to the liver and kidney.

龟板----- Sweet and salty in flavor, cold in nature and attributive to the liver, heart and kidney.

熟地------Sweet in flavor, a bit warm in nature and attributive to the liver and kidney.

杜仲------Sweet in flavor, warm in nature and attributive to the liver and kidney.

黄芪----- Sweet in flavor, a bit warm in nature and attributive to the spleen and lung.

淮山药—— Sweet in flavor, neutral in nature and attributive to the spleen, lung and kidney.

五味子— Sour in flavor, warm in nature and attributive to the lung, kidney and heart.

浮小麦— Sweet in flavor, cool in nature and attributive to heart.

丹参----- Bitter in flavor, cool in nature and attributive to heart, pericardium and liver.

夜交藤— Sweet in flavor, neutral in nature and attributive to the heart and liver.

桂圆----- Sweet in flavor, warm in nature and attributive to the heart and spleen.

核桃仁— Sweet in flavor, warm in nature and attributive to the kidney, lung and large intestine.

三七----- Sweet and a bit bitter in flavor, warm in nature and attributive to the liver and stomach.