

Professor Ruixia Pei's Clinical Experience in Treating Female Climacteric Syndrome

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Abstract: Professor Ruixia Pei, as the director of Gao Shanglin's workshop of national famous old Chinese medicine and the representative successor of the fourth generation of Gao's medical school in Qin and Jin dynasties, has unique views and rich experience in the treatment of female climacteric syndrome, combining the classic theory of the Yellow Emperor's Internal Canon and the academic thought of Qin and Jin's medical school, pays attention to the development process of female climacteric syndrome, and believes that the disease is closely related to the dysfunction of the liver and kidney, At the same time, it involves the heart and spleen, and is treated according to syndrome differentiation.

1. Introduction

Female climacteric syndrome, also known as premenopausal symptoms, refers to a series of physical and psychological symptoms caused by fluctuations or decreases of sex hormones before and after menopause ^[1]. The main symptoms are hot sweating, menstrual disorder, hot flashes and night sweats, or accompanied by dizziness, headache, tinnitus, blood pressure fluctuations, and conscious palpitations, palpitations, chest tightness, etc; In addition, some patients showed emotional excitement, irritability, depression, paranoia, sleep disorders, memory loss, etc; Or osteopenia and osteoporosis ^[2]. It has been reported that the decrease of estrogen during perimenopause will affect the metabolism of fat and sugar in the body, which has a certain correlation with cardiovascular diseases and increases the incidence of cardiovascular adverse events; At the same time, the decrease of estrogen will accelerate skin aging ^[3]. Relevant studies have proved that the incidence of this disease in China is 68.15% ^[4], which seriously affects the quality of life of patients. Therefore, the intervention of this disease is particularly important.

Female menopause can be divided into two types: one is natural menopause, which is caused by natural ovarian failure; The second is artificial menopause, that is, surgical removal of bilateral ovaries leads to menopause. This disease is caused by hormone deficiency, but compared with the two, artificial menopause is more prone to this disease. Therefore, modern medical treatment for this disease is mostly hormone replacement (HRT) therapy, but it is easy to bring many side effects and risks, such as uterine bleeding, inducing endometrial cancer, breast cancer. TCM has unique advantages in treating female climacteric syndrome from the perspective of the whole, syndrome differentiation and treatment, and the patient's compliance is high, and the clinical effect is

significant ^[5].

Ruixia Pei, chief physician, female, master's supervisor of Shaanxi University of Traditional Chinese Medicine, is the director of the national famous senior Chinese medicine Gao Shanglin Studio, the representative successor of the fourth generation of Gao's internal medicine school in Qin and Jin Dynasties, the director of Shaanxi Provincial Key Specialty of Traditional Chinese Medicine, the director of the endocrinology department of Xi'an Municipal Hospital of Traditional Chinese Medicine, the leader of the discipline, the member of the third and fourth council of the Diabetes Professional Committee of the World Federation of Chinese Medicine Societies, and has been engaged in clinical work for more than 32 years. He is good at using traditional Chinese medicine to treat this disease, and believes that it belongs to the category of "various syndromes before and after menopause" of traditional Chinese medicine. Combined with the academic thought of Gao's academic school of internal medicine in Qin and Jin Dynasties, he believes that this disease is closely related to the disharmony of liver and kidney functions. At the same time, it involves the heart and spleen, and is treated according to syndrome differentiation, which has accumulated rich clinical experience and formed a more systematic and perfect academic thought. The author attends the clinic with his teacher and now introduces the experience of Chief Physician Pei Ruixia in treating female climacteric syndrome as follows.

2. Materials and methods

2.1. TCM understanding of climacteric syndrome

The climacteric syndrome is named as premenopausal and postmenopausal syndromes in traditional Chinese medicine. Most scholars believe that this disease is closely related to kidney deficiency. For example, Suwen · Ancient Innocence once recorded that "when a woman is seven years old, her kidney is full of qi, and her teeth are longer... Seven seven, her Ren pulse is weak, her Tai Chong pulse is weak, her Tian Kui is exhausted, and her tunnel is not clear, so she is bad and childless". When a woman is over forty or nineteen years old, her Chong Ren pulse is weak, her Tian Kui is exhausted, and her kidney is short of water, and her hot flashes and night sweats do not restrict her anxiety, so she is upset and sleepless, if there is no way to nourish the liver wood in the middle energizer, and the liver yin is insufficient, the deficiency fire is endogenous, it is easy to develop this disease ^[6]. But Mr. Pei believes that emotional factors are closely related to the occurrence of this disease. The liver is the master of catharsis, which can promote the circulation and distribution of blood and body fluid, smooth the flow of qi, regulate emotions, store blood in the liver, store essence in the kidney, share the same origin of the liver and kidney, and transform liver blood into kidney essence. The catharsis function of the liver can affect the sealing function of the kidney. Therefore, in the diagnosis and treatment of this disease, not only the "kidney" but also the "liver" is the starting point.

Ye Tianshi, a famous medical expert in the Qing Dynasty, told us in the Clinical Guide Medical Case that "women are born with the liver", and women's innate origin is "liver" ^[7]. Because women are soft and delicate, if the liver qi is regulated and unblocked, they can make people feel comfortable, that is, without excitement or depression; If the liver qi is depressed but not sparse, it is mostly due to emotional depression, and it hurts the liver due to anger, which can often be manifested as sullen, sad, and ready to cry; If the liver yang is hyperactive and the catharsis is too much, it is usually caused by the liver injury caused by rage, which can often be manifested as irritability, insomnia, headache, red face and red eyes. The Complete Book of Jingyue - Women's Return says: "Women live in seclusion and are gloomy. They often have nothing to show, and their feminine side is obstinate. ^[8] It can be seen that women are more susceptible to emotional factors than men. With the rapid development of modern society, all kinds of pressures are getting heavier

and heavier, among which women are also highly demanding. Women should be busy with work and study while dealing with household chores at the same time. Forty nine years old is the turning point when women's physical functions begin to decline. The directors of the office will obviously feel that there are many things they can't do. If they are not relieved in time, there will be worries and overwork will lead to illness. If the mood is stable and the mentality is calm, there will be no worry about illness even if the kidney is weak and the menstruation is broken during menopause. If you are worried seriously, you are more likely to get sick ^[10]. To sum up, the pathogenesis of the disease is stagnation of liver qi. Women enter menopause at the time of July 7, when kidney qi fails, Tiangui is exhausted, kidney essence is deficient, kidney water cannot nourish the liver, the liver is deprived of nourishment, and the catharsis function is abnormal, which leads to poor qi mechanism and eventually liver depression and qi stagnation ^[9].

Women belong to yin and use blood. Women have to go through multiple physiological processes that hurt blood in their lives ^[11]. For example, they will consume gas and hurt blood during menstruation, consume more yin blood to nourish the fetus during pregnancy, and use more qi and blood during childbirth. After childbirth, they also need milk to nurse the baby. Therefore, for women, many physiological activities need a lot of qi and blood to support, and blood nourishing is particularly critical. In the five elements, the liver is the master of blood, so women are born with the liver. Almost all diseases in women's life are more or less related to the liver. That is to say, "The birth of women is more than qi, but less than blood, so they can shed blood by their number." In addition, Fu Qingnv's Chief Physician said: "Water flows through the kidneys. If water is sufficient in the kidneys, more water flows through the kidneys. If water is deficient in the kidneys, less water flows through the kidneys.". The metaplasia of meridian blood comes from the sufficiency of kidney qi. The kidney is responsible for storing essence, growth, development and reproduction. Therefore, women will have irregular menstruation during menopause ^[7]. Therefore, abnormal menstruation in women is related to deficiency of kidney yin and blood. Among the five elements, the liver mainly stores blood, and has the functions of storing blood, regulating blood volume, and collecting blood. Wang Bing of the Tang Dynasty commented: "The liver stores blood, and the heart moves it. When people move, the blood is transported to the meridians, and when people are quiet, the blood is transported to the liver. Who? The liver dominates the sea of blood. " The liver stores blood and is called the sea of blood. Chong pulse originates in the cell and passes through the liver. It is closely related to the menstruation of women. Women are blood oriented. The liver stores enough blood and the pulse is full of blood, which is an important guarantee for their menstruation to come in on time. The physiological function of the liver can run through a woman's life. The Great Theory on Yin and Yang Correspondence in Plain Questions says, "The kidney gives birth to the bone marrow, and the marrow gives birth to the liver." The kidney is responsible for storing essence, and the liver is responsible for storing blood. The essence and blood are of the same origin, and the essence and blood are mutually used to store and drain, and the yin and yang are mutually nourished. In the middle age, the menstruation is disordered, and the mother's qi is gradually weakened, which will affect the child's momentum and eventually lead to the insufficiency of yin and blood ^[14].

The relationship between liver and kidney is said to be "homologous between liver and kidney" and "homologous between Yi and Kui" in traditional Chinese medicine. In the special physiological process of women, the two transform each other. The liver is responsible for catharsis, and the kidney is responsible for closing the body. They restrict each other and complement each other. They work together in the whole process of women's growth, development and reproduction. In menopausal women, the yin of the liver and kidney is deficient, and the body is abnormal, so it is manifested as menstrual disorder ^[15]. The liver is responsible for catharsis. If the liver is full of blood and the Qi is smooth, the woman's mood will be calm and stable. If the liver yin and blood

are insufficient, the liver yang will be hyperactive, which can be manifested as irritability, depression, paranoia and other emotional abnormalities. The kidney yin is insufficient, lost in moistening and nourishing, and the deficiency heat is endogenous, so there will be dry mouth, constipation, red urine and other phenomena. If heat forces body fluid to leak out, you will sweat with hot flashes. In addition, hyperactivity of liver yang can also cause headache, dizziness, blood pressure fluctuation and other symptoms, which are also common in menopausal patients. Modern research also shows that the incidence of depression and vertigo in menopausal patients are 80.44% and 76.4% respectively [6]. It shows that liver yin deficiency is an important pathogenesis in the treatment of climacteric syndrome.

2.2. Diagnosis and treatment methods

Director Ruixia Pei believes that it is important to dredge the liver qi, nourish the kidney yin, replenish the liver blood, and regulate the spleen and stomach to generate qi and blood. Director Pei Ruixia often adopts the therapy of nourishing water and containing wood, and commonly uses Xiaoyao Powder or Chaihu Shugan Powder.

Soothing the liver, relieving depression and smoothing emotions. The common clinical manifestations of climacteric syndrome are upset and irritable, irritable, in bad mood, worried and worried. According to statistics, the incidence of emotional disorders in menopausal women is 58%, including depression (78%), indifference (65%), excitement (72%), and insomnia (52%) [12]. The root of it is that the liver is out of order and has no right to relieve and the Qi is not smooth; Or the kidney water is insufficient, the liver blood is deficient, and the liver body loses nourishment, leading to the loss of catharsis [16]. Li Guanxian of the Qing Dynasty once said in the book "Know the doctor must distinguish the liver qi": "The diseases of the five internal organs are mostly liver qi, especially women. If you can cure the liver qi, it's half a mistake." Therefore, the liver has a powerful catharsis, smooth qi flow and stable emotions [13]. At the same time, Director Ruixia Pei pays more attention to psychological counseling and is good at communication. As the saying goes in the "Lingshu · Teacher's Biography", "Tell people to be defeated, speak well, guide them as they please, and open them as they suffer." Through listening, encouraging, explaining, guiding and other ways, the patients can understand the occurrence and development of the disease, and use drugs, psychological counseling and other means of physical and mental coordination to achieve excellent treatment effect. At the same time, let menopausal women know how to take care of their emotions and resolve liver depression, shift their attention, maintain a good mood, avoid emotional stimulation, and make their qi and blood harmonious and yin and yang balanced.

2.3. Clinical medication

The pathogenesis of climacteric syndrome is often liver failure and qi stagnation. Therefore, the key to medication is to relieve liver depression. Due to the liver loss, emotion failure, liver blood deficiency, spleen invasion, kidney deficiency. In clinical practice, Xiaoyao Powder or Chaihu Shugan Powder are commonly used to dredge liver qi, smooth emotions, improve spleen qi, nourish liver blood, and nourish kidney yin, so as to make the liver smooth, the blood essence full, the liver and spleen harmonious, and all symptoms disappear. In clinical medicine, Chaihu belongs to the liver and gallbladder meridians to relieve depression and regulate liver qi. Angelica sinensis is used to nourish blood, white peony is used to soften the liver, calm liver yang, and white peony, poria cocos, and roasted licorice are used to strengthen the spleen and replenish qi. If liver depression and qi stagnation are serious, add fragrant herbs and orange peel to soothe liver depression, known as "the general department of qi disease and the head of female department"[14]. If yin deficiency of liver and kidney is serious, raw rehmannia root, cooked rehmannia root, and cornus officinalis are

added to replenish liver and kidney, which means nourishing water and containing wood. The prepared ground is the liver and kidney meridian, nourishing blood and yin, and filling lean marrow. The *Materia Medica Zheng*: "Those with yin deficiency and scattered spirit are not the guardians of the prepared ground, and can't be gathered together; those with yin deficiency and rising fire are not the heavy ones, and can't be lowered; those with yin deficiency and restlessness are not the quiet ones, and can't be calmed down; those with yin deficiency and impetuous spirit are not the sweet ones, and can't be slowed down." *Cornus officinalis* is acidic and warm. It mainly enters the liver and kidney meridians, replenishes the liver and kidney, and produces rehmanna to nourish yin and blood, and replenishes the liver and kidney. If insomnia is serious, it can be combined with sour jujube kernels, oysters, keel, etc. To calm the mind. If dry mouth and bitter mouth are serious, they should be mixed with drugs such as *Radix Scrophulariae*, *Radix Ophiopogonis*, and *Fructus Schisandrae* to nourish yin and promote fluid production ^[17].

3. Results and analysis

3.1. Typical medical records

Li, female, 50 years old. In the past year, the menstruation was irregular, upset and irritable, the mood was irritable, the mouth was bitter, the body was hot and sweating, the eyes were dry, the vision was blurred, the body was hot and sweating, the body could not sleep, the stool was dry, and the urine was adjusted. The tongue is dark red with little fur, and the pulse is thin. The patient was seventy-seven years old, his kidney qi was gradually failing, his Chong Ren imbalance was in disorder, and his business was in disorder. The kidney is deficient in essence and blood. If you can't be proud of your head, your eyes will be dry and dry, and your eyes will be dim. Deficiency of yin and hyperactivity of yang lead to hot sweating, hot flashes and night sweats. The kidney yin is insufficient and can not help the heart fire, so it leads to poor sleep and difficulty in falling asleep. Yi and Kui have the same origin. The kidney yin is insufficient, and the deficiency of essence cannot transform into blood, which leads to the deficiency of liver and kidney yin, the loss of liver softness, and the hyperactivity of liver yang, which leads to upset, irritable, anxious, and bitter mouth. The syndrome belongs to the deficiency of liver and kidney yin, and the treatment is to nourish the kidney and regulate the liver. The proposed formula is: Xiaoyao Powder, 10g Bupleurum, 15g Angelica, 15g Paeonia lactiflora, 15g Poria cocos, 15g fried atracylodes macrocephala, 6g roasted licorice, 15g peony bark, 10g magnolia officinalis, 15g turmeric, 15g anemarrhena, 15g ground bark, 15g vinegar fragrant rhizome, 6 pairs, 1 pair per day, 400ml fried in water, warm after breakfast and dinner. Instruct the patient to change his mood, diet and not be tired.

4. Conclusions and Discussion

Climacteric syndrome has a high incidence, a long course, and complex and diverse clinical manifestations, leading to psychosomatic disorders. Therefore, early prevention is particularly critical. Once women enter the menopause, the body gradually appears yin and blood deficiency, kidney essence deficiency, water does not contain wood, and liver qi depression can cause disease. Therefore, Director Pei Ruixia emphasized the overall concept and treatment based on syndrome differentiation. At the early stage, she actively carried out self-regulation and control, enjoyed good mood and nurtured sex, ate light food, and insisted on proper exercise. At the same time, she instructed family members to give full care and understanding to menopausal women, so that they could smoothly pass through this life changing period.

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