

Clinical Observation on 35 Cases with Climacteric Syndrome Treated by Nourishing the Kidney

Chen Jing

(Changzhou Maternal and Child Health Hospital, Changzhou City, Jiangsu Province 213003)

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Climacteric syndrome occurs after menopause, and they are all common gynecological diseases. In modern medicine, they are caused by ovarian function recession and imbalance of pituitary endocrine. Main clinical manifestations include irregular menstrual periods, hectic fever, flushing, sweating, mental and neurogenic symptoms. These diseases are defined as the diseases induced before and after pausimonia in Chinese medicine. At present, the internationally recognized menopause begins from 41-year-old, and it is a transitional period for women from their sexually mature gradually entering into senility^[1], which may last for 20 years. From January to October 2003, I used the methods of nourishing the kidney to treat 35 cases of climacteric syndrome patients, and achieved better curative effects, reported as follows.

1. Clinical Data

- 1.1 General Information: 35 patients in this group were excluded from mental and neurological endocrine diseases, including: 7 patients at the age of 41-45, 16 patients at the age of 45 ~ 50, 7 patients at the age of 50-55, and 5 patients at the age of 55-58. Among them, 32 patients are in the course of 1-3 years, and the rest 3 are above the course of 3 years.
- 1.2 Therapeutic Method: All these 35 patients are administered by Chinese herbal medicines, including: 12g rehmanniae vaporata, 10g fructus corni, 10g tuckahoe, 10g alisma, 10g fructus lycii, 15g dodder, 10g herba epimedii, 10g angelica, 15g rhizoma polygonati and 5g liquorices. All these medicines should be decocted for administration, twice a daily respectively in morning and evening. A course lasts for one month. It is recommended to stop taking other Chinese and western medicines during the treatment period.
- 1.3 Efficacy Criteria: cure (with main symptoms disappeared); excellence (with main symptoms relieved significantly than before); effective (with symptom alleviated to some extent); and, futile (with symptoms not eased).

2. Results

This group has 10 cases cured in a course, 10 cases with main symptoms relieved significantly than before, and 15 cases with symptoms alleviated to some extent; and, upon the completion of the 2nd course, 20 of the 35 cases have been cured, 7 cases have their main symptoms relieved significantly than before, and 8 cases have their symptoms alleviated to some extent. The total effective rate amounts to 100%, and the significant efficacy rate reaches 77%.

3. Discussion

It's said in the Endo-meridians (Huang Di Nei Jing) that, at the age of forty nine, as both the Renmai (Conception Vessel) and Chongmai (Thoroughfare Vessel) become deficient, and menstruation stops, so the body declines, and unable to breed. Women at the age of 49 have a gradual kidney-essence deficiency, which inhibits blood flow and result in deficiency of liver-blood, with Yang concealed and excess of liver-YANG. Thus, climacteric syndrome appear. Therefore, climacteric syndrome simply happen at the kidney, mainly due to imbalance of kidney-yin and kidney-yang and imbalance between organs. So, the key factors for the treatment of this disease lie in nourishing the kidney and conditioning Yin and Yang. However, the deficiency of kidney-yin can be classified into kidney-yin deficiency and kidney-yang deficiency. Due to deficiency of Yin-blood, kidney fails to nourish liver, causing an excessive rising of liver-Yang and interior heat generated from yin deficiency; and, such heat forces the thoroughfare and conception vessels. Patients often feel dizzy and headache, with higher blood pressure, premature menstruation, menorrhagia, menostaxis, fine rapid pulse and/or reddish tongue coating. So, it is recommended to cure by nourishing kidney-Yin. Rehmanniae vaporata in the original formula is replaced with radix rehmanniae, with many drugs nourishing kidney-yin (including fructus ligustri lucidi, herba celiptae, etc.) and those soothing and nourishing the liver (including tribulus terrestris, mother-of-pearl, etc.). In case of an asthenia of both the spleen and kidney^[2] due to insufficiency of kidney-YANG and warming and nourishing spleen yang, main symptoms include: weakness, fatigue, extreme chilliness, soreness and weakness of waist and knees, abdominal pain, thauria, delayed menstruation, erratic menstrual volume, thin rapid weak pulse, and thin reddish tongue coating. For the pyretic tonification of spleen and kidney in treatment, it is recommended to add the drugs warming and nourishing kidney yang (such as radix aconiti carmichaeli, cinnamon, etc.) and those replenishing qi and invigorating spleen (including codonopsis pilosula, atractylodes macrocephala, yam, etc.). In addition, patients with climacteric syndrome should be carefully observed, so as to prevent from other pathological changes. It is worth mentioned that, patients with climacteric syndrome is often accompanied by some mental, neurological symptoms^[3], so, during the treatment, it is recommended to arrange psychological counseling for them, so as to alleviating unnecessary burdens on patients and to get twice the result with half the effort. In short, the methods of treating climacteric syndrome by nourishing the kidney is worthy to be popularized.

References

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