

# Clinical Observation on the Effects of Liuwei Dihuang Pill Combined with Self-Made Climacteric Syndrome Relieving Formula in the Treatment of 105 Patients

Ren Xuemei

TCM Division of Guizhou Province People's Hospital of Traditional Chinese Medicine, Lupanshui, Guizhou 553001

Key Words: climacteric syndrome; Chinese medicinal therapy; curative effect

CLC : R711.75

Document Code : B

Article ID : 1007-2349(2004)03-0022-02

From May 1994 to October 2003, I had adopted Liuwei Dihuang pill combined with self-made climacteric-syndrome-relieving formula to treat 105 climacteric syndrome patients, achieving certain curative effects, and I hereby reported it as follows.

## 1. Clinical Data

These 105 patients are all females from outpatient, at the age of 46-55, and on average 49-year-old, with natural menopause more than half a year ago, excluding cardiovascular and mental diseases, and the course of the disease is 3 days to 6 months, and diagnosed as yin asthenia and calor internus by the TCM diagnostic criteria -the *Guiding Principles of Clinical Research of New Drugs of TCM*. Main Symptoms: flushed face, hectic fever, sweating, feverish sensation over the palm and sole, soreness and weakness of waist and knees, dizziness/tinnitus, upset, restless, insomnia and dreamful sleep, red tongue, and thready rapid pulse.

## 2. Therapeutic Method

2.1 Liuwei Dihuang pill is provided by Beijing Tongrentang Pharmaceutical Plant, 6g once, twice one day, and 3 months per course.

2.2 Ingredients of Climacteric-Syndrome-Relieving Tablet: 30g heterophylly falsestarwort root, 20g root of straight ladybell, 10g radix ophiopogonis, 15g radix rehmanniae, 15g rehmanniae vaporata, 15g fructus ligustri lucidi, 6g polygala tenuifolia, 9g radices scutellariae, 15g semen zizyphi spinosae, 10g tuckahoe, 10g radices paeoniae alba, 15g fructus schizandrae, 15g cortex albizziae, and 12g angelica. Soak the drug in fresh water for 30 minutes, decoct for three times, a dose per day, and administered by three times respectively in morning, at noon and in evening, and a course for one month. Observe curative effects after the medication for 3 months.

## 3. Efficacy Assessment

With the climacteric syndrome symptom score method based on the yin-asthenia-calor-internus of the *Guiding Principles of Clinical Research of New Drugs of TCM* for reference, and combined with Kupperman score [2], comprehensively score in accordance with the symptom and its severity. For score criteria, see Table 1.

Table 1 Yin Asthenia Calor Internus Score Criteria for Climacteric Syndrome

Symptom	0	1	2	3
hectic fever, flushed face	None	Fever continued for several seconds, SF<3 times per day	Fever continued for several minutes, SF<3-10 times per day	Fever continued for dozens of minutes, SF>10 times per day
spontaneous perspiration, nightsweats	None	Only head micro-sweating, SF<3 times per day	thoracic dorsal sweating	whole body sweating
upset, restless	None	Occasionally happen	Often happen, but restrained	Often happen, and cannot be restrained
insomnia and dreamful sleep	None	Occasionally	Often, but effectively cured after administration by sleeping pills	Often, and futile even after administration by sleeping pills
dizziness, tinnitus	None	Occasionally	often, but not affecting life	often, and affecting life
soreness and weakness of waist and knees	None	Occasionally	often, but not affecting life	often, and affecting life
feverish sensation over the palm and sole	None	feverish sensation over the palm and sole	feverish sensation over the palm and sole, letting palms and sole exposed outside	feverish sensation over the palm and sole, having strong desire to holding cold objects
tongue manifestation	Normal	Light red tongue, thin and yellowish coating	red and dry tongue	thin and red tongue, cracked coating
pulse tracings	Normal	weak and thready	deep-thready	deep-thready, weak

## 4. Efficacy Standards and Results

4.1 Efficacy Standards: excellence: Clinical symptom score after treatment to reduces more than 90%; effective: Clinical symptom score after treatment to reduces 30%-69%; futile: Clinical symptom score after treatment to reduces less than 29%.

4.2 Results: in this group, recovery: 41 patients, effective: 61 patients, and futile: 3 patients

## 5. Discussion

Pathogeny of climacteric syndrome is a series of

integrated symptoms occur, once women enter menopause, with their ovarian functions beginning recession, less estrogen secretion, changes in the coordination of hypothalamus-pituitary-ovary axis, endocrine dysfunction induced by hypersecretion of menotropins, thyrotropin, growth hormone and corticotropin, and vegetative nerve functional disturbance. At present, many clinical cases adopt estrogen replacement therapy, however, the greatest worry for estrogen is hyperplasia endometrii[3], thus, to modulate with traditional Chinese medicine shows certain advantages.

Liuwei Dihuang pill can nourish Yin, invigorate the kidney, strengthen body, replenish essence, improve organism neuroendocrine, and defer senility. In the self-made climacteric-syndrome-relieving formula, root of straight ladybell has sweet taste and neutral nature, tonifying the kidney nourishing the liver, and can nourish the Yin of five internal organs; angelica and rehmanniae vaporata can replenish blood and nourish heart; heterophylly falsestarwort root and tuckahoe can nourish heat and Qi; polygala tenuifolia can sooth heart and nurture soul; semen ziziphi spinosae and fructus schizandrae can converge Qi, avoiding dissipation; radices scutellariae and radix ophiopogonis can clear away heart fire and sooth liver; fructus ligustri lucidi and fructus schizandrae can nourish kidney and strengthen body; and, radices paeoniae alba can astringe liver and harmonize Yin. All these ingredients play a total of replenishing kidney, nourishing the blood and Yin, clearing away heat and coordinating Yin and Yang.

## References

- [1]the Ministry of Health of the People's Republic of China, the Guiding Principles of Clinical Research of New Drugs of TCM[M], 1997,
- [2]Ye Huifang, 70 Questions About the Health of Menopausal Women[M], Beijing: Jindun Press, 1992, 62-64
- [3]Cheng Jianguo, Liu Jianli and Ye Huifang, Prospective Study of the Prevention of Postmenopausal Women Lipid Disorder by Nilestriol[J], Chinese Journal of Obstetrics and Gynecology,, 1991, (6): 349-354

Date of Script: 08.02.04