

Discussion on Climacteric Syndrome Treated from Kidney

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The time when woman is 45-55 years old is so-called menopause. During this time, females step from irregular menstruation into menopause; and, the symptom grouping marked by reproductive and physiological changes and antagonistic system disorders is called climacteric syndrome. Its pathological mechanism is: due to ovary hypofunction, estrogen synthesis and secretion in vivo reduces, the concentration of estrogen in blood decreases, the inhibiting effect on feedback of hypothalamus and pituitary function reduces, and secondary hyperpituitarism appears; and, accordingly, gonadotropin secretion increases, thyrotropin and adrenocorticotropin functions are temporarily accentuated, and the central nervous system, antagonistic system and cardiovascular system and metabolism may be affected to different degrees. Chinese medicine considers that, women at the age of near 50 may be down with the following symptoms: degradation of kidney-QI, menstruation almost exhausted, cold and deficiency of Chong and Ren Channels, asthenia of essence and blood, malfunction of adjusting the relative balance of yin and yang, damage of kidney-YIN, Yin concealing, insufficiency of kidney-YANG, meridian falling to warm and nourish, and functional disorders of heart, liver, spleen and stomach. Therefore, I think climacteric syndrome is often diagnosed and treated from kidney. They may be classified into the following types by the clinical syndrome: renal deficiency, hepatic and renal yin deficiency, carduonephric cisharmony, spleen and kidney deficiencies, etc. Because renal deficiency is the main symptom of the disease, and dysfunctions of heart, liver and spleen are accompanying symptoms of the disease, the treatment should give priority to tonifying and nourishing kidney yin and yang, in combination with the drugs tranquilizing by nourishing the heart, calming the liver and suppress yang, and strengthening the spleen and stomach. To treat with left-and-right-restoring sage deer decoction may achieve satisfactory curative effects shown as follows.

1. Syndrome Differentiation and Treatment

1.1 Renal Deficiency

Main Symptoms: menstrual disorder, sore in your knees and waist, sore shank with calcaneodynia, withered hairs and thin teeth, darkish complexion, and weak CHI-pulse.

Yin Asthenia: hot flushes, sweating, hectic fever, flushed face, insomnia and dreamful sleep, burning sensation of five centers, night sweats, reddish tongue coating, cleft-tongue, and thready rapid pulse. Therapeutic Method: give priority to nourishing the kidney-Yin. Prescriptions: left-restoring decoction combined with polygomonum and testudinis testa. Yang

Deficiency: edema of face and limbs or hypermenorrhea, metrorrhagia, extreme chilliness, urinary frequency, thick and moist tongue, weak pulse. Therapeutic Method: warm and nourish kidney-YANG. Prescriptions: right-restoring sage deer decoction(Xian Lu Tang).

Case 1: Chen **, female, 46 years old. First consultation on September 25, 2000: with symptoms of hypermenorrhea, shortening of the cycle, soreness and weakness of waist and knees, listlessness, irritancy, dizziness and ophthalmalgia, palpitation, dreaminess, constant leucorrhoea, poor appetite, loose stools, mild facial edema, pale tongue, thin and pale tongue coating and thready pulse. It's diagnosed that her kidney yin and yang are all insufficient, and it is recommended to tonify the kidney yin and yang. Prescriptions: rehmanniae vaporata, Chinese yam rhizome, fructus corni, radix morindae officinalis, dodder, rhizoma curculiginis, herba epimedii, deerhorn glue, viscum album, fructus tritici levis, liquorices and red date, 7 doses totally. Continued Consultation on October 10: the patient felt good after the administration as required, and, after she administered the 7 doses totally, she has taken a turn for the better. However, her leucorrhoea constantly drips, and it is recommended to continuously treat with the original prescriptions, adding drugs(such as cortex ailanthi, Zhi Bai, and semen coicis) clearing and dissipating heat-phlegm, 7 doses totally. Third Consultation on October 24: All symptoms are alleviated. Due to mild facial edema in early morning, loose stool, poor appetite, weak pulse, deficiency of kidney-QI, and dys-splenism, it is suitable for treating by nourishing kidney yin and invigorating the spleen. Prescriptions: herba epimedii, rhizoma curculiginis, radix morindae officinalis, Chinese yam rhizome, codonopsis pilosula, atractylodes macrocephala, tuckahoe, haricot, and medicated leaven. Fourth Consultation on October 30: mild facial edema already disappeared, scybalous stool, good appetite, tongue and pulse similar to the former ones. She was basically cured after she continuously took 5 doses according to the original formula. By: the disease is induced by the deficiency of both the kidney yin and yang. Due to her insufficiency of kidney yin, it is impossible to nourish the heart, and she was down with palpitation. Due to insufficiency of kidney-YANG, it is impossible for her to warm and replenish the spleen, so she felt mild facial edema. In addition, she was also down with loose stool and poor appetite. Therefore, she was administered with right-restoring sage deer decoction (Xian Lu Tang) combined with Ganmei Dazao decoction, in order to warm and replenish her kidney yang and to nourish her spleen and heart. As a result, all symptoms disappeared.

1.2 Carduonephric Cisharmony

Main Symptoms: severe palpitation, annoying restless, insomnia and dreamful sleep, dizziness, tinnitus, zerstreut, lassitude in loin and legs, thirst, menstrual disorder, red tongue, and weak pulse. Therapeutic Method: nourish the kidney, replenish the heart, and restore normal coordination between heart and kidney. Prescriptions: KAN LI JI JI pill (Shen Shi Zun Sheng Shu)

Case 2: Wang **, female, 52 years old.

First Consultation on October 3, 2001: The patient had her menstruation terminated half a year ago, and she was down with upset, insomnia, dizziness, tinnitus, nightsweats, facial fever, dry mouth, severe palpitation, red and cleft tongue, having slight sense of numbness and pungency, and thready rapid pulse. It's diagnosed and found that she is down with disease due to deficiency of heat and kidney-yin and flaming asthenia-fire, and it is recommended to nourish the kidney, to clear away the heart fire, and to soothe the nerves. KAN LI JI JI pill is administered in combo with Ganmei Dazao decoction having other additive and reductive herbs. Prescriptions: rehmanniae vaporata, fructus corni, radix ophiopogonis, radices paeoniae alba, testudinis testa, rhizoma anemarrhenae, cortex phellodendri, rhizoma coptidis, liquorices, fructus tritici levis, and fructus zizyphi sativae. Second Consultation on October 10: After administration, Symptoms are significantly alleviated, nightsweats already disappear. Continue taking 7 doses by the original formula for the consolidation. By: The disease is induced by renal water loss. Kidney-water cannot go up to aid at the heart, causing dispersion of heart-yang, severe palpitation, upset, insomnia, facial fever, hypercardiopyrexia, syndrome with heat retention in the small intestine, red tongue, and dark urine with burning sensation. Sweat pertains to the fluid of the heart. Due to heart -yang deficiency, fail to gather Yang, and sweat at night. KAN LI JI JI pill nourishes the kidney, enhances water reabsorption in the kidney, restores normal coordination between heart and kidney. Ganmei Dazao decoction tranquilizes by nourishing the heart, with sweet flavor having the effect of moisturizing.

1.3 Hepatic and Renal Yin Deficiency

Main Symptoms: deprementia, dysthesiairritability, deprementia, headache, tinnitus, flushed face, hot flushes, sweating, dry mouth, parched throat, sore waist, backache, insomniabe forgetful, menorrhagia, red tongue, exfoliative coating, and thready rapid pulse. Therapeutic Method: tonify the kidney, nourish yin, calm the liver and suppress yang. Prescriptions: left-restoring with Erchi Anshen decoction(proved recipe by Qiu Xiaomei).

Case 3: Li **, female, 50 years old.

First Consultation on July 21, 2002: In recent years, the patient have been always down with giddy, dizziness, tinnitus, swimming, palpitation, insomnia, facial fever, dysthesia, irritability, numbness of extremities, elevation of blood pressure (200/120mm/Hg). She have been troubled with irregular menstrual period for years,

and her menstrual blood volume during the last menstrual period was few in chrom violet, having blood blocks; and, she has the following symptoms: whitish tongue coating, small and wiry pulse. These symptoms belong to insufficiency of kidney yin, with liver-Yang ascending. It is recommended to treat by nourishing the kidney, checking exuberance of yang, calming the liver and stopping endogenous wind. Prescriptions: prepared polygonium multiflorum, fructus corni, fructus lycii, fructus ligustri lucidi, Zhi Bai, radices cyathulae, testudinis testa, selfheal, radix rehmanniae, concha cypraeae, and dentes draconis, 7 doses totally. Second Consultation on July 28: After administration, all symptoms are alleviated, with numbness of extremities completely eliminated, and drop of blood pressure (180/90mg/Hg); however, palpitation and insomnia still exist, so it is recommended to observe the former prescriptions to consolidate the curative effect.

By: Yi and Gui (liver and kidney) share the same origin. Insufficiency of kidney yin causes excessive rising of liver-YANG, and the patient often feels dizzy, heedful, tinnitus, swimming, yin asthenia, heart fire hyperactivity, palpitation, insomnia, facial fever, irritability, and elevation of blood pressure. Zhu Danxi said, "yin is frequently in deficiency, while yang is frequently in excess; therefore, it is recommended to nourish yin, because only when Yin and yang keep balance can water govern fire." The combination of these two prescriptions can achieve a curative effect of supporting the healthy energy and clearing source.

1.4 Spleen and Kidney Deficiencies

Main Symptoms: extreme chilliness, short breath, no desire to speak, darkish complexion, mild facial edema, pedal edema, joint pain, loose stool or diarrhea before dawn, fatigue, light menstrual color, hypermenorrhea or menostaxis, pale and with white coating, deep and thready pulse without strength. Therapeutic Method: nourish the kidney and invigorate the spleen. Prescriptions: sage deer decoction (Xian Lu Tang) plus cinnamon, rhizoma zingiberis and Chinese yam rhizome.

Case 4: Xu **, female, 44 years old.

First Consultation on October 9, 2002: Since the beginning of puffiness of face, the patient has had edema of extremities for several days, and she has ever accepted western medicine treatment. It's examined by urinalysis that her urine was normal, and then she was transfer to Chinese medicine diagnosis and treatment. Private Prosecution: soreness and weakness of waist and knees, joint pain, heavy body, accidie, premature menstruation, menorrhagia, light menstrual color, deep pulse, thin tongue, and pale tongue coating. The symptoms are induced by insufficiency of kidney-YANG and dys-splenism, it is recommended to nourish kidney and to invigorate spleen. Prescriptions: codonopsis pilosula, atracylodes macrocephala, Indian bread exoderms, prepared radix glycyrrhizae, Chinese yam rhizome, alisma, rhizoma curculiginis, herba epimedii, radix morindae officinalis, angelica, radix dipsaci, rhizoma zingiberis, cinnamon. Second Consultation on October 15: administrated by 4 doses,

swelling obviously subsides, with the rest symptoms as before; and, continue the administration by the original formula, 7 doses totally, so as to consolidate the curative effect.

By: Kidney governing bones and producing medulla is a congenital foundation, while the spleen nourishing the muscles and extremities is an acquired source of vital function. In case of renal deficiency and yang deficiency, fire won't warm earth, with mild facial edema, swollen limbs, soreness and weakness of waist and knees. Therefore, mainly administrate with Si Jun decoction and sage deer decoction (Xian Lu Tang), in combination of Chinese yam rhizome and cinnamonrhizoma zingiberis to invigorate the spleen, to warm the kidney, to benefit vital energy, to excrete water, and to get at the root.

2. Experience

- 2.1 The clinical differentiation of climacteric syndrome must seize this feature of renal deficiency. Renal deficiency can be classified into kidney-Yang deficiency and kidney Yin deficiency. Because both the kidney-Yin and Yang is the root of the body, in the event of lack of either of them, the whole body, as well as all the organs and meridians of the body won't be nourished or warmed, with disturbance in their functions. In case of yin asthenia, yin deficiency or yin concealing, liver-Yang will excessively rise, flaming asthenia-fire. Western hypotensive drugs have not significant effects on hypertension patients in menopause, while the treatment from the kidney in the TCM theory has already obtained better results. According to their research on the kidney theory of the traditional Chinese medicine, modern medicine practitioners have explored a preliminary argument that the kidney-yang deficiency causes the incapacity of the hypothalamus - pituitary - adrenal system. On the basis of this argument, the kidney-yin deficiency is the a performance its accentuation. Western medicine practitioners consider that the disease is related to the drop of estrogen level, however, some facts have shown that, estrogen therapy can not be completely used to get rid of or alleviate its symptoms, and has the potential carcinogenic risks and side effects of medication. To treat the disease with traditional Chinese herbals is not only safe, but more importantly that, it has regulating action on the cerebral cortex and every link of the hypothalamus-pituitary-adrenal gland axis, particularly through the inherent regulation of ovary, so that it can get the "dying" folliculi come to life and delay ovary-aging. Its effects are unequalled, compared with those of any simply alternative therapy.
- 2.2 The diagnosis and treatment of menopause syndrome is based on every patient's age. The Antiquity Naive Realism in the Plain Questions (Shang Gu Tian Zhen Lun in the Suwen) said, "when a girl is seven years old, her kidney-QI becomes sufficient, begins kidney-QI and growing hair; when she is fourteen years old, her kidney-essence for promoting reproductive function begins to take effect, her ren channel is open, and her taichong channel flourishes, with regular menstrual cycle, and she can give birth to children...however, as both the Renmai (Conception Vessel) and Chongmai

(Thoroughfare Vessel) become deficient, her menstruation stops, so that her body declines and is unable to breed." It pointed out that, due to a degradation of kidney-Qi, as well as deficiencies of both the Chong and Ren channels, women at the age of 49 or so almost stop their menstruation, with asthenia of essence and blood, fertility impaired and imbalance of Yin and Yang. It is always recommended to treat by regulating kidney-Yin and Yang.

- 2.3 I have found in clinical observations that a lot of postmenopausal women have suffering from lumbago, rachialgia, joint pain and scapulohumeral periarthritis. Due to menopause endocrine dyscrasia, estrogen deficiency, and impairment of protein synthesis, they suffer from myodystrophia accompanying with myalgia. Also, the calcium deposition in skeleton base arising from skeleton stromatin synthesis gives rise to osteoporosis, lumbago, backbone, arthralgia, etc. Chinese medicine practitioners consider, "kidney governs bones, and produces marrow." In case of renal deficiency, the source of marrow will become insufficient, so that the skeletons and meridians cannot be fully nourished. Therefore, it is effective to treat by replenishing kidney, strengthening skeletons, nourishing liver, and relieving musculars.
- 2.4 Self-made sage deer decoction (Xian Lu Tang) consists of five ingredients, including testudinis testa, deerhorn glue, radix morindae officinalis, rhizoma curculiginis and herba epimedii. In the prescription, antler opens up governor meridian and nourishes Yang, while testudinis testa opens up Ren meridian and nourishes Yin. Both of them benefit flesh and blood, and they can produce Qi and blood by nourishing Yin and Yang. In addition, although rhizoma curculiginis, herba epimedii and radix morindae officinalis have the effects on producing Qi, blood and essence, they are gentle, instead of hot, and they are intended for obtaining yang from yin. Such a good combination has a curative effect on replenishing Yin-essence, tonifying the kidney and strengthening yang.

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