

Climacteric Observation on Liu Wei Di Huang Pill in the Treatment of Climacteric Syndrome

★ Zhong Weijiang (Shaoxing Chinese Medicine Hospital, Zhejiang Province 312000)

Key Words: Liuwei Dihuang pill; climacteric syndrome

CLC : R 289.5 Document Code : A

Menopausal is an essential physiological process for women, and a transition period for the gradual decline of ovarian function is generally at the age of 41-60^[1]. According to the statistics estimates, postmenopausal women account for 20 percent of women, of which 80%~90% have clinical manifestations of climacteric syndrome. Because of such clinic symptoms involving multiple systems, and having strong psychic reactions, women often feel very painful during this period. How to help the middle-aged women smoothly get through the turn of life and how to reduce troubles from climacteric syndrome have aroused a vast numbers of clinicians' concern. I have a deep experience in the effects of Liuwei Dihuang pill in treatment of female climacteric syndrome; and, in order to further verify its curative effects, I have a more detailed clinical observation on the effects of Liuwei Dihuang pill in the treatment of climacteric syndrome, with specific circumstances reported as follows:

1. Data and Methods

1.1 Case Selection: The observable patients are all outpatients, and in line with all requirements in diagnosis of women climacteric syndrome^[1]: (1)female, (2)age 41-60, (3)with symptoms caused by testicular hypofunction and inadequate estrogen level, (4)with a series of symptoms induced by family and social environment changes, (5)with syndromes arising from female personality characteristics and mental factors. To facilitate the assessment of efficacy, all females selected for this observation must also have the following symptoms at the same time: fatigue, hectic fever, nightsweats, dyspnea, palpitation, fantod, insomnia, abdominal distension, eructation, dizziness, arthralgia and pharyngeal malaise, and be excluded from the possibility of hypertension, coronary disease, tuberculosis, hyperthyreosis, pheochromocytoma, rheumatism, emphysema, faucitis as well as stomach and intestine diseases. As the above-mentioned conditions, 32 females were selected, of whom the oldest was 57 years old and the youngest was 41 years old, with average age of 47.8 years old.

1.2 Therapeutic Method: Have been selected, the

observable object will be asked to take Liuwei Dihuang concentrated pills provided by Tongrentang for at least 30 days, 3 times a day and 8 pills once. During the observation period, they should not take any other drug or product for the treatment of climacteric syndrome, or accept any other form of the treatment.

- 1.3 The starting time for collecting data for this observation is October 2, 2003, and the deadline is February 5, 2004. The deadline for information feedback is March 6, 2004, and the information feedback is that observable objects came to outpatient for subsequent consultation, or I pay a return visit phone .
- 1.4 This observation specially selects some clinical symptoms which are very common for women and do not involve privacy as observable factors while selecting observable objects, and evaluate the efficacy of Liuwei Dihuang pill through observing changes in symptom. Symptom changes may be divided into three levels:(1)transference cure(with the original symptom completely disappears): (2)symptoms eased (with the original relieved to different degree): (3)no change(with the original symptom not changed).

2. Results

The clinical observation lasts for more than four months, and during the period 2 people quit because of stomach discomfort, and one person is not listed into the analysis of observation results as a result of receiving an estrogen treatment. Finally, 29 patients are listed into this observation analysis totally, with symptom changes as Table 1:

Table 1 Clinical Symptom Improvement of Climacteric Syndromes Treated with Liuwei Dihuang Pill

	Transference Cure	Symptoms eased	No Change	Total Effectiv e Rate
hectic fever	4	15	10	65.52%
nightswea ts	6	14	9	68.97%
insomnia	6	15	8	72.41%
dyspnea	10	15	4	86.21%
palpitation	9	17	3	89.66%
dizziness	8	16	5	82.75%
abdominal distensio	9	16	4	86.21%
eructation	8	15	6	79.31%
dysthesia	10	15	4	86.21%
fatigue	12	15	2	93.10%
arthralgia	10	16	3	89.66%
throat discomfor t	11	15	3	89.66%

It is reported by statistics that, among the 29 people who have obtained corresponding results, 2 patients have their symptoms (observable factors) completely disappeared, 2 patients have their symptoms not changed, and the remaining 25 people have their symptoms eased to different degree. For all the symptoms eased, fatigue, fantod, dyspnea, arthralgia, pharyngeal malaise, etc., have been preferably eased, however, hectic fever, nightsweats, etc., have been relatively poorly eased.

3 Discussion

Once women enter menopause, because their ovarian functions begin to fail, their estrogen and progesterone levels drop, and they have a series of physiological and psychological symptoms caused by changes in their body systems therefrom. Chinese medicine considers that, kidney is the origin of congenital constitution, storing pneuma, and controlling reproduction, growth and development of human. When women enter into a certain period, their Kidney-Qi becomes vigorous, their bodies body attain maturity, and their Chong and Ren channels are easy and smooth, so that there is a possibility of menstruation and gestation for them. Pausimonia is a period of time before and after menopause. Women in this period women lose their reproductive function due to a gradual decline of kidney-QI, menstruation and weakness of thoroughfare and conception vessels. At the same time, due to yin overabundance and yang deficiency and imbalance of yin and yang, and, these women's bodies lose moisture, flame asthenia-fire, and give rise to a series of symptoms induced by yin asthenia

and yang hyperactivity. In view of the essence of deficiency of kidney yin, traditional Chinese medicine proposed the principle of replenishing vital essence to tonify the kidney. Liuwei Dihuang pill are of a classic formula consisting of 6 kinds of traditional Chinese medicines, including rehmanniae vaporata, dogwood, yam, alisma, tuckahoe and cortex moutan. In the formula, rehmanniae vaporata tonifies the kidney-yin and replenish vital essence, dogwood nourishes the kidney and liver, and yam invigorates the kidney and spleen. At the same time, it also a "reinforcing-reducing" formula, that is, alisma with diarrhea rehmanniae vaporata discharges turbidity and dispels stasis from kidney, cortex moutan with diarrhea dogwood clears liver fire, and tuckahoe with yam resolves dampness by tonifying spleen. This formula replenishes kidney, liver and spleen at the same time, and realizes a perfect reinforcing-reducing combo simultaneously. It has played a good role in nourishing yin to reduce pathogenic fire, and has become a commonly used clinical formula of replenishing yin. It has significantly curative effect on improving climacteric syndrome, future extend a way for the prevention and treatment of climacteric syndrome, with less side-effect and at reasonable price. It is suitable for long-term use to help middle-aged women spend a smooth menopause and obtain good quality of life. Thus, The method to treat and prevent climacteric syndrome with Liuwei Dihuang pill should be promoted.

References

- [1] Wang Shuzhen, *Practical Obstetrics and Gynecology* [M] Beijing People's Medical Publishing House, 1987 809

Date of Script: 2004-11-24