

Treatment of Climacteric Syndrome with Liuwei Dihuang Pill and Climactero Tablet

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Abstract: Objective: to explore the curative effects of traditional Chinese medicines (Liuwei Dihuang pill and climactero tablets) on climacteric syndrome. **Method:** apply the traditional Chinese medicines (Liuwei Dihuang pill and climactero tablets) to the double-blind study of 60 climacteric syndrome cases. **Result:** The significant efficacy rate of Liuwei Dihuang pill in the treatment of climacteric syndrome is up to 89.6%, and it is more significant than that of climactero tablets ($P < 0.05$), and without significant side effects. Also, it is found that Liuwei Dihuang pill has significant improving effects on patients' blood pressure, especially diastolic pressure. **Conclusion:** Liuwei Dihuang pill have a clinical value in the treatment of climacteric syndrome.

Key Words: Liuwei Dihuang pill; climactero tablet; climacteric syndrome; and blood pressure

The incidence of climacteric syndrome is high during the transition from the middle-aged into the elderly. Its early symptoms are similar to neurasthenia. Patients often have clinic symptoms, such as headache, dizziness, fatigue, tinnitus, blood pressure instability, etc.^[1], due to their vegetative nerve functional disturbance. Now, we report the results of treatment as follows.

1. Clinical Data

60 cases were randomly divided into Groups A and B. Group A (the group treated with Liuwei Dihuang pill) has 30 patients, including 11 males and 19 females at the average age of 47 years old. Their average systolic pressure on admission is $24.10 \sim 1.82$ kPa, with diastolic pressure between 14.40 ± 1.2 kPa. Group B (the group treated with climactero tablets) consists of 30 patients, including 14 males and 16 females at the average age of 47 years old. Their average systolic blood pressure on admission is 24.12 ± 1.78 kPa, with diastolic blood pressure 14.21 ± 1.16 kPa.

Their blood pressure is measured by special persons. These two groups use CY. XJ. 113000 - 300mmHg desktop-type blood-pressure meter to respectively measure blood pressure once at 7 o'clock a.m. and p.m., with changes in blood pressure before and after the treatment recorded.

2. Therapeutic Method

Group A was given Liuwei Dihuang pill provided by the No.2 Pharmaceutical Plant of Jinxing City, 2 times daily and 9g once. Group B is given oral climactero tablets provided by Guangzhou Baiyunshan Pharmaceutical Plant, 3 times daily and 3 tablets once. A course of the treatment lasts for three weeks.

3. Therapeutic Outcome

3.1 Improvement of Symptom: According to the latest domestic and international standards for disease diagnosis and treatment^[2], therapeutic outcomes shall be classified as

follows: excellence (with symptom disappeared); effective: (with symptom mitigated); and, futile (without symptom changed). The improvements of symptoms of the two groups before and after treatment are shown in Table 1.

Table 1 Ease of Symptoms of the Two Groups Before and After the Treatment

	n	excellence	effective	futile	total effective rate/%
Group A	30	24	6	0	89.6
Group B	30	17	8	5	56.7

Comparison of the curative effects of these two groups $P < 0.05$

3.2 Improvements of Blood Pressure: According to the *Latest Domestic and International Standards for Disease Diagnosis and Treatment*^[2], it is classified as follows. Excellence: diastolic pressure dropped to 1.33kPa or more, and achieve the normal range (or, although diastolic pressure does not drop to the normal, but it has dropped 2.66kPa or more); effective: diastolic pressure dropped less than 1.33kPa, but it has reached the normal range (or, diastolic pressure dropped by 1.33 - 2.66kPa than that before the treatment, but it did not meet the normal range), or systolic pressure dropped 3.99kPa than that before the treatment. Futile: it does not meet the above criteria. The improvements of blood pressure of the two groups before and after the treatment are shown as Table 2.

Table 2 Improvements of Blood Pressure of the Two Groups Before and After the Treatment ($\bar{x} \pm s$) kPa

n/Case	pre-treatment		post-treatment	
	systolic pressure	diastolic pressure	systolic pressure	diastolic pressure
Group A 30	24.10±1.82	14.40±1.21	21.06±1.73*	12.80±0.88*
Group B 30	24.12±1.78	14.21±1.16	22.83±1.64*	11.58±0.93**

Comparison between the two groups: * P < 0.01 ** P < 0.05

4. Discussion

Chinese medicine practitioners consider that, kidney is the origin of congenital constitution, controlling reproduction, growth and development; before and after pausimonia, kidney-QI often decreases; and, due to deficiency of the kidney-Yin, menstruation will never come. There was not definition of climacteric disorder in the ancient Chinese medicine, while modern Chinese medicine often summarizes the relevant records of menopause into several types, such as climacteric syndrome, etc. According to the TCM syndrome differentiation, high blood pressure during the menopause is of kidney-YIN asthenia type, which should be treated through fostering Yin and suppressing Yang, as well as nourishing the kidney and the liver. Western medicine practitioners consider that, female's endocrine system after menopause is gradually aging and degrading, particularly gonadal hypofunction is even more evident; and, due to ovary hypofunction after pausimonia, her blood estrogen level drops, catecholamine estrogen in her brain reduces, leading to vegetative nerve functional disturbance of central nervous system.

Liuwei Dihuang pill has the effects to nourish the kidney-YIN, and it may cure dizziness, swimming, tinnitus, night sweats, spermatorrhoea, hectic fever, thready rapid pulse, etc. Research has shown that [3]

a drug which nourishes the kidney-YIN can improve menopause patients' hormone homeostasis and hypothalamus-pituitary-ovary function. Under normal circumstances, estrogen is changed into catechol estrogen in the central nervous system, and achieves its regulating actions.

The effects of Liuwei Dihuang pill on menopause blood pressure may be achieved by improving the hypothalamus-pituitary-adrenal gland axis function and a series of menopause syndrome due to deficiency of kidney-QI, maintaining blood pressure at normal or near normal level, and attaining the goal of maintaining human's normal physiological function.

References

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