Treatment of Perimenopausal Syndrome by Prescriptions in Treatise on Febrile and Midcellaneous Diseases

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Overview of Modern Medicine
Perimenopausal syndrome refers to a series of physical and mental symptoms caused by decreased sex hormones in women before and after menopause. Perimenopausal syndrome is more likely to occur in an artificial menopause. Previous “menopause” is used to describe the gradual process of change. Due to the vague definition of menopause, WHO proposed the term “perimenopause” in 1994. The main clinical manifestations are hot flashes, heart palpitations, back pain, sweating, irritability, depression, insomnia, frequent urination, urgency of urination, vaginal dryness, etc.

Introduction to TCM Disease and Syndrome
According to its clinical manifestation of the disease can be roughly induced to TCM “hysteria”, “palpitation”, “insomnia”, “dizziness”, “headache”, “depression”, “lily sickness”, “smile metrorrhagia” category. The imbalance of Yin and Yang is caused by deficiency of kidney qi, deficiency of blood, or lack of heart and kidney, and weakness of spleen and stomach. It can cause heart palpitation, insomnia, agitated vexation, uterine bleeding, hectic fever, sweating, etc.

Overview of Literature Study
The code for International Classification of Disease (ICD-10) of perimenopausal syndrome is N95.10. And perimenopausal syndrome belongs to the urogenital system. It use that retrospective study of evidence-based medicine (published in China from 1949 to 2013), the treatment of the prescriptions in Treatise on Febrile Diseases and midcellaneous diseases of perimenopause syndrome with total prescriptions of 47, 22 of which had already been clinically studied and 42 prescriptions have been reported in clinical cases. Literature frequency of each prescription (abbreviated). The clinical research literature prescriptions were mainly concentrated in Ganmai Dazao decoction, Suanzaoren Decoction, Lily bulb and Rehmannia Decoction, Cassia Twig and Dragon Bone Combination, and the other prescriptions were less than 10 medical institutions. Case experience literature mainly focused on Ganmai Dazao Decoction, Cassia Twig and Dragon Bone Combination, Suanzaoren Decoction, Danggui Shaoyao Powder, Xiaochaihu Decoction, Lily bulb and Rehmannia Decoction, Shenqi pill, Guizhi Decoction, Chaihu and Longgu Muli Decoction, Wenjing Decoction, Bentun Decoction. The application frequency of the other prescriptions was less than 10 cases. Thus it can be seen that Ganmai Dazao Decoction and Suanzaoren Decoction are the high frequency prescription for the treatment of perimenopausal syndrome.

The Extraction of Dominant Prescription and Syndrome
Using the evidence-based medicine method to extract the prescription of the Treatise on Febrile and Midcellaneous Diseases to treat perimenopausal syndrome,
the application of prescription has obvious aggregation. Among them, the quality evaluation of each advantage prescription can be seen in a study on the treatment of predominance syndrome in the golden chamber [1], and a study on the treatment of predominance syndrome in treatise on febrile diseases [2].

Through the literature collection, sorting, classification and objective evaluation has been published in the literature in the treatment of perimenopausal syndrome experience in clinical trial research and case research literature has both used high frequency prescriptions for Ganmai Dazao Decoction, Cassia Twig and Dragon Bone Combination, Suanzaoren Decoction. It is shown that the high frequency prescription of both has high consistency.

According to the existing evidence, the perimenopausal syndrome as five common types of syndromes, including the insufficiency of Yin and generates heat, which can be treated with Ganmai Dazao Decoction; the deficiency of liver yin and cause insomnia, which can be treated with Suanzaoren Decoction; the insufficiency of heart and lung Yin and generates heat, which can be treated with Lily bulb and Rehmannia Decoction; stagnant pathogen of Shaoyang and diffusing in sanjiao, which can be treated with Chaihu and Longgu Muli Decoction; stagnant pathogen of Shaoyang and cause gallbladder-fire in the interior which can be treated with Xiaochaihu Decoction. Through evidence-based medicine research and evidence evaluation, the treatment of perimenopausal syndrome with the extraction of the prescriptions of Treatise on Febrile and midcellaneous Diseases is a certain tendency. Thus, the syndromes treated by these five prescriptions are likely to be the major syndromes of perimenopausal syndrome in modern clinical settings. As shown in figure 1.

**Figure 1: Syndrome Differentiation of Perimenopausal Syndrome**
The Analysis of Dominant Prescription and Its Symptoms

Before and after the break of the woman, because of deficiency of kidney-qi, the chongren channel gradually deficient, the blood is gradually deficient, the kidney Yin and Yang maladjustment, leading to the organ dysfunction and various syndromes. And due to the liver and kidney homologous, will form the liver and kidney Yin deficiency, kidney can’t moisten the liver, liver Yang is relatively hyperactive, thus appeared symptoms of dizziness, headache, flush on face, hot flashes sweating, irritability, insomnia, dreaminess, soreness and weakness of waist and knees, dysphoria in chestpalms-soles, menstrual quantity is little, or quantities, dripping wet ceaselessly, etc.

Traditional Chinese Medicine treatment method usually has the method of nourishing the kidney-yin, warming the kidney-yang, tonify both Yin and Yang. At the same time, there is the method of lowering liver and heart fire, calming the nerves, nourishing Yin and clearing heat, blood stasis and dampness eliminating.

1. Ganmai Dazao Decoction
   • The Original Synopsis of Golden Chamber
     The patient suffers hysteria and tends to weep constantly as if she were haunted. She frequently stretches and yawns repeatedly. Decoction of Radix Glycyrrhizae, Fructus Tritici and Fructus Ziziphi Jujubae can be adopted to calm the patient.

   • Original Interpretation Synopsis of Golden Chamber
     This disease is often caused by worrying excessively, resulting in deficiency of heart Yin, and liver-qi depression. Because of the deficiency of heart yin, can lead to insomnia and vexation. And because the liver-qi depression, always can lead to feeling sorrow and rending to weep constantly as if she were haunted. The symptoms of perimenopausal syndrome are similar to those in the symptoms of hysteria. Therefore, the treatment of perimenopausal syndrome with Gammai Dazao Decoction has obvious effect.

2. Suanzaoren Decoction
   • The Original Synopsis of Golden Chamber
     Consumptive disease with restlessness and insomnia can be treated with Decoction of Semen Ziziphi Spinosae.

   • Original Interpretation Synopsis of Golden Chamber
     Symptoms and signs of the syndrome may include: The patient wants to eat, but is reluctant to swallow food and unwilling to speak. Or he prefers to lie in bed, yet...

It can be use for treating insomnia which caused by deficiency of liver yin and the internal heat. If the liver blood is not enough, the heart is not nourished, then will appear insomnia and palpitations. Because of the deficiency of Yin and blood, the internal heat, then will occur anxiety, dry mouth and throat, reddish tongue and other symptoms. There is the method of nourishing the heart blood, calming the nerves, and clearing heat. It can be treated by Suanzaoren Decoction.

3. Chaihu and Longgu Muli Decoction
   • The Original Treatise on Febrile Caused by Cold
     Febrile disease caused by Cold, eight to nine days. After adoption of a purgative, when the patient suffers fullness in the chest, delirium, vexation, irritability, dysuria, a heavy feeling in the extremities, and a general malaise, Chaihu and Longgu Muli Decoction will be a curative.

   • Original Interpretation Treatise on Febrile Caused by Cold
     The cold misuses the method of defecate causes a change, including stagnant pathogen of Shaoyang, obstruction of cardinalate, the depression yang of shaoyang affects jueyin channel, exterior-interior concurrent disease. The clinical symptoms include pectoral coerce suffering is full, panic and delirium, dysuria, heavy, heart palpitations, and inability to turn sides, etc. The pathogeny of the disease is stagnant pathogen of chest and rib-side, obstruction of cardinalate, which leads to fullness in chest and rib and panic. And the pathogeny of the disease is gallbladder and stomach fire and jitters, which leads to panic and delirium. Patients with perimenopause syndrome are more likely to occur because of the discomfort caused by restlessness and palpitations in the perimenopause, so they are shown to be effective.

4. Lily Bulb and Rehmannia Decoction
   • The Original Synopsis of Golden Chamber
     If no emetic, purgative or diaphoretic has been prescribed for Bulbus Lilii syndrome, yet symptoms and signs of Bulbus Lilii syndrome are still present, Decoction of Bulbus Lilii and Rehmanniae will be effective in curing the case.

   • Original Interpretation Synopsis of Golden Chamber
     Symptoms and signs of the syndrome may include: The patient wants to eat, but is reluctant to swallow food and unwilling to speak. Or he prefers to lie in bed, yet...
cannot lie quietly due to restlessness. He may want to walk about, but soon becomes tired. Now and then he may enjoy eating certain delicacies, but at other times he cannot even tolerate the smell of food. He may feel either cold or hot, but without fever or chill. He also has a bitter taste in his mouth and passes reddish urine. No drugs appear able to cure the syndrome. After taking medicine, acute vomiting and diarrhea may occur. The disease “haunts” the patient, and though his appearance is normal, he is actually suffering. His pulse is somewhat speedy. The treatment is moistening Lung and nourishing heart, nourishing yin and clearing away heat. In the prescriptions, seven of the lilies were used. *Sheng Nong’s herbal classic* said “Lily, sweet natured, can treat abdominal distension, cardialgia, diuresis, mild laxation, strengthen the middle warmer and benefiting vital energy.” *Compendium of Materia Medica* said “Lily has the effect of soothing, promoting intelligence, nourishing viscera.” Dried Rehmannia root has the effect of promoting blood circulation, nourishing viscera, reinforcing qi, relieving uneasiness of mind and body tranquilization. The Lily is compatible with the dried Rehmannia root, curing the heart and lung, and clearing the internal heat. After taking the medicine, the mind can relax, and the channels are smooth, so the disease can be healed. Patients with perimenopausal syndrome are prone to the occurrence the symptoms of Lily bulb and rehmannia decoction, which is similar to the irritable and palpitations of perimenopausal period, so it is effective in this way.

5. Xiaochaihu Decoction
   • The Original Treatise on Febrile Caused by Cold
     Febrile disease caused by Cold or Wind: After five to six days, when the patient has intermittent chills and fevers, feels a distention and a sensation of oppression in the chest and costal region, reluctant to speak and eat, restless and nauseous, prescribe Decoction of Lesser Radix Bupleuri.

   • Original Interpretation Treatise on Febrile Caused by Cold
     Xiaochaihu Decoction is the main prescription to harmonize Shaoyang. The pathology of the disease is stagnant pathogen of shaoyang, obstruction of cardinalate, depress yang of shaoyang. The patient feels a distention and a sensation of oppression in the chest and costal region, reluctant to speak and eat, restless and nauseous. Perimenopausal syndrome patient are easy to feel a distention and a sensation of oppression in the chest and costal region, reluctant to speak and eat, restless and nauseous. The pathogeny of the disease is obstruction of cardinalate, therefore, this prescription is effective.

References