

38 CASES OF MENOPAUSE SYNDROME TREATED BY ER XIAN TANG

38 patients with menopause syndrome were treated successfully by Er Xian Tang, a experienced formula used to treat deficiency of the kidney. They were 40 to 65 years old, with an average age of 52.4 years old.

Method:

Er Xian Tang: **Xian Mao, Xian Ling Pi, Ba Ji Tian, Zhi Mu, Huang Bai, Dang Gui**, each of them 9 grams.

One dose a day, cook in water, take the decoction in two times.

Modifications:

Kidney Yin deficiency: increase the dosages for Zhi Mu and Huang Bai, add Sheng Di Huang, Bai He, Nu Zhen Zi and Gui Ban.

Kidney Yang deficiency: increase the dosages for Xian Mao, Xian Ling Pi and Ba Ji Tian, add Du Zhong, Tu Si Zi and Suo Yang.

Hot flushes with sweating: add Chai Hu and Huang Qin.

Profuse sweating: add Long Gu and Mu Li (baked).

Restlessness and insomnia: add Bai Zi Ren, Suan Zao Ren and Ye Jiao Teng.

Restlessness and anger: add Gan Mai Da Zao Tang (a formula).

Dizziness: add Shi Jue Ming and Zhen Zhu Mu.

15 days constitute one treatment course and the treatment will last 3 courses.

Criteria of diagnosis and evaluation of result (Omitted)

Results (after 3 courses of treatment)

Clinical cure: 29 cases (76.3%)

Markedly improved: 6 cases (15.7%)

Effective: 3 cases (8%)

No effect: 0 cases (0%)

Discussion

Menopause syndrome is related to decline of ovary functions, drop of estrogen level, manifested as tidal fever, sweating, restlessness, anger, dizziness, insomnia, etc. At present, estrogen is a common effective treatment for menopause syndrome, but long term use of estrogen has a tendency of increase breast cancer and endometrial carcinoma. Herbal treatment is quite effective and has no side effect, so it is good for cases that estrogen can not be used.

In traditional Chinese medicine, this disease is due to kidney deficiency with imbalance between Yin and Yang, disharmony of qi and blood. The treatment should be aimed at tonifying kidney qi, regulating Yin and Yang. The ingredients in the formula are explained below:

Xian Mao, Xian Ling Pi and Ba Ji Tian: warm but not dry, tonify kidney, strengthen Yang.

Huang Bai, Zhi Mu: cold nature, enters the kidney meridian, reduce deficient type fire, nourish Yin.

Dang Gui: warm and nourish blood.

In the formula, both cold and warm herbs are used, and it needs to be modified for different conditions as yin deficiency, Yang deficiency or both Yin and Yang deficiency.

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