

# *Treatment of Polycystic Ovary Syndrome from the Basis of Successive Days*

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**Keywords:** Polycystic ovary syndrome, The foundation of heaven, Overall concept, Menstruation, Amenorrhoea, Infertility.

**Abstract:** The kidney is the foundation of the innate, and the spleen is the foundation of the acquired; the movement, metaplasia and storage of menstrual blood depends on the nourishment of the foundation of the heavens. Polycystic ovary syndrome (Polycystic ovary syndrome, PCOS) is clinically manifested as irregular menstruation, amenorrhea and even infertility. It is responsible for the deficiency of the spleen and kidney, and the metaplasia of menstrual blood. Therefore, the treatment of PCOS should be based on warming the kidney and strengthening the spleen. Clinically, coix seed, almond, cardamom, atracylodes macrocephala, peony root can be added to the spleen and stomach for dampness and qi; yam, rehmannia, dodder, ligustrum, angelica, dogwood, etc. can also be used to nourish the natural kidney. In this way, the foundation of the heavens is abundant, the menstrual blood metaplasia is active, and the uterus is nourished.

## **1. Introduction**

Polycystic ovary syndrome, (PCOS) It is a common clinical endocrine system disease, characterized by ovarian polycystic changes, hyperandrogenemia, hirsutism, obesity, acne, irregular menstruation, amenorrhea and so on. With the opening of China's second child policy and the continuous development of social economy, the changes of people's lifestyle, work pressure and dietary structure, as well as the impact of environmental pollution, endocrine diseases and autoimmune system diseases, the prevalence of PCOS among women of childbearing age in China is 5.61% [1]. Most PCOS patients are accompanied by the disorder of glucose and lipid metabolism, which seriously affects the quality of life of patients [2]. There is no disease name of PCOS in traditional Chinese medicine. According to the ancient medical records, it can belong to the categories of "irregular menstruation", "amenorrhea" and "infertility". Its disease is located in the liver, spleen and kidney. The pathological products are phlegm and blood stasis. Li zhongzi [3] of the Ming Dynasty said in "the kidney is the foundation of the birth and the spleen is the foundation of the day after tomorrow", who is good at medicine must be responsible for its foundation, and there is a distinction between heaven and earth. The foundation of the birth lies in the kidney... The foundation of the day after tomorrow lies in the spleen. " It can be seen that the treatment of PCOS is inseparable from the theoretical connection of priority. This paper discusses the importance of the foundation of heaven in human life activities, contacts the basic pathogenesis of PCOS, takes the overall concept of traditional Chinese medicine as the guidance, and treats PCOS through the foundation of heaven,

so as to provide new ideas for clinical treatment.

## 2. The physiological connection between the origin of heaven and menstruation

The timely arrival of menstruation is inseparable from the joint action of the congenital kidney and the acquired spleen. The spleen and stomach are the biochemical source of Qi and blood, and the kidney essence is also supplemented by the spleen and stomach. According to the river chart: "Heaven produces water, and the earth produces 60%. [4]" Heaven produces kidney water, one is the number of water, five is the number of soil, and one plus five can form six. Therefore, the water of heaven and one can still have Qi and be invisible. Only when the soil carries biochemistry can it form the shape and quality of water. That is, the congenital kidney water needs to be supplied by the spleen and stomach after the day, and the two cooperate with the incoming tide of menstrual water. "The kidney is the foundation of the birth, and the spleen is the foundation of the day after tomorrow": "those who are good at medicine must blame their origin, and there is a distinction between heaven and earth. The origin of the birth lies in the kidney, the kidney should be the water in the North, and the water is the source of the day. The origin of the day after tomorrow lies in the spleen, the spleen should be the soil of the palace, and the soil is the mother of all things. [5] 1" the origin of the birth, the rise and fall of the essence in the kidney affects the innate endowment, The acquired essence produced by the spleen can constantly nourish and change the innate essence. Under the joint action of the two, Qi and blood are biochemically active and travel in the normal way. The cell palace overflows on time, and the moon events are now.

(1) The kidney is the congenital foundation, which is mainly responsible for growth, development and reproduction. The kidney is the congenital foundation, which is mainly responsible for water, essence storage, growth, development and reproduction. "Su Wen · ancient theory of true heaven" states that "when a woman is seven years old, her kidney qi is abundant and her teeth are longer; when she is twenty-seven years old, her Ren pulse is connected, her Taichong pulse is abundant, and she has children because of the current lunar events. [5] 2" the kidney is the source of Tianguai and the foundation of Chong Ren, which contains Yuan Yin and Yuan Yang, and comes out of the kidneys through water. The kidney is the congenital foundation and the root of vitality. The physiological function of the kidney runs through the whole process of women's growth, development and reproduction. "Medical records · spermatorrhea" states: "the kidney is the foundation of vitality, the root of generation, and the way to cultivate it from beginning to end." Kidney qi is sufficient, yin and yang are balanced, heaven and Kui will arrive, Chong Ren is unobstructed, Qi and blood are harmonious, the uterus is full, and menstrual blood overflows on time, so it can seed.

(2) The spleen is the acquired foundation and the biochemical source of Qi and blood. The Chong pulse is known as "sea of blood", "sea of five zang organs and six Fu organs" and "sea of twelve meridians". The Chong pulse originates from the cell and comes from the perineum. It is full of Qi and blood. It pours into the Chong pulse and becomes menstruation. "On the spleen and stomach" said: "all the vitality is sufficient. It is not hurt by the Qi of the spleen and stomach, and then it can nourish the vitality." The spleen and stomach are in the middle, which is the hub for the rise and fall of Qi and blood, the source of biochemistry of Qi and blood, nourish the spleen after tomorrow, and nourish the kidney after birth. The spleen is the foundation of the day after tomorrow. Li Dongheng's theory of the spleen and stomach points out that "if the spleen and stomach are injured internally, all diseases arise from the body. [6]" the concept of traditional Chinese medicine holds that the human body is an organic whole, and man and nature are also a whole. Because people live in nature, any change in nature will affect human beings, so the unity of heaven and man is the most ideal state. The five elements is that the ancients used the method of taking images and comparing classes to put all things in the world in the five elements to clarify the relationship between life and restraint. "Spring

and Autumn Annals • the meaning of the five elements" says: "the earth lives in the center and moistens the sky... Although the gold, wood, water and fire have their own duties, they do not stand because of the earth... The earth is the Lord of the five elements." It can be seen that the spleen is located in the center and irrigated around. It is known as the root of the five internal organs. Zhang Jingyue said in "Jing Bu Tiao": "the key to regulating meridians lies in tonifying the spleen and stomach to replenish the source of blood." Women are based on Chong Ren, Chong is a sea of blood, the blood sea in the palace is full, and women's menstruation comes as scheduled.

### 3. Pathological relationship between tianzhiben and PCOS

(1) The spleen is the foundation of the day after tomorrow, and phlegm and blood stasis cause disease. Fu Qing governs women's Department: "women who are fat, have a lot of phlegm and saliva, and can't conceive, people think that they have deficiency of Qi. Who knows why it is excessive dampness?... and the dampness of obesity is not external evil, but also in the spleen and soil." [7] The day after tomorrow, the essence of water and valley is weak, and the movement is abnormal. It gathers dampness and generates phlegm. It is difficult to remove the evil viscosity of phlegm turbidity, which is easy to hinder the Qi machine and make the Qi machine rise and fall abnormally. Qi is the beauty of blood, while qi stagnation leads to poor blood circulation and blood stasis for a long time. Phlegm turbidity and blood stasis are mutually causal and influence each other. Blood stasis blocks Qi, Qi does not work, and Tianjin stops for phlegm; Phlegm turbidity blocks Qi, Qi can not lead to blood, and blood stasis. Poor Qi mechanism leads to qi stagnation and blood stasis, blocked blood vessels, blood does not return to menstruation, blood stasis blocks the cell palace, resulting in irregular menstruation and even amenorrhea.

(2) The kidney is the innate foundation. Blood stasis blocks Chong Ren's disease. Fu Qing governs women's Department, written by Fu Shan in the Qing Dynasty, said: "the water flows out of the kidneys. [8]" he believed that the water comes from the kidney, the kidney essence is sufficient, the kidney qi is exuberant, and the Qi mechanism is regulated, so there is a regular flow through the water. There is also the "blood syndrome theory": "therefore, when walking through the Scriptures, the water of Tianguai will be put into the cells, and then the blood of Chongren should be put into the cells, so the month comes down." The kidney is the innate foundation. The kidney stores essence, dominates water and reproduction. It is known as "the source of Tianguai and the foundation of Chong Ren"; It has the gasification function of raising clear and reducing turbidity. "Sheng Ji Zonglu" said: "a woman has no children, because of the lack of Chong Ren and the weakness of kidney qi, so she has no children." Lack of innate endowment. On the one hand, the deficiency of kidney essence will lead to the failure of Tianguai, the loss of Chong Ren due to kidney deficiency, the lack of essence and blood, and the unsustainable sea of blood, which will eventually lead to oligomenorrhea, sparse menstruation, and even amenorrhea and infertility, which is the lack of chemical source; On the other hand, kidney deficiency for a long time will lead to the imbalance of Qi, blood and Yin and Yang, resulting in the formation of pathological products such as blood stasis, late menstruation, oligomenorrhea, amenorrhea, infertility, etc., which is caused by the blockage of blood essence and body fluid. Therefore, whether the kidney qi is full or not is directly related to the root of women's pregnancy, and the deficiency of kidney qi can not transform Qi into water. The clear cannot rise and the turbid cannot fall, resulting in the internal stop of water and dampness, hindering the Qi mechanism of the uterus, and finally accumulating into blood stasis, which affects the meridians and blood circulation of the uterus and collaterals, resulting in the dysfunction of Chong Ren and the blockage of the uterus, which will become the disease over time.

#### 4. Treat PCOS from the foundation of heaven

The kidney is the foundation of congenital and the spleen is the foundation of postnatal. The spleen and the kidney are born and influence each other. The essence of water and grain transported by the spleen needs to be warmed by the kidney yang, and the essence of the kidney comes from the continuous supplement and metaplasia of the essence of water and grain. If the congenital endowment is insufficient, or the kidney is excessively damaged by atrial fatigue, menstrual disorders occur due to Chong Ren imbalance, or phlegm and dampness accumulate on the body surface and see obesity, block up in the ovary and uterus, and see infertility. Professor Xia Guicheng believes that the phlegm dampness caused by polycystic ovary syndrome mainly lies in the kidney. Congenital deficiency of kidney qi, or excessive atrial exertion, damage kidney qi, kidney deficiency can not transform Qi and water, accumulate dampness and form phlegm, inject phlegm dampness, block the uterine veins, and can not dominate menstruation or absorb sperm to form pregnancy. Phlegm and dampness accumulate and block the body surface. Obesity can be seen, or phlegm and dampness condense and cause ovarian enlargement and capsule thickening. The spleen is the foundation of the day after tomorrow and the biochemical source of Qi and blood. The spleen governs the blood. The abnormal function of the spleen is mainly manifested in spleen deficiency and phlegm dampness. Spleen qi deficiency, or eating disorders, overwork and excessive injury to the spleen, or wood depression and insult the soil, spleen deficiency, lack of source of Qi and blood transportation, Chong Ren deficiency, blood sea insufficiency, which occurs in menstruation, manifested as hypomenorrhea, late menstruation and even amenorrhea; Or deficiency of body Yang, or overeating raw, cold and cool products, sluggish Spleen Yang, abnormal transportation of water and liquid, stopping and gathering to form phlegm dampness, phlegm dampness blocking the uterus, flushing and Ren, and hypomenorrhea, amenorrhea, infertility, etc. Accumulation of phlegm and dampness, obstruction of lipid membrane, and body fat. "Su Wen Zhi Zhen Yao Da Lun" said: "all dampness swelling and fullness belong to the spleen. [9]" the spleen is responsible for transporting and transforming water and fluid. If the spleen deficiency can not transport and transform water and humidity, the water and fluid can not spread and stagnate in the body. Blocking the uterine and cellular collaterals can lead to menstrual disorders, amenorrhea, infertility and other diseases. "Women's key points" said: "the menstrual closure of fat people must be due to phlegm dampness and lipid membrane obstruction." It is pointed out that the infertility of fat people mostly belongs to excessive phlegm and dampness and excessive body fat. If the vegetarian body is obese, coupled with improper diet, craving fat, sweet and thick taste, or overwork, or worrying for a long time, it can hurt the spleen soil, consume the spleen, lose the application of spleen deficiency, hinder the metabolism of water and fluid, accumulate dampness and form phlegm, obstruct the impact on the uterus, and the blood vessels are blocked, resulting in late menstruation, amenorrhea, non pregnancy, etc. Therefore, the treatment of PCOS is mainly to warm the kidney and strengthen the spleen. In clinical practice, yam, *Atractylodes macrocephala* and *poria cocos* can be added to supplement the blood and blood biochemical activity of the first angel the day after tomorrow; Take *rehmannia*, *Cuscuta chinensis*, *Ligustrum lucidum*, *Angelica sinensis* and *Cornus officinalis* to nourish the innate kidney. In this way, the foundation of heaven is full, the blood metaplasia is active, and the uterus can be maintained, which has a miraculous effect in clinic.

#### 5. Conclusion

The etiology of PCOS is complex and has become a research hotspot in recent years. Clinicians pay special attention to the treatment of this disease, among which traditional Chinese medicine therapy has attracted more and more attention. The author believes that the basic pathogenesis of the disease is deficiency of spleen and kidney, and the blood metaplasia is passive, so the treatment should be mainly to warm the kidney and strengthen the spleen. "The foundation of successive days" is an

extension of the theory of "treating diseases and seeking the foundation". It has important guiding significance for the diagnosis, prevention, treatment and recuperation of the disease, and provides new ideas for the clinical treatment of the disease.

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