

Pei Ruixia's Experience in Treating Various Diseases before and after Menopause from Liver Differentiation

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Keywords: Premenopausal and postmenopausal diseases, Differentiation and treatment from liver, Peiruixia, Experience of famous doctors

Abstract: Clinically, Professor peiruixia often takes the liver as the focus to treat pre menopausal and post menopausal diseases. He believes that the pathogenesis of the disease is closely related to kidney deficiency and liver depression. He divides it into four syndrome types: stagnation of liver qi, stagnation of liver qi and spleen deficiency, vigorous liver fire, and deficiency of liver and kidney yin for syndrome differentiation and treatment. Throughout the treatment process, according to the patient's clinical symptoms and signs, combined with the combination of four traditional Chinese medicine diagnosis and reference, the overall concept, flexible use of classical prescriptions, and concise and accurate clinical medication, it has certain advantages and is worth learning from.

1. Introduction

Menopause and postmenopausal disorders are the most common diseases of menopausal women. During this stage, women's ovarian function gradually weakens, the autonomic nervous system dysfunction caused by changes in sex hormones, and the clinical symptoms of mental and psychological changes, which are called menopausal syndrome. The main symptoms are irregular menstruation, hot, night sweats, upset, palpitations, insomnia, frequent urination, bone pain and so on. According to the survey, about 2/3 of menopausal women have related manifestations, which has caused great problems to their families and life [1]. At this stage, women are generally 45 to 55 years old, and the development of contemporary social economy and family causes greater tension and pressure on women. Studies have shown that [2] if estrogen is too low for a long time, it may cause various chronic diseases, such as osteoporosis, cardiovascular disease, Alzheimer's disease, reproductive tract tumors, etc. At present, Western medicine still uses hormone therapy, but it has two sides, which may cause breast cancer, ovarian cancer, endometrial cancer, stroke, cardiovascular and other diseases [3]. In recent years, traditional Chinese medicine has its unique advantages in the treatment of premenopausal and postmenopausal diseases, especially in improving hot flashes and night sweats. More and more patients are receiving TCM treatment.

Professor Pei Ruixia is a famous Chinese medicine practitioner in Shaanxi Province, the heir to the academic experience of the national famous Chinese medicine high school, and the representative inheritor of Qin Jin Gao's family. Diseases, lipid metabolism disorders, gout, menopausal syndrome

and other endocrine-related diseases, this article is mainly based on the clinical experience of Director Pei Ruixia in treating pre- and post-menopausal diseases based on the "harmonious method" and starting from the liver.

2. Etiology and pathogenesis

In ancient medicine, the specific concepts of pre- and post-menopause disorders have not yet been clarified, but in modern times, they are classified into the categories of "pre- and post-menopausal syndromes", "lily disease", "dirty irritability" and "insomnia" according to their clinical characteristics. "Simple Questions: The Ancient Innocent Theory" says: "The seven or seven Ren pulses are deficient, the Taichong pulses are less and less, the Tiangui is exhausted, and the earth is blocked, so the shape is bad and there is no child." It shows that the important pathogenesis of this disease is the insufficiency of kidney essence. "Lingshu Tiannian" says: "At the age of fifty, the liver qi begins to decline, and the liver lobes begin to thin." Changes in the physiological function of the liver in women before and after menopause, the deficiency of liver blood, the failure of the liver to relieve the qi and blood, and the pathological changes. Ye Tianshi proposed that "women are born with the liver", emphasizing the importance of the liver to women. Lu Qibin [4] believed that the disease was originally caused by deficiency of kidney qi and yin, which was marked as exuberance of fire in the heart and liver. Ni Qing et al [5] believed that the disease occurred due to deficiency of kidney qi, deficiency of Chong and Ren meridians, and gradual exhaustion of Tian Gui. In addition, under the influence of internal and external factors, the imbalance of kidney yin and yang will cause the imbalance of other viscera, the abnormal distribution of qi, blood and body fluids in the body, resulting in the formation of pathological products such as phlegm and blood stasis in the later stage. Chen Ying [6] believes that menopausal syndrome is based on deficiency and excess, and kidney deficiency is the foundation. Insufficiency of liver blood is an important part of the pathogenesis, and spleen dysfunction is an important factor in the pathogenesis, and blood stasis runs through the pathogenesis. Director Wang Wenhui [7] believed that the disease occurred due to the weakness of the five internal organs and the deficiency of kidney qi, which caused the liver qi to be uncomfortable and the heart and kidney to fail. Professor Song Ping [8] believes that the syndromes are complex and closely related to the five internal organs. The main causes are deficiency of kidney qi, emotional insufficiency, improper diet, and excessive desire to work. Based on the viewpoints of various physicians, the pathogenesis of the disease is concluded: the deficiency of kidney qi is the foundation, and it is closely related to the liver and spleen.

After learning about various TCM literatures about pre- and post-menopausal symptoms and years of clinical diagnosis and treatment experience, Professor Pei believes that this disease is based on kidney deficiency, and that kidney deficiency and liver stagnation are closely related, liver qi stagnation, liver stagnation and spleen deficiency, excessive liver fire, and liver and kidney yin deficiency. It is an important cause of the disease, and over time, phlegm and blood stasis will occur, various pathological products and different clinical complex symptoms will appear.

3. Adhere to the pathogenesis and treat according to syndrome differentiation

Mr. Pei believes that women before and after menopause often have large emotional fluctuations, irritability, irritability, sadness, insomnia, etc., which are mostly caused by liver qi discomfort. Loss of sedation, poor circulation of qi and blood, and dystrophy of zang-fu organs will affect the normal functioning of other zang-fu organs. Therefore, Mr. Pei believes that the key is to "treat the liver", including softening the liver, soothing the liver, and nourishing the liver. To soothe the liver, use Bupleurum, Curcuma Radix, Chuan Neem, etc; Starting from the overall concept and the principle of seeking the basics of treatment, Professor Pei pointed out that the treatment of the disease should not

only refer to the laboratory data, but also relate to the patient's discomfort symptoms and the triggering factors. Based on many years of clinical experience, Mr. Pei believes that the treatment of syndrome differentiation starts with the liver. At the time of clinical diagnosis, the disease is divided into 4 types of syndromes: liver qi stagnation, liver stagnation and spleen deficiency, exuberant liver fire, and liver and kidney yin deficiency.

In addition, Mr. Pei believes that the progression of various diseases before and after menopause is gradual. In the face of this disease, we cannot just prescribe the right medicine from the surface. Traditional Chinese medicine pays more attention to syndrome differentiation and evidence-based search for causes, so that the disease is not difficult to treat. In clinical practice, the teacher will listen to the patient when visiting a doctor. From the patient's description, we can understand the cause of the disease, and then prescribe the right medicine. The patient's emotional changes play a great role in the treatment of the disease.

3.1. Syndrome of liver qi stagnation

Teacher Pei believes that "women are born with the liver". The physiological characteristics of the liver being happy and depressive determine that it is closely related to emotions. Women with various symptoms after menopause are mostly emotionally changeable, or they are suddenly stimulated, which causes the liver to fail, qi disorders, and meridians. If the liver stores blood, and the liver regulates the functions of dredging and excreting normally, menstruation will be regular; on the contrary, if the functions of storing blood and dredging and excreting of the liver are abnormal, it will cause symptoms related to irregular menstruation such as oligomenorrhea and amenorrhea. The clinical manifestations are chest tightness, irritability, irritability, dry mouth and bitter taste, excessive desire for breath, depression, light sleep and easy awakening, constipation, red tongue, thin yellow fur, and thin pulse. Governance to soothe the liver and regulate qi. Fang with Xiaoyaosan addition and subtraction. Specific composition: Vinegar Bei Bupleurum 10g, Angelica 12g, Paeonia lactiflora 15g, Poria 15g, Bran fried Atractylodes 15g, Zhigancao 6g, Mint 6g, etc.

3.2. Syndrome of liver stagnation and spleen deficiency

In the five internal organs of the human body, the liver and spleen are mutually restrained, and the liver wood restrains the spleen-earth. Traditional Chinese medicine believes that the liver is in charge of dredging and dispersing, and it is good for spleen and depression. Good luck. The patient manifested as mental depression, low mood, chest tightness, distending pain in the flanks, wandering, belching, unwillingness to eat, and irregular stools. The tongue coating is white and thick, and the pulse is stringy. The treatment is suitable for soothing the liver and resolving stagnation, regulating qi and strengthening the spleen. It is composed of Bupleurum 15g, Vinegar Cyperus 15g, bran fried citrus peel 12g, dried tangerine peel 12g, Chuanxiong 10g, white peony root 15g, licorice 6g and so on. Addition and subtraction: If you see tingling pain in the chest and flank, women's menstrual disorders are disordered. Dark purple tongue, or ecchymosis, astringent pulse, etc. Qi stagnation and blood stasis, add Salvia, Achyrantes chinensis, Angelica and other nourishing yin, promoting blood circulation and removing blood stasis. See foreign body sensation in the pharynx, or flank pain, white and greasy tongue coating, slippery pulse, etc. Qi stagnation and phlegm coagulation, add Magnolia, Perilla, Pinellia, Poria to promote Qi to open stagnation, resolve phlegm and disperse knots.

3.3. Excessive Liver Fire

Among the seven emotions, the liver is anger in the mind, and the eyes are in the orifices. The patient's emotions are incapacitated, the anger hurts the liver, the heart and anger are exuberant, and

the spirit is disturbed by the gods., hot stools, or headache, red and swollen eyes, tinnitus. Red tongue, yellow coating, fast pulse, etc., it is suitable for clearing the liver and purging fire. The prescription is Longdan Xiegan Decoction. Composition: Gentian 10g, Gardenia 6g, Scutellaria baicalensis 12g, Bupleurum 10g, Rehmannia glutinosa 12g, Plantago 15g, Salt Alisma 15g and other drugs. If the clinical patient with constipation is blocked, add wine rhubarb 6g to reduce heat, purging fire and detoxification; if the eyes are red and tinnitus, add honeysuckle and chrysanthemum to clear heat, detoxify and purify fire, clear liver and improve eyesight.

3.4. Syndrome of liver and kidney yin deficiency

In the relationship between the five internal organs, the "liver and kidney are homologous" and "the essence and blood are homologous", both of which jointly regulate female reproductive function. The patient suffers from emotional insufficiency for a long time, turning fire into yin, deficiency of liver yin, loss of nourishment for the head and head; deficiency of kidney yin, endogenous heat due to deficiency, and irritability, dizziness, tinnitus, dry eyes, and visual impairment. Fuzzy, headache, soreness in the waist and knees. The tongue is red, and the pulse is thin or few. Governance to nourish yin and kidney, nourish blood and soften liver. The formula is based on the addition and subtraction of Qi Liuwei. Concrete composition: 30g of Astragalus root, 12g of Rehmannia glutinosa, 30g of fried yam with bran, 10g of wine dogwood meat, 15g of Salt Alisma, 15g of Cortex Moutan, and 15g of Poria.

4. Case study example

4.1. Case verification 1

The patient Zhang Moumou, female, 55 years old, was first diagnosed on January 20, 2022, and presented with the main complaint of "intermittent hot flashes and night sweats for 3 years, aggravating for 2 months". The patient has been menopausal for 5 years. Three years ago, there were no obvious incentives for hot flashes, night sweats, and heat in the hands, feet, and heart at night. No attention was paid to specialist treatment. The above symptoms worsened before 2 months. Fatigue, cold limbs and back, aversion to wind, dizziness, mental fatigue, decreased eyesight, appetite, poor sleep, frequent dreams, red tongue and yellow coating, thin pulse. According to the combination of the four diagnostic methods of looking, smelling, asking, and cutting in traditional Chinese medicine, as well as the patient's symptoms and tongue and pulse, Western medicine diagnosis: female menopause syndrome; Chinese medicine diagnosis: various symptoms before and after menopause (liver qi stagnation syndrome), the treatment is mainly to soothe the liver and regulate the qi. Add or subtract with Xiaoyaosan. The specific prescription composition: Vinegar Bei Bupleurum 10g, Angelica 12g, Paeonia lactiflora 15g, Poria 15g, Bran Fried Atractylodes 15g, Zhigancao 6g, Peppermint 3g (after the next), Cortex Moutan 15g, Jiao Gardenia 6g, Salt Zhimu 15g, Vinegar turmeric 15g, Scutellaria baicalensis 10g. 1 dose a day, a total of 6 payments, divided into morning and evening after meals.

On January 24, 2022, the second consultation. After taking the medicine, the patient's hot flashes and sweating were relieved slightly, and the spirit was slightly improved. At night, the hands, feet and heart were hot, the chest was hot, and there was pain around the umbilicus during defecation. Red tongue, yellow coating, thin pulse. Remove mint, peony bark, and Jiaozhizi from the top, add Amomum 6g, Ginger Pinellia 10g, Forsythia 10g, and Bergamot 15g. After serving 12 doses, the dosage is the same as before.

On February 21, 2022, the third visit, the patient's hot flashes, night sweats, and heat in the hands, feet, and heart were relieved after taking the medicine. Both upper limbs, back, and umbilicus were

cold. After standing for a long time, the waist was sore and sleepy, memory loss, dry and itchy throat, satiated, normal sleep, more dreams, and normal bowel movements. Forsythia go to the top, add 15g of *Rehmannia glutinosa*, and then take 12 doses. The dosage is the same as before.

The fourth visit on March 7, 2022, after taking the above medicine, the patient's hot flashes and night sweats were significantly relieved, the upper limbs and back, and around the navel were cold, the waist pain was slightly relieved, the night rest was not good, light sleep was easy to wake up, and two bowel movements Normal, red tongue with white coating, thin pulse. To the top, go to Chuanxiong, gentian, and *Anemarrhena*, add 15g of *rehmannia glutinosa*, 15g of Digupi, and then take 12 doses. The dosage is the same as before. After the patient continued treatment for 1 month, the symptoms were all improved.

according to: "Knowing a doctor must distinguish the liver qi" says: "The disease of the five internal organs, the liver qi is mostly, and women are especially serious. If the treatment of the disease can cure the liver qi, it is more than half of the thinking." Explaining the importance of treating women's diseases from the liver, the patients are: Postmenopausal women, on the one hand, due to the reduction of estrogen levels after menopause, and on the other hand, due to the disorder of life rhythm after retirement, poor mood, too much thinking, prolonged liver qi discomfort, and the body is prone to fire due to deficiency, so see tide. Heat, night sweats, and a hot chest. In this case, Xiaoyao San is selected for modification. The monarch in the formula is Vinegar *Bupleurum*, soothing the liver, regulating Qi and relieving stagnation; *Angelica sinensis* is warm and sweet, nourishing blood and blood; *Paonia lactiflora* is slightly cold, nourishing blood and softening the liver, astringing yin and stopping sweating. *Poria*, bran fried *Atractylodes* Qi and spleen. *Zhigancao* and *Zhongyiqi*, reconcile all kinds of medicines. Add a little peppermint to disperse the heat of the liver meridian; *Cortex Moutan* and *Jiaozhizi* are used to clear the liver and purify the fire, and the patient's depression consumes Yin and Jin for a long time, so add salt *Zhimu* to clear the heat, and vinegar turmeric strengthens the power of soothing the liver, relieving depression and promoting qi; *Scutellaria baicalensis* tablets Clear the heat of the coke. All the medicines have the effect of soothing the liver and regulating qi, and clearing away heat. During the second consultation, the hands, feet and heart are hot at night, the chest is irritable, and there is pain around the navel during defecation. Add *Amomum glutinosa* to protect the spleen and stomach, ginger *pinellia* is dry, strengthens the function of spleen transport and transformation, *forsythia* clears heat and detoxifies, and bergamot strengthens the effect of soothing liver qi. In the third diagnosis, the patient is sore and sleepy in the waist, sleeps in general, and has many dreams. *Rehmannia glutinosa* is added to nourish yin and kidney, and reduce fire.

4.2. Case verification 2

The patient Li Moumou, female, 48 years old, was first diagnosed on November 4, 2021, and complained of "intermittent hot flashes, night sweats for 1 year, and fatigue for 1 month". A 45-year-old postmenopausal patient has intermittent hot flashes at night, night sweats, fatigue, and poor sleep in the past 1 year. Symptoms include: hot flashes at night, night sweats, fatigue and weakness, poor mood, chest tightness, flank pain, epigastric belching, poor diet, poor sleep, difficulty falling asleep, light sleep and easy awakening, irregular stools, normal urination. Dark tongue with thick white fur and thin pulse. Western medicine diagnosis: female menopause syndrome; Chinese medicine diagnosis: various symptoms before and after menopause (liver stagnation and spleen deficiency syndrome), it is suitable to soothe the liver and relieve stagnation, regulate qi and strengthen the spleen. Specific prescription composition: Vinegar northern *Bupleurum* 10g, white peony root 15g, Chuanxiong 10g, bran fried citrus aurantium 12g, dried tangerine peel 10g, licorice 6g, vinegar Xiangfu 15g, vinegar turmeric 15g, *Magnolia officinalis* 10g, *Coptis chinensis* 10g, bran fried

Atractylodes 10g, Yanzhimu 15g, 1 dose per day, a total of 6 doses, divided into breakfast and dinner and warmed for half an hour after meals.

On the second visit on November 25, 2021, after taking the medicine, the patient's hot flashes at night and night sweats were relieved, the sleepiness and fatigue were improved, the mood was not good, the chest tightness was improved, the flank pain was channeling, the abdomen was stuffy and belching, the patient did not want to eat, the sleep was poor, and he fell asleep. Difficulty, easy awakening from light sleep, irregular stools, normal urination. Dark tongue with white fur, thin pulse. 10g of *Magnolia officinalis* removed from the top, 10g of fried *Atractylodes Rhizoma* with bran, 15g of *Cortex Moutan*, and 15g of fried radish seeds. For patients with poor appetite and fullness in the abdomen, stir-fry radish seeds for qi, digestion and distension, 1 dose per day, a total of 12 doses, Take it warm after breakfast and dinner. For the third diagnosis, go to the upper part of *Radix, Coptis*, to strengthen the magnolia to remove the fullness, and *Amomum* to protect the spleen and stomach. 1 dose per day, a total of 12 payments. After the outpatient follow-up, the above symptoms of the patient have improved significantly. After taking 12 payments and following up by telephone, the patient has improved.

Note: The teacher believes that women are in a sensitive period during this period, and their mood changes are relatively large. The patient in this case is a professional woman. On the one hand, the pressure of work and family is high, long-term mental stress and anxiety, and irregular diet, resulting in liver failure and spleen failure. Luck, so I see the body is tired and weak, the stomach is stuffy and belching, not thinking about eating and drinking, and the stool is not formed. Disturbed liver qi can lead to poor mood, chest tightness, distending pain in the flank and flank, and the pain is indeterminate. The so-called "see liver disease, first strengthen the spleen". Fang Zhongjun medicine vinegar *Bei Chai Hu* is good for soothing the liver and relieving stagnation, vinegar *Cyperus*, vinegar turmeric soothes the liver and regulates qi and relieves pain, *Chuanxiong* activates blood and promotes qi and relieves pain, stir-frying citrus aurantium with bran to regulate qi, stagnation and distension, can effectively relieve the symptoms of belching, distention and pain, etc. *Chenpi* can be pungent to disperse liver stagnation, bitter to reduce anger, can effectively treat liver stagnation and heat, stagnation of drinking and food stagnation, white peony root and licorice nourish blood and soften liver, relieve acute pain, *magnolia officinalis* and remove fullness, *coptis chinensis* clears and relieves dryness. Reducing pure yin, mainly enters the heart meridian, stagnates the stomach and spleen meridians, clears the fire of the spleen and stomach, clears the heart and middle energizer, dries dampness and strengthens the spleen by bran fried *Atractylodes*, and salt *Zhimu* clears heat from deficiency. At the second visit, the patient had poor appetite and abdominal distention and was given fried radish seeds to promote qi, digestion and distension, and *Cortex Moutan* to clear heat from deficiency. At the third visit, the patient's appetite was getting better, and the abdomen was full and uncomfortable.

5. Conclusion

Mr. Pei's diagnosis and treatment of this disease mainly start from four aspects. First, according to the theory of "Zang-Fu-organ Qi-mechanism Theory", he believes that this disease is mostly caused by insufficient kidney qi, liver failure to relieve qi, and poor qi mechanism; The idea of treating a disease must be based on its originality is based on the principle of smoothing the qi mechanism and regulating the yin and yang of the whole body, soothing the liver and activating qi throughout the treatment. It should be used flexibly in the clinical diagnosis, the prescriptions should be suitable for the symptoms, and the medicines should be simple and cheap, and the amount of the medicine should be small and specific; the fourth is to focus on the treatment based on syndrome differentiation and overall treatment, especially the three factors. Among them, individual treatment is the most

important., so that the qi, blood, yin and yang in the human body are in a state of balance; the fifth is to pay attention to the communication between the clinic and the patient, adjust the patient's mood, encourage the patient to exercise more, participate more in social activities, and timely adjust the negative emotions.

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