

Progress in Traditional Chinese Medicine Therapy of Polycystic Ovary Syndrome

Ji Zeng¹, Xinghua Ma¹, Bohan Li¹, Gena Jiao¹, Lu Shen^{1,2,*}

¹*Shaanxi University of Traditional Chinese Medicine, Xianyang, 712000, China*

²*Shaanxi Hospital of Traditional Chinese Medicine, Xi'an, 710000, China*

**Correspondence author*

Keywords: Polycystic ovary syndrome, Traditional Chinese Medicine, Overview

Abstract: By looking up the relevant literature and journals in recent years, some literature on traditional Chinese medicine therapy of polycystic ovary were selected, and by analyzing, summarizing and inducing these literatures, the etiology and pathogenesis of traditional Chinese medicine (TCM) and the characteristic treatment methods and the latest progress of the disease were sorted out. It can be seen from more literature that TCM diagnosis and treatment ideas can not only help clinicians to eliminate complex pathogenesis and simplify it, but also provide better treatment in clinic, which is the characteristic advantage of traditional Chinese medicine. Traditional Chinese medicine therapy is often treated by the principles of tonifying the kidney, strengthening the spleen and soothing the liver, eliminating dampness and phlegm, and promoting blood circulation and removing blood stasis, because there is no final conclusion on which viscera is the basis of treatment in China at present, and the views of various schools are not the same, so this paper focuses on the relationship between main syndrome and concurrent syndrome.

1. Introduction

Polycystic ovary syndrome (polycystic ovary syndrome, PCOS) is more common in women of childbearing [1]. The main pathological changes include elevated androgen, abnormal ovulation and polycystic ovaries. Menstrual disorder, obesity, exuberant body hair, facial acne, infertility, and gradual enlargement of bilateral ovaries are the most common clinical symptoms. In addition, polycystic ovary syndrome can also cause heart and brain system diseases, other endocrine system diseases and increase the risk of endometrial cancer. Therefore, it can be seen that the disease not only seriously endangers the mental health of women, but also significantly reduces the quality of life of patients. In recent years, people have paid more attention to polycystic ovary syndrome and devoted more energy to research, but the etiology is still unclear. There is no corresponding name of the disease in the records of traditional Chinese medicine, but by consulting books of traditional Chinese medicine, we can find that the clinical manifestations of gynecological diseases recorded in most ancient books are highly similar to the main characteristics of polycystic ovary syndrome, which is well known in the process of modern medical treatment. Although the ancients did not name it, they have summed up effective clinical ideas and special treatment methods. Because the ancients did not make a specific classification of polycystic ovaries, physicians described the

disease according to their own clinical experience and understanding, and only according to the description of ancient literature, they initially classified polycystic ovary syndrome as "late menstruation", "amenorrhea", "hypomenorrhea", "infertility" and "syndrome"[2]. Western medicine treatment mechanism mostly around the hypothalamic-pituitary-ovarian axis to achieve ovulation and anti-androgen, although it can quickly take effect, but the cost is too high and the follow-up effect benefit is too small [3]. Traditional Chinese medicine, on the other hand, focuses on maintaining the homeostasis of the yin-yang balance system among the kidney, uterus, Chong and Ren meridians, and Tiangui. On this basis, traditional Chinese medicine combines the holistic concept of disease and syndrome, treats both symptoms and root causes to achieve individualized treatment, because of its considerable clinical efficacy, it has gradually entered the public's vision. In this paper, we selected the relevant literature of traditional Chinese medicine therapy of polycystic ovary syndrome in recent years, focusing on the pathogenesis and treatment of traditional Chinese medicine therapy, and collected, summarized and summarized the diagnosis and treatment ideas of some famous doctors, in order to open up the diagnosis and treatment ideas for clinical use.

2. Pathogenesis and etiology

From most ancient books, we can see that the ancients did not specifically put forward the name of PCOS, but by reading its symptom records, readers can easily find that the kidney, Chong and Ren, spleen and stomach, as well as the corresponding pathological products such as phlegm-dampness and blood stasis are more related to the incidence of PCOS. In the course of the study, the TCM syndromes of the disease were summarized and summarized according to these causes. At present, it is generally believed that it can be roughly divided into kidney deficiency type, liver depression type, spleen deficiency phlegm-dampness type and blood stasis type. So sweet[4]Through the analysis of most literatures, it is believed that the classification of polycystic ovary syndrome in China is complex and diverse, so the standard of syndrome differentiation in China has not yet been unified. However, the pathogenesis is mainly attributed to kidney-qi deficiency, kidney-yin deficiency and kidney-yang deficiency, and is also closely related to the influence of pathological products such as phlegm, dampness and blood stasis. On the other hand, Wang Xingjuan [5] By collecting 223 cases of PCOS patients, including 109 cases of spleen deficiency group, 56 cases of liver deficiency group, 58 cases of kidney deficiency group and 20 healthy women of the same age as the control group, the results showed that the spleen deficiency syndrome was mainly manifested by abnormal glucose and lipid metabolism, and the liver deficiency syndrome showed changes in prolactin. The kidney deficiency syndrome is mainly characterized by the change of sex hormones. It further supports the syndrome type proposed before.

2.1. Kidney deficiency type

Peng Mengfan [6] It is believed that kidney deficiency is the main pathogenic factor of PCOS. Because the kidney governs reproduction, the main feature of polycystic ovary syndrome is ovulation disorder, resulting in infertility. From the perspective of modern medicine, this clinical sign and symptom is closely related to the kidney. The kidney is the place where Yin and Yang of the human body are located, which determines the birth, aging, illness and death of human beings. The theory of the gate of life mentioned by the ancients is also closely related to the kidney. Sufficient kidney essence, people can grow and develop to adolescence, that is, the so-called Tiangui in traditional Chinese medicine, menstruation will appear. If kidney yin deficiency or Yang deficiency leads to relative Yang deficiency or yin deficiency, this is yin imbalance, Yang is not dense, homeostasis is destroyed, and the clinical features are that androgens are relatively hyperactive and women have some changes in men. On the other hand, traditional Chinese

medicine often refers to the kidney as the innate foundation, on which human growth depends. The kidney helps various tissues and organs of the human body to absorb nutrients, which is manifested in promoting the digestion of the spleen and stomach, and then nourishing other viscera, of course, including the extraordinary viscera. In traditional Chinese medicine, it is mentioned that the kidney continuously gives the female cells through its own essence, so that women can reproduce. If this process is interrupted, the kidney essence is insufficient, and then the female cells have no source of nutrition. In addition, the physiology of the kidney is closely related to that of Chong and Ren, and Chong and Ren are also in charge of reproduction, which leads to infertility. In traditional Chinese medicine, it is often said that women are born with the liver, but there is also a saying that essence and blood are homologous. Deficiency of kidney yin will lead to deficiency of liver yin, which will lead to weakness of qi and blood and deficiency of kidney Yang. Yang qi in the uterus will inevitably be insufficient, resulting in infertility due to cold uterus. It can be concluded here that kidney deficiency is the basis of polycystic ovary syndrome, which runs through the beginning and the end, so kidney deficiency has considerable weight.

2.2. Liver depression type

Wang Chunxia [7] According to the physiological basis of the liver, it is believed that women often have excess qi and insufficient blood, and the deficiency of liver blood leads to less blood in Chong and Ren meridians, which makes it difficult to get pregnant, so the liver's function of smoothing the flow of qi and storing blood plays an important role in regulating women's Chong and Ren meridians and ovulation. Women are born with the liver, and the liver can regulate the Qi movement of all parts of the body [8]. Due to the inevitable influence of the living environment, this leads to some women in a depressed living environment for a long time, resulting in uncomfortable mood or depression, nowhere to vent, further affecting the regulation of the liver, and the regulation of the liver is not conducive to aggravating the mood in turn, such as the deterioration of the disease in the vicious circle for no reason. There are also five emotions that are bound to turn into fire, especially liver depression, which leads to excessive fire. If accompanied by spleen deficiency and dampness, patients with dampness and heat will affect the Chong and Ren uterus and cause menstrual disorders and infertility. Therefore, liver depression can cause physiological dysfunction of other zang-fu organs, including the kidney, spleen and stomach, and also aggravate phlegm-dampness and blood stasis, because it manages the movement of qi. Therefore, the influence of the liver should be paid attention to.

2.3. Phlegm-dampness due to spleen deficiency

Traditional Chinese medicine (TCM) generally believes that phlegm-dampness syndrome is a kind of clinical syndrome of imbalance of yin and Yang, which is caused by eating fatty and sweet food, or deficiency of spleen qi, difficulty in transportation and transformation, stagnation of phlegm and fat for a long time, abnormal distribution of body fluid and retention of water and dampness. The physiological functions of the spleen in TCM include transporting and transforming, lifting, and controlling blood. One of the most important is the function of transportation and transformation. The stomach first digests food, and the spleen further transforms it into fine substances for easy absorption. Such as Su Wen Ling Lan Mi Dian Lun [9] Mentioned that "the spleen and stomach, the official of the warehouse, the five flavors out of Yan", so Chinese medicine often also called the spleen and stomach is the foundation of the day after tomorrow. However, the function of transportation and transformation is not only used for the transportation and transformation of food, but also for the transportation and transformation of water. Just as Su Wen Jue Lun [10] It is also pointed out that "the spleen governs the body fluid of the stomach". Water

enters the mouth and then the stomach, and the ascending nature of the spleen transmits this water to the lungs, from which it is dispersed throughout the body. Therefore, it can be considered that the spleen is an important mechanism in the process of water metabolism. Once there is a problem, the pathological product of phlegm-dampness will appear. The pathological product of phlegm-dampness belongs to the deficiency of spleen Yang caused by yin easily damaging Yang position. In addition, the physiological characteristics of the spleen like dryness and dislike dampness, which further aggravates the abnormal function of water transportation and transformation and leads to the syndrome of water-dampness and phlegm retention. According to Zhu Danxi, strange diseases are characterized by phlegm and blood stasis. So Ma Ling[11] It is believed that the patients with polycystic ovary syndrome of phlegm-dampness syndrome are mostly obese, and phlegm-dampness blocks the uterus, resulting in irregular menstruation and inability to conceive. Therefore, it is an extremely important factor that the dysfunction of the spleen and stomach leads to phlegm-dampness, or that phlegm-dampness aggravates the condition due to diet and physical factors. Such as Li Xiaohua [12] The experimental results showed that the effective rate of the experimental group was significantly higher than that of the control group. This is a strong evidence to support the type of spleen deficiency and excessive dampness.

2.4. Blood stasis type

Wait a long time [13] It is pointed out that blood stasis can be roughly divided into two kinds, one refers to the stagnation of blood in the blood vessels of the human body due to various pathological factors, and the other refers to the evil blood that remains outside the blood vessels after a long time of bleeding. The uterus is the house of extraordinary constancy, "storing but not purging", so the uterus can not store evil things such as blood stasis and turbid fluid, once the blood stasis blocks the uterus, its function will be abnormal, which will cause women's menstrual and reproductive dysfunction.[14]. Blood stasis can be roughly divided into blood stasis caused by deficiency and blood stasis caused by excess according to the causes. Deficiency causes include direct factors such as qi deficiency and blood deficiency and indirect factors such as kidney deficiency, spleen deficiency and liver deficiency, while excess causes mainly include qi stagnation, liver depression, phlegm-dampness and other pathological factors directly leading to blood stasis. Most of the strange diseases can not be separated from blood stasis and phlegm-dampness, and women are more likely to contact these pathogenic factors due to their own physiological, physical factors and social environment, which lead to blood stasis. Therefore, most of the other causes are delayed or not treated in time, which will eventually lead to blood stasis, while PCOS caused by blood stasis alone is rare, because it is often accompanied by other causes. Blood stasis often appears later, but it is one of the important tricks of PCOS, which can not be ignored.

3. Treatment

Zhang Xiaoxia [15] Xu Lingtai, a famous medical master in the Qing Dynasty, put forward that "the suffering of ordinary people is called the disease, so the cause of the disease is called the cause", and agreed that the treatment is not only aimed at the pathological changes that can be observed, but also must be expanded to include a variety of physiological and psychological causes. Furthermore, this requires clinical workers and learners not only to consider how to treat polycystic ovary syndrome from medical theoretical knowledge, but also to consider the psychological and other needs of patients in many ways. In terms of theoretical knowledge, the general understanding is mainly from the perspective of the actual situation to consider the treatment. The deficiency syndrome of polycystic ovary syndrome is most closely related to the kidney, followed by the spleen and stomach, but the weakness of the spleen and stomach is often accompanied by phlegm

and dampness, so in this paper, the spleen and kidney are discussed in the excess syndrome. Excess syndrome is mainly caused by most pathological products, including phlegm-dampness, liver depression and damp-heat, qi stagnation and blood stasis. There are many reasons for menstrual disorder, which can be generally considered as impassability. The impassability caused by deficiency is different from that caused by excess. In Plain Questions, it is also mentioned that "excess leads to purgation" is used to make it unobstructed, and "deficiency leads to tonification" is a good method. The direct cause of infertility is that the uterus can also be divided into deficiency and excess. Deficiency is mostly due to deficiency of liver and kidney and deficiency of qi and blood, which leads to the loss of nutrition in the uterus. Phlegm-dampness, qi stagnation and blood stasis belong to excess if they block the uterus. Obese female patients mostly belong to phlegm-dampness. Most of them eat sweet and greasy food. At the same time, they are lazy in exercise and like to sit for a long time or lie in bed. Modern studies have confirmed that acne is due to the exuberant secretion of sebaceous glands, and androgen is an important factor leading to the development and proliferation of sebaceous glands and enhanced secretion. Such as Sun Xinrong [16] It is believed that androgens produced and secreted by human gonad tissues or organs and some tissues of adrenal gland have positive effects on the development and secretion of sebaceous glands, among which testosterone is the most influential androgen. In addition, the increase of androgen also leads to female hirsutism, which seriously affects the appearance, thus increasing the psychological burden, which is often a vicious cycle. Because if the burden of thought is too heavy, it will think too much, which will hurt the spleen and stomach. In addition, there will be anxiety, which will lead to liver depression. These factors are complex, if a single angle is taken, the curative effect is often poor, which reflects the importance of holistic diagnosis and treatment. Chinese medicine workers can also help patients get better curative effect from Chinese medicine psychology combined with the theory of five elements of Chinese medicine.

3.1. Treatment based on kidney

Gold beads, etc [17] The experimental analysis of kidney deficiency and liver depression type, kidney deficiency and liver depression type, kidney deficiency, liver depression and blood stasis type, of which the kidney deficiency type appears most frequently, and it is considered that the kidney deficiency type is the main syndrome of polycystic ovary syndrome. Kidney is the root of yin and Yang in human body, so it can be divided into kidney-yin deficiency type and kidney-yang deficiency type in the treatment of kidney deficiency.[18]The clinical manifestations of kidney yin deficiency are soreness and weakness of waist and knees, common symptoms of yin deficiency, soreness and weakness of waist, legs and knees, and common facial blackness. If accompanied by mental anxiety and liver depression, the pulse can be wiry, thready and rapid. At the same time, the characteristic manifestations of polycystic ovary syndrome, such as menstrual disorders, hirsutism, are mainly thin and small. Most of the kidney tonifying drugs are used, such as 15g antler gum, 30g *Rehmannia glutinosa*, 15g *Lycium barbarum*, 20g *Cornus*, 30g *Achyranthes bidentata*, 30g yam, 20g dodder, 20g *Eclipta*, 15g turtle shell gum and 20g *Ligustrum lucidum*. The finished drugs can be Erzhi Pills Yibian and Zuoguiwan Jingyue Quanshu. If accompanied by other concurrent syndromes, liver depression plus Lily 20g, turmeric 10g, rose 10g; The clinical manifestation of kidney yang deficiency is that the waist is sore and the knees are sore and soft, which can be accompanied by cold, and the kidney qi deficiency can be accompanied by deficiency cold. At the same time, it is also accompanied by menstrual disorder. The color quality change is characterized by light color and thin texture. The menstruation is often heavy and dripping. Most patients are accompanied by phlegm dampness and obesity. Most of the drugs that can warm the kidney yang can be taken, such as 15g cooked aconite, 15g antler gum, 20g Chinese yam, 20g dodder, 20g

cooked land, 15g Chinese wolfberry, 15g angelica, 20g salt *Eucommia ulmoides*, 20g *Cornus*, 6g *cinnamomum cassia*. The finished drug can be Yougui Pill Jingyue Quanshu. For those with obesity and phlegm dampness, add 15g of dried tangerine peel, 15g of *Rhizoma Pinelliae*, 20g of *Atractylodes rhizome*, 20 of white *Poria cocos*, 10g of wood fragrance, 10g of *Amomum villosum* and 10g of nutmeg. These obese people often have high blood lipids according to the results of physical and chemical tests. They can use 15g of hawthorn (which can both reduce blood lipids and promote blood circulation), 20 of *Alisma orientalis*, 20g of lotus leaf and 30g of *Coix seed*; If the menstrual volume is too heavy, you can add 3g of *Evodia rutaecarpa*, 20 g of *Rehmannia glutinosa*, 20 g of *Atractylodes macrocephala*, 15 g of *Scutellaria baicalensis*, 15g of *Paeonia alba*, 10g of *chuanxiong*, 10 g of peony bark, 10 g of *Ophiopogon japonicus*, 10g of ginseng, 6g of donkey-hide gelatin, Huangtu Decoction and Wenjing Decoction synopsis of the Golden Chamber.

3.2. Treatment based on spleen and stomach

If the spleen and stomach are injured due to congenital deficiency, spleen deficiency or improper diet, the Spleen Yang will not vibrate, the transportation and transformation will be abnormal, water and humidity will be injected, dampness will be brewed into phlegm, and excessive phlegm and humidity will lead to obesity [19]. Jiang Yantong [20] and others believe that phlegm and dampness are injected, Chong Ren is dysfunctional, and the blood sea is blocked, which means that menstruation is not smooth, late menstruation or amenorrhea. Dampness Retention, congestion and occlusion, uterine obstruction, inability to absorb sperm and become pregnant, and infertility. Studies have shown that phlegm dampness is a major syndrome type of polycystic ovary syndrome. Phlegm dampness is both the cause of morbidity and the pathological product [21]. In traditional Chinese medicine, it is believed that the spleen and stomach are the acquired foundation of people, regulating the intake of food, water and other nutrients in the body, and the physiological characteristics of the spleen are like dryness and hate dampness, which are the normal operation of the human body under physiological conditions. When there is a problem in one of the links, it becomes a pathological state. For example, people's diet has a certain degree. Too much and too little are abnormal. If they take too much and cannot be used by the body, they will accumulate in the body in other forms of energy, which leads to obesity. In addition, excessive intake of food will increase the burden of the spleen and stomach, thus damaging the spleen and stomach, which is the so-called spleen deficiency; Pathological products such as phlegm dampness will appear when the ability of spleen deficiency to move and transform is reduced. As mentioned in *Jing Yue Quan Shu* [22]: "the transformation of phlegm and saliva comes from the valley of water, so that the fruit spleen is strong and the stomach is healthy. If a young man flows, he will melt with food, and they will become blood gas. How can he retain them and become phlegm? But they can not be completely transformed. If one or two of them is retained, one or two will become phlegm; if one or more of them is retained, three or four will become phlegm; if one or more of them is retained, one or more will become phlegm; if one or more of them is retained, one or more blood gas will be reduced day by day, and the phlegm syndrome will become more and more." Therefore, the treatment should be to dry dampness and remove phlegm and strengthen the spleen, and because phlegm dampness leads to blood stasis, it can also consume Qi and blood, and it should be combined with activating blood, supplementing qi and nourishing blood. The clinical manifestations are obesity, chest tightness and evil, body sleepiness and limb fatigue, fat tongue and light tongue, white and greasy fur and slippery pulse, plus the main characteristics of polycystic ovary syndrome. Therefore, the main drugs are 20g of white *Poria cocos*, 20g of *Atractylodes macrocephala*, 15g of *Fructus aurantii*, 15g of *Angelica sinensis*, 10g of dried tangerine peel, 10g of *Pinellia ternata*, 10g of *Xiangfu*, 10g of *Shenqu*, 10g of ginseng, 10g of *chuanxiong*, 20g of white

peony, 6g of frankincense and 6g of myrrh, The adult formula is Cangfu Daotan Pill [23], the diagnosis and treatment secret recipe of Ye Tian Shi's women's Department, and the Foshou powder Puji Ben Shi Fang; Add 10g *Acorus tatarinowii* and 3g arrowhead mushrooms if phlegm is abundant; For patients with enlarged ovaries, add 6g of pangolin, 10g of seaweed and 10g of *Prunella vulgaris*.

3.3. Treatment based on liver

The liver mainly governs the human body's physiological function of relieving stress, regulates the Qi mechanism of the human body, intercourses and nourishes each other, menstruates regularly, and ovulation rules ensure the success of pregnancy; Emotions have always been uncomfortable and anxious, and liver Qi is stagnant, which leads to the imbalance of Chong Ren and can not nourish each other, which is manifested as infertility. In addition, women are born with the liver, and because the liver stores blood and the body uses Yang instead of Yin, women use blood [24]. If the function of the liver to store blood is not lost, then the Chong Ren complement each other, and pregnancy can be achieved; From the perspective of traditional Chinese medicine, it can be considered that the physiological function of liver catharsis and blood storage play an extremely important role in the normal process of women's normal Chong Ren physiology and the normal ovulation function of the body. Jing Yue Quan Shu[25] records: "birth is due to Qi and blood, and blood is due to feelings. If feelings are not smooth, then Chong Ren is not filled, and if Chong Ren is not filled, then the pregnancy will not be affected". Therefore, emotional failure is an important inducement of PCOS, and liver depression and qi stagnation are one of the main pathogenesis of PCOS [26]. The liver meridian is often accompanied by dampness, so it is often treated by dampness heat of the liver meridian. Its clinical manifestations are yellow under the skin, excessive swelling of the breast before menstruation, or overflow of milk, yellow and greasy tongue coating, high pulse string number and characteristic manifestations of PCOS, thick and greasy hair, menstrual disorder, etc. The selected drugs for treatment are 15g of Danpi, 15g of gardenia, 10g of bupleurum, 10g of plantain, 15g of *Paeonia alba*, 15g of *Angelica sinensis*, 10g of *Gentiana herb*, 10g of chuanxiong, 20g of white *Poria cocos*, 10g of *Scutellaria baicalensis*, 6g of *Tetrapanax papyriferus*, 30g of *Alisma orientalis* and 12g of raw land. The finished products can be modified Longdan Xiegan tang Yizong Jinjian [27] and Modified Xiaoyao Powder. Xiaozhu women's good prescription. For patients with serious milk overflow, 30g of *Achyranthes bidentata* and 30g of fried malt can be added; Patients with severe chest distension can add 10g of Yujin, 30g of Danshen, 15g of Wang buluhang and 15g of Lulutong (*Liquidambaris Fructus*).

3.4. Treatment based on pathological factors of phlegm and blood stasis

Zhang Huiqing's Jing Yue Quan Shu: "Phlegm is water, its root in the kidney, its sign in the spleen." The viewpoint of Li Dongyuan mentions: "The woman's spleen and stomach are weak for a long time, the body is weak, and both Qi and blood are weak, so that the menstrual water is cut off." Fu Qingzhu Gynecology: "The liver is the son of the kidney, liver depression is kidney depression". Zhang Xiaoyun [28] The professor believes that kidney deficiency, liver depression and spleen deficiency are the main pathogenic factors of polycystic ovary syndrome of phlegm and blood stasis type. The qi transformation of the kidney fails, the transportation and transformation function of the spleen is out of balance, the dispersion function of the liver is out of balance, and the accumulation of water and dampness hinders qi and blood, leading to obesity, irregular menstruation and even infertility. Therefore, the analysis shows that the generation of phlegm and blood stasis is closely related to the kidney, liver and spleen. Phlegm and blood stasis can affect each other and become the cause of each other, while the opposite becomes the result. Phlegm evil can lead to qi stagnation

and blood stasis, while blood stasis evil can hinder the function of viscera and lead to excessive phlegm, both of which often occur together. Professor Zhu Liangchun, a master of traditional Chinese medicine, has also talked about the good behavior of insect drugs, which has a good effect on phlegm and blood stasis. Therefore, in clinical activities, Scorpio and Eupolyphaga can be added on the basis of drugs for promoting blood circulation, removing blood stasis and eliminating phlegm. Most of the finished prescriptions are based on Gexiazhuyu decoction and Yi Lin Gai Cuo. [29]; Chen Xiuyuan's Three Character Classic of Medicine also summarizes Zhu Danxi's clinical thinking, such as: invigorating qi from Sijunzi Decoction, enriching blood from Siwu Decoction, treating phlegm from Erchen Decoction, and depression from Yueju Pills. Therefore, the phlegm syndrome can be based on Erchen Decoction.

4. Acupuncture treatment

The methods of acupuncture and moxibustion treatment [30] are more diversified, and they are also more common, such as acupuncture, electroacupuncture, acupoint pulse line, auricular point sticking and pressing, moxibustion, acupuncture combined with moxibustion, acupuncture combined with medicine, acupuncture combined with auricular point sticking and pressing, medicine combined with Acupoint Catgut Embedding and other treatment methods. The selection of acupoints and meridians is also more diversified due to the influence of weather, region, climate, people's own physique and other factors. The most common meridians selected are Ren Du two meridians, Foot Yangming stomach meridians, foot Taiyin spleen meridians, foot Jueyin liver meridians, foot Shaoyin kidney meridians, foot Taiyang bladder meridians, hand Yangming large intestine meridians [31]. Among these meridians, the main therapeutic points such as uterine acupoints, Sanyinjiao, Guanyuan, Zhongji point, Huilai point, ZuSanli, Tianshu, Shenshu and special therapeutic points can be selected.

5. Summary and Outlook

Most literature shows that traditional Chinese medicine combined with modern medicine has a significant effect on the treatment of polycystic ovary syndrome, which not only reduces the medical cost of patients, but also effectively alleviates the clinical sign and symptom of patients and improves the quality of life of patients, which is the application of individualized treatment of traditional Chinese medicine in clinical practice. Because clinical problems are often complex and changeable, researchers can only study according to the actual situation they encounter. Therefore, there are many conflicts in the theoretical viewpoints of various schools, and there is no fixed unified standard in China at present. At this stage, we can only firmly grasp the clinical efficacy and constantly summarize the effective clinical experience of each person, and analyze and summarize it. In the future, the summary at this stage will become evidence-based medical evidence, and get rid of over-reliance on clinical experience, which will be the main breakthrough in the future.

References

- [1] Bai Chengzhi. *Effect of tonifying kidney and activating blood circulation herbs combined with moxibustion on sex hormone levels in patients with polycystic ovary syndrome [J]. Combined use of traditional Chinese medicine and Western medicine Journal of Cardiology*, 2020, 8 (16): 140.
- [2] Zhou Yijie, Yin Qiaozhi. *Study on Pathogenesis and Treatment of Polycystic Ovary Syndrome in TCM [J]. Guangming Traditional Chinese Medicine*, 2021, 36 (06): 907-909.
- [3] Luo Xuezheng, Zou Jinmei. *Effect of Acupuncture and Moxibustion Combined with Bushen Huoxue Decoction on Patients with Polycystic Ovary Syndrome [J]. Journal of Baotou Medical College*, 2020, 36 (08): 93-97.
- [4] Xu Tiantian, Lu Min, Dong Li. *Study on TCM Syndromes of Polycystic Ovary Syndrome [J]. Journal of Traditional*

Chinese Medicine, 2020,35 (01): 86-89.

[5] Wang Xingjuan, Jin Hualiang, Liu Ying. Correlation between spleen deficiency and polycystic ovary syndrome with metabolic syndrome [J]. *Chinese Journal of combined use of traditional Chinese medicine and Western medicine*, 2010,30 (11): 1149-1152.

[6] Peng Mengfan, Liu Baosong, Miao Mingsan. Theoretical discussion on the treatment of polycystic ovary syndrome by tonifying the kidney [J]. *Chinese Journal of Experimental Prescriptions*, 2019, 25 (06): 204-209.

[7] Wang Chunxia, Li Yongwei. Modified Bailingtiaogan Decoction for Infertility of Polycystic Ovary Syndrome with Liver Depression and Qi Stagnation [J]. *Chinese Journal of Experimental Prescriptions*, 2016, 22 (13): 165-168.

[8] Zhang Xin, Chen yuanmu. Clinical Study on Treatment of Polycystic Ovary Syndrome by Soothing the Liver, Invigorating the Spleen and Resolving Phlegm [J]. *Chinese Journal of Traditional Chinese Medicine*, 2015,33 (12): 3010-3012.

[9] Gao Jiajun, Lin Ping. An Introduction to the Theoretical Connotation of "Spleen and Stomach as the Foundation" in Huangdi Neijing [J]. *Fujian Journal of Traditional Chinese Medicine*, 2019, 50 (06): 36-38 + 45.

[10] Zhang Yanwu, Zhang Shunchao. Explanation of pathogenesis of spleen syndrome [J]. *Chinese Journal of Basic Medicine of Traditional Chinese Medicine*, 2016, 22 (09): 1155 + 1198.

[11] Ma Ling. Research progress of Cangfu Daotan Decoction in regulating phlegm-dampness polycystic ovary syndrome [J]. *Chinese National Folk Medicine*, 2021, 30 (04): 64-67.

[12] Li Xiaohua, Chen Zhuo. Curative Effect Observation of Wandai Decoction on Polycystic Ovary Syndrome of Spleen Deficiency and Dampness Excess Type [J]. *Journal of Tianjin University of Traditional Chinese Medicine*, 2019, 38 (05): 455-457.

[13] Chang Jiu, Li Xiaojun. Discussion on the relationship between polycystic ovary syndrome and phlegm-dampness and blood stasis [J]. *Chinese Journal of Basic Medicine of Traditional Chinese Medicine*, 2015,21 (09): 1128-1130 + 1145.

[14] Li Junling, Zheng Xin, Jin Yani, Hui Xuelian, Zhu Xiaoni, Zhao Juan, Shu Jin. Clinical observation of Bushen Huoxue Huatan Decoction in treating polycystic ovary syndrome of kidney deficiency, phlegm dampness and blood stasis. *World Journal of combined use of traditional Chinese medicine and Western medicine*, 2020, 15 (11): 2090-2093.

[15] Zhang Xiaoxia. "Preventive treatment of disease" is not equal to "preventive health care". *Health News*, 2017-11-08 (005).

[16] Sun Xinrong, Liu Zhihong, Huang Aiwen, Yang Haiyue, Song Hongtao. Research progress on pathogenesis and drug therapy of acne [J]. *China Pharmacy*, 2017,28 (20): 2868-2871.

[17] Huang Jinzhu, Li Yunlu, Huang Yefang, Pu Liping, Zeng Qian. Study on the distribution of TCM syndromes in 215 cases of polycystic ovary syndrome [J]. *Shi Zhen Guo Yi Guo Yao*, 2015, 26 (07): 1711-1712.

[18] Tong Hui, Lin Hanmei, He Hengzhen, Li Xincong, Wei Beibei. Research progress of traditional Chinese medicine in treating polycystic ovary syndrome of kidney deficiency type [J]. *Journal of Liaoning University of Traditional Chinese Medicine*, 2018,20 (07): 131-133.

[19] Chang Jiu, Li Xiaojun. Modern literature study on the distribution characteristics of TCM syndromes of polycystic ovary syndrome [J]. *China Sexology*, 2014, 23 (03): 60-63.

[20] Jiang Yantong, Ren Qingling. Analysis of TCM related factors affecting pregnancy outcome of infertile patients with polycystic ovary syndrome [J]. *Journal of Traditional Chinese Medicine*, 2018,59 (2): 116-119.

[21] Wei Xiulan, Ma Jianze, Luo Panpan, Tang Li. Research progress of traditional Chinese medicine and integrated therapy of traditional Chinese and western medicine in the treatment of phlegm-dampness syndrome polycystic ovary syndrome infertility [J]. *Journal of Guangxi University of Traditional Chinese Medicine*, 2019, 22 (03): 52-54.

[22] Peng Xin. Research on Zhang Jingyue's Academic Thought of Treating Phlegm Disease [J]. *Liaoning Journal of Traditional Chinese Medicine*, 2010, 37 (S1): 35-37.

[23] Chen Huijun. Clinical Observation on Cangfu Daotan Pill Combined with Traditional Chinese Medicine Regulating Menstrual Cycle in Treating Polycystic Ovary Syndrome [J]. *China Modern Distance Education of Traditional Chinese Medicine*, 2020,18 (19): 75-77.

[24] Wu Miaoli, Li Jun. Connotation and clinical application of "women are born with liver" [J]. *Jiangxi Journal of Traditional Chinese Medicine*, 2019, 50 (05): 17-19.

[25] Ding Lingling. Clinical Study of Modified Shugan Jieyu Zhuyu Decoction in Treating Infertility of Polycystic Ovary Syndrome with Liver Depression and Qi Stagnation [J]. *Journal of Modern combined use of traditional Chinese medicine and Western medicine*, 2019, 28 (08): 879-882.

[26] Zhang Yilei, Pan Wen, Wang Yongjuan. Research progress on etiology and pathogenesis of polycystic ovary syndrome in traditional Chinese and western medicine [J]. *Chinese Journal of Basic Medicine of Traditional Chinese Medicine*, 2016, 22 (07): 1004-1006.

[27] Wang Chunhuan. Effect of Modified Longdan Xiegan Decoction on Hyperandrogenism in Patients with Polycystic Ovary Syndrome of Stagnant Fire in Liver Meridian [J]. *China Medical Innovation*, 2021, 18 (07): 98-101.

[28] Yan Yi oak. Clinical Study on Treatment of Polycystic Ovary Syndrome of Phlegm and Blood Stasis Type with

Method of Tonifying the Kidney, Invigorating the Spleen and Soothing the Liver Combined with Acupoint Catgut Embedding [D]. Heilongjiang Academy of Traditional Chinese Medicine, 2020.

[29] Yang Sai, Li Siti, Liu Li. *Research progress of Gexia Zhuyu Decoction in the treatment of gynecological diseases [J]. World Medical Information Digest, 2019, 19 (61): 79-80.*

[30] Liu Guoqi, Zhang Jiao, Han Yanhua, Jia Liyan, Zhang Yuehui. *Research progress on treatment of polycystic ovary syndrome with acupuncture [J]. Hebei Traditional Chinese Medicine, 2020, 42 (09): 1414-1418 + 1428.*

[31] Luo Xuezhen, Zou Jinmei. *Effect of Acupuncture and Moxibustion Combined with Bushen Huoxue Decoction on Patients with Polycystic Ovary Syndrome [J]. Journal of Baotou Medical College, 2020, 36 (08): 93-97.*