

Discussing Professor Zhang Xiaofeng's clinical experience in the diagnosis and treatment of menorrhagia by "Tongfa"

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Abstract: Through the understanding, identification and treatment of menorrhagia, summarizing professor Zhang Xiaofeng's clinical experience in the treatment of menorrhagia, focusing on the identification of evidence, using "Tong" as the application, and treating in stages, he prepared Tongjing and Blood Regulating Soup and Tiaoping Tang as the basis for addition and subtraction, to harmonize the organs, qi and blood, Chong Ren and Uterus, in order to restore the balance of yin and yang and the function of Uterus in hiding and diarrhea.

Keywords: Menorrhagia; General method; Staged treatment

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Menorrhagia refers to a normal menstrual cycle, menstrual period, and a significant increase in menstrual flow (greater than 80 ml), as a common gynecological disease, if not treated in a timely manner, in serious cases, there will be deficiency, avalanche, dehydration and other critical illnesses^[1].

Professor Zhang Xiaofeng has been engaged in Chinese medicine and gynecology clinical, scientific research, teaching work for more than 30 years, has a solid theoretical foundation, rich clinical experience. For the diagnosis and treatment of menstruation, makes good use of the "Tongfa" to harmonize the internal organs, qi and blood, Chong Ren, the uterus, forming a more complete diagnosis and treatment plan, and the clinical effect is quite good. I have had the honor to

study with him and explore his treatment plan for the first time, and now I would like to summarize what I have learned as follows.

1 Examining the symptoms, exploring the causes, clarifying the rationale and identifying the evidence.

Mr. Zhang Xiaofeng believes that the diagnosis and treatment, the first in the identification of "symptoms", form the patient hundreds of "symptoms" to explore the causes of their disease, clear its mechanism, identify the type of evidence, and then establish the diagnosis and treatment of the method, and then apply its prescription, medicine.

The clinical manifestations of patients with excessive menstrual flow may include Qi deficiency, Blood stasis, Blood heat, or Damp-Heat. Combined with the patient's symptoms to examine the causes, or factors such as physical weakness, congenital deficiencies, long-standing illnesses and loss of nourishment, or due to emotional and dietary fatigue and injury to the spleen, resulting in spleen and kidney Qi deficiency, loss of Chong Ren, and inordinate menstrual blood flow; or factors such as the body's Yang Sheng, emotional over-excitement, spicy food, feeling heat or dampness evil, heat into the blood, disturbing the uterus, or dampness and heat stagnation, uterus' hiding and diarrhea unbalancedly, and the amount of leakage and excess; or due to emotional incompetence, liver depression and stagnation, regulating the intake of discomfort, positive deficiency evil Gathering, the qi mechanism is

not smooth, the obstruction of the mass in the abdomen obstructs the qi mechanism of the uterus' vein, the stasis of blood stops the gathering of blood does not follow the vessel flow, and the menstrual blood volume is large and lower. Therefore, it is believed that the menstrual flow is more with Qi deficiency, blood stasis, blood heat, damp heat interaction, resulting in the loss of solidity of Chong Ren, the uterus intake is inappropriate, menstrual blood loss. "The menstruation is based on the kidneys" Professor Zhang Xiaofeng believes that this disease is a mixture of false and real disease, its root lies in the "kidneys" is deficient, the "The Ancient Tianzhen Theory" says "a female seven years old, the kidneys are in full bloom ... two seven, the Ren Vessel through, the Tai Chong Vessel fill"^[2], the menstrual water relies on the reconciliation of the Chong and Ren veins, while the Chong and Ren veins rely on the abundance of kidney qi to function, so the kidney qi is deficient, the Chong Ren is out of balance, and the pathogenic factors are disturbed, resulting in the loss of solidity of the Chong Ren, the loss of blood, and the inordinate flow of menstrual water. Clinical patients have a wide range of symptoms and complex etiology, and the causative factors are often intermingled, with common types of deficiency of qi, blood stasis, blood heat, qi deficiency and blood stasis, and damp heat and obstruction.

2 Combination of evidence and disease, staged treatment, and the use of "general methods"

A woman's uterus is also zang-fu viscera, can hide can leak, hide diarrhea sometimes, opening and laxity have degrees can make the menstrual blood to hide and leak at the right time. The normal menstrual period in the kidney - Tian Gui - Chong Ren - Uterus axis in accordance with the law of the tide-during menstruation leakage, after the hidden, each link smoothly and ensure that the menstrual blood is hidden and diarrhea is moderate. The treatment of this disease is based on reducing menstrual flow, but it is still important to regulate blood and qi in order to achieve a balance in the body and to pursue long-term treatment goals. Teacher Zhang used the "through method" is not a narrow sense of the through, the attack, but to make the body's organs, meridians, qi and blood smoothly through the method, refers to all regulation of the body's organs, meridians, qi and blood methods, including a variety of specific treatment methods of Chinese medicine. In the

treatment, must not be too much menstrual water and stick to the method of collecting astringent bleeding, menstrual blood leakage and not smooth, septic blood and not to go, forced to collect astringent bleeding method is also like playing the ostrich, if the effect can temporarily stop the bleeding, fear of leaving stasis and after-effects troubles; if ineffective, stasis of blood not to go, new blood is difficult to settle, septic blood is drenching and difficult to net long lead to collapse, then see the blood immediately stop bleeding for the unknown, unwise method. Therefore, Teacher Zhang advocates "phased treatment, cleverly use of Tong-fa", menstrual period to "Tong" method throughout, to make the most of the situation to "Tong" for use, to clear the uterus, restore the uterine qi flow; menstruation later, the "Tong Fa" is used to regulate the internal organs, qi and blood, Chong Ren and Uterus, according to the identification of the type, or deficiency and tonifying, heat and clearing, stasis and elimination, damp heat and removed. The menstrual blood loss, qi with the blood off, patients often see qi and blood deficiency, but "good treatment of blood, do not seek tangible blood, but seek invisible qi"^[3], should replenish qi as the main; "Women's Return" said "the menstrual regulation, tonifying vitally spleen and stomach in order to capitalize the source of blood, nourish the kidneys in order to settle the blood room!"^[4], the spleen and kidneys should be the most important in tonifying Qi. Heat enters the blood, forcing the blood to run erratically, burning the fluids and consuming the essence and injuring the qi, "Blood is born in the heart and hidden in the liver; qi is born in the kidney and up in the lungs; the spleen is the one that moves up and down in between"^[5], although it is the main method of clearing, it should still take into account tonifying the qi and blood, focusing on regulating the internal organs and qi mechanisms, in order to "pass" for used. When the qi mechanism is not smooth, blood stasis and obstruction occur stealthily, "where the evil spirits are, that is, where the positive deficient are", the disease is a mixture of the real and the deficient, at time, the first of methods is elimination, but should understand the important of compromise. Dampness and heat are embedded in the body, blocking Chong and Ren, which should be removed by the method, but "heat evils are easy to remove, dampness evils are difficult to remove", making the Qi free, then the dampness and heat have no adhere, so that the body can be unobstructed. Therefore, in treating this disease, we should take "Tong" as the harmony, regulate and smooth the inter-

nal organs, qi and blood, Chong Ren and Uterus, and skillfully use various treatment methods.

3 Evidence and medicine

3.1 During menstruation, “make the most of the situation and use it as a general rule”

During menstruation, Prof. Zhang Xiaofeng prepared the following formula: “Tong Menstruation and Blood Regeneration Soup”, 15g of Fructus aurantii, 15g of motherwort, 12g of Radices cyathulae, 30g of Radix Astragali, 15g of Codonopsis pilosulae, 15g of Rhizoma Atractylodis Macrocephalae, 15g of Radix Dipsaci, 15g of Rhizoma Eucommiae, 15g of Parasitic loranthus, 10g of Pericarpium Citri Reticulatae, 9g of Vinegar Radix Bupleurum Chinense, 8g of Thorny Mustard Charcoal, 10g of Liu Ji Nu, 6g of Radix Glycyrrhiza Uralensis. Use three pairs of drugs wisely. First is using Astragalus membranaceus, Codonopsis pilosula, Atractylodes macrocephala koidz to strengthen the spleen, benefiting vital energy and absorb blood, second is using radix dipsaci, eucommia ulmoides and loranthus parasiticus to supplement kidney and secure Chong, third is fructus aurantii, motherwort, and radix cyathulae to move qi and quicken blood. These three herbs invigorate Blood, broaden the Uterus, tonify the Spleen and Kidneys, pacify the Chong Ren, and absorb Blood to stop bleeding; while the Vinegar Bupleurum are used to raise Blood, and the Thorny Mustard Charcoal are used to induce Blood to return to the channels; Liu Jinu uses small doses to eliminate stasis and stop bleeding; Chen Pi and Licorice are used to harmonize the middle and protect the Spleen and Stomach, so as not to damage the Spleen and Stomach and impair the effectiveness of this medicine. Collected in the general tonic, that is, to prevent stay stasis of bad, and eliminate the loss of blood. However, the deficiency should tonify, Huangqi, Dang Shen can be added to replenish qi and blood, Agrimony to stop bleeding and replenish deficiency; heat should clear, astragalus reduced, add Guan Zhong charcoal, Diyu, Qiancao to cool blood to stop bleeding, although because of heat compulsion blood run away, but the menstrual period of women’s uterus is opening, uterus’ vein, collateral qi and blood stagnant, cautiously use a large number of cool blood products to prevent cooling and stay stasis, such as Shengdi, Chishao, Zicao, Mudan pi, etc; stasis should eliminate, add Pu huang charcoal, Wu ling zhi, Maban cao, Sanqi; damp heat should remove , add Tufuling, Cangshu, etc.

to clear heat and remove dampness, rationalize and dry dampness; clinical evidence type more intermixed with each other, menstrual period according to the situation, take “Tong”as harmonious, flexible application of complementary, clear, eliminate, removed method, but the use of medicine cannot be too cold, steely and fierce, the attack.

3.2 Non-menstrual, take “Tong”as harmonious

In addition to the menstrual period, there are three periods, late menstrual period, intermenstrual period and premenstrual period, where the changes of yin and yang are different, and the use of medicine is also different, however, in patients with more menstrual flow, the growing of yin period after menstruation should not specially nourish yin and blood, so that the yin is over-exuberant, but should regulate the organs, qi and blood to help their yin since the growth, to prevent the yin is over-exuberant; intermenstrual period, when the transformation of yin and yang, should reconcile the qi and blood, to help them to turn from yin to yang; premenstrual period, both yin and yang, blood sea is gradually full, qi and blood are abundant. It should be used to regulate yin and yang, qi and blood, and Chong Ren to settle the uterus. Therefore, the formula is prepared from the following: Dang Gui 12, Bai Shao 15g, Dang Shen 15g, Bai Zhu15g, Xu Duan15g, Du Zhong15g, Chen Pi 10g, Fu Shen 15g, Chai Hu 6g, and chaomai Ya 15g. The whole formula regulates Qi and Blood, the Liver, Spleen and Kidneys, in order to tonify the Kidneys and consolidate Chong, strengthen the Spleen and harmonize the middle, ease the Liver and regulate the channels, so that the body’s Qi, Blood and Qi can flow smoothly and follow the laws of Yin and Yang. For deficiency, the Dang Shen will take the dosage; for heat, use Dan Pi, Di Gu Pi, Nv Zhen, Han Lian Cao; for stasis or concurrent obstruction in the abdomen, go to Du Zhong and add Ji Xue Teng, Yi Mu Cao, Chuan Niu Xi, Li Zhi He, Zao Jiao Ci; for dampness and heat, add Tu Fu Ling, Qing Ban Xia, Cang Zhu, Fu Ling, Yiyi Ren. This is a non-menstrual medicine, “Tong” regulates qi and blood, internal organs, Chong Ren, and yin and yang, yin and yang reconcilable evil to go positive security, the uterus to hide diarrhea in moderation.

4 Typical cases

Ban XX, female, 27 years old, unmarried, first diagnosis in 2020.4.10: main complaint: she has been through more than 5 years of menstruation, has regular period

of menstruation, menarche is at 16, 6/28-30, with small amount, light color, no blood clots, no obvious discomfort. 5 years ago, due to examination review and long-term mental stress, after staying up late, her menstrual volume increased, 2/3 more than before, period and menstruation is normal. Imp: 2020.4.1, 6 days clean. The total amount, 1-3 days easily bleeding, daily 5-6 sanitary napkin soaked, red, with blood clots, pre-menstrual breast pain, menstrual abdominal cramps, waist sleepy; thin, sometimes tired and weak, pale, leucorrhoea so much and thin, eat and sleep normally, stool thin, normal urine. Dark tongue and white moss, weak pulse. History of sexual activity, GoPo, past health, no history of surgery. Ancillary examination HB:90g/L, vaginal ultrasound: uterus size is normal, endometrium 2.1cm (echo uniform), no obvious abnormalities in the double attachment. The patient refused to take diagnostic curettage therapy in hospital and requested Chinese medicine treatment. TCM diagnosis: hypermenorrhea (Deficiency of qi and blood stasis), treatment method: During menstruation, supplement qi and contain the blood, transform stasis and hemostasis, during non-menstrual, adjust and replenish qi and blood, promote blood circulation to remove blood stasis; the prescription is made of Tiaoping Tang adding and subtracting made by doctor himself, remove eucommia ulmoides, Bupleurum, Fried malt, codonopsis pilositis increased to 20g, add 15g stir-baked rhizoma dioscoreae, 15g fired white hyacinth Bean, 15g the root of red-rooted salvia, 20g caulis spatholobi, 15g motherwort, 6 pair.2020.4.17,second diagnosis.Feeling slightly better from fatigue, now loose stools, normal leucorrhoea, pale face. Pale dark tongue with thin white moss, thin pulse. Front yam raw, plus astragalus 20g, eucommia 15g, bupleurum 6g, fried malt 15g, 8 pay. In 2020.4.26, third diagnosis, fatigue significantly better, pale face, with normal leucorrhoea, breasts slightly swollen, eat and sleep normally, urine and stool normal. The tongue is pale and dark with thin white moss, and the pulse is thin. When menstruation is coming, the prescription is add-subtract Tongjingshexue Soup which is self-made, add 30g hairyvein agrimony, 6g baked ginger, 15g Cytomium rhizome carbon, 5 pairs, instruct patient to pay attention to menstrual volume. 2020.4.31 fourth diagnosis, Imp: 4.28. Now is the fourth day, the total amount is slightly reduced compared with before, daily sanitary napkin 4-5 pieces can be soaked, still feel weak, with pale face, tongue is light dark coating thin white, pulse fine. Therefore, after 3 months according to the cyclical

treatment plan, the patient's menstrual flow was obviously reduced, face pale red, occasional fatigue after work, normal leucorrhoea, tongue pale red and thin white moss, and fine pulse. The ultrasound endo 1.0cm, HB110g/L, is still insisting on follow-up consultation.

The onset of the disease was from the average of kidney energy in age 21 to the full strength of the body in age 28, and the onset of the disease was caused by mental tension, mental distress and disordered living, resulting in the onset of deficiency of the heart and spleen. If the disease is not cured for a long time, qi deficiency will lead to poor operation of qi and blood stasis, forming the syndrome of qi deficiency and blood stasis. Check its root, the patient menarche' time is late, the amount of the first coming tide is a little, light color, from this can know she is congenitally deficient, kidney deficiency is root cause, postnatal injury caused deficiency of both spleen and kidney, insecurity of the Chong Ren, and unrestrained menstrual blood. The initial diagnosis was late menstrual period, although excessive blood loss, mild anemia, but did not use products to fill the essence and tonify the blood, but used the self-prepared Tiaoping Tang, first, because "the visible blood is difficult to produce quickly, the invisible qi is easy to make up for", and second, because the products to fill the essence are nourishing and greasy, hindering the movement of qi; Tiaoping Tang did not use a lot of qi tonifying drugs during the first diagnosis, fearing that its deficiency would not be replenished, but to regulate the spleen and kidneys, in order to nourish the first and the second origin; by the second diagnosis when the patient does not see significant discomfort, then add the power of tonification to harmonize the blood and smooth the qi. The "Commentary on Fever" said: "The veins of the uterus belong to the heart and the collaterals of the uterus", "the two yang diseases occur in the heart and spleen, there is no hidden curves, women do not have menstruation"^[6], menstruation is based on blood, running and unified intake is dominated by the heart, liver and spleen, Tiaoping Tang in the use of the magic "Fu Shen, Chai Hu, and stir-fried wheat germ" dredge the liver, regulate the heart and spleen, and pacify the uterus. At the time of the three diagnoses, menstruation will be approaching, and it will be used as Tong, with inducing astringency in the tong and tonic.

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