

# Clinical Experience in Using Zishui Qinggan Decoction in the Treatment of Perimenopausal Gall Disease

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**Abstract:** *Objective:* To explore the clinical experience in using Zishui Qinggan decoction in the treatment of perimenopausal gall disease. *Methods:* By comparing the clinical effects of two groups of patients under different methods of treatment, 100 patients with perimenopausal gall disease who visited the hospital from January 2022 to February 2022 were selected as the research subjects of this study. According to the methods of treatment, the patients were divided into two groups: the conventional group comprised of 50 patients who received conventional medication, whereas the Zishui Qinggan decoction group comprised of the other 50 patients who received Zishui Qinggan decoction. The overall clinical effects of the two groups were compared along with the time required for symptom relief. *Results:* The time required for symptom relief in the Zishui Qinggan decoction group was significantly shorter than that in the conventional group ( $p < 0.05$ ). *Conclusion:* Zishui Qinggan decoction can effectively treat perimenopausal gall disease and reduce the time required for symptom (pain) relief.

**Keywords:** Perimenopausal gall disease; Zishui Qinggan decoction

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## 1. Introduction

Patients with perimenopausal gall disease tend to experience severe pain. The use of Zishui Qinggan decoction as an intervention can help alleviate the pain experienced by patients. Zishui Qinggan decoction is effective in clinical treatment. In the medical field, it has been found that Zishui Qinggan decoction has achieved a good clinical effect in the treatment of perimenopausal gall disease. This study mainly analyzed the clinical efficacy of Zishui Qinggan decoction in 100 patients with perimenopausal gall disease.

## 2. Data and methods

### 2.1. Basic information

The data obtained in this study were analyzed. A total of 100 patients with perimenopausal gall diseases were selected for this study. The subjects were patients treated in the Affiliated Hospital of Shaanxi University of Chinese Medicine from January 2022 to February 2022. They were all suffering from perimenopausal gall disease. The patients were divided into two groups based on the method of treatment. In the conventional group, there were 50 female patients, age ranging from 48 to 54 years old, with an average age  $50 \pm 2.25$ . In the Zishui Qinggan decoction group, there were also 50 female patients, ages ranging from 48 and 55 years old, with an average age  $51 \pm 2.25$ . The calculated data showed a  $p$  value greater than 0.05, proving that they are comparable. According to the comparison requirements, those who

refused to participate in the study, those who were allergic to drugs, those with other malignant tumors, and those who do not cooperate well were excluded from the study. Patients who are usually healthy and have normal blood pressure as well as those with normal results from routine blood tests, urine test, stool examination

## **2.2. Method**

### **2.2.1. Conventional group**

Gall disease is caused by work pressure, survival pressure, and irregular lifestyle. People with this condition are in a sub-health state <sup>[1]</sup>. Gall disease is common and prevalent in this modern times. Hence, patients should not be too worried or concerned upon developing this condition. Currently, there are also many methods to treat gall disease. Drugs used to treat Qi depression and phlegm obstruction, phlegm and blood stasis, as well as vigorous liver fire can be used, because gall disease occurs from these same reasons. The use of hormone therapy has changed greatly in the past 20 years. It is generally believed that women under the age of 60 or 10 years after menopause will gain short-term benefits by alleviating perimenopausal symptoms and long-term benefits by preventing affection of chronic diseases.

In fact, menopause is an inevitable process in all women, and its risk are minimal. Aging is unavoidable, and as ovarian function declines, estrogen levels decrease. The reduction of estrogen levels will bring about certain symptoms. These symptoms are relieved with the passage of time, but some individuals are seriously affected by these symptoms. Estrogen receptors can be found all over the body, including those that protect the heart. When estrogen is no longer present, the risk of cardiovascular diseases will increase. In the genitourinary tract, there are many estrogen receptors in both the urinary system and the reproductive system, which are protected by estrogen. If estrogen is significantly reduced, reproductive organs will undergo atrophy (metratrophia and vaginal atrophy). As a result, various conditions such as senile vaginitis, dissatisfaction with sexual life, pain during intercourse, frequent urination, and urinary tract infection, may occur. Since bone metabolism is also protected by estrogen, with the decrease of estrogen, calcium will be lost, and osteoporosis is prone to occur. These are some of the more common conditions and symptoms, and there may also be some typical manifestations in this field of traditional Chinese medicine.

In addition, patients should frequently drink bone soup, which can effectively supplement calcium. This is conducive to their recovery. In addition, regular follow-ups are required to monitor their recovery. Diet should be emphasized in the course of time. Diet should be kept light while increasing its nutrition content. Eating food with high protein and vitamins to supplement our physical strength is beneficial to preventing diseases. At regular intervals, it is important to thoroughly monitor the disease's recuperation.

### **2.2.2. Zishui Qinggan decoction group**

The main function of Zishui Qinggan decoction is to nourish yin and blood, clear the deficiency and heat of Sanjiao, as well as to nourish the heart and calm the mind with the addition of sour jujube kernel. The prescription is boiled in water. Perimenopause should be treated with caution <sup>[2]</sup>. When symptoms appear, it is important to immediately seek medical assistance. In the perimenopausal period, when the body's immunity is low, other physical discomfort may occur. A number of symptoms, including the atrophy of the reproductive tract and urinary system, are the driving indicators. Other symptoms concerning the endocrine system, especially reproductive endocrine, are prominent indicators. For example, irregular menstruation; some people may experience a gradual decrease in its frequency over time, which then stops eventually. Menopause is defined as the absence of menstruation for more than a year from the last menstruation. There may be changes in menstruation before menopause; thus, the most important is in these aspects.

Gall disease is seen as a common swelling and lump in the neck. This condition was prevalent in the last century, especially in rural areas and remote mountainous locations. Gall disease is also known as big neck disease. In traditional Chinese medicine, the term “gall disease” refers to diseases related to the thyroid gland. Specifically, masses are seen on both sides of the larynx in front of the neck. The masses can be soft or firm, large or small, and can be either on one side or on both sides of the neck.

### 2.3. Observation indicator

The observation indicator in the study was the recovery time of clinical symptoms.

### 2.4. Statistical analysis

The data were processed by a statistical software. It is considered statistically significant when *p* is less than 0.05.

## 3. Results

According to the data in **Table 1**, Zishui Qinggan decoction has achieved good clinical results in the treatment of perimenopausal gall disease.

**Table 1.** Comparison of the recovery time of clinical symptoms (T) between the routine group and Zishui Qinggan decoction group

Group	N	Recovery time of clinical symptoms, T
Conventional group	50	14.37 ± 0.95
Zishui Qinggan decoction group	50	7.36 ± 0.81
<i>p</i> value		Less than 0.05

## 4. Discussion

Menopausal syndrome is the more common term for perimenopausal syndrome. Its primary cause is the decline of ovarian function, which results in estrogen fluctuations. It brings about a series of autonomic nerve disorders and somatic symptoms. This group of symptoms is known as perimenopausal syndrome. When does perimenopause usually occur? According to our statistics, menopause occurs around the age of 50, thus there will be some perimenopausal symptoms before menopause, most likely between 45 to 55 years old. Perimenopause lasts about two years. However, for some people, it may be as long as 10 years. This is an overview of perimenopausal syndrome, but traditional Chinese medicine has its own time frame. Menopause before and after certain diseases is referred to as perimenopause in traditional Chinese medicine. All symptoms before and after menopause is another term for it. In the earliest ancient book of traditional Chinese medicine, the classic Huangdi Neijing, the Ancient Innocent Theory describes it as such: taking seven as the base number for women, they will reach this stage when they are forty-nine years old.

Gall disease manifests itself in the form of a swollen neck. The disease is mainly due to water and soil factors as well as physical factors and other reasons, resulting in the condensation of phlegm, which accumulates in front of the neck. Based on the shape and consistency (soft or firm) of the mass as well as the various systemic symptoms, it can be divided into gall sac, gall tumor, and gall gas. The principle of treatment is mainly to regulate Qi, eliminate the gall, and dissipate nodules. People with hard nodules should use drugs to promote blood circulation and remove blood stasis. The treatment also involves soothing the liver, relieving depression, regulating qi, warming yang, nourishing yin, and so on. In addition, some traditional Chinese medications for clearing away heat and detoxification are often used for treating this condition.

Gall disease is a traditional Chinese medicine concept. It is a disease caused by emotion, diet, and blood stasis. It is a disease that manifests itself as lumps or swelling on both sides of the anterior cervical region. This condition is more common in women. There is usually a history of unclean diet and emotional changes. Western medicine generally calls it simple goiter or hyperthyroidism. Timely examination and targeted treatment are necessary.

In recent years, Zishui Qinggan decoction has achieved good clinical results in the treatment of perimenopausal gall disease. In this study, 50 patients with perimenopausal gall disease in the conventional group received conventional medication, while another 50 patients with the same condition received Zishui Qinggan decoction. Data were obtained after the treatment.

According to this research, Zishui Qinggan decoction is effective in the treatment of perimenopausal gall disease.

### **Disclosure statement**

The authors declare no conflict of interest.

### **References**

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