

Traditional Chinese Medicine in the Treatment of Polycystic Ovary Syndrome Infertility

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Abstract: In recent years, the incidence of polycystic ovary syndrome has gradually increased, which has a huge impact on women of childbearing age and is the main cause of anovulatory infertility. Traditional Chinese medicine has outstanding effects in the treatment of polycystic ovary syndrome based on syndrome differentiation and has fewer side effects. Treatment methods such as kidney-based treatment, liver-based treatment, spleen-based treatment, cycle therapy, acupuncture-medicine combined therapy, and emotional therapy reflect the thinking of TCM syndrome differentiation and treatment, which varies from person to person. Good clinical results have been achieved.

Polycystic ovary syndrome (PCOS) is one of the most common gynecological endocrine diseases, and its incidence is increasing year by year, accounting for 6%-10% of reproductive women, accounting for anovulatory infertility. 50%-70%, the clinical manifestations are mostly: high androgen, persistent anovulation, ovarian polycystic changes often accompanied by insulin resistance and obesity, etc. The typical clinical features are: oligomenorrhea or even amenorrhea, infertility, hirsutism, Acne, obesity, acanthosis nigricans, etc. The current diagnostic criteria for PCOS are the Rotterdam criteria proposed by the European Society of Reproductive and Embryonic Medicine and the American Society of Reproductive Medicine in 2003[1]: 1. Rare ovulation or anovulation; 2. Clinical manifestations of hyperandrogenism or hyperandrogenism; 3. Bilateral ovarian enlargement with polycystic changes; 4. Those who meet 2 of the above 3 items and exclude other causes of hyperandrogenism. Here is a review of the understanding and treatment of polycystic ovary syndrome in TCM in recent years:

1. Etiology and Pathogenesis

There is no term polycystic ovary syndrome in the name of TCM disease, and there is no specific treatment and understanding, but according to its clinical manifestations, it is generally classified as "amenorrhea", "low menstrual flow" and "infertility" in TCM. With the deepening of modern research, traditional Chinese medicine has a new understanding of the etiology and pathogenesis of polycystic ovary syndrome. It is mentioned in the Twelve-Five People's Health Edition[2] "Traditional Chinese Medicine and Gynecology" that the etiology and pathogenesis are mainly the dysfunction of the kidney-Tianguai-Chongren-Uterine axis, which is closely related to the dysfunction of the liver, spleen and kidney. It is more closely related to kidney deficiency. The 13th Five-Year Traditional Chinese Medicine publication[3] "Traditional Chinese Medicine Gynecology" mentioned that this disease is mainly based on the dysfunction of viscera, with phlegm turbidity and blood stasis as the target. In addition, pathological products such as phlegm-dampness and blood stasis act on the body, resulting in the dysfunction of the kidney-tianguai-chongren-uterine axis, resulting in infertility. Various physicians also have new understandings of the pathogenesis of PCOS. For example, Mr. Chen Xueqi[4] believes that the essence of the disease is caused by deficiency of qi and blood, dysfunction of viscera, phlegm stagnation, and disturbance of virtual fire. Evil, regulate blood. Chu Yuxia[5] proposed that the pathogenesis of the disease is deficiency of spleen and kidney yang qi, which leads to stagnation of qi and dampness, and blood stasis of phlegm. Fu Baojun[6] believed that its pathogenesis was liver stagnation and qi stagnation, blood flow was not smooth, Chong and Ren were blocked, and it was impossible to fertilize and conceive. Han Bing[7] believed that the etiology of the disease is divided into deficiency and excess. Deficiency can be divided into yin deficiency and yang deficiency. Kidney governs reproduction, and Chong-Ren is also an important hub of female reproductive function, so deficiency of essence in the kidney and Chong-Ren dystrophy are the root causes. Statistics show[8]: Phlegm-dampness type is the most common syndrome type of the disease, and the main pathological factors are phlegm turbidity and blood stasis. Among 266 adolescent PCOS patients, the proportion of spleen deficiency and phlegm-dampness type was 24.4%, and phlegm and blood stasis were interrelated. Syndrome types were 27.4%, so the total phlegm-dampness type accounted for 51.8%. In conclusion, phlegm-dampness is the main factor leading to polycystic ovary syndrome.

2. TCM Syndrome Differentiation and Treatment

2.1 Treating Phlegm-Dampness and Blood Stasis

"The spleen is the source of phlegm." Chinese medicine believes that phlegm is not only the pathological factor of PCOS, but also the main pathological product of the disease. Twelfth Five-Year "Traditional Chinese Medicine Gynecology": "Usually the spleen and kidneys are insufficient, and the water and fluid metabolism is abnormal, which accumulates and forms dampness, which resolves phlegm over time; In the 13th Five-Year "Traditional Chinese Medicine Gynecology": "Obesity, internal resistance of phlegm, or excessive worry, exhaustion of temper, abnormal transportation and transformation, endogenous dampness, blocked cell arteries, resulting in insufficiency of menstrual water, difficult to form. Pregnancy." In recent years, great progress has been made in the treatment of phlegm-damp-type PCOS. According to ancient books, Mr. Liu Minru[9], a master of traditional Chinese medicine, said that women's infertility and menstrual disorders are mostly related to obesity. uterus, leading to amenorrhea and infertility, so Liu Lao advocated that polycystic ovary syndrome should be named as uterine lipid membrane stasis syndrome. Liu Lao believes that the root cause of this disease is the kidney, the disease and the uterus. The causes are complex and the manifestations are diverse. Therefore, clinical treatment

should not be limited to one method, and should be dialectically based on clinical manifestations. The method of integrating Western medicine, using images and biochemical aids to distinguish, conducts the treatment of traditional Chinese medicine, methods and prescriptions. Zhang Duoia and Wu Xiaoke[10] also believed that phlegm-dampness was the main pathological factor of the disease. For patients with polycystic ovary syndrome who are obese and insulin resistant, spleen-invigorating and dehumidifying drugs, such as *Atractylodes*, Hawthorn, *Coptis*, etc. Teacher Chu Yuxia[11] pointed out: Yang deficiency cannot make water, which is the primary factor for the production of dampness and phlegm. Therefore, deficiency of yang qi and mutual accumulation of phlegm and blood stasis are the main pathogenesis. , the prescription is to use Cangfu Daotan Decoction; if the kidney is deficient, add *Rehmannia glutinosa*, *Evodia*, *Ticonia*, *Morinda officinalis*, etc; psyllium. Huang Lihui[12] used traditional Chinese medicine decoction (ginseng, dodder, psoralen, red peony, etc.) to clinically modify PCOS with phlegm block, and the menstrual cycle recovery rate was as high as 87.5%. Yu Zengrui [13] proposed: The mechanism of PCOS infertility is liver and kidney deficiency, uterine insufficiency, leading to amenorrhea, insufficiency of liver qi, insufficiency of qi and blood, uterine dystrophy, and difficulty in getting pregnant. Relieves depression, activates qi and activates blood, and combines the physiological characteristics of each period of menstruation, and treats it in stages.

2.2 Treating from the Kidney

Traditional Chinese medicine believes that the lack of reproductive sperm, the decline of reproductive function, and the slow growth of eggs are the primary causes of the disease. The treatment method is mainly to fill the sperm to promote reproduction. Professor Jiang Huizhong[14] believed that the cause of this disease was mainly kidney deficiency, supplemented by liver stagnation. Liu Cuihua[15] believed that kidney deficiency and blood stasis was the main cause of the disease, and prepared a soup for nourishing the kidney and strengthening the spleen and promoting blood circulation (*Dodder*, *Epimedium*, *Curcuma*, *Atractylodes*, etc.) to enrich the kidney essence, smooth blood flow, and normalize menstruation. The effect is remarkable. Wen Huihua[16] proposed that the basic pathogenesis is mainly kidney deficiency accompanied by blood stasis, and the treatment is mainly to invigorate the kidney and regulate red blood circulation, promote blood circulation and remove blood stasis. The effect of blood stasis, promoting blood circulation and regulating menstruation. Professor Sun Zhuojun[17] believed that the pathogenesis of the disease was kidney deficiency and blood stasis, and adding yang-warming medicines to nourishing the kidneys achieved the effect of nourishing yin and helping yang, promoting blood circulation and regulating qi.

2.3 Treating from the Liver

"Women are born with the liver". The liver plays a vital role in the reproductive function of women. The function of the liver to relieve Qi is normal, the blood flow can be unobstructed, and the female menstruation is normal, so the reproductive function can be unimpeded; , The blood flow is not smooth, the blood stasis is blocked, and the uterus cannot be filled, so it cannot be a fetus. Professor Luo Songping[18] believed that kidney, liver, spleen, and Chong-Ren work in coordination with each other, so that menstrual flow can be as usual and normal fertility can be achieved. Professor Luo Songping often uses the methods of soothing the liver and regulating qi, strengthening the spleen and removing phlegm, and clearing phlegm and dredging collaterals, highlighting the characteristics of gynecological medicine that "women are born with the liver". , Menstrual blood flows down on time, and menstruation comes on time, in order to conceive normally, clinically commonly used Cangfu Daotan Decoction, Xiaoyao Powder, etc. Professor He

Ruoping[19] believes that the clinical debate on PCOS can also be based on the liver, regulating the reproductive axis and ovarian function of patients. Mr. He treats polycystic ovary syndrome of liver stagnation type, mainly regulating the liver, so that the liver qi can be improved, the qi and blood can be unobstructed, and the qi and blood can be nourished, which is conducive to conception. Zhao Yiming, Liu Xinmin[20] and others proposed that the hyperluteinemia of the disease is related to the hyperactivity of yin and yang of the liver, and the method of nourishing yin and calming the liver has a good clinical effect on the disease. Song Linyi[21] believed that the primary pathogenesis of PCOS is liver qi stagnation and turning into fire, which eventually reaches the kidneys, disturbs the chong-ren, the uterus is dystrophic, and then becomes infertile. Before ovulation, the three methods of clearing the liver, promoting blood circulation and nourishing the kidney should be paid equal attention. After ovulation, the main method is to nourish the kidney and soothe the fetus, and also to clear the liver and promote the qi, supplemented by promoting blood circulation. Fu Baojun[22] used Bailing Tiaogan Decoction (Bai Shao, Achyranthes, Green Pi, Vinegar Bupleurum, Chuan Neem, Saponin, Wang Bu Liu Xing, Tong Cao, Licorice) in the treatment of polycystic ovary syndrome, and the effect was remarkable.

3. Cycle Therapy

Traditional Chinese medicine artificial cycle therapy is based on the physiological characteristics of different stages of the menstrual cycle, with the normal operation of the reproductive axis as the premise, combined with modern medical research and imaging technology, according to the growth and development of follicles at different stages. To grow or promote ovulation, apply corresponding traditional Chinese medicine to play the effect of assisted pregnancy. Xia Guicheng[23] advocated that the primary pathogenesis of PCOS is insufficient kidney yin, slow egg growth and development, leading to infertility, and divided the menstrual cycle into early postmenstrual, mid postmenstrual, late postmenstrual, intermenstrual ovulation, premenstrual, and menstrual periods. The seven periods of the first and second half period and the menstrual period are treated according to different physiological characteristics, especially the follicular growth period in the later period of menstruation. Professor Cai Xiaosun[24] used polycystic prescriptions to add and subtract kidney-tonifying medicines such as Saponin thorn, Shengdi, Shudi, Xianlingpi, Baijingzi, Qingpi, etc. in the late menstrual period and intermenstrual period of patients to promote the growth and discharge of follicles; Give the polycystic prescription to remove the saponin and warm the spleen, such as curcuma, amethyst, antler cream, etc. to warm the kidney and help the yang, to create good conditions for the implantation of fertilized eggs. Professor Liu Yingjie[25] used sequential therapy to treat the disease, using self-made prescriptions during the menstrual period, so that the menstrual blood can be discharged smoothly; in the late menstrual period, it is important to stimulate ovum; in the intermenstrual period, use Wuzi Yanzong Pill to add or subtract to promote ovulation. ; In the late period of menstruation with Tiaojingzhuyun decoction, kidney and miscarriage, the clinical effect is significant. Professor Chen Xia[26] used the method of invigorating the kidney and filling essence and promoting follicle development in the late menstrual period. To sum up, under the premise of following the physiological changes of the cycle, physicians in various schools promote the discharge of menstrual blood during the menstrual period, promote the growth and development of follicles during the follicular phase, and then promote ovulation. Law. This kind of cycle therapy for the disease has remarkable effect and has been widely used.

4. Injections Combined with Medicine

Acupuncture is an indispensable part of Chinese medicine. With the in-depth development of traditional Chinese medicine research, acupuncture is gradually recognized in the world, and

acupuncture has an obvious role in the fields of reproductive endocrinology and infertility, which has been widely inherited and carried forward at home and abroad. Xiao Huilian, Lai Shenglan[27], etc. used acupuncture and medicine to treat the disease. Acupuncture mainly focuses on Guanyuan and Sanyinjiao, and Xueqihai, etc. are used as matching points. After treatment, the ovulation rate is 97.7%, and the pregnancy rate is as high as 73.8%. Liang Zhuocai[28] used acupuncture to treat phlegm-damp polycystic, and the combination of acupuncture and medicine has significantly improved the curative effect of patients with heavy body weight. Li Xiaofei et al[29] performed acupuncture and moxibustion combined treatment for different syndrome types of polycystic ovary syndrome, and believed that for the symptoms of phlegm-dampness, taking the acupoints with the effect of invigorating qi and strengthening the spleen has a better effect, and taking Sanyinjiao for blood stasis has a significant effect.

5. Other Therapies

Studies have shown that[30,31], failure to rest on time, staying up late, working at a fast pace, lack of exercise, unhealthy eating habits and other bad habits lead to the imbalance of qi and blood in the body, the dysfunction of the five internal organs, and the accumulation of many pathological products. , or deplete qi and blood, causing Chongren to lose nourishment, resulting in an increase in the incidence of the disease year by year. Many modern physicians, such as Li Yan[32], use Baduanjin as exercise therapy instead of drug therapy to regulate people's emotions, relieve mental stress, regulate qi and balance viscera functions. When treating the disease, Mr. Luo Songping, Mr. Chu Yuxia, Mr. Hou Lihui, etc., while using drug treatment, instructed the patients to live a healthy lifestyle, such as healthy diet, moderate exercise, regulating their emotions, and relaxing, in order to achieve better results.

6. Conclusion and Outlook

Traditional Chinese medicine has a good effect in the field of polycystic ovary syndrome infertility. Chinese medicine dialectical treatment, cycle therapy, combined with acupuncture and emotional therapy, have achieved good treatment. Chinese medicine treatment can not only improve the symptoms of the disease, but also fundamentally Up-regulate the patient's physique, improve the function of the viscera, balance yin and yang, and reconcile qi and blood, so as to achieve the effect of regulating menstruation and assisting pregnancy. At present, traditional Chinese medicine has a diverse understanding of the pathogenesis of the disease, and the clinical syndrome differentiation and treatment are flexible and changeable. With modern research and scientific technology, the macroscopic syndrome differentiation of traditional Chinese medicine and the microscopic images of modern medicine are integrated to provide more timely and accurate treatment, and the clinical effect is better. Significantly.

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