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CLINICAL CLASSIFICATION OF PREMATURE OVARIAN FAILURE AND SYNDROME DIFFERENTIATION OF TRADITIONAL CHINESE MEDICINE

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ABSTRACT

Premature ovarian failure is harmful to women's physical and mental health of the disease, the cause of complex, difficult to treat, to patients with great physical and psychological pain. Although some scholars at home and abroad in their pathogenesis, TCM syndrome differentiation, treatment and other aspects of the achievements made, but still did not alleviate the suffering of patients, the current strengthening of the influential factors on the disease, etiology and pathogenesis, the characteristics of traditional Chinese medicine is still one of the key issues. Early prevention, early detection, early treatment in delaying the development of the disease, relieve symptoms and so on is also important.

1. INTRODUCTION

Premature ovarian failure (POF) refers to menstrual menarche normal or delayed, secondary sexual characteristics of normal development of women, before the age of 40 amenorrhea and sexual organs atrophy, accompanied by follicle stimulating hormone (follicle stimulating hormone, FSH) and Luteinizing hormone (LH) levels increased, estrogen (estradiol as the representative, Estradiol, E2) levels of reduced syndrome [1]. We mostly think that it is a low sex hormone and hyperglycemia as a main feature of a state. For a variety of reasons, ovarian cells cannot synthesize estrogen and other sex hormones, or low synthesis, and thus the hypothalamus pituitary axis of the negative feedback effect of reduced inhibition of gonadotropin, gonadotropin levels continue to rise, which in turn leads women to advance into menopause.

At present, the cause of premature ovarian failure caused by a variety of pathogenesis. Some experts through the clinical investigation found that the incidence of premature ovarian failure and occupation, marital status, educational level, part of the previous history such as tubal or ovarian inflammation abscess, tuberculosis history and recurrent urinary tract infection or vaginitis, drug use such as contraceptives, aspirin and interference Su, living habits such as sexual life, diet, sleep and so there is no close relationship [2]. The risk factors of disease and work or study pressure, as well as the environment, toxic substances contact, secondary sexual development, family history, autoimmune or ovarian history, smoking history and so on. Some experts through the clinical questionnaire survey of ovarian dysfunction is the risk factors of age, marital status, pelvic surgery history, multiple pregnancy history, multiple abortion, family relationship is not harmonious, frequent sexual life, hair, home ranking Small, anxiety and so on.

2. CLINICAL CLASSIFICATION

According to the reference literature and clinical data, premature ovarian failure can be divided into six basic syndromes [3].

2.1 Blood deficiency

Main symptoms: delayed menstruation, less, pale, gradually to menstrual closure, fatigue, dizziness, less gas lazy words.

Time's disease: easy to sweat, easy to cold, insomnia and more dreams.

Tongue pulse: pale tongue, thin white fur, thin pulse weak.

2.2 Kidney deficiency

2.2.1 Kidney yang deficiency

Main symptoms: less by the amount of less or less, dark color, gradually to the menstrual closure, Yaoxisuanruan, cold or cold limbs, loss of libido.

Times disease: nocturia frequency, urine long, stool thin Dan, dizziness, tinnitus.

Tongue pulse: pale tongue, white, pulse Shen fine.

2.2.2 (Liver) kidney yin deficiency

Main symptoms: menstrual delay, the amount of less, color red, gradually to the menstrual cessation, dizziness, hearing loss or tinnitus, Yaoxisuanruan or heel pain, five upset hot, hot night sweats,

Secondary disease: dry mouth, vulva or vaginal discomfort, abnormal skin feeling (dry, spastic itching, etc.), dry stool, yellow urine

Tongue veins: red tongue, little moss, pulse thin or breakdown.

2.2.3 Kidney yin and yang deficiency syndrome

Main card: amenorrhea, waist and knee pain, dizziness, tinnitus; both hot and humid sweat, upset the insomnia, but also aversion to cold.

Times card: dry mouth dry throat, dizzy, apathetic, looking over white or smoked black, stool thin or dry, urine clear one or short red.

Tongue veins: pink tongue, white fur, pulse thin and weak.

2.3 Liver qi stagnation

Main symptoms: irregular menstruation, less, or less time, dark red color, gradually amenorrhea, upset irritability, chest tightness, swelling or two threatening pain.

Times disease: low mood, often sigh, heating or pantothenic acid, pale tongue, white fur, thin pulse string.

2.4 Spleen (gas) 'kidney yang

Main symptoms: less or less by the amount of light, dark color, gradually to menstrual closure, Yaoxisuanruan, cold or cold limbs, Shenqi shortness of breath, limbs burnout.

Times disease: mouth boring, do not think of diet, body swelling, urine clear long, nocturia frequency, stool is not formed, or thin or diarrhea, decreased libido.

Tongue veins: pale tongue teeth side marks, or pale tongue dark, white fur, pulse Shen thin or weak.

2.5 Spleen deficiency phlegm dampness

Main symptoms: delayed menstruation, the amount of less, color light quality sticky, gradually to the menstrual closure, conscious throat sputum, limb fatigue, and fatigue.

Times disease: mouth boring, do not think of diet, stool is not forming, partial thin or diarrhea.

Tongue veins: pale tongue, greasy moss, weak or slippery.

2.6 Blood stasis

Main card: menstrual variable, more or less, color purple block, by the line is not smooth, gradually amenorrhea; even lower abdomen sting.

Tongue veins: dark tongue or tongue side of the plaque or tongue tip point, or sublingual collaterals, pulse string fine or astringent.

Evaluation criteria: meet the main symptoms of 1 or more, secondary disease 2 or more, combined with the tongue and tongue syndrome differentiation of the card.

3. CHINESE TREATMENT

At present, there is no unified TCM syndrome differentiation analysis, but the traditional Chinese medicine has a multi-system, multi-link the overall regulatory role, which itself is not a hormone, but there is a clear ability to mobilize [4]. Can be identified by syndrome differentiation medication to improve ovarian response to gonadotropin and ovarian hormone receptor levels, recovery and improve ovarian function. In particular, the traditional Chinese medicine with kidney function can improve the body's reactivity and regulate the level of hormone, delay the role of hypogonadism, promote ovarian function recovery, but also on the female gonadal axis function has a certain regulatory role of traditional Chinese medicine treatment of premature ovarian failure. According to kidney deficiency, Chong Ren as the main pathogenesis of premature ovarian failure, kidney can be established for its basic principles. Bushen focus on the tune kidney yin, kidney yang, to restore the relative balance. According to the different yin and yang deficiency, or nourishing kidney yin, or kidney kidney yang, or kidney yin and yang double fill, so that on the basis of a new balance. Although compared with the kidneys, the spleen is relatively minor, subordinate status but the spleen healthy or not, but related to the ups and downs of the essence of the kidney. If the lack of function of the spleen, the source of decline, unable to fill the sky. In the POF prevention and control process, we must pay attention to care of the spleen and stomach of the gas, diet section, do not make full, do not greedy cold, if the spleen is not healthy symptoms, then when the liver and stomach for the first treatment. How traditional Chinese medicine system, multi-link the overall regulatory role. It has a clear ability to regulate, in particular, can improve ovarian response to gonadotropin and ovarian hormone levels.

In recent years, Chinese medicine has made some progress in experimental research, studies have shown that kidney can improve the responsiveness of the pituitary and regulate ovarian hormone levels, all aspects of the gonadal axis have a certain role in the adjustment; Bushen Chinese medicine can significantly improve estrogen levels; Compared with the Western medicine without any side effects; kidney can adjust the premature ovarian failure, high gonadotropin can play a role in the ovary, adrenal gland to reduce the role of atrophy; Bushen Yijing has the role of follicular development, Significantly improve the ovarian and uterine blood supply; Bushen Yiqi Chinese medicine to improve endocrine gland function, improve the function of hypothalamus - pituitary - gonadal axis, increase the body of sex hormones, regulate the internal environment; Warming kidney yang, nourishing blood through the law to promote ovulation (E2) progesterone (P) smelting, so that the vaginal epithelium a large number of keratinocytes, increase the size of

the uterus and ovarian weight, improve serum estradiol (E2) progesterone (P) The number of follicles in the ovary, the number of corpus luteum and follicular diameter, the mechanism of action may be through the regulation of hypothalamus pituitary-ovarian gonadal axis function, Promote follicular development and ovulation [5].

3.1 General information

The study was conducted in 50 patients with premature ovarian failure. The youngest is 20 years old and the maximum is 40 years old. According to TCM syndromes were divided into kidney yang deficiency type 21 cases, liver depression kidney deficiency type 16 cases, blood deficiency fire type, 13 cases. Are symptomatic treatment.

3.2 Methods

According to TCM syndromes to take dialectical treatment, as follows:

Kidney weak type: Sunburn Astragalus 15 grams, 15 grams of Codonopsis, Xianling spleen 15 grams, 15 grams of dodder, raspberry 15 grams, 15 grams of fried yam, Curculigo 12 grams, Morinda 12 grams, fried angelica 12 grams, Wolfberry 12 grams, 12 grams of cornus, antler tablets 12 grams (Xian Jian), Amomum 2 grams, 12 grams of mixed land, light with 10 grams, 10 grams of Cnidium, 10 grams of Wei Wei, 10 grams, purple quartz 30 grams (Xian Jian). Take water decoction to take, 1 / d, sooner or later sub-service, taking 1 month for a course of treatment, continuous treatment of 2-3 courses.

Liver and kidney type: Anemarrhena 12 grams, 6 to 9 grams of cork, habitat 12 grams, 12 grams of Rehmannia, Xianling spleen 9 to 12 grams, Curculigo 9 grams, Morinda 12 grams, 12 grams of Ligustrum lucidum, mountain Cornflower 12 grams, barking turtle plate 12 grams (Xian Jian), Cistanche 15 grams, 15 grams of dodder, fried Angelica 12 grams, 12 grams of white peony root, twigs root 12 grams, 12 grams of Achyranthes bidentata. Take water decoction to take, 1 / d, sooner or later sub-service, taking 1 month for a course of treatment, continuous treatment of 2-3 courses.

Blood deficiency fire type: Rehmannia 12 grams, 15 grams of yam, bupleurum 6 grams, angelica 9 grams, 9 grams of white peony, antler 12 grams (Xian Jian), Xianling spleen 12 grams, 15 grams of dodder, Grams, the system of incense with 9 grams, August bar 12 grams, 5 grams of roses, medlar 12 grams, the system Shouwu 15 grams, 10 grams of Wei Wei child. Take water decoction to take, 1 / d, sooner or later sub-service, taking 1 month for a course of treatment, continuous treatment of 2-3 courses [6].

3.3 Observe indicators

The levels of follicle-stimulating hormone, luteinizing hormone, estrogen (E2) and menstrual recovery were observed before and after treatment, and the results were compared and analyzed.

3.4 Statistical processing

The data of this study were analyzed by SPSS18.0 statistical software.

3.5 Results

After 50 cases of TCM syndrome differentiation and treatment, clinical symptoms and signs disappeared, and menstrual return to normal, after treatment E2, FSH and LH levels were significantly improved. Compared with before treatment, the difference was statistically significant ($P < 0.05$).

4. CONCLUSIONS

Premature ovarian failure is a refractory gynecological endocrine disease, in recent years, the incidence is getting higher and higher, the more inclined to younger. At present, the exact cause of this disease is not clear, Western medicine mainly to hormone replacement therapy, but the effect cannot be sustained, easy to relapse after stopping, and with some adverse reactions, such as increased breast cancer, endometrial cancer risk, may also lead to stroke, thrombosis disease; fertility requirements of patients with ovulation therapy, egg IVF-ET, but the cost is huge, difficult to popularize, the success rate is not high. Modern Chinese medicine based on traditional theory, mainly from the kidney, liver, spleen three governance, which has a pivotal role in the kidney. Therefore, the main treatment to kidney-based, accompanied by Shugan spleen Yang Xin, blood circulation, commonly used methods of syndrome differentiation, cycle therapy, acupuncture, cream and so on.

Studies have shown that Chinese medicine treatment POF safe and effective, no obvious contraindications, with a variety of individual advantages, and long-term side effects, easy to be accepted by the majority of patients.

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