



ÖSTERREICHISCHE GESELLSCHAFT FÜR
KONTROLLIERTE AKUPUNKTUR UND TCM



Femme&Fertile



Dr. Olivia Pojer

Leitlinienduell

Behandlungsansätze in der Menopause

Dr. Ursula Ritz

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Peri-und Postmenopause
Symptome

- ❖ Vasomotorische Symptome - Hitzewallungen, Schweißausbrüche
- ❖ Schlafstörungen
- ❖ Stimmungsveränderungen (Niedergeschlagenheit, Depression)
- ❖ Urogenitale Symptome (vaginale Trockenheit, Belastungsinkontinenz)
- ❖ Sexuelle Probleme (Libidoverlust)

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Klimakterische Beschwerden

- 75% aller peri-oder postmenopausalen Patientinnen leiden unter zumindest 1 Symptom.
- Die durchschnittliche Dauer der Beschwerden beträgt 7,4 Jahre!

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Estradiol (E2)mangel

- Störung der Thermoregulation/Hitzewallungen
- Trockene Haut
- Zyklusstörung
- Osteoporose
- Libidoverlust
- Schlafstörung
- Haarausfall, brüchige Nägel
- Vermehrte Gesichtsbehaarung
- Erschöpfung
- Herzrhythmusstörungen
- Depressive Verstimmung

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Estriol(E3)mangel

- Trockene Haut und Schleimhaut
- Rez. Scheidenpilzinfektionen
- Beschwerden der oberen Atemwege
- Infektanfälligkeit
- Reizdarm/Reizblase/Blasenentzündungen
- Magenschleimhautentzündungen
- Zahnfleischbluten
- NNH-Entzündungen
- Fertilitätsstörungen (Plazentainsuffizienz)

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Progesteronmangel

- Blutungsstörungen
- PMS, Mastodynie
- Zysten, Myome
- Gewichtszunahme
- Zyklusabhängige Kopfschmerzen
- Libidoverlust
- Schlafstörungen
- Insulinüberschuss
- Infektanfälligkeit
- Kalte Hände und Füße
- Depressio, Ängste, Reizbarkeit
- Ödeme

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Estrogendominanz

- PMS, Mastodynie, Zysten
- Erhöhtes MammaCa Risiko
- Endometriose
- Myome
- Ovarialzysten
- Ödeme, Gewichtszunahme
- Blutungsstörungen
- Migräne
- Autoimmunerkrankungen
- Schilddrüsenfunktionsstörung
- Allergien

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Therapeutische Intervention

- ❖ Hormonelle Behandlungen (oral, **transdermal**)
- ❖ Nicht hormonelle Behandlungen
- ❖ Nicht pharmakologische Interventionen

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Nebenwirkungen HRT

- ❖ Blutungsstörungen
- ❖ Thrombosen
- ❖ Erhöhtes Risiko für MammaCa
- ❖ Erhöhtes Risiko für EndometriumCa bei Langzeit HRT (> 5 Jahre)
- ❖ Erhöhtes Risiko für OvarialCa
- ❖ Die vaginale E3 Gabe erhöht das Risiko nicht!
- ❖ HRT kann das Risiko für kolorektale Ca senken

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Kontraindikationen HRT

- ❖ MammaCa
- ❖ Thrombembolische Erkrankungen (Thrombosen, Lungenembolie, Myokardinfarkt)
- ❖ Akute Lebererkrankungen
- ❖ Porphyria cutanea tarda

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Leitlinie

Tabelle 10: Wirksamkeit und Risiken verschiedener Interventionen bei Hitzewallungen

	Nutzen nachgewiesen	Nutzen möglich	Nutzen unwahrscheinlich
Geringes Risiko für Schaden bzw. Therapieabbruch	Abwarten bzw. Placebo, CBT (Achtsamkeit, kognitive und Verhaltenstherapie)	Cimicifuga 5 – 6.5 mg/d (herbal preparation), Isoflavone 30-80mg/d, inkl. Phytoöstrogenreiche Ernährung, Rotklee, S-Equol, Genistein 30-60 mg/d, Rheumrheumatikum, Akupunktur, Johanniskraut 300 mg/d	Sport (3 - 6 Monate) Tiefenentspannung (4 - 12 Wochen), Vitamin E
Mittleres Risiko für Schaden bzw. Therapieabbruch	Östrogene, Tibolon	SSRI, SNRI, Gabapentin, Clonidin	DHEA (Dehydroepiandrosteron) Raloxifen

gynécologie
suisse

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Research

BMJ Open Efficacy of a standardised acupuncture approach for women with bothersome menopausal symptoms: a pragmatic randomised study in primary care (the ACOM study)

Kamma Sundgaard Lund,¹ Volkert Siersma,² John Brodersen,^{1,3}
Frans Boch Waldorff⁴

BMJ Open: first published as 10.1136/bmjopen-2022-028000

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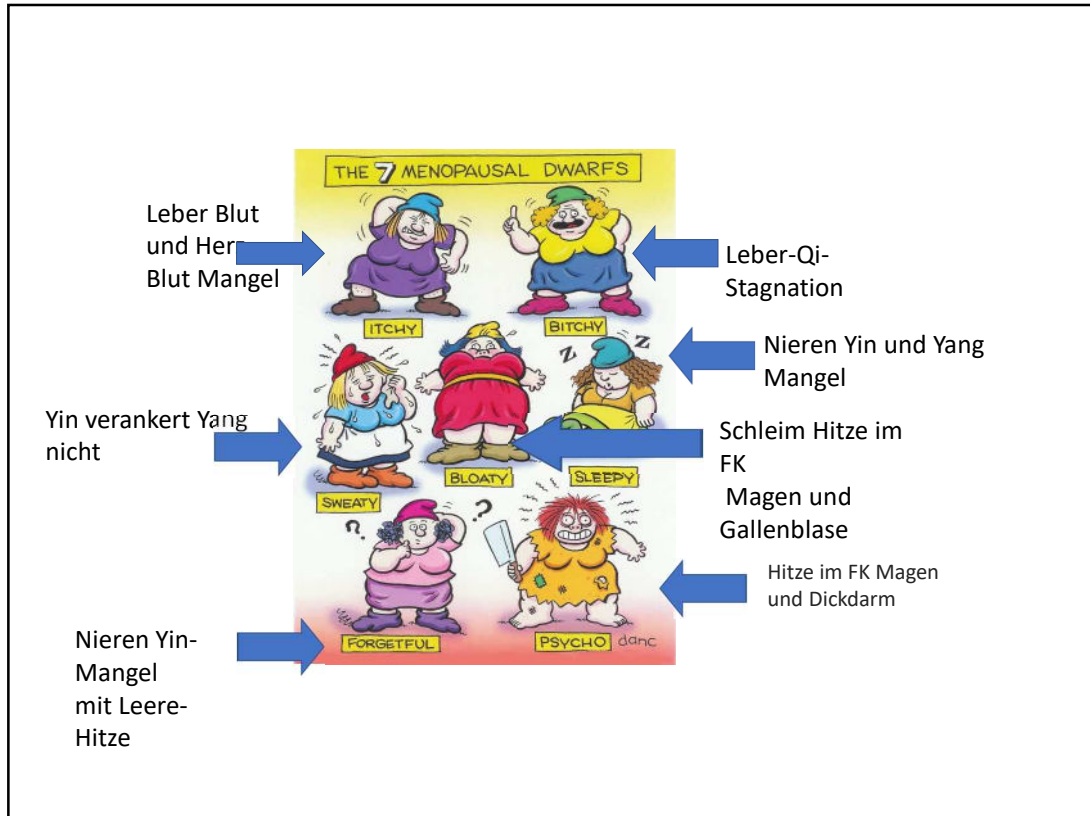
Weniger Symptome bereits nach drei Wochen

- Insgesamt 70 Patientinnen aus neun dänischen Hausarztpraxen wurden per Los entweder der Interventions- oder der Kontrollgruppe zugeteilt. Erstere erhielten einmal wöchentlich über fünf Wochen eine standardisierte Therapie (insgesamt acht Akupunkturpunkte). Die zehnminütigen Sitzungen wurden von Hausärzten durchgeführt, die durchschnittlich seit 14 Jahren Western Medical Acupuncture praktizierten. Im Kontrollarm verzichtete man auf eine Schein-Behandlung, um einen möglichen Placeboeffekt zu vermeiden. Die einzelnen **Symptome** wurden **anhand des MenoScore-Fragebogens** (11 Skalen) **erfasst**.
- Bereits nach drei Wochen Kurzakupunktur litten die Frauen im Gegensatz zur Kontrollgruppe deutlich weniger unter Hitzewallungen. Auch andere Beschwerden wie Tag- und Nachtschweiß, allgemeines Schwitzen, Schlafstörungen, emotionale Verletzlichkeit sowie Haut- und Haarprobleme verbesserten sich. Nach sechs Wochen gaben 80 % der Frauen an, dass ihnen die Behandlung geholfen habe.

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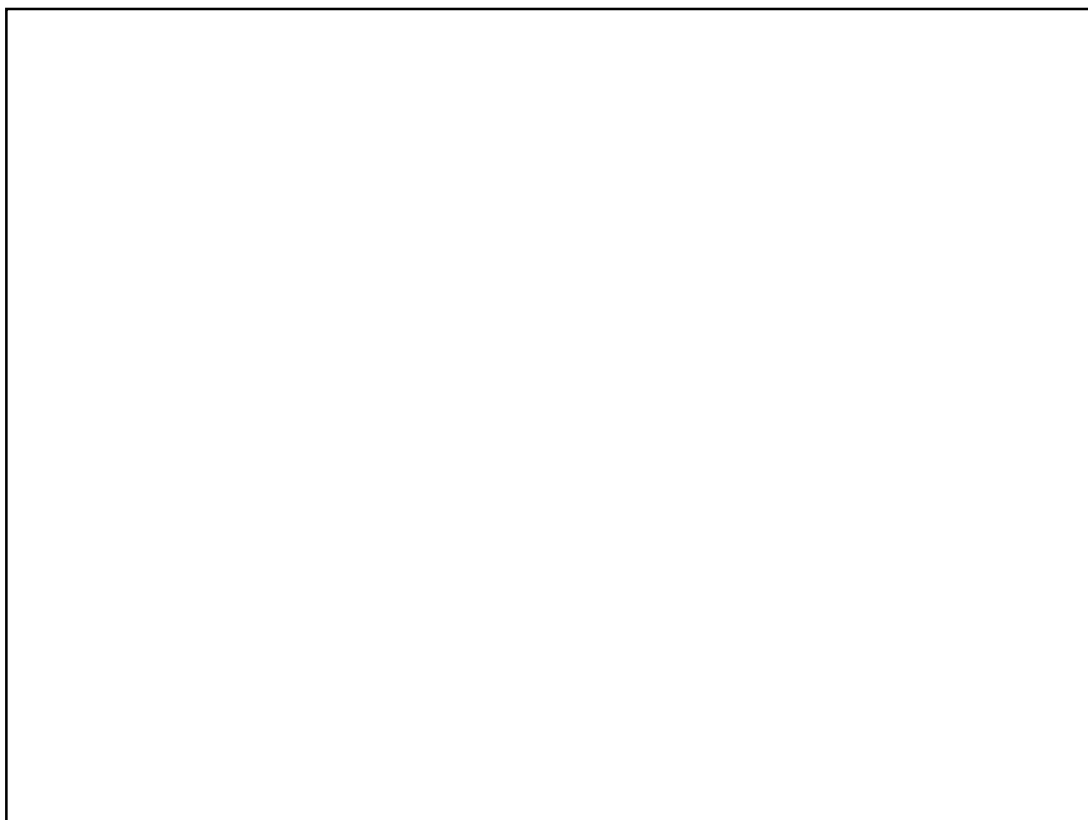
VASOMOTOR SYMPTOMS

Vasomotor symptoms (VMS), including hot flashes and night sweats, are among the most common issues menopausal women experience. They affect approximately 70% of women in Western cultures. VMS are also one of the best-studied areas with regard to acupuncture and menopause.

A 2009 review by Alhaily and Ewies¹ concluded that the majority of studies on acupuncture for VMS reported 50% reductions in hot flashes that lasted for up to six months. A 2015 meta-analysis by Chiu et al.² supports these results. It reviewed 12 studies with a total 869 participants, finding that acupuncture significantly reduced hot flash frequency and severity. It also found that acupuncture improved menopause-related psychological, somatic, and urogenital symptoms, as well as overall quality of life.

The results of these reviews suggest that acupuncture has significant benefits for women suffering from menopausal VMS.

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Randomized Controlled Trial > J Clin Oncol. 2016 May 20;34(15):1795-802.
doi: 10.1200/JCO.2015.63.2893. Epub 2016 Mar 28.

Acupuncture As an Integrative Approach for the Treatment of Hot Flashes in Women With Breast Cancer: A Prospective Multicenter Randomized Controlled Trial (AcCliMaT)

Grazia Lesi¹, Giorgia Razzini², Muriel Assunta Musti¹, Elisa Stivanello¹, Chiara Petrucci¹, Benedetta Benedetti¹, Ermanno Rondini¹, Maria Bernadette Ligabue¹, Laura Scaltriti¹, Alberto Botti¹, Fabrizio Artioli¹, Pamela Mancuso¹, Francesco Cardini¹, Paolo Pandolfi¹

Affiliations: 1 University of Turin, 2 University of Padua

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Patients and methods: We conducted a pragmatic, randomized controlled trial comparing acupuncture plus enhanced self-care versus enhanced self-care alone. A total of 190 women with breast cancer were randomly assigned. Random assignment was performed with stratification for hormonal therapy; the allocation ratio was 1:1. Both groups received a booklet with information about climacteric syndrome and its management to be followed for at least 12 weeks. In addition, the acupuncture group received 10 traditional acupuncture treatment sessions involving needling of predefined acupoints. The primary outcome was hot flash score at the end of treatment (week 12), calculated as the frequency multiplied by the average severity of hot flashes. The secondary outcomes were climacteric symptoms and quality of life, measured by the Greene Climacteric and Menopause Quality of Life scales. Health outcomes were measured for up to 6 months after treatment. Expectation and satisfaction of treatment effect and safety were also evaluated. We used intention-to-treat analyses.

Results: Of the participants, 105 were randomly assigned to enhanced self-care and 85 to acupuncture plus enhanced self-care. Acupuncture plus enhanced self-care was associated with a significantly lower hot flash score than enhanced self-care at the end of treatment ($P < .001$) and at 3- and 6-month post-treatment follow-up visits ($P = .0028$ and $.001$, respectively). Acupuncture was also associated with fewer climacteric symptoms and higher quality of life in the vasomotor, physical, and psychosocial dimensions ($P < .05$).

Conclusion: Acupuncture in association with enhanced self-care is an effective integrative intervention for managing hot flashes and improving quality of life in women with breast cancer.

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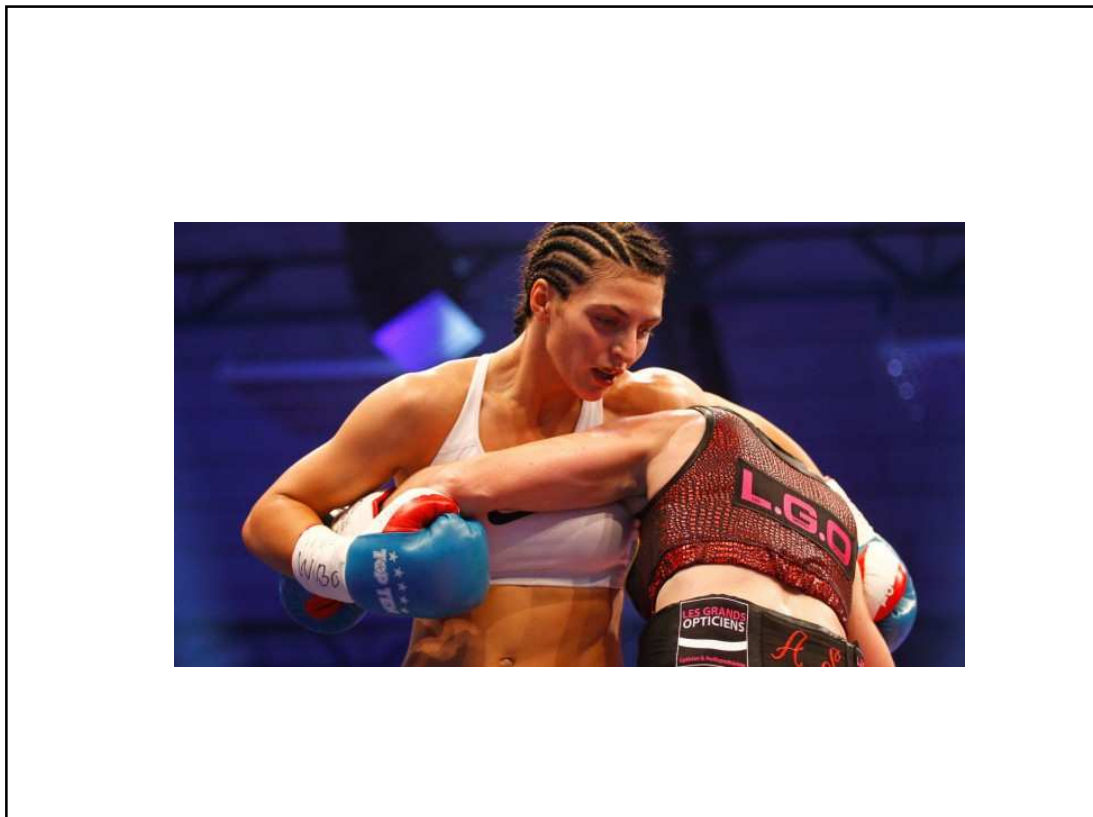
OSTEOPOROSIS

Osteoporosis is a common issue in post-menopausal women. Several large-scale reviews indicate that acupuncture could help.

A 2018 systematic review and meta-analysis by Pan et al.¹⁰ included 35 studies and a total of 3014 participants. It found that, compared with pharmaceutical treatment alone, warm acupuncture increased bone mineral density (BMD) of the femur and lumbar spine. It also increased serum calcium and estradiol levels, reduced serum alkaline phosphatase, and relieved pain. Electroacupuncture also had positive effects on serum calcium, serum alkaline phosphatase, and pain.

A 2020 review by Xu et al.¹¹ supported these results. It included 13 systematic reviews and meta-analyses published between 2013 and 2018. They found high quality evidence that acupuncture and moxibustion can improve BMD in primary osteoporosis. They also found that these therapies could benefit visual analog scale (VAS) pain scores, although the quality of the evidence was lower.

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> Chin J Integr Med. 2008 Sep;14(3):194-6. doi: 10.1007/s11655-008-0194-1. Epub 2008 Oct 14.

Menopause in German and Chinese women--an analysis of symptoms, TCM-diagnosis and hormone status

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- **Methods:** Patients suffering from menopause-syndrome were recruited from the TCM-outpatient clinic of the University of Duisburg-Essen in Germany (35 subjects) and from the Shuguang Hospital Affiliated to Shanghai University of Traditional Chinese Medicine in China (35 subjects). The Kupperman-Index for tracing menopausal symptoms was applied. The complete TCM-diagnosis was carried out by the same investigator in China as well as in Germany. Testosterone and estrogen blood samples were collected once from every woman.
- **Results:** There were significant differences in specific symptoms of the Kupperman-Index, such as a higher prevalence of formication and depression in German menopausal women; whereas Chinese menopausal women suffered significantly more from vertigo, headache and paraesthesia symptoms. Concerning TCM-diagnosis, Kidney-yang deficiency was diagnosed in 51.43% of the German women in contrast to 5.71% of the Chinese women; 17.14% of the German women were diagnosed as having Kidney-yin deficiency compared to 74.29% of the Chinese women. The German women showed significantly lower mean hormone levels for testosterone compared to the Chinese women ($P < 0.0005$).
- **Conclusions:** German and Chinese menopausal women do not show different prevalence but have different patterns of menopausal symptoms. Furthermore, from a TCM point of view, German women suffer more from Kidney-yang deficiency whereas Chinese women suffer more from Kidney-yin deficiency syndrome. These results are supported by significantly lower levels of testosterone in German women compared to Chinese women, which, in TCM, is a characteristic of yang deficiency.

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Chinesische Kräuter

Tab. 1: Chemische Klassifikation von Phytoöstrogenen und ihr Vorkommen bei Pflanzen unter besonderer Berücksichtigung chinesischer Arzneidroge

Chemische Klassifikation	Vorkommen
Isoflavone	Soja, Rotklee, Puerarie radix, Psoraleae fructus
Flavonoide	Epimedii herba, Cuscutae semen, Curculiginis rhizoma, Taxilli ramulus, Mori folium, Typhae pollen, Polygoni avicularis herba
Lignane	In vielen Früchten, Getreide, Grüntee, Angelicae sinensis radix, Angelicae pubescentis radix, Angelicae dahuricae radix, Ecliptae herba, Cnidii fructus, Psoraleae fructus
Coumestane	Cnidii fructus, Psoraleae fructus, Peucedani radix, Ecliptae herba, Angelicae sinensis radix, Angelicae dahuricae radix, Citri reticulatae viride pericarpium
Stilbene	Polygoni multiflori radix
Terpene	Ginseng radix, Notoginseng radix, Panacis quinquefolii radix, Ligustri lucidi fructus, Glycyrrhizae radix, Cyperi rhizoma, Bupleuri radix

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Tab. 8: Hormonwirkungen der Bestandteile von „Der nach links gehende Trank“ (Zuogui yin).

	östrogenartig	progesteronartig	androgenartig
Rehmanniae radix praeparata	↑	↑	
Dioscoreae oppositae rhizoma	↑	↓	
Lycii fructus	↓		
Poria	-		
Corni fructus	(↑)-		
Glycyrrhizae radix praeparata	↑	↑	↓↓

↑ agonistischer Effekt, (↑) schwacher Effekt, ↓ antagonistischer Effekt, - kein signifikanter Effekt (Angaben ergänzt nach [134]).

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Tab. 9: Hormonwirkungen der Bestandteile von „Die nach rechts gehende Pille“ (Yougui wan).

	östrogenartig	progesteronartig	androgenartig
Aconiti radix lateralis praeparata	-		
Cinnamomi cortex	↑↓	↑	
Cervi cornus colla	↑?		↑?
Rehmanniae radix praeparata	↑	↑	
Dioscoreae oppositae rhizoma	↑	↓	
Lycii fructus	↓		
Comi fructus	(↑)-		
Cuscutae semen	↑-	-(↓)	↑
Eucommiae cortex	(↑)↓	↓	↑
Angelicae sinensis radix	↑	(↑)↓	

↑ agonistischer Effekt, (↑),(↓) schwacher Effekt, ↓ antagonistischer Effekt, - kein signifikanter Effekt. Für Cervi cornus colla wurden die Effekte von Cervi cornus pantotrichum eingesetzt (Angaben ergänzt nach [134]).

Tab. 10: Hormonwirkungen der Bestandteile von „Dekokt der vier Bestandteile“ (Siyu tang).

	östrogenartig	progesteronartig	androgenartig
Rehmanniae radix praeparata	↑	↑	
Angelicae sinensis radix	↑	(↑)↓	
Paeoniae radix alba	↑	-	↓↓
Chuanxiong rhizoma	↑	↑	

↑ agonistischer Effekt, (↑),(↓) schwacher Effekt, ↓ antagonistischer Effekt, - kein signifikanter Effekt (Angaben ergänzt nach [134]).

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- Erklären kann man die eher günstigen Effekte von Soja bzw. Isoflavonen einerseits durch ihre selektive Östrogenrezeptor-modulierende (SERM)- Eigenschaft. Bei niedrigem endogenem Östrogenspiegel wirken sie als schwache Östrogen-Agonisten, bei höherem endogenem Östrogenspiegel als Antagonisten. Im letzten Fall können sie die tumorfördernde Wirkung von Östradiol inhibieren. Eine weitere Erklärung liegt darin, dass beim Östrogenrezeptor ein α - und ein β -Typ unterschieden werden. Vereinfacht ausgedrückt haben beide entgegengesetzte Wirkungen. Während über ER α proliferative und tumorfördernde Effekte auf Brustzellen vermittelt werden, hemmt ER β in der Regel die ER α - und die Androgenrezeptor(AR)-Funktion sowie das Zellwachstum von Brust- und Prostatakarzinomzellen [19]. Viele Phytoöstrogene, insbesondere Sojaisoflavone, binden stärker an ER β als an ER α , so dass damit tumorhemmende Effekte erklärt werden können

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Chinese herbal medicine for treating menopausal symptoms in London women: developing a good practice protocol via the factor analysis of prescribing patterns in a clinical study
Scheid, V., Tuffrey, V. and Bovey, M.

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2. Methods

2.1 Study design

The data analysed in the paper was collected during a clinical study (Phase 2 of the Westminster Menopause Project) with a practice-based pre-post design with no control group. In the course of this study, six experienced practitioners of Chinese medicine treated 117 menopausal women at the University of Westminster Polyclinic in central London. The study design and methods have been detailed elsewhere in respect of evaluating effectiveness and safety.

Practitioners had a minimum of 10 years' experience, represented a range of training styles and were members of the three professional bodies that represent most Chinese medicine practitioners in the UK. Participating women, chosen from the general population in London, were required to be aged 45-55 years and experiencing menopausal symptoms. They were offered 12 sessions of Chinese medicine over a six-month period, comprising herbal medicine and/or acupuncture. Dietary and lifestyle advice appropriate to patients' Chinese medicine **assessment** was also given. Treatment was intended to be as close to the practitioners' usual style as possible.

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Bioidente Hormone

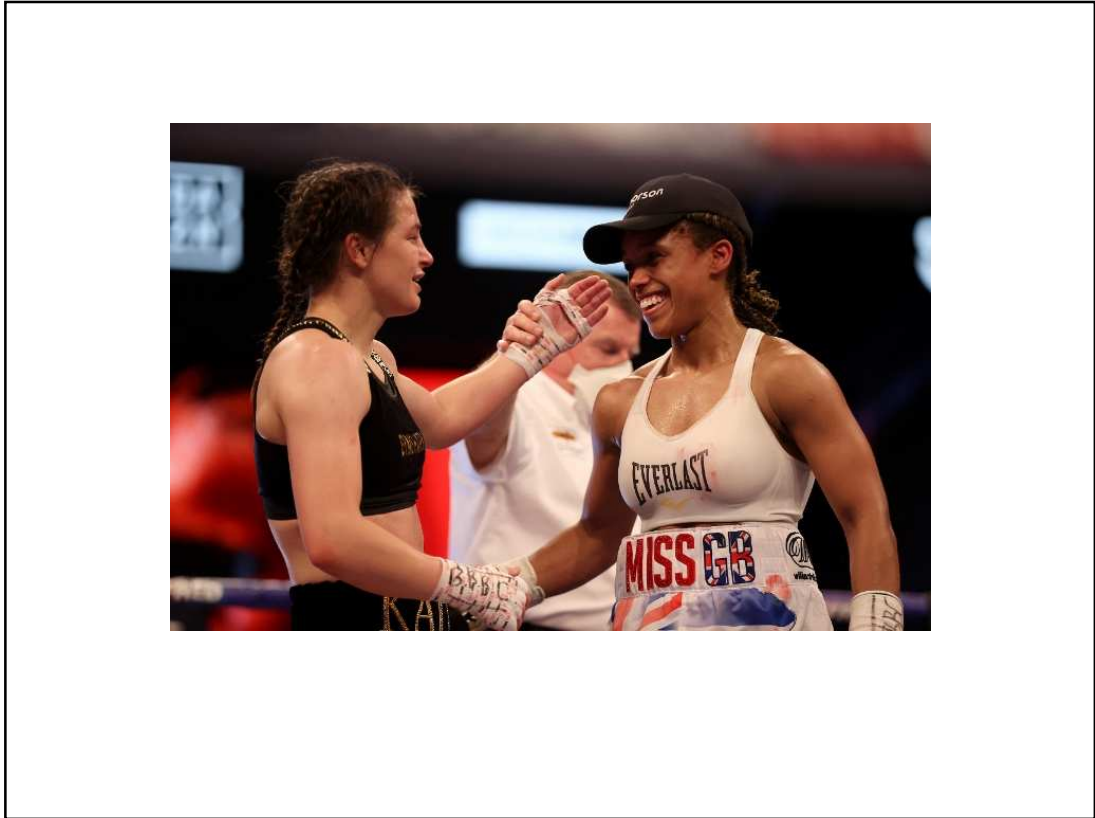
- ❖ = naturidentische oder bioidentische Hormone
- ❖ Verschreibungspflichtige pharmazeutische Wirkstoffe, welche mit den natürlichen Hormonen des Menschen strukturell und funktionell identisch sind.
- ❖ Entstehung aus Diosgenin - pflanzlich (Yamswurzel) - Synthese im Labor (standardisierter Herstellungsprozess)
- ❖ In erster Linie transdermale Applikation

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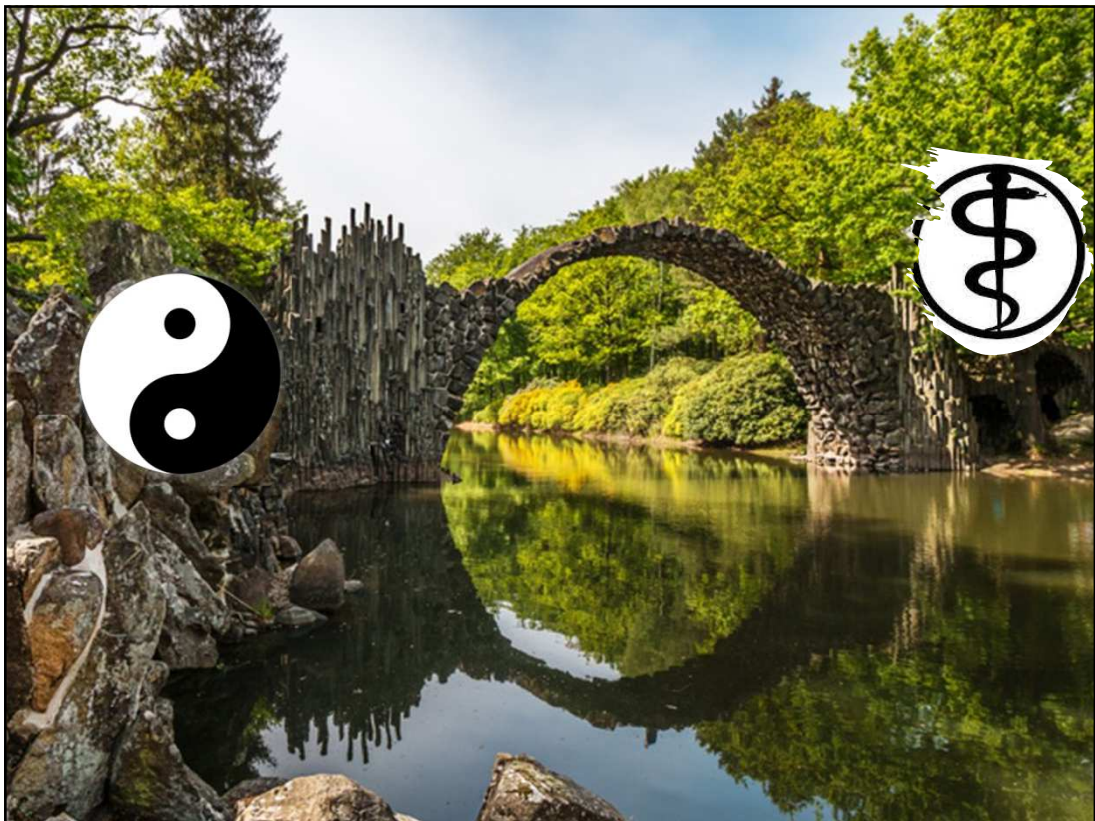
Bioidente Hormone

- Diagnose der Steroidhormone im Speichel
- Regelmäßige Kontrollen (3-6 Monate)
- Individualisierte Verschreibung möglich
- Korrekt verordnet sollten keine NW auftreten
- Immer in Kombination mit Mikronährstoffen (Labortests)

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HRT - Facts and Myths

- Ist einer HRT bei prematurer Ovarialinsuffizienz empfehlenswert?

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Premature Ovarialinsuffizienz

- HRT oder Pille bis zum natürlichen Menopausenalter!
- Erhöhe Risiko für Osteoporose und kardiovaskuläre Erkrankungen

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HRT - Facts and Myths

- Soll einer 55-jährigen Frau mit manifester Osteoporose eine HRT angeboten werden?

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Osteoporose

- ❖ Eine HRT führt zu einer signifikanten Erniedrigung Osteoporose assoziierter Frakturen
- ❖ Primär antiresorbtive Therapie: Alendronat, Bazedoxifen, Denosumab, ...
- ❖ Bei Behandlung mit Östrogenen wegen vasomotorischer Symptome ist keine zusätzliche antiresorbtive Therapie erforderlich

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HRT - Facts and Myths

- Kann eine HRT zur Behandlung einer Harninkontinenz empfohlen werden?

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Harninkontinenz

- ❖ Eine Vaginale Hormonanwendung kann eine HI verbessern
- ❖ Eine systematische Hormonersatztherapie kann zum Auftreten oder Verschlechtern einer Harninkontinenz führen!
- ❖ Beckenbodentraining!

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HRT - Facts and Myths

- Sollen wir einer Patientin nach MammaCa eine hormonelle Therapie einer vaginalen Atrophie anbieten?
- Östradiolgabe (E3 transdermal) gilt als unbedenklich

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Mikronährstoffe und Hormone

- Einige Mikronährstoffe dienen als Co-Faktoren in der Hormonsynthese.
- Entscheidend für eine erfolgreiche Hormonproduktion ist nicht die äußere Umgebung, sondern die Ausstattung innerhalb der Zelle: Enzyme, Co-Faktoren..
- Nährstoffmängel können ursächlich für Hormonmangelzustände sein.

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Mikronährstoffe als Cofaktoren

- **Vitamin C:** Cortisol, DHEA, Noradrenalin, Dopamin, Adrenalin
- **Vitamin B5:** Cortisol, Serotonin, Melatonin
- **Vitamin B6:** Serotonin, Melatonin, Adrenalin, Noradrenalin, Dopamin, GABA
- **Vitamin B12:** Adrenalin, Serotonin, Dopamin
- **Folsäure:** Adrenalin, Dopamin, Serotonin
- **Magnesium:** Dopamin, Glutamat, Insulin
- **Zink:** Testosteron, Dopamin, Insulin, Schilddrüsenhormone
- **Selen:** Umwandlung von Thyroxin in Trijodthyronin
-

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Ernährung und Hormone

- **Estrogene:** Äpfel, Hülsenfrüchte, Himbeeren, Kirschen, Kürbis(kerne), Oliven(öl), Salbei, Besam, Preiselbeeren, Rotklee, Hopfen, Soja, Brokkoli, Champignons, Hafer, Mandeln, Granatapfel, Papaya, Erdnüsse, ...
- **Progesteron:** Yamswurzel, Buchweizen, Kakao, Kaffee, Leinsamen
- **Testosteron:** Petersilie, Saathafer, Granatapfel, Gelee Royale, Maca, Ginseng
- **Melatonin:** Pilze, Reis, Mais, Weizen, Hafer, Gerste, Cranberrys, Linsen, Kidneybohnen, Sauerkirschen, getrocknete Tomaten, Paprika,...

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Chinese herbal medicine for treating menopausal symptoms in London women: developing a good practice protocol via the factor analysis of prescribing patterns in a clinical study
Scheid, V., Tuffrey, V. and Bovey, M.

4. Results

4.1 Descriptive statistics for herb usage

There are a total of 7204 records of individual herbs being prescribed over 664 visits (those visits with no herbs prescribed are not included in this calculation), so an average of 10.9 (SD 3.00) herbs were prescribed at each visit. The minimum number of herbs prescribed was 1 and the maximum was 18. Altogether 190 different herbs were prescribed. Table 1 lists the 22 herbs that were used most frequently.

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Symptom group	Frequency
Temperature	74 (63.7%)
Emotions	21 (17.8%)
Other	22 (18.8%)

Categories included in 'Other': Aches and pains (1); Digestion (1); Energy (5); Menstruation (4); Heart (1); Memory (1); Skin (2); Sleep (3); Urinary (1), and Other (3)

	Category of first reported symptom			Chi square	p
	Temperature	Emotions	Other		
<i>Total N visits</i>	395	106	141		
Herb combination 1	218 (55.2%)	21 (19.8%)	72 (51.1%)	42.4	<0.001
Herb combination 2	152 (38.5%)	59 (55.7%)	63 (44.7%)	10.4	0.006
Herb combination 3	178 (45.1%)	83 (78.3%)	58 (41.1%)	42.2	<0.001
Herb combination 4	50 (12.7%)	12 (11.3%)	9 (6.4%)	4.2	0.12
Herb combination 5	63 (15.9%)	21 (19.8%)	22 (15.6%)	1.01	0.60

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National Standards Patterns	Westminster Menopause Study Patterns
Liver & Kidney Yin Deficiency with Hyperactive Liver	Similar to Herb Combination Pattern 1
Liver & Kidney Yin Deficiency with Heart Fire	Similar to Herb Combination Pattern 4
Kidney Yang Deficiency with Spleen Yang Deficiency	Herb Combination Pattern 2 focuses on Spleen, Liver and Kidney qi deficiency with inability to contain
Kidney Yang Deficiency with Spleen and Heart Deficiency	Similar to Herb Combination Pattern 5
	Herb Combination Pattern 3 treats liver qi constraint and blood stasis

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Pattern of herb usage (Note that compared to Table 2 the sequence of herbs has been changed to facilitate comparison)	Similar Formulas commonly used in Chinese medicine (Scheid et al., <i>Formulas & Strategies in Chinese Medicine</i> , Eastland Press, 2007) ²⁷	Comparison with widely used formulas for the treatment of menopausal symptoms (Based on the extensive literature review carried out by Scheid et al., 2010) ⁴
<p>Herb Combination 1</p> <p><i>Rehmanniae Radix (shēng dì huáng)</i>, <i>Dioscoreae Rhizoma (shān yào)</i>, <i>Allismatis Rhizoma (zé xiè)</i>, <i>Moutan Cortex (mù dān pí)</i>, <i>Phellodendri Cortex (huáng bái)</i>, <i>Anemarrhenae Rhizoma (zhī mǔ)</i></p> <p><i>Ligustri lucidi Fructus (nù zhēn zǐ)</i></p> <p><i>Lycii Cortex (dī gǔ pí)</i>, <i>Uncariae Ramulus cum Uncis (gǒu tēng)</i>, <i>Prunellae Spica (xià kǔ cǎo)</i></p>	<p>Anemarrhena, Phellodendron, and Rehmannia Pill (zhī bái dì huáng wán 知柏地黄丸)</p> <p><i>Rehmanniae Radix preparata (shū dì huáng)</i>, <i>Corni Fructus (shān zhū yù)</i>, <i>Dioscoreae Rhizoma (shān yào)</i>, <i>Poria (fū líng)</i>, <i>Allismatis Rhizoma (zé xiè)</i>, <i>Moutan Cortex (mù dān pí)</i>, <i>Phellodendri Cortex (huáng bái)</i>, <i>Anemarrhenae Rhizoma (zhī mǔ)</i></p> <p>Two-Solstice Pill (èr zhì wán 二至丸)</p> <p><i>Ligustri lucidi Fructus (nù zhēn zǐ)</i>, <i>Ecliptae Herba (mò hàn tiān)</i></p>	<p>Anemarrhena, Phellodendron, and Rehmannia Pill and the formula on which it is based - Six-Ingredient Pill with Rehmannia (liù wèi dì huáng wán 六味地黄丸) - are the most commonly suggested formulas in PRC textbooks for treating menopausal symptoms associated with Kidney yin deficiency. Two-Solstice Pill also treats Kidney yin deficiency.</p>
<p>Herb Combination 2</p> <p><i>Corni Fructus (shān zhū yù)</i>, <i>Dioscoreae Rhizoma (shān yào)</i>, <i>Cuscutae Semen (tú sǐ zǐ)</i></p> <p><i>Atrotylodi macrocephalae Rhizoma (bái zhū)</i>, <i>Poria (fū líng)</i></p>	<p>Restore the Right [Kidney] Pill (yòu guī wán 右归丸)</p> <p><i>Corni Fructus (shān zhū yù)</i>, <i>Dioscoreae Rhizoma (shān yào)</i>, <i>Cuscutae Semen (tú sǐ zǐ)</i>, <i>Rehmanniae Radix preparata (shū dì huáng)</i>, <i>Angelicae sinensis Radix (dāng guī)</i>, <i>Fuxianiae Cortex (dù zhàng)</i>, <i>Aconiti Radix lateralis preparata (shū jū zǐ)</i>, <i>Cervi Corvus Colla (lǚ jiǎo jiāo)</i></p>	<p>Restore the Right [Kidney] Pill is widely recommended in Chinese medicine textbooks for treating menopausal symptoms associated with Kidney yang deficiency patterns. <i>Aconiti Radix lateralis preparata (shū jū zǐ)</i> and <i>Cervi Corvus Colla (lǚ jiǎo)</i> cannot be prescribed in the UK and were thus not available to the practitioners in our study.</p> <p><i>Atrotylodi macrocephalae Rhizoma (bái zhū)</i> and <i>Poria (fū líng)</i> are widely used in Chinese medicine as a combination for treating qi deficiency with dampness, whereas <i>Rehmanniae Radix preparata (shū dì huáng)</i> and <i>Angelicae sinensis Radix (dāng guī)</i> is a combination employed to treat blood deficiency with dryness, suggesting that the practitioners in our study adjusted the formula to London's 'local binlaxies.'</p>

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<p>Herb Combination 3</p> <p><i>Bupleuri Radix (chái hú), Paeoniae Radix alba (bái sháo), Angelicae sinensis Radix (dāng guī), Chuanxiong Rhizoma (chuān xiōng), Atractylodes macrocephalae Rhizoma (bái zhú)</i></p> <p><i>Persicae Semen (táo rén), Carthami Flos (hóng huā)</i></p>	<p>Augmented Rambling Powder (<i>Jiā wèi xiǎo yào sǎn</i> 加味逍遙散)</p> <p><i>Bupleuri Radix (chái hú), Paeoniae Radix alba (bái sháo), Angelicae sinensis Radix (dāng guī), Atractylodes macrocephalae Rhizoma (bái zhú), Poria (fú líng), Glycyrrhizae Radix preparata (zhī gān cǎo), Zingiberis Rhizoma recens (shēng jiāng), Jujubae Fructus (dà zǎo), Menthae haplocalycis Herba (bò hé), Gardeniae Fructus (chī zǐ), Moutan Cortex (mǔ dān pí)</i></p> <p>Tangkuai and Peony Powder (<i>dāng guī sháo yào sǎn</i> 當歸芍藥散)</p> <p><i>Paeoniae Radix (sháo yào), Angelicae sinensis Radix (dāng guī), Chuanxiong Rhizoma (chuān xiōng), Atractylodes macrocephalae Rhizoma (bái zhú), Poria (fú líng), Alismatis Rhizoma (zé xié)</i></p>	<p>Neither Augmented Rambling Powder nor Tangkuai and Peony Powder is listed in PRC textbooks for treating menopausal symptoms. However, they are key formulas for treating menopausal symptoms in Japanese Kampo medicine. Augmented Rambling Powder, specifically, is the most commonly used Chinese medical formula for treating menopausal symptoms in Japan, Korea and Taiwan.</p> <p>The combination of <i>Persicae Semen (táo rén)</i> and <i>Carthami Flos (hóng huā)</i> is widely used in Chinese medicine to treat blood stasis (Chin. yúxue 瘀血, Jap. oketsu). Oketsu is an often diagnosed pattern in menopausal women in Japanese Kampo.</p>
<p>Herb Combination 4</p> <p><i>Toosendan Fructus (chuān lián zǐ), Lycii Fructus (gōu qǐ zǐ), Ophiopogonis Radix (mài mén dòng), Asparagi Radix (tiān mén dòng), Scrophulariae Radix (xuān shēn), Polygalae Radix (yuǎn zhī)</i></p> <p><i>Achyranthis bidentatae Radix (niú xǐ), Spatholobi Caulis (jī xué tǎng), Cassiae Semen (jué míng zǐ)</i></p>	<p>Linking Decoction (yī guān jiān 一貫煎)</p> <p><i>Toosendan Fructus (chuān lián zǐ), Lycii Fructus (gōu qǐ zǐ), Rehmanniae Radix (shēng dì huáng), Ophiopogonis Radix (mài mén dòng), Adenophorae Radix (nán shā shēn), Angelicae sinensis Radix (dāng guī)</i></p> <p>Emperor of Heaven's Special Pill to Tonify the Heart (<i>tiān wáng bǎo xīn dān</i> 天王補心丹)</p> <p><i>Rehmanniae Radix (shēng dì huáng), Asparagi Radix (tiān mén dòng), Ophiopogonis Radix (mài mén dòng), Scrophulariae Radix (xuān shēn), Polygalae Radix (yuǎn zhī), Ginseng Radix (rén shēn), Salviae miltorrhizae Radix (dān shēn), Poria (fú líng), Angelicae sinensis Radix (dāng guī), Schisandrae Fructus (wú wèi zǐ), Platycodi Semen (bǎi zǐ rén), Ziziphi spinosae Semen (suǎn zǎo rén), Platycodi Radix (jì cǎo), Cinnabaris (zhū shā)</i></p>	<p>Linking Decoction is a key formula for Liver yin deficiency and Emperor of Heaven's Special Pill to Tonify the Heart is used to treat patterns of Heart and Kidneys not communicating due to yin deficiency. Neither formula came up as a key formula in our previous literature search. However, Emperor of Heaven's Special Pill to Tonify the Heart is suggested for Kidney yin deficiency patterns leading to Heart and Kidneys not communicating in the most recent edition of <i>Chinese Medicine Gynaecology</i> (Zhongyi fuke xue 中醫婦科學).</p>

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<p>Herb Combination 5</p> <p><i>Jujubae Fructus (dà zǎo), Triticii Fructus levis (fù xiǎo mǎi)</i></p> <p><i>Polygoni multiflori Radix (hé shòu wǎ), Psoraleae Fructus (bù gǔ zhī)</i></p> <p><i>Cinnamomi Cortex (róu guī), Ziziphi spinosae Semen (suǎn zǎo rén), Schisandrae Fructus (wú wèi zǐ), Alpiniae oxyphyllae Fructus (yì zhī rén)</i></p>	<p>Licorice, Wheat, and Jujube Decoction (<i>gān mǎi dà zǎo tǎng</i> 甘麥大棗湯)</p> <p><i>Triticii Fructus levis (fù xiǎo mǎi), Jujubae Fructus (dà zǎo), Glycyrrhizae Radix preparata (zhī gān cǎo)</i></p> <p>Seven-Treasure Special Pill for Beautiful Whiskers (<i>qī bǎo měi rán dān</i> 七寶美髯丹)</p> <p><i>Psoraleae Fructus (bù gǔ zhī), Polygoni multiflori Radix (hé shòu wǎ), Poria (fú líng), Achyranthis bidentatae Radix (niú xǐ), Angelicae sinensis Radix (dāng guī), Lycii Fructus (gōu qǐ zǐ), Cuscutae Semen (tú sī zǐ)</i></p>	<p>None of the most commonly used formulas for menopausal symptoms from our literature search closely matches Herb Combination 5. However, Licorice, Wheat, and Jujube Decoction is sometimes listed in Chinese medicine textbooks as a supplementary formula for emotional symptoms associated with menopause. It also treats sweating. Seven-Treasure Special Pill for Beautiful Whiskers is a widely-known formula that treats Kidney deficiency and premature ageing.</p>
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