

The Etiology and Clinical Treatment Strategy of Polycystic Ovary Syndrome Were Analyzed from the Perspective of Traditional Chinese Medicine

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Abstract

As social pressure continues to increase, the incidence of Polycystic Ovary Syndrome (PCOS) has shown a significant rise, which has a serious impact on the lives of women of all ages. In recent years, the prevalence of PCOS has increased worldwide, and it is characterized by slow onset, long course of disease, and high difficulty to cure. At present, Western medicine is still the main treatment for PCOS, the main method is to supplement estrogen, in order to promote ovarian ovulation, adjust the menstrual cycle, and then restore the female reproductive function. In the clinical treatment of traditional Chinese medicine, polycystic ovary syndrome is mainly divided into three types, namely liver qi stagnation type, spleen deficiency and blood stasis type. In view of these three types of syndrome, the treatment principles of traditional Chinese medicine are soothing the liver and regulating qi, strengthening the spleen and dampness, and tonifying the kidney to remove blood stasis. Based on the treatment experience of doctors in the past dynasties, Bushen ovulation promoting decoction, Wentu Yulin Decoction, Bushen Jieyu Decoction and Yiqi Tang Hebaohe Pill have shown good therapeutic effects. This paper will discuss the etiology, pathology and clinical treatment strategy of PCOS from the perspective of traditional Chinese medicine, in order to provide new ideas and methods for the clinical treatment of PCOS.

Keywords

Polycystic ovary syndrome; Traditional Chinese Medicine; Etiology and pathogenesis; Clinical treatment.

1. INTRODUCTION

PCOS is a refractory disease in the field of endocrinology and reproduction. The majority of the patients are adolescent women and women of childbearing age. The main pathophysiological characteristics include high male hormone index, abnormal glucose and lipid metabolism pathway and reproductive dysfunction, accompanied by clinical characteristics such as infertility, amenorrhea, obesity, alopecia areata, irritable temper and strong hair. According to local surveys in many countries around the world, the prevalence rate of PCOS in women of childbearing age is 5% ~ 10%^[1]. The initial symptoms of PCOS patients are mainly amenorrhea and hirsutism, or even alopecia areata, and the imaging findings are unilateral or even bilateral ovarian follicle polycystic changes. If a patient with PCOS is not cured, there is a risk of adverse pregnancy, which threatens the health of both mother and baby^[2]. Due to the long treatment cycle and low cure rate of this disease, PCOS patients are less cooperative than other diseases. Therefore, these patients are prone to cardiovascular and cerebrovascular diseases and fatty liver caused by blockage of glucose and lipid metabolic pathways^[3], long-

term abnormal ovulation interferes with the periodic operation of ovaries and uterus, and long-term pathological changes are prone to ovarian cancer, endometrial cancer and other diseases. Seriously affect patients' normal fertility and life. The ancient Chinese medicine treatment of PCOS is not mentioned in the ancient books. According to the characteristic clinical manifestations of PCOS, traditional medicine mostly classified it in the disease categories of "infertility", "less menstruation", "late menstruation", "amenorrhea" and "mass" [4]. At present, in view of the diversified clinical manifestations of PCOS, some modern doctors summarize its supplement as "uterine syndrome" [5]. In the course of the treatment of PCOS, TCM has realized that the disease has allogeneic lesions, and insists on treating the same disease differently from the whole concept, and establishing different treatment systems according to different syndromes.

2. ETIOLOGY AND PATHOGENESIS OF PCOS

At present, the etiology and pathogenesis of PCOS have not been systematically discussed in the medical research. The pathogenic factors may be related to individual factors: starting from congenital factors, the kidney contains essence, essence and qi, the kidney qi has Yin and Yang, and the kidney is cool, moist and quiet, which is conducive to promoting the development and maturity of ovum; Kidney Yang has the function of warming and pushing, which further plays a role in ovum discharge [6]. Congenital kidney sperm deficiency may lack the function of the kidney's warm accumulation of essence, unable to promote the normal maturation of eggs, affecting the menstrual cycle, thus interfering with reproductive function, reduce the probability of female conception, if the first weather blood deficiency, blood sea insufficiency, uterine uterine can not fully nourish, may also lead to infertility; Starting from the physical factors, "fat people have more phlegm, thin people have more fire", "fat people have more phlegm and dampness", women with easy fat constitution are more prone to excessive weight gain, internal phlegm and dampness in the body, poor water channel, blood flow is not easy, Chong Ren cell pulse block, thus having less menstruation, and even the typical symptoms of amenorrhea for several months. The etiology and pathogenesis of PCOS are usually divided into three kinds in clinical practice: liver qi stagnation, spleen deficiency and blood stasis of kidney deficiency.

2.1. Liver Qi Stagnation

Women are born with the liver, and the liver plays an important physiological role in the growth and development of women. The liver has the ability to store blood, relieve the work, help the five viscera and six organs of qi qi. If the drainage is not enough or too much, it can lead to liver qi stagnation. The "Inner Classic" mentioned: "Women twenty-seven days to the GUI, Ren pulse tong, Taichong pulse sheng, the month to the present. If the mood is not smooth, the liver is not reached, the spleen loses mediation, the qi obstructs the blood stagnation, and the fullness is born. Five chi discord, all from the cremation, the fire Shuo real Yin, the blood sea drying, so the moon is not now, will be blood withered after the menstrual blockage." It can be seen that the stagnation of liver qi can block the operation and transmission of the meridian and blood channels, and the vein stasis, then the two veins related to the woman's moon are not running smoothly, the blood sea is lost to fill, the cell palace is lost to nourish, the menstrual source is poor, and the power is insufficient, resulting in clinical symptoms of oligomenorrhea and amenorrhea. "Fu Qing master female Branch" cloud: "With liver wood is not relaxed, will be under the spleen soil and cause blockage, spleen soil gas blockage, the waist and umbilical gas will be unfavorable." The qi of the waist and umbilical cord is not good, it will not be able to pass Ren pulse and reach the belt pulse, then the gas with the pulse is also blocked ", which further discusses the relationship between the liver and Ren pulse belt pulse, the liver wood is excessively diverging or not diverging, the transverse soil, the wood depression soil obstructed,

the blood stasis syndrome in the body, so that the woman's cell palace is blocked, menstruation is not scheduled, and the Yin and Yang are not harmonious. In addition, the function of liver drainage also has a certain impact on female physiological reproduction, and long-term emotional dysfunction is easy to cause liver depression and qi stagnation, and see uncontrollable temper, breast tenderness, dysmenorrhea and other concurrent symptoms [7].

2.2. Spleen Deficiency and Loss of Transport

Li Dongyuan once said: "The woman's spleen and stomach are weak, the body is weak, the qi and blood are weak, and the water can not be cut off." The spleen has the function of regulating blood, the division of transport, and the source of Qi and blood biochemistry. Women's menstruation comes from the blood produced by the spleen transport, if the lack of Yang body, lack of qi and blood source, body wasting, Yang deficiency, Ying blood deficiency, Ren pulse dysplasia, then the uterine menstruation is blocked, clinical symptoms of amenorrhea; If the spleen and stomach transport is lost, the fine transport of the grain is poor, and accompanied by water and wet stop in the lower jiao, affecting the Ren pulse, the material basis of menstruation is lacking, and the menstrual volume is small or even no menstruation, this pathological process was mentioned as early as in the "Zhulin female medicine Syndrome Treatment" : "The spleen is weak, and the qi is weak, affecting the fine transformation of the water valley of the zang organs into blood, and the wet spittoon condenses in the tunnel." "Female Keji Yin should speak Wan Jin Fang · Treating the meridian water" said as follows: "Obese women, menstruation or two March line, phlegm and even fat blocked meridians." In obese people, the stomach is stronger than the spleen, the spleen is lost, the water is stagnant, the wet coagulation is phlegm, the blocking of the meridians affects the distribution of the channel qi, and the viscous Qi-blood affects the transport of Qi-blood body fluid, resulting in oligomenorrhea and amenorrhea.

2.3. Kidney Vacuity and Essence Depletion

"Jingyue's Complete book, Women's Rules" records: "The injury of the five viscera, poor and kidney. The necessity of this source, that is, the cure... The spleen and kidney are badly damaged, the spring is drying day by day, and the color is pale and short, and the spring is cut off." Kidney has the use of storing essence, has an important reproductive function, the root of the source of Tianguai, the damage of the viscera, will eventually hurt the kidney, because the kidney master hides a subtle, if the kidney loses nourishment, then the qi deficiency, further affecting the Jingxue biochemistry, resulting in two qi and blood deficiency. Chinese medicine for the adjustment of menstrual cycle put forward an important concept for the kidney - Tianyi - Chongren - uterine axis, if the various links of this biological axis function normally, good coordination, the woman's menstruation can be on time and according to the amount. Kidney main water, for the source of Tianyi, if the two deficiency of qi and blood, kidney Yin deficiency, no excess kidney Yin enrichment kidney essence, ascension of kidney qi, it will further worsen the kidney condition, so repeated will lead to the deterioration of other physiological functions. Therefore, kidney deficiency and essence deficiency is an important pathological link of PCOS.

3. PRINCIPLES OF PCOS TREATMENT

3.1. Disperse the Liver and Rectify Qi

Liver-xitaoda, dredging liver-qi and regulating qi mechanism can make liver play its cathartic function better. "Puji Fang • Women's Diseases Gate" said: "The woman's chamber is dominated by liver qi, covering liver is the repository of blood, the liver is suffering from disease, after the waiting period, more or less, or blocked", the liver is the main storage of blood, and the woman is dominated by Qi and blood, so the woman's face is rich and the mouth is moist, if the liver qi is not sparse, the blood is blocked and the qi and blood are both deficient. The nature of

the day, and the liver for the woman's congenital, kidney master seal collection, and the liver master drainage, a collection a discharge, then regulate the circulation of blood; Liver and kidney have the same origin, liver dysfunction, qi and blood operation is not smooth, liver depression for a long time will consume kidney essence, depression and fire, consume kidney water, resulting in deficiency of liver and kidney essence and blood, Chong Ren loss and infertility [8]. In addition, PCOS patients are often accompanied by low mood or emotional violence and other emotional causes, liver and emotions are closely related, emotional failure can also make liver qi depression, "Neijing" said: "The five Chi discord, all from the cremation, fire Shuo real Yin, blood sea drying, so the moon." Therefore, for such patients, it is necessary to ease the liver collaterals, regulate the liver qi, and the qi of the meridian after the qi is smooth and there is a spare power to promote the blood surplus, the blood storage of the uterus is normal, and the woman's menstruation is scheduled. "The five viscera are precious to the liver", because the liver plays a leading role in the operation of qi, so it is necessary to pay attention to the role of liver in the treatment of PCOS, so as to promote blood flow.

3.2. Invigorating Spleen and Removing Dampness

The spleen likes dryness and hates dampness, tonifying temper, dryness and phlegm can make the spleen play its transport function better. "Danxi Xin Fa" says: "If a fat woman is rich, she has suffered very much... Wet dryness phlegm should be used." It is pointed out here that the person who eats fat and sweet taste is easy to condense moisture in the body, wet sheng phlegm, phlegm turbidity congeals for a long time, obstructs qi and obstructs collaterals, Chong pulse is not good, and the cell palace can not store blood as scheduled, thus the moon is not good. "Danxi heart Method" this pathological process is described as follows: "The meridian can not be, not without blood also, because of the obstruction of sputum and can not." Therefore, for such patients, it is necessary to benefit the spleen and stomach, dry dampness, phlegm and dampness to channel and collaterals, and channel qi runs normally. Tang Rongchuan once put forward that "blood disease is inseparable from water" and "water disease is inseparable from blood". Phlegm and stasis coagulate with each other, in the final analysis, from the spleen and stomach lost in the transport of water and drink to stop, phlegm from the birth of dampness. The spleen controls the elevation and the blood, so it is necessary to pay attention to the function of the spleen and stomach in the treatment of PCOS, so that it can give full play to the function of water and water.

3.3. Tonifying kidney and Removing Blood Stasis

Kidney is congenital, hide a body of essence; Blood is the foundation of women and the source of menstrual substances. Xia old believed that menstrual blood during menstruation contained a large number of wet, cloudy and mixed water, including kidney Yin Decui water, lipid membrane, and water dampness, in addition to the fine substances contained in Qi fire and Yang water in Tianyi, among which the most important were lipid membrane and decui water [9]. It can be seen that the kidney plays an important role in female menstruation, kidney Yin deficiency is difficult to Tian-Gui, dry blood channel is not smooth menstruation, if the body kidney Yang deficiency depletion, the body Yin cold and Yang Qi deficiency, cell palace deficiency cold is blood stasis, so clinical cold disease should be given at the same time to remove blood stasis method, "Huangdi Neijing" pointed out: "Phlegm comes from the blood, blood stasis is based on blood, blood and phlegm is the same origin." It can be concluded that blood stasis is Yin, which is easy to interfere with the transport of Qi-blood-body fluid in the body for a long time, thus hindering the development and elimination of follicles, leading to oligomenorrhea and amenorrhea.

4. CLINICAL TREATMENT OF PCOS

Nowadays, the clinical treatment of PCOS by traditional Chinese medicine usually adopts two ways: the use of traditional Chinese medicine and acupuncture treatment. In addition, traditional Chinese medicine also emphasizes the therapeutic purpose of adjusting unhealthy lifestyle. In terms of diet, avoid eating too much raw and cold products, reduce the intake of alcoholic beverages, eat more high-protein and high-vitamin c foods daily, and optimize their diet structure; In terms of work and rest, insist on going to bed early and getting up early, try to go to sleep before 11 o'clock at night, avoid staying up late for a long time; In terms of emotions, we should keep our emotions happy, and remove bad emotions through sports and other ways to prevent accumulation and adverse effects on physical and mental health. PCOS is closely related to emotional state, and patients should not ignore the monitoring of their emotional state during treatment. However, traditional Chinese medicine still recommends that PCOS patients cooperate with acupuncture and drug treatment to achieve the therapeutic effect as soon as possible.

4.1. Medication Experience

4.1.1 Tonifying Kidney and Promoting Ovulation Soup

Xia Gucheng's [10]self-made tonifying kidney and ovulation promotion soup was composed of stir-fried angelica 10g, red Paeoniae 10g, yam 10g, cooked Rehmannia 10g, Danpi 10g, Poria 10g, Sichuan chop 10g, cuscuta 10g, antler slice (decocted first)10g, Cornus officinalis 6g, Wulingzhi 12g, safflower 6g. Or you can add 3 ~ 6g Chuanxiong, hawthorn 10g. The combination of several medicines has the function of promoting blood circulation and blood stasis, which can clean the dross of the blood channel, smooth the blockage of the flushing pulse, and make the menstrual cycle regular. In this recipe, fried angelica and Paeony with the function of nourishing blood and activating blood to collect Yin, enrich the kidney Yin Decui water, to protect the source of menstruation; Sichuan intermittent, dodder, deer horn tablet three drugs at the same time warm kidney Yang, with angelica, white peony and other herbs compatible with each other, Yang Yin, mature follicles, so as to smooth discharge; With peony bark, safflower and other soothing liver-regulating qi, blood circulation and blood stasis products, assist Yin and Yang transformation; The five spirit fat is mainly in promoting qi and blood circulation, preventing blood stasis from being discharged and causing related diseases. The combined use of various medicines can play the function of tonifying kidney, promoting blood circulation and removing blood stasis, and promote the smooth discharge of follicles, so that the woman's menstrual period can be scheduled [11].

4.1.2 Bushen Jieyu Decoction

Dogwood 15g, cuscuta 20g, Wolfberry 20g, mulberry 15g, Ligustrine 15g, Cistanche 15g, Raspberry 15g, Radix Herbacea 15g, Yu Jin 10g, Salviae miltiorrhiza 15g, Acorus calamus 15g, Poria 25g, Coptis 10g. Addition or subtraction: kidney-yang deficiency extra heavy deerhorn cream 15g, lock Yang 15g; Spleen and stomach qi deficiency plus astragalus 25g, Codonopsis 20g; Obese patients with coix seed 30g, Tuckahoe 25g, alisma 10g. Cuscuta and wolfberry in the recipe are mainly to supplement kidney essence, nourish liver blood, and are royal medicine; Fructus mori and fructus ligustris are important in supplementating kidney Yin to help dodder and wolfberry tonify kidney and blood; Cornus officinalis balances Yin and Yang of kidney, and has the function of consolidating kidney qi. Citicola deserticola and raspberry tonifying kidney Yang, tonifying essence blood, the above drugs are combined, both tonifying kidney Yang and tonifying kidney Yin, Yin Yang mutual resources, Yang Yin long, so that follicles can develop and mature and discharge, as minister medicine; Xiangfu, Yu Jin soothing liver depression, Salvia miltiorrhiza activating blood stasis, nourishing blood and calming the spirit, stone calamus removing dampness and phlegm, nourishing stomach and calming the spirit, Poria invigorating

spleen and dampness, calming the heart and calming the spirit, Coptis can dry dampness removing turbidness, calming the heart and disturbing, a total of complicating drugs. The combination of various drugs can play the effects of tonifying kidney and essence, soothing heart and feeling, promoting blood and regulating menstrual flow, and eliminating dampness and phlegm. This policy has a good treatment for PCOS of liver-qi stagnation type [12].

4.2. Combination of Acupuncture and Medicine Therapy

Acupuncture and moxibustion is a traditional treatment method based on human anatomy, stimulating relevant nerves around acupoints, so as to improve the neuroendocrine system, and has been fully applied in clinical practice. Main points: Qihai, Guanyuan, Zusanli, Sanyinjiao, Shenshu. Matching points: For those with obesity, Fenglong (bilateral) and Yin Lingquan (bilateral) can be added; Those with insomnia or restfulness can add Neiguan (bilateral), Yintang, and Shenmen; Those who are combined with liver depression and qi stagnation can be combined with Hegu (bilateral) and Taichong (bilateral) [13].

According to relevant studies, the combination of acupuncture and drug therapy has more obvious clinical effect than the single use of medicine or acupuncture therapy. Acupuncture and medicine combination is carried out under the guidance of the theory of traditional Chinese medicine, acupuncture and moxibustion therapy as a traditional Chinese medicine external treatment method, through dredging the meridians of Qi combing the whole body qi machine, and drug treatment is more attention to regulating the function of the viscera, the basic pathogenesis of the disease is the dysfunction of the viscera caused by phlegm dampness congestion Chong Ren, cell, therefore, acupuncture and medicine combination treatment of the disease can achieve good effect. As mentioned in "Plain Question • Moving essence and changing Qi"[14], "the disease form has been formed, but I want to treat it outside, and soup treats it inside." Xu Sujun et al. found by acupuncture PCOS patients that the recovery rate of menstruation was 75.00%, ovulation 72.50% and pregnancy 62.50% in the observation group, and 70.00%, ovulation 62.50% and pregnancy 35.00% in the control group. This indicates that acupuncture combined with Yichen decoction in the treatment of PCOS can improve the pregnancy rate of patients and alleviate the infertility symptoms of PCOS [15]. He Yuting et al. used alternating acupuncture combined with traditional Chinese medicine to treat PCOS patients with kidney deficiency and phlegm-dampness and collected clinical data. The results showed that combined therapy improved the islet function of patients and expanded the diameter of dominant follicles to achieve the therapeutic purpose of increasing pregnancy rate, which had more obvious advantages compared with the single use of traditional Chinese medicine to regulate the circumference.

5. CONCLUSION

To sum up, PCOS, as a persistent disease in the field of female reproduction, has the characteristics of individual differentiation and low cure rate, which brings pregnancy problems to adolescent women and women of childbearing age and endangers their physical and mental health. Because the cause of PCOS is unknown, the treatment period is long, and it is affected by many external factors, the treatment method of PCOS is still being explored. At present, Chinese medicine plays an important role in the clinical treatment of PCOS, but due to the small sample size and the complexity of PCOS itself, it brings great challenges for Chinese medicine to further improve the cure rate of this disease. How to keep pace with The Times and play a more active role in the clinic is worth thinking and exploring.

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