

(From “The Treatment of 96 Cases of Anovulatory Infertility with Tiao Jing Zhong Yu Tang (Regulate the Menses & Jade Seed Decoction)” by Mi Yang, Shan Xi Zhong Yi (Shanxi Chinese Medicine), #1, 1995, p. 28-29)

From 1985-1993, the author treated 96 cases of anovulatory infertility with Tiao Jing Zhong Yu Tang with good results. The patients ranged in age from 23-39 years. Sixty-eight were between 23-29 years old. Twenty-eight were between 30-39. Fifty-one were agriculturists and 45 were cadres and workers. Sixty-seven suffered from primary infertility, and 29 from secondary infertility. Fifty-two had been infertile for 2 years, 26 for 3 years, and 18 for 4 years or more. All of these women had gynecological examinations, ultrasonography, endometrial exams, and BBT exams.

Tiao Jing Zhong Yu Tang consisted of: Rhizoma Cyperi Rotundi (Xiang Fu), Radix Angelicae Sinensis (Dang Gui), 15g @, Radix Ligustici Wallichii (Chuan Xiong), Radix Albus Paeoniae Lactiflorae (Bai Shao), prepared Radix Rehmanniae (Shu Di), Pericarpium Citri Reticulatae (Chen Pi), 10g @, Fructus Evodiae Rutecarpae (Wu Zhu Yu), 9g, Cortex Radicis Moutan (Dan Pi), Rhizoma Corydalis Yanhusuo (Yuan Hu), Yunnan Sclerotium Poriae Cocos (Yun Ling), 12g @, uncooked Rhizoma Zingiberis (Sheng Jiang), 6g, these were decocted in water, 1 ji per day, divided in 2 doses.

If there was early menstruation with excessive amount and a purple red color, a wiry, rapid pulse, a red tongue, and a yellow coating, uncooked Radix Rehmanniae (Sheng Di), 15g, Radix Scutellariae Baicalensis (Huang Qin), stir-fried Fructus Gardeniae Jasminoidis (Zhi Zi), 10g @, were added and the Evodia and uncooked Ginger were removed. If there was late menstruation with scanty amount and black color, abdominal pain which desired pressure, a deep, slow pulse, and a dark, pale tongue with a white coating, Ramulus Cinnamomi (Gui Zhi), stir-fried Folium Artemisiae Argyii (Ai Ye), and Radix Linderae Strychnifoliae (Wu Yao), 9g @, were added to the original formula. If the menses were early, late, and without fixed schedule and there was premenstrual breast distention and pain, a deep, wiry pulse, a red tongue, and a white coating, then stir-fried Fructus Citri Seu Ponciri (Zhi Ke) and Fructus Germinatus Hordei Vulgaris (Mai Ya), 15g @, Semen Citri (Ju He), Semen Litchi Sinensis (Li Zhi He), Squama Manitis Pentadactylis (Chaun Shan Jia), and Semen Vaccariae Segetalis (Wang Bu Liu Xing), 12g @, were added to the original formula. If there was severe abdominal distention and pain with the menstrual movement and a deep wiry pulse, then roasted Radix Saussureae Seu Vladimiriae (Mu Xiang), Semen Arecae Catechu (Bing Lang), 10g @, were added to the original formula. If there was menstrual movement abdominal pain which refused pressure, a wiry, choppy pulse, and a red tongue with a white coating, stir-fried Semen Pruni Persicae (Tao Ren), Flos Carthami Tinctorii (Hong Hua), Herba Lycopi Lucidi (Ze Lan), and Feces Troglodyteris Sue Pteromi (Wu Ling Zhi), 10g @, were added to the original formula. If the amount of menstruation was scanty but it dribbled and dripped without cease, the pulse was rapid, and the tongue was red with a white coating, mix-fried Plastrum Testudinis (Gui Ban), Concha Ostreae (Mu Li), and Os Sepiae Seu Sepiellae (Wu Zei Gu), 15g @, were added. If the natural endowment was insufficient, there was kidney qi vacuity weakness, and a fine pulse with a pale tongue and thin, white coating, Fructus Lycii Chinensis (Gou Qi Zi), Semen Cuscutae (Tu Si Zi), Fructus Rubi (Fu Pen Zi), 15g @, Fructus Schizandrae Chinensis (Wu Wei Zi), Semen Plantaginis (Che Qian Zi), 9g @, were added to the original formula.

Cure meant that there was conception after receiving the above treatment. Marked improvement meant after treatment, the menstrual cycle, the period, its amount, consistency, and color all returned to normal, the BBT had a normal biphasic curve, that symptoms disappeared, and endometrial examination showed normal secretion. No result meant after being treated for 3 months, there was no change in signs and symptoms. Based on these criteria, 39 patients or 40.62 % were cured, 42 or 43.75% were markedly improved, and 15 or 15.63% experienced no result. Thus the total amelioration rate was 84.73 %. The shortest duration of treatment was 30 days and the longest was 180.

According to the author, anovulatory infertility is closely associated with the liver and kidneys. The liver stores the blood and rules coursing and discharge. If the emotions are unsoothed, there will be liver depression and qi

stagnation and coursing and discharge will lose their normalcy. In that case, qi and blood lose their harmony and the chong and ren lose their regulation. This results in infertility. The kidneys store the essence and command reproduction. If the natural endowment is insufficient or essence and blood are deficient and withered, kidney qi will not be full and the chong and ren will lose their nourishment. They will thus not be able to produce conception.

This treatment, therefore, courses the liver and supplements the kidneys, and this is the main method for adjusting the viscera and bowels, yin and yang. Within this formula, Angelica, Ligusticum, Peony, and prepared Rehmannia nourish and quicken the blood and regulate the menses. Cyperus rectifies the qi and opens depression, regulates the menses and stops pain. Orange Peel fortifies the spleen and rectifies the qi. Evodia resolves depression and stagnation in the jue yin liver channel, moves the qi and stops pain. Poria fortifies the spleen, harmonizes the stomach, and seeps dampness. Corydalis quickens the blood and stops pain. Moutan clears heat and cools the blood, quickens the blood and transforms stasis. Uncooked ginger warms the center and fortifies the spleen. This formula includes within it Wu Zi Yan Zong Wan (Five Seeds Develop Ancestors Pills) in order to supplement the kidney qi. Thus the liver qi obtains soothing, the kidney qi obtains filling, and therefore one can conceive.

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