

Exploring the Treatment of Metrorrhagia and Uterine Bleeding with the Same Treatment of Blood and Water

Lei Wu, Xia Liu*, Xiaoping Cui, Xinchun Xiao

Shaanxi University of Traditional Chinese Medicine, Xianyang, China

*Corresponding author

Abstract: *Metrorrhagia, called abnormal uterine bleeding in modern medicine, is a common disease of all ages in gynecology clinics, and it is also a difficult disease to treat. Traditional Chinese medicine believes that blood stasis is one of the basic pathogenesis of the disease, and phlegm-dampness is its pathological product. The treatment method is to promote blood circulation and remove blood stasis, strengthen the spleen and remove dampness, that is, the same treatment of blood and water. The representative prescription of the blood and water treatment method is Guizhi Fuling Pill, which can not only strengthen the spleen, dispel dampness and diuresis, but also dissipate blood stasis.*

Keywords: *treatment; the same treatment of blood and water; metrorrhagia*

1. Introduction

Metrorrhagia is a common gynecological disease, which refers to the protracted vaginal bleeding or protracted bleeding in women during non-menstrual period. The former is called collapse, and the latter is called leakage. [1] Metrorrhagia is equivalent to abnormal uterine bleeding in modern medicine, and it is believed that the pathological core of abnormal uterine bleeding is abnormal endometrial hyperplasia.

In recent years, there are many studies on metrorrhagia, but the etiology and pathogenesis of metrorrhagia are complex, and there are quite a lot of expositions by famous scholars, and their views and theories are different. Generally speaking, there are three aspects: heat, deficiency and blood stasis. As early as the Qing Dynasty famous doctor Tang Rongchuan [2] pointed out: "The blood in a woman's cells should be changed every month to remove the old and give birth to the new. Medical scientists have established the understanding that "blood stasis block" is an important pathogenesis of menstrual diseases. In the Golden Chamber [3], it is said that "the Shaoyin pulse is inferior and the Shaoyin pulse is thin. Men will not be able to urinate, and women will not be able to pass through the water. The meridians are blood, and if the blood is not good, the water is called blood." On the other hand, blood stasis and blood stasis are blocked, so that the blood volume of the whole body is reduced, and the body fluid and blood are integrated. Women are blood-based, and poor blood flow will lead to many gynecological-related diseases. There is also a cloud in "On the Origin and Symptoms of Diseases" [4]: "The veins of Hou Chong and Ren are depleted in a metrorrhagia, and their menstrual blood cannot be restrained". Therefore, this article discusses the treatment of metrorrhagia and uterine bleeding based on the theory of "unfavorable blood is water".

2. Theoretical Analysis of "Blood is Water"

"Jinkui Yaoluo Briefly Treating Water, Qi, Pulse, Syndrome and Syndrome" [3] said: "The master said: Cunkou pulse is deep and slow, and when it sinks, it is water, and when it is late, it is cold. When the spleen is weak, the body is swollen. When the spleen is weak, the body is swollen. The Shaoyang pulse is low, and the Shaoyin pulse is thin. The men have trouble urinating, and the women cannot pass through the water. [5]" is the source of the theory of "unfavorable blood is water". Among them, "unfavorable blood" refers to a pathological state of blood stasis caused by a variety of factors that cause the blood to run poorly. Body fluid is integrated, blood and water are of the same source, and blood stasis is blocked. It is stored in the veins. When the blood circulates for a few hours, the body fluid can be converted into blood and travel through the channels to replenish blood. The abnormal water metabolism caused by the poor blood flow is the so-called "blood is not good" and therefore "water is not good". The

"water" here not only refers to the tangible water that overflows the skin, but also includes pathological products such as drinking, phlegm, and dampness derived from water.

In the "Golden Chamber's Brief Introduction to Water and Qi Diseases", it also said: "The menstrual water is broken before, and then the water is ill. It is called blood, and this disease is difficult to treat." Based on the viewpoint of "basic", he believes that "water turns into blood, and if blood is blocked, it returns into blood [2]." "Blood Syndrome on Nocturnal emission" states: "Those who are sick with blood are not without water, and those who are sick with water are not without blood. [2]" It is advocated in "Theory of Blood Syndrome" that blood disease is closely related to water cessation, and long-term The state of blood stasis will inevitably lead to the cessation of water accumulation. "Su Wen's Meridians and Vessels" states: "Drinking enters the stomach, escaping essence and qi, which is infused up to the spleen; spleen spleen disperses essence, and returns to the lungs." [6] "Blood Syndrome on Fetal Qi" also mentions: "Blood and Water is also Yin, water is the yin fluid transformed by the innate yang qi, and blood is the yin juice transformed by the acquired stomach qi." [7] "Lingshu Carbuncle" says: "The middle energizer emits qi like dew body fluid and harmonizes, changes and changes Red is blood." [8] The above discussion shows that both body fluid and blood are metaplasticized by water and grain essence, which originate from the integration of the spleen and stomach in the middle energizer, where body fluid transforms into blood, blood generates fluid, and fluid and blood can be transformed into each other. Generation is an important organic part of blood, and the two use each other to form a dynamic balance. In blood disease and water, abnormal menstruation can be seen in women, and it can also be accompanied by edema. Blood stasis in women can lead to gynecological diseases such as low menstrual flow, dysmenorrhea, and amenorrhea. Dark consumption, dystrophy of blood vessels, resulting in dryness of blood and dryness of body fluid, prosperous yin deficiency and fire, forcing blood to flow rashly, causing bleeding disorders, such as premenstrual period, metrorrhagia and so on. Blood stasis will lead to the stagnation of drinking water and the function of the whole body will not function normally, resulting in weakness of the spleen and stomach, spleen deficiency and flooding, manifested as dripping water of the meridians, edema of the limbs or skin.

To sum up, it can be seen that many famous doctors believe that diseased blood and diseased water are closely related, and both can be ill at the same time and affect each other. If the blood is not good, it will be water, and if the water is not good, it will be blood.

3. Occurrence of uterine bleeding

The occurrence of phlegm and blood stasis disease Professor He Fengjie[9] believed that congestion of internal obstruction of the uterus is an important cause of uterine bleeding, and the mutual entanglement of phlegm and blood stasis is the key pathogenesis of intractable uterine bleeding. The occurrence of stubborn metrorrhagia is caused by kidney deficiency, or liver qi discomfort and stagnation of spleen spleen. The accumulation of phlegm will eventually lead to mutual stagnation of phlegm and blood stasis, block Chong Ren, blood does not flow through the meridians, and does not flow down from time to time. Phlegm coagulation and blood stasis are intertwined, blood stasis stagnates and stagnates, damages the cell collaterals and causes metrorrhagia. Long-term illness enters the collaterals, long-term illness will inevitably lead to blood stasis, and metrorrhagia bleeding for a long time is the same. "Golden Chamber Hook Xuan" also uses the method of resolving phlegm and activating blood to treat people with phlegm and blood stasis intertwined, entrenched in the sea of blood, and the rush and responsibility are not solid, which leads to metrorrhagia and menorrhagia. [10] The blood of the human body focuses on the regulation, the regulation is smooth, and the lack of regulation is stagnation. Menstrual period, postpartum residual blood is not exhausted, leaving the menstrual hemostasis and stagnant stagnation, uterus, or exogenous evil, or emotional injury, or qi deficiency and inability to transport blood, resulting in blood stasis stagnation and stagnation, making qi and blood flow poorly, Blood stasis blocks the cell veins, new blood cannot return, irregular vaginal bleeding, menorrhagia, prolonged menstrual periods, dripping menstrual blood, etc. As written in "Chen Suan Gynecological Supplementation and Mediation Menstrual Gate" [11]: "When blood comes less, If the drip, if it does not last for six or seven days, there must be blood stagnation in the meridians." "Puji Fang Women Zhu Tanmen" "collapse and dripping continuously, blood addiction is also in the interior" also clarifies that blood stasis is the cause of menstruation. An important reason for the disorder, Tang Rongchuan also indicated in "Blood Syndrome" that blood stasis is both a pathological product and a pathogenic factor. Therefore, promoting blood circulation and removing blood stasis is the key to menstruation regulation in gynecology. When the blood stasis is removed, new blood is generated, so the menstrual blood is self-regulating.

4. Water flooding is especially serious

Blood belongs to essence, water belongs to liquid, the essence is thick and the liquid is clear. The kidney stores the essence and is the source of Tiangu. "Su Wen Shanggu Innocent Theory" states: "When a woman is seven years old, her kidney qi is prosperous, her teeth are longer, and her teeth are longer. Nowadays, so there is a child. It shows that the normal onset of menstruation is dominated by the kidneys and depends on the filling of kidney qi. Only when the kidney qi is full and the kidney essence is firmly absorbed, can Tiangu become mature and menstrual cramps. Insufficient kidney qi, unable to fix the whole body qi, the function of regulating the water metabolism of the whole body will be affected, and the menstrual water flowing out of the kidney will not be able to normal cramps and stop, thus causing gynecological menstruation-related diseases, low menstrual flow, Menorrhagia, amenorrhea, metrorrhagia, etc. At the same time, although Tiangu mainly relies on the congenital kidney essence for nourishment, it is also closely related to the acquired day. , to a large extent depends on the nourishment, transportation and transformation of the spleen and stomach. When the qi of the spleen and stomach is sufficient, the qi and blood can be transformed into more abundant, and the innate vitality can be replenished. The acquired promotes the innate, and the innate supplements the acquired Women's menstruation can come and end normally. Transporting and transforming is one of the main functions of the spleen. It can transport and transform water and grains, promote the normal operation of the whole body's internal organs, metamorphose into blood, and regulate blood and water. When the spleen causes dysfunction due to various reasons, Such as congenital poor development of the spleen, or acquired due to high life pressure, poor work and rest, etc., can lead to weakness of the spleen. The spleen is in charge of clearing the spleen, and the spleen is in charge of the rise. , and metrorrhagia was also known as collapsing in the ancients, the spleen is located in the middle energizer, so metrorrhagia and spleen deficiency are also closely related. The spleen transports and transforms water-dampness, metamorphoses into blood, and spleen-deficiency causes water and dampness to transport and transform abnormally. In the "Su Wen Zhi Zhen Yao Da Lun", it is said that "all kinds of dampness and swelling belong to the spleen". Deficiency of the spleen will affect the metaplasia of blood. Insufficient blood circulation is also incapacitated, stasis is formed over time, internal heat is easily generated for a long time, heat is easy to force the blood to run rashly, the blood overflows outside the veins, and the dampness pathogens tend to descend. It will lead to the lower Jiao, which will cause blood diseases such as metrorrhagia. Therefore, in the treatment of the surface blood of metrorrhagia, one should not forget to treat the evil of water-dampness and blood stasis..

5. Treat blood and water together

Tang Rongchuan said in "Theory of Blood Syndrome": "When regulating blood, you must first treat water, and when you control water, you must control blood, and when you control blood, you must control water." That is, when treating gynecological blood-related diseases, the first thing to think about is to use water to treat blood. Diseases, water and blood are closely related, and the method of diuresis also helps to promote the operation of blood when treating water problems. Therefore, Tang Lao said that benefiting water is promoting blood circulation, and promoting blood circulation is benefiting water [10]. There is a close relationship between blood and water, and the "water and blood treatment method" refers to the clinical treatment of diseases by combining the method of diuresis and dampness with the method of promoting blood circulation and regulating blood. The physiological characteristics of women determine the importance of blood, and women are based on blood. When a woman's body develops a disease, most of it is a blood disease. The lesions of "blood score" and the lesions of "moisture" are closely related, and they complement each other and influence each other. In the clinical treatment of gynecological lesions that appear to be blood points, most of the drugs and methods of promoting blood circulation and regulating blood are used in the treatment, and the regulation of water is often neglected, resulting in poor efficacy.

Professor Zheng Huifang believes that the view of the unity of nature and man should be followed in the treatment of bloody metrorrhagia. When seeing metrorrhagia and stopping metrorrhagia, one should not forget the general method. For patients with metrorrhagia and metrorrhagia for a long time, the blood stasis should be indwelled for a long time, and the old blood will not stop. If the new blood is removed, the new blood cannot return to the meridian, and it is difficult to stop the blood if only the drugs tonic for deficiency are used at this time. [12] In the "Golden Chamber Yaolue Women's Three Chapters", Zhang Zhongjing set up the method of promoting blood circulation and diuresis and applying the medicine representative Guizhi Fuling Pill. The traditional Chinese medicine uses cinnamon twig, peach kernel, Danpi, and peony to warm yang, activate blood and dissipate blood stasis. Both blood and water

can be taken into account. In the prescription, cinnamon twig is acrid, sweet and warm, which can warm the yang and dissipate water and qi, clear the meridians and disperse cold, so as to promote blood circulation and remove blood stasis. In the monarch medicine, the two medicines are more effective in diverting water and dampness. Danpi can dissipate blood and remove blood stasis and relieve heat stasis, peony can soften liver and regulate spleen and regulate qi and blood, and peach kernel can promote blood circulation and remove blood stasis and break blood stasis. Shaoyao, Guizhi, one yin and one yang, Poria and Cortex Moutan, one qi and one blood, peach kernels are both broken and scattered, and they play a role in promoting blood circulation and removing blood stasis, regulating qi and blood. Then it got better. Professor Zhao Yaping [13] also observed the treatment of 136 cases of metrorrhagia by Jiawei Guizhi Fuling Pill and found that 123 cases were cured, 9 cases were effective, 4 cases were ineffective, and the total effective rate was 97.06%. This proves that the prescription has a good effect on the treatment of metrorrhagia, and the drugs of promoting blood circulation, removing blood stasis and diuretic water can well promote the shedding of abnormal endometrium, thereby clearing the remaining blood stasis in the uterus, and achieving the effect of treating blood diseases from time to time. . And Chen Ziming used Taoren Powder to treat the syndrome of "women's moon water is not regulated, or dripping continuously, abdominal pain or menstrual failure, heavy lifting, only wanting to sleep". [14] [15], Guixin, peach kernel, paeonol, and peony in the recipe are the meaning of Guizhi and Poria pills. Ginseng and powder grass nourish blood and replenish qi, so as to eliminate evil without harming righteousness. Chen's improvement and development of drug use on the basis of Zhongjing's treatment method can not help but be praised.

6. Classic case

Liu Mou, female, 28 years old, married. On October 20, 2020, he went to the doctor and complained of irregular vaginal bleeding for more than one month. History of present illness: regular menstrual cycle, 27-31 days, 4-7 days, medium volume, dark red color, dysmenorrhea, blood clots (+), Imp: 2020-09-10, irregular vaginal bleeding after this menstrual cramp Continuing to this day, the bleeding is more frequent and less frequent. Western medicine gynecological examination: a small amount of dark bloody secretions in the vagina, thin in quality, accompanied by blood clots, abdominal distention and pain, refusal to press, backache, dizziness and fatigue, dark complexion, fat body, pale tongue, ecchymosis on the side, thin pulse astringent. Western medicine diagnosis: abnormal uterine bleeding. Chinese medicine diagnosis: metrorrhagia. The patient's vaginal bleeding is dark in color, accompanied by blood clots, and the tongue has petechiae and astringent pulse. Therefore, the patient's symptoms should be blood stasis and obstruction of collaterals, and prolonged bleeding will lead to qi and blood deficiency. Therefore, in the treatment, it should mainly promote blood circulation, remove blood stasis, diuretic water and dampness, supplemented by nourishing qi and nourishing blood. Recipe with Guizhi Fuling Pills, Guizhi 12g, peony 10g, Poria 20g, Cortex Moutan 10g, peach kernel 10g, Motherwort 10g, safflower 10g, Chuanxiong 10g, comfrey 15g, Puhuang 15g, leech powder (red) 5g , Astragalus 20g, Angelica 15g, Panax notoginseng powder (red) 4g, after taking 3 doses, the patient felt that the amount of vaginal bleeding increased, accompanied by a large number of blood clots, and the symptoms of abdominal pain were significantly relieved. After the follow-up consultation, the prescription was adjusted to remove safflower and leeches, and 5 doses were taken orally to stop the blood completely, followed by nourishing qi and nourishing blood, nourishing the spleen, nourishing the liver and kidney, adjusting Chong and Ren, nourishing the essence and blood, taking medicine for 2 weeks, and the mental state was good. , Follow-up for six months, no recurrence.

7. Conclusion

To sum up, "blood is not good for water" provides a new treatment idea for metrorrhagia. Based on this in this paper, it should be considered that the disease is mainly caused by blood stasis and phlegm due to spleen deficiency in the etiology and pathogenesis. stasis, spleen and diuresis, can be used as the main prescription for the treatment of metrorrhagia, and modern research shows that [16], this prescription can improve uterine hemorheology by regulating the levels of hormones and vascular endothelial growth factor in patients, and promote endometrium. fall off, so as to achieve the effect of the treatment of blood. Clinically, based on this, and then according to the specific conditions of the disease, the addition and subtraction are made, so as to provide a new guiding direction for the clinical cure of the disease.

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