

A Collection of Experiences of Famous Modern Gynaecologic Herbalists in the Treatment of Uterine Fibroids

Yun Xu¹, Shimei Li²

¹Shaanxi University of Traditional Chinese Medicine, Xi'an, China

²Department of Traditional Chinese Medicine, Air Force Ninety-eight Sixth Hospital, Xi'an, China

Abstract: *Objective: To summarize the experience of famous gynecological Chinese doctors in treating uterine fibroids and the rules of medication in recent times. Methods: To study the literature of famous TCM doctors in gynaecology in recent times, to summarize and summarize the experience of treating uterine fibroids and the rules of medication. Results; the pivot of the woman's uterus is the Chong Ren; internal obstruction of blood stasis is the key to the pathogenesis, cold-dampness, liver-depression, phlegm-dampness and kidney deficiency are the main causes of the disease; activating blood circulation, resolving blood stasis and helping the righteousness is the main treatment method, and the treatment is based on the period and the individual; the Chong Ren induces the meridian medicine and focuses on regulating the emotions. Conclusion: By summarizing the experience of modern gynecologically renowned Chinese medicine practitioners in the treatment of uterine fibroids, we have developed therapeutic ideas for the treatment of uterine fibroids, which has guiding significance and practical value.*

Keywords: *Uterine Fibroids, Famous Traditional Chinese Medicine Practitioner, Etiology, Treatment, Punching, Ren*

1. Modern gynecology famous traditional Chinese medicine treatment of uterine fibroids chong appointment medicine experience

Uterine fibroids are the most common benign tumours of the female reproductive organs, consisting of smooth muscle and connective tissue. They are commonly seen in women aged 30 to 50 years and are rare in women under 20 years of age. According to autopsy statistics, about 20% of women over the age of 30 have fibroids. Because fibroids are often asymptomatic or rarely present, the reported clinical incidence is much lower than the true incidence of fibroids. Uterine fibroids are divided into interstitial fibroids (60%-70% of cases), subplasmic fibroids (20% of cases) and submucosal fibroids (10-15% of cases). Uterine fibroids are often multiple, and each type of fibroid can occur in the same uterus, known as multiple fibroids. Asymptomatic fibroids in Western medicine generally do not require treatment, especially in near-menopausal women, and are treated with medication using gonadotropin-releasing hormone analogues such as leuprolide and goserelin, and other drugs such as mifepristone, but long-term use of medication can produce side effects such as menopausal syndrome and osteoporosis, and also increase the risk of endometrial hyperplasia [1].

Uterine fibroids belong to the category of "obstruction" in Chinese medicine. The name "obstruction" was first introduced in the Nei Jing, and in Su Wen - Bone Empty Discussions, it is said that "the Ren vein is a disease of women with obstruction". The term "intestinal obstruction" is used to refer to a woman with a lump in her lower abdomen, while her menstrual flow is regular. It is also known as "blood obstruction", which is also known as "blood obstruction". In the Treatise on the Origin of Diseases, it is said that "accumulation in the abdomen under the umbilicus is called hernia in the internal organs". The "Divine Formula of Hua Tuo - Divine Formula of Hua Tuo for the Treatment of Zing", written by Hua Tuo in the Han Dynasty, says: "Zing is caused by cold and warmth disorders, resulting in weakness of the qi of the internal organs, while the diet is not eliminated and accumulates within, gradually staining the growing block and not moving. If the accumulation leads to years and months, the person will be concealed, and the abdomen will become large and thus lead to death", "Hua Tuo Shen Fang - Zheng Ji" also says that "Zheng Ji is different from Zheng, in that it is firm but soft, and Zheng Ji is made of blood, while Zheng Ji is made of gas", although there are many aliases for the diseases of Zheng Ji, they are always characterized by the accumulation of Zheng Ji (i.e. tumors), of which The term "zheng Ji" has a wide range of application, so uterine fibroids are classified as "zheng Ji". This article summarises the

experience of modern gynaecologists such as He Chengyao, Yuan Jialin, Yang Jialin, Yang Jianbing, Chen Huinong, Zhu Nansun, Xu Runsan and Xia Guicheng in the treatment of uterine fibroids and discusses the rules of their use for the benefit of fellow practitioners.

2. Onslaught is the hub of the woman's uterus

Professor Yang Jialin [2] was the first in China to propose a relatively complete and systematic reproductive axis in TCM gynaecology, namely the Kidney-Tiankui-Chongren-Uterus reproductive axis. Kidney essence and Tiankui are the innate material basis of a woman's body and give rise to kidney qi, while Chongren is the pathway through which kidney qi flows and enters the uterus to play a physiological role.

It is the channel through which a woman's kidney qi reaches the uterus, and the path through which a woman's qi and blood run and reach the uterus. It is the place where the qi and blood of the twelve meridians converge. The Ling Shu - Hai Lun Thirty-Third says, "Only the Chong Vessel is the qi and blood of the twelve meridians, and its infusion point lies on the Great Loom of the Foot and Sun Bladder Meridian". its infusion point lies on the Great Loom of the Foot and Sun", Chong Ren is connected to all the meridians and its qi and blood need to be irrigated by the viscera, therefore the filling of qi and blood of Chong Ren is closely related to the filling of qi and blood of the viscera, especially with the liver, kidney, spleen (stomach). The Spleen and Stomach biochemistry of Qi and Blood, the Liver Qi draining, and the direct transformation of Qi and Blood by the Kidney Essence, all the organs are full of Qi, the Kidneys are full of Qi, the Heavenly Decay is strong, the Punch and Ren Vessel is open, the Moon is down, and the woman's physiological activities such as menstruation, pregnancy and childbirth operate normally. Therefore, according to Yang Jialin [3], Chong Ren is both a physiological feature of women and the general cause of pathology, and it is the hub of the woman's uterus.

3. Internal stasis of blood is the key to the pathogenesis; cold-dampness, liver-depression, phlegm-dampness and kidney-deficiency are the main causes of the disease

According to Prof. Yang Jialin, stagnation of stagnant blood and its accumulation over time gradually leads to the formation of zhengzheng, and internal obstruction of stagnant blood is the key to the pathogenesis of zhengzheng [4]. In the case of obstruction in women, Zhang Xichen believes that "it is mostly due to the fact that the dew after childbirth is not yet purified and clots in the rushing of the blood, while the new blood flowing away clots on it day by day to benefit it, gradually accumulating and becoming obstruction." Zhengzhi is related to blood stasis. According to Zhang Xichen and Yang Jialin, we can conclude that zhengzhi is a collection of stagnant Blood that is enriched with new Blood, which in turn becomes stagnant Blood. There are many factors that cause stasis of blood, including cold and dampness, liver stagnation, phlegm stasis and kidney deficiency, which are the main causes of stasis of blood. There are many causes of blood stasis, but cold and dampness, liver stagnation, phlegm stasis and kidney deficiency are the main causes of blood stasis and are also the main pathological factors causing obstruction in women.

(1) **Cold and dampness cause stasis.** The qi and blood of the human body need the warmth of yang energy to circulate, reaching the five internal organs and six internal organs, and reaching the skin and hair couples externally to perform the function of qi and blood. "Cold is the main cause of stagnation. If a woman is not dressed warmly, has a cold diet or is attacked by cold, the cold invades the uterus and stagnates the blood and Qi in the uterus, so the blood and Qi cannot circulate. The stagnation of qi and blood for too long results in stasis of blood. In the Su Wen - Treatise on Pain, it is said that "when cold qi invades the uterus, the pulse is cold; when the pulse is cold, it is curled up; when it is curled up, the pulse is dull and urgent; when it is dull and urgent, it leads to the small loops externally, so it hurts all at once". The pain decreases with warmth, the urine is clear and long, the fur is white and the pulse is tight. The flow of Qi and Blood from the Qi Ren to the uterus is obstructed, and under the effect of cold stagnation, the subsequent Qi and Blood may be condensed, adding new Blood to the original stagnant Blood, or the stagnant Blood may be obstructed, so that the Qi and Blood can only flow in small quantities during the woman's menstrual period, thus the woman's menstrual period is incomplete, purple in colour with blood clots. According to Yang Jianbing, [5] adolescent women often do not avoid wind and cold during their menstrual period, and when they venture into the rain or when their menstrual period comes, they crave cold and drink cold, so they are most likely to feel the evil of wind and cold, and "when the blood gets cold, it condenses", and wind and cold enter the uterus from the rushing of the blood, leaving a root for future obstruction.

(2) **Liver depression causes stasis.** "The liver is the precondition for women" is a commonly accepted view put forward by ancient physicians to date. "A woman's appetite is more than her husband's, and she feels sick more than a man's, with the addition of love and hatred, jealousy and anger, staining the firm and unrestrained emotions". If the Liver is depressed, the Liver Qi is unable to push the Qi and Blood in the uterus, which leads to stagnation of the Qi and Blood and over time to stasis of the Blood. Professor Xu Runsan [6] focuses on the regulation of Liver-Qi and uses Chai Hu and Xiang Shen to regulate Liver-Qi and Bai Shao to nourish Blood and soften the Liver in his self-formulated formula Tiao Chong Tang, as well as Western Red Flower or Moon Flower to regulate the emotions and relieve depression. It is also used to relieve blood stasis and calm the mind. In the *Essence of the Materia Medica* [7], it is said that it "disperses blood stasis and regulates blood, broadens the chest and diaphragm, opens the stomach and feeds the diet, nourishes the lower yuan when taken for a long time, and pleases the colour". It is used to relieve stagnation of the liver and regulate the menstrual flow due to stagnation of the meridians. The *Ling Shu - Meridians* states that "the veins of the Liver meridian of the foot hold the stomach, belong to the liver, contact the gall bladder, go up through the diaphragm and spread to the ribs".

(3) **Phlegm and dampness cause stasis** Phlegm and dampness are one of the main causes of stasis, and phlegm and dampness cause a wide range of illnesses. Professor Chen Huinong [8] believes that dampness is an important pathogenic factor in gynaecological diseases. "Women are the gathering of all yin and often live with dampness" clearly states that women are prone to dampness, on the one hand, phlegm and dampness cause stasis. On the other hand, phlegm and dampness can directly lead to obstruction of the abdomen. The *Ling Shu - The Beginning of the Birth of a Hundred Diseases* discusses that "when dampness does not work, the blood and blood are condensed and do not disperse, and the fluid is astringent and permeable. Modern animal experiments have also shown that high humidity can affect the blood rheology of nitric oxide and endothelin in rats, and that high humidity can lead to changes in indicators related to blood stasis [9]. In cases of obstruction due to phlegm and dampness, the blood vessels are not conducive to obstruction, and the masses in the cells are not firm to the touch and are difficult to fix, with symptoms such as distension, heaviness, falling and pain in the abdomen, a white, thick and greasy coating, and a smooth or sunken pulse.

(4) **Kidney deficiency causes stasis** Prof. Xia Guicheng believes that most of the reasons for the formation of obstruction are due to the deficiency of kidney yang and the lack of yang growth, resulting in phlegm, dampness, stasis and turbidity and other yin evils condensing into obstruction [10]. The Kidney is the source of the body's essence, which can be directly transformed into Yin Blood to moisten the uterus. Blood stasis. Professor Xia Guicheng pays particular attention to the role of kidney yang, and has repeatedly used warming the kidney to transform qi as a treatment for many gynaecological diseases [11], as stated in *The Collected Commentaries of the Yellow Emperor's Classic of Internal Medicine*: "Heaven is the master of living things, and the earth is the master of forming things. Therefore, Yang transforms the qi of all things, and our qi is transformed by Yang; Yin forms the form of all things, and our form is formed by Yin." The process of "Yang transforming Qi" refers to the process of changing from form to formlessness, from rest to movement; "Yin forming" refers to the process of changing from formlessness to form, from movement to rest. When the kidney yang is deficient, the qi, blood and fluids in the uterus cannot be pushed forward and become stagnant in the uterus, forming not only stagnant blood but also phlegm, dampness and other pathological products, and the phlegm, dampness and stagnation intermingle to form the obstruction.

4. The main treatment method is to invigorate blood circulation, remove blood stasis, and help correct the situation, and treat the patient according to the stage and person

According to the pathogenesis of the obstruction and its main causes, Professor Yang proposes to activate blood circulation, remove blood stasis, break down the accumulation and eliminate the obstruction, pay attention to both the symptoms and the root cause, and protect the vital energy. In the case of prolonged obstruction, menstruation may be incomplete, or the discharge may not stop, resulting in Qi deficiency, Blood deficiency or both Qi and Blood deficiency. Prof. Yang Jialin [3] has created his own capsule on the basis of Dahuang Stinging Worm Pill with the addition of oyster and Puhuang, which is effective in treating interstitial myoma with a single tumour of <4cm. Prof. Yang Jianbing [12] created his own pain relief fast: Angelica sinensis 12g Chuanxiong 12g Yuanhu 12g Puhuang 12g Wu Lingli 12g Wu Yao 10g Cumin 6g Boswellia 9g Myrrh 9g Warming the menstruation and dispersing cold, resolving blood stasis and relieving pain as the basis. Zhu Nansun [13] used Chinese wolfberry, codonopsis and mulberry seeds to support the righteousness of the qi, mainly to strengthen the spleen, nourish the liver and benefit the kidneys, with the three seeds matching each other. Dried Lotus Grass, pacifying the liver

and softening hardness, eliminating tumours and interrupting menstruation.

(1) Treatments for women during menstruation, when the uterus is full to overflowing with blood, with rapid changes in Qi and blood, and the uterus is empty of blood. On weekdays, it is important to invigorate the blood and eliminate tumours as well as the vital energy. During pregnancy, women's symptoms should be treated to protect the fetus and eliminate the symptoms. In the "Medical Jinguan - The Essentials of Gynecology", it is pointed out in the "Fetus and Obstruction" section that "if there is a disease in pregnancy, it should be attacked, and the majority of it should be stopped. "In the commentary, it is stated: "If a pregnant woman has an old obstruction or a new disease that should be attacked, attack only the greater part of it and stop when it has disappeared, not all of it. The sutra says: 'There is a reason for not perishing. The medicine may be harsh, but if there is a disease, then the disease will suffer, and the fetus should not be harmed. Prof. Xia Guicheng [9], based on the principle of helping Yang to consolidate the flush and benefiting Qi to elevate the foetus, prefers to use Ramie root to cool the blood and stop bleeding in the treatment of pregnancy combined with obstruction.

(2) Treating the obstruction according to the age and constitution of the woman. In young and strong age, if the symptoms of blood stasis are obvious and the woman is still resistant to attack and has the desire to have children, she should try to eliminate the tumour; before and after menopause, if the woman has a deficiency of kidney water, hyperactivity of liver fire and a weak body with long-standing illness, she is not resistant to attack and attack, she should use the principle of "if the menstrual water has not been broken in the fifth decade, the menstrual water should be broken and the tumour will shrink. If a woman is fat and has obvious symptoms of phlegm and dampness, add products to soften phlegm and eliminate knots; if a woman is irritable and has obvious symptoms of liver depression, add products to relieve liver depression.

5. Punching and drawing the meridians, focusing on regulating the emotions

The Punch and Ren channels are the pathways to the uterus and are the hub of the uterus. In the treatment of obstruction, people often overlook the meridian-attracting herbs that enter the Chong Ren. Professor Yang Jialin [14] advocates the inclusion of meridian-attracting herbs for the Chong Ren, so that the prescription can reach the place of illness. In the *Materia Medica*, it is stated that "Zizhi is used to open the odd veins and suppress the rising of the Qi of the flushing", in the *Collective Explanation of Medical Prescriptions*, it is stated that "Gui Ban is used to open the odd veins and hide the Qi of the flushing, so that the water does not move", and in the *Materia Medica*, it is stated that "Only spicy warmth can stop the flushing, Gui Zhi is an important medicine for the lowering of the flushing, which was repeatedly used by Zhong Jing", and Zhang Xichen even created special formulas such as An Chong Tang and Li Chong Tang.

When a woman suffers from obstruction, she is often in a dull mood, and in addition to facing symptoms such as abdominal pain and irregular menstruation, she is also under pressure from work and life. "To cure her illness, we must first treat her heart", so it is especially important to focus on regulating the emotions when treating obstruction. Professor He Chengyao [15] adds more lily, hehuanpi, shouwu vine, cypress seeds and sour date seeds to regulate yin and yang. Professor Yuan Jialin [16] not only gives medication and dredges liver qi, but also gives psychological guidance to de-stress the liver.

6. Other treatments for obstruction

In the treatment of obstruction, acupuncture and moxibustion and auricular acupuncture can be used. Acupuncture and moxibustion can be taken from Guan Yuan, Zhong Ji, Blood Sea, Di Ji, Zi Gong points, Bazi, Qi Jian, Sanyin Jiao and Shu San Li alternately, and auricular acupuncture can be used to apply Wang Bu Liu Xing to the 4 auricular points of the adrenal gland, kidney, endocrine, middle ear, subcortical and uterine internal genital round. The treatment has also shown good results clinically and is worth exploring and discovering.

Author information

Yun Xu, female, master's degree student, research interests: Chinese and Western medicine combined gynecology

Shimei Li, Correspondence should be addressed to LI Shimei, Chief Physician, Research interests:

Gynecological diseases in Chinese medicine. E-mail: 262420592@qq.com

References

- [1] Xie X. Gou W. L. *Obstetrics and gynecology [M]*. Beijing: People's Health Publishing House, 2013
- [2] Zeng Qian, Li Audrey, Wei Shiyin, Xia Wanting, Feng Jiajia, Yang Jialin. *Reading the classics to interpret*
- [3] Professor Yang Jialin's theory of the reproductive axis [J]. *World Science and Technology - Modernization of Chinese Medicine*, 2015, 17(12): 2543-2546.
- [4] Zhu LH, Li SM, Shao WB. *The academic thought of Professor Yang Jialin on the treatment of uterine fibroids [J]*. *Chinese Medicine Research*, 2002(01): 6-8.
- [5] Cai Xiaoxiao, Yang Jianbing. *Summary of Professor Yang Jianbing's experience in treating primary dysmenorrhea of the cold-clotted and stagnant type [J]*. *Asia-Pacific Traditional Medicine*, 2018, 14(10): 163-164.
- [6] Liu S.Y., Wang Q., Zheng Z.B. *An analysis of the characteristics of the prescriptions for regulating menstruation and promoting pregnancy by Xu Runsan, a national medical master[J]*. *Journal of China-Japan Friendship Hospital*, 2021, 35(03): 183+185.
- [7] Gu Zheng, Zheng Zibo, Cui Bin. *The experience of Xu Runsan, a master of national medicine, in tonifying the kidney and regulating the liver to treat abnormal fetus[J]*. *Journal of China-Japan Friendship Hospital*, 2021, 35(02): 123-124.
- [8] Chen Huinong. *My opinion on gynecological diseases caused by stasis due to dampness [J]*. *Guangxi Traditional Chinese Medicine*, 1996 (02): 44.
- [9] Fan Jialin, Zhang Shijun. *Research progress on the theory of "stasis due to dampness" [J]*. *Shenzhen Journal of Integrative Medicine*, 2008(05): 317-321. DOI: 10.16458/j.cnki.1007-0893.2008.05.004.
- [10] Hu Rongkui, Tan Yong. *Exploring the experience of Xia Guicheng, a national medical master, in the management of pregnancy combined with uterine fibroids[J]*. *Jiangsu Traditional Chinese Medicine*, 2015, 47(11): 6-9.
- [11] Guo Hongyu, Ren Qingling, Hu Rongkui, et al. *Experience of National Medical Master Xia Guicheng in the prevention and treatment of endometrial polyps by applying the theory of "Yang transforming Qi and Yin forming"[J]*. *Journal of Nanjing University of Chinese Medicine*, 2021, 37(04): 574-576. DOI: 10.14148/j.issn.1672-0482.2021.0574.
- [12] Chen Yao, WANG Chang-Mei, YANG Jian-Bing. *Clinical experience of Professor Yang Jianbing in the treatment of dysmenorrhea [J]*. *Journal of Shaanxi College of Traditional Chinese Medicine*, 2012, 35(05): 33-35. DOI: 10.13424/j.cnki.jsctcm.2012.05.015.
- [13] Zhao Li, Cao Chen, Zhao Li. *Zhu Nansun's experience in treating uterine fibroids[J]*. *Shanghai Journal of Traditional Chinese Medicine*, 2010, 44(06): 1-2+18. DOI:10.16305/j.1007-1334.2010.06.003.
- [14] Liu Y, Deng LW. *The discursive characteristics of Professor Yang Jialin's treatment of gynecological diseases from the theory of Chong Ren [J]*. *Journal of Chengdu University of Traditional Chinese Medicine*, 2017, 40(03): 100-102. DOI: 10.13593/j.cnki.51-1501/r.2017.03.100.
- [15] Luo LW, Cheng L, Zou Y. *Professor He Chengyao's experience in treating ovulatory disorders of infertility from the theory of kidney deficiency and liver depression [J]*. *Chinese and Western Medicine Research*, 2021, 13(06): 421-423.
- [16] Ding Yuanquan, Liu Shuquan, Liu Peng. *Yuan Jialin's experience in treating infertility with one tonic and one sparing method [J]*. *Journal of Practical Chinese Medicine*, 2005(02): 92-93.