

Professor He Fengjie's Clinical Experience in Using Subphrenic Zhuyu Decoction

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Abstract: Subphrenic Zhuyu decoction comes from Wang Qingren's "Yilin correcting mistakes". Through the clinical practice of doctors of previous dynasties, the scope of application has been continuously expanded, and it can cover many disease systems, mainly for many diseases caused by qi stagnation and blood stasis. Based on many years of clinical experience, Professor he Fengjie flexibly applied this prescription to gynecological diseases with remarkable results, which enriched the experience of Xia Gengzhuyu decoction in the treatment of gynecological diseases.

Keywords: Subphrenic Zhuyu Decoction, Clinical Experience, Medical Record, Professor Fengjie He

Professor He Fengjie is the sixth batch of national famous old Chinese medicine practitioners, tutors of master and doctoral students, and recipients of national allowances. He has been engaged in clinical, scientific research and teaching for more than 40 years, and is good at treating many gynecological diseases with the methods of regulating liver and promoting qi, promoting blood circulation and removing stasis. Professor He believes that women are easily influenced by emotions, qi stagnation and blood stasis form, and all kinds of diseases begin. He emphasizes that qi and blood stasis should be taken as the starting point in clinical practice, and the disease should be eradicated.

Subphrenic Zhuyu decoction is one of the Zhuyu Soups in "Yilin correcting mistakes" by Wang Qingren. It is composed of fried Wulingzhi (6g), Angelica sinensis (9g), Ligusticum chuanxiong (6g), peach kernel (9g), safflower (9g), moutan (6g), red peony (6g), black medicine (6g), yanhusu (3g), licorice (9g), Xiangfu (4.5g) and Fructus Aurantii (4.5g). The main treatment is promoting blood circulation and promoting qi, removing blood stasis and relieving pain. It is a common prescription for subphrenic blood stasis to block qi stagnation. The symptoms include accumulation of ruffian mass under the diaphragm, fixation of pain, abdominal distension and discomfort caused by blood stasis, persistent diarrhea and so on. It has a wide range of application, mainly related to the diseases of qi stagnation and blood stasis in internal and external women and children. It has obvious curative effect and is deeply loved by doctors. Professor he Fengjie often uses subphrenic Zhuyu decoction to treat gynecological diseases such as menstruation, postpartum diseases, gynecological miscellaneous diseases and so on. The specific experience is summarized as follows.

1. Dysmenorrhea

Kou, female, 26 years old, was first diagnosed on February 22, 2021. Unmarried, having sex, no abnormality in gynecological examination. Pain on both sides of the lower abdomen during menstruation for more than 10 years. Complain that from menarche there is pain on both sides of the lower abdomen with low back pain, often distending pain, unbearable pain, nausea and vomiting, cold hands and feet, cold sweat, which can be relieved by taking ibuprofen. LMP: February 18, 2021, the cycle is 26 days, now it is the fifth day of menstruation, moderate amount, dark red color, a large number of blood clots, obvious premenstrual breast pain, severe lower abdominal pain with waist tightness discomfort. Usually work under high pressure, afraid of cold, cold hands and feet, cold lower abdomen, swollen and painful gums, facial acne, dry mouth, narcolepsy, sleep, normal size. The tongue is red, the fur is thin and yellow, there are tooth marks, the veins under the tongue are stagnant and the veins are thin. Diagnosed as dysmenorrhea, qi stagnation and cold coagulation and blood stasis syndrome, the prescription selected subphrenic Zhuyu decoction + Shaofu Zhuyu decoction as follows: Angelica 10g, Ligusticum chuanxiong 15g, fried Radix Paeoniae Alba 15g, raw Puhuang 15g,

Wulingzhi 10g, vinegar Yuanhu 15g, myrrh 10g, cumin 12g, cinnamon 10g, antler frost 15g, Xiangfu 12g, toosendan 12g, Angelica dahurica 12g, black medicine 10g, licorice 8g, gardenia 12g, Salvia miltiorrhiza 15g, raw rice 12g, Poria 30g. Take 14 doses of fried water, 1 dose a day, in the morning and evening.

Second diagnosis: March 3, 2021. After taking 14 tablets above, the dry mouth is relieved, and there are still lower abdomen, cold hands and feet, swollen and painful gums, facial acne, narcolepsy, regular red tongue, thin yellow fur, tooth marks, stagnation of sublingual veins and fine pulse. Continue to take 14 payments in front of you, fried in water, 1 payment a day, in the morning and evening.

Three diagnoses: March 18, 2021. LMP: March 15, 2021, now is the 4th day of menstruation, cycle 27 days, 4 days net, moderate amount, dark red color, blood clot reduced, premenstrual breast pain relieved, less abdominal pain and waist tightness relieved. Complain of cold, cold hands and feet, facial acne improvement, sleep can, the size is normal. The tongue is red, thin and white, with tooth marks, and the veins are thin and stringed. Prescription: add 6g Evodia rutaecarpa, 10g black aconite tablets (first fried), 10g dried ginger, 10g frankincense; remove gardenia, Angelica dahurica, Salvia miltiorrhiza and raw barley; take 21 doses of water, 1 dose a day, in the morning and evening.

Press: dysmenorrhea, also known as menstrual abdominal pain, refers to periodic abdominal pain during or before and after menstruation, or lumbosacral pain, or even severe pain syncope, affecting normal work and life [1]. Traditional Chinese medicine and related treatments are the main means for the treatment of dysmenorrhea, mainly drug therapy, which has the unique advantages of obvious curative effect, low price and less adverse reactions[2]. Professor he Fengjie believes that dysmenorrhea is a common clinical disease, either mild or severe, which seriously affects the physical and mental health of patients; the etiology and pathogenesis are complex, so we should distinguish deficiency and excess cold and heat, often with more empirical evidence and less deficiency syndrome; in this case, dysmenorrhea belongs to excess, cold and heat is mixed, upper heat and lower cold, syndrome differentiation is the syndrome of qi stagnation, cold coagulation and blood stasis, which is treated by soothing the liver and promoting qi, activating blood circulation and removing blood stasis and dispelling cold. At the first visit, the patient usually has high working pressure, less abdomen and chest flank for liver meridian, liver disorder, qi stagnation, blood blockage, pain, less abdominal distension, discomfort, premenstrual breast pain, qi and blood stasis, dark menstrual color and blood clots; disharmony between liver and stomach, hyperactivity of stomach, hot along meridians, gum and facial gum swelling and pain, facial acne, dry mouth. The cold guest cell palace, the blood is cold coagulation, the blood line is not smooth, then the menstruation color is dark, has the blood clot, the lower abdomen is cold; the cold evil damages the yang qi, cannot warm the limbs so the limbs are cold. In the second diagnosis, there was no obvious effect after taking the medicine for a short time, so continue to use the front. During the third visit, the patient's abdominal pain was relieved during the menstrual period, and there were still chills in the lower abdomen, hands and feet, plus Evodia, Black Shun tablets, dried ginger to enhance cumin and cinnamon to disperse cold and relieve pain; reduction of blood clot during menstruation to activate blood circulation and remove blood stasis of Salvia miltiorrhiza; gingival swelling and pain, facial acne improved, so to purge liver fire gardenia, invigorate spleen and dampness and give birth to barley.

2. Hypomenorrhea

Gong, female, 40 years old, was first diagnosed on March 7, 2022. One induced abortion was performed in 2011 and 2015, and breast B-ultrasound revealed hyperplasia of the right breast and cyst of the left breast. Previous menstruation rule, cycle 28 days, menstruation 3-4 days, moderate amount, no blood clots, no dysmenorrhea. LMP: February 28th, 2022. There was no obvious inducement for the gradual decrease of menstruation 4 years ago. The menstrual volume of the previous menstruation was 2 days clean, with dark red color, blood clots, and obvious breast pain with low back pain before menstruation. Usually irritable, occasionally dizzy, feverish feet at night, sweating on both sides, cold abdomen, bitter mouth, bad breath, abdominal distension, stupefied, sleeping, urine adjustment, sticky stool. The tongue is thin and yellow, the veins under the tongue are stagnant, and the veins are thin and stringed. It was diagnosed as hypomenorrhea and the syndrome type was kidney deficiency and liver depression syndrome. subphrenic Zhuyu decoction + Danzhi Xiaoyao Powder was given. The specific prescriptions are as follows: 15g of ligusticum chuanxiong and raw paeonia alba, fried fructus aurantii, black herb 10g, xiangfu 12g, sweet pine 10g, amomum alba 6g, raw yam 15g, American ginseng 10g, fried gardenia 10g, raw ground 15g, ligustrum ligustri 18g, xanthoxylum bupleurum 10g, albizia bark 20g, vinegar tujin 15g, poria cocos 30g, raw eucommia ulmoides 18g, salvia miltiorrhiza 18g,

Magnolia officinalis 10g, *Zhiyu wuyu* 6g. Take one dose a day in the morning and evening.

Second diagnosis: March 21, 2022. After taking medicine, the numbness disappeared, bitterness and halitosis improved, and there were still fever in the feet at night, cold in the abdomen, hair loss, irritability, sleep, adjustment of urine and sticky stool. The tongue is thin and yellow with tooth marks, the veins under the tongue are stagnant and the veins are thin. Syndrome differentiation is qi stagnation and blood stasis. Prescription: remove *Amomum villosum* and raw yam on the basis of the front, add 10g safflower, 10g zedoary vinegar, 30g albizzia bark and 20g vinegar turmeric. A total of 14 payments, fried in water, 1 dose a day, in the morning and evening.

Three diagnoses: April 11, 2022. LMP:2022-03-25 was clean for 2 days, the amount of menstruation was slightly more than before, a small amount of blood clot, with obvious low back pain. Complain that after taking medicine, breast pain, dizziness, numbness disappear, bitterness and halitosis improve; there are still fever in the soles of the feet at night, cold and bloating in the abdomen, hair loss; irritability; dreaminess, adjustment of urine, sticky stool. The tongue is thin and white, the veins under the tongue are stagnant, and the pulse strings are thin and weak. Syndrome differentiation is qi stagnation and blood stasis. Prescription: add 6g of *Amomum villosum* in front (after the bottom), and the rest remain unchanged. Fried in water, 1 payment a day, in the morning and evening, a total of 14.

Press: menorrhagia refers to the normal menstrual cycle, the amount of menstruation is significantly less than the usual menstrual volume of 1 stroke 2, or less than 20ml, or less than 2 days of menstruation, or drip is net [1]. The cause of menorrhagia is complex, involving insufficient secretion of sex hormones in the ovary, anovulation or surgical trauma, inflammation, adhesion and other factors, resulting in the endometrium does not respond to the normal amount of estrogen and so on[3]. Professor he Fengjie was diagnosed as menorrhagia according to the patient's history of multiple miscarriages and symptoms of menorrhagia for more than 4 years. At the first visit, the patient was irritable and irritable, causing stagnation of liver qi, and the chest flank was the place of liver and gallbladder meridians, and breast B-ultrasound suggested that the right mammary gland proliferated, so premenstrual breast distension and pain; liver qi depression and heat, forced fluid leakage, so both sides sweating; liver yang hyperactivity, brain spirit disturbed, so occasionally dizziness; liver and gallbladder dampness and heat along the meridian, so bitter mouth, bad breath; qi stagnation and blood stasis, Chong Ren block, so less menstruation, dark red color, blood clots. Kidney yin deficiency, deficiency fire endogenous, so the foot heart fever at night; waist loss of low back pain is obvious; sublingual vein stasis is the sign of blood stasis. The treatment is soothing the liver and promoting qi, activating blood circulation and removing blood stasis, supplemented by products for tonifying the kidney. The selected prescription is subphrenic *Zhuyu* decoction + *Danzhi Xiaoyao* Powder. Add *Gansong*, *Amomum*, yam, *Magnolia officinalis* to invigorate the spleen and reduce distension; add American ginseng, raw land, *Ligustrum lucidum*, *alternanthera philoxeroides* to nourish water and culvert wood, nourish kidney yin and nourish liver yin; add *Huanpi* and turmeric to enhance the effect of soothing the liver and relieving depression; plus *Duzhong* tonify the kidney and strengthen the waist. During the second visit, the patient's appetite gradually subsided, bitterness and halitosis reduced, so he lost *Amomum villosum* and raw yam; his mood was still irritable and irritable, so he increased the dosage of albizzia bark and turmeric. During the third diagnosis, the patient had more menstruation than before, and continued to use the front unchanged.

3. Menorrhagia

Zhang, female, 48 years old, was first diagnosed on August 2, 2021. Has a history of moderate anemia. The patient had more menstruation for more than 8 years. Regular menstruation, cycle 28 days, 7 days net, quantity, need 3 packets of sanitary napkins, dark red color, blood clots, menstrual period waist acid trap with fatigue, LMP: July 16, 2022. Ordinary impatient temperament, occasionally dry mouth, poor appetite, the recent dream, two tone. The tongue is light red, the moss is thin, yellow and slightly dry, and the pulse is heavy and slightly stringed. The diagnosis was menorrhagia and syndrome differentiation was kidney deficiency and liver depression syndrome. Prescription: American ginseng 10g (another stew), *Poria cocos* 15g, bran fried *Atractylodes macrocephala* 12g, honey fried licorice 8g, cooked land 12g, *Angelica* 8g, fried white peony 15g, *Chuanxiong* 12g, *Huangqi* 40g, *Zi Yuanzhi* 12g, tangerine peel 10g, vinegar *Schisandra* 12g, *Bupleurum* 10g, vinegar *Rhizoma* 12g, vinegar turmeric 15g, albizarin 20g, motherwort 30g, stir-fried *Puhuang* 15g (including fried), *Herba Euphorbiae* 12g, *Eucommia ulmoides* 18g each. 14 for water frying, 1 per day, in the morning and evening.

Second diagnosis: August 16, 2021. Take the upper 8, menstruation, LMP: August 10, 2021, 3 days net, the amount is slightly reduced, dark red, there are blood clots, menstrual period waist tiredness relieved, dry mouth, sleep improvement; recent poor appetite, fatigue, normal defecation and defecation. The tongue is light red, the moss is thin and yellow, and the pulse is heavy and slightly stringed. Continue to use the front unchanged, water fried service 14, 1 / day, morning and evening.

Three diagnoses: August 30, 2021. B-mode ultrasound revealed uterine leiomyoma, the size of which was 1.4x0.7cm. After taking the above 14 tablets, they complained of dry mouth, improved fatigue, improved sleep, irritability, bitter mouth, appetite and two stools. The tongue is light red, the moss is thin and yellow, and the veins are thin and stringed. Prescription: add gardenia 10g in front, change it to 15g, get rid of astragalus, Puhuang, Eucommia ulmoides, Dipsacus. Water frying service 14, 1 / day, morning and evening.

Four diagnoses: September 16, 2021. After taking the top 6, menstruation comes, LMP: September 6, 2021, 3 days net, the amount is less than before, the blood clot is reduced, the waist is sore during the menstrual period. Dry mouth disappeared, insomnia and mood improved, Nako, the size is normal. The tongue is light red, the moss is thin and white, and the veins are thin and stringed. Prescription: add Eucommia ulmoides 15g, Salvia miltiorrhiza 10g, change Xianghe grass 30g, go to Chuanxiong, Yuanzhi, Schisandra chinensis. 14 water fried clothes, 1 / day, in the morning and evening.

Press: Menorrhagia, also known as excessive menstruation, refers to a significant increase in menstrual volume than normal, or the total amount of each menstruation exceeds 80ml, while the cycle and menstruation are normal [4]. Professor he Fengjie believes that excessive menstruation or deficiency, or excess, or a mixture of deficiency and excess, deficiency is not solid, blood loss control, in fact, blood stasis Chong Ren, blood does not follow the menstruation, resulting in a large amount of menstruation. At the first visit, the patient lost too much blood due to long-term illness, qi and blood consumption, qi and blood deficiency, spleen and kidney deficiency, deficiency of qi and blood, spleen and kidney deficiency, deficiency of qi and blood stasis, deficiency of qi and blood stasis, dysmenorrhea, deficiency of qi, deficiency of qi and blood stasis, deficiency of qi and. Add Bupleurum, Yujin, albizzia skin, soothing the liver and regulating qi; add stir-fried Puhuang and Xianhe grass to stop bleeding; add Eucommia ulmoides and continue to tonify the kidney and strengthen the waist; in the third diagnosis, the patient is irritable and bitter, and add gardenia to clear the liver and gallbladder fire; fatigue and waist tiredness are improved to replenish qi and nourish the liver and kidney; in the fourth diagnosis, the patient's menstruation is less than before, but there are still blood clots, Salvia miltiorrhiza nourishing blood and promoting blood circulation; it is also necessary to increase the dosage of Xianhe grass to give full play to the convergence of hemostasis to consolidate the curative effect. The waist is sore and sleepy, add Eucommia ulmoides to tonify the kidney and strengthen the waist; sleep improvement, to calm the mind and wisdom products.

4. Pelvic Inflammation

Han, female, 43, was first diagnosed on March 7, 2022. The patient had intermittent lower abdominal pain with waist trap for 5 years, aggravated for 2 days. Artificial abortion was performed in February 2018, and the intrauterine device was placed after operation. Abdominal pain with low back pain was obvious after operation. Gynecological examination showed tenderness in bilateral adnexal areas. Western medicine diagnosed as chronic pelvic inflammatory disease. Oral Danhuang Quyu capsule and Gongyanping dropping pills were given. Baofukang suppository gel was not effective. LMP: February 25, 2022, 2 days net, less, dark red color, a small amount of blood clots, dysmenorrhea (+). Usually depressed, obvious fatigue, low back pain and discomfort, can be, difficult to fall asleep, two normal. The tongue is red, the fur is yellow and thick, the sublingual veins are stagnant and the veins are thin. The diagnosis of traditional Chinese medicine is abdominal pain and syndrome differentiation is the syndrome of liver depression, qi stagnation and blood stasis. The prescription is as follows: Angelica sinensis, Ligusticum chuanxiong (10g), peach kernel (10g), safflower (10g), fried Fructus Aurantii (10g), vinegar Yuanhu (20g), acacia bark (30g), vinegar turmeric (20g), toosendan (12g), tangerine red (12g), calcined magnet (30g), Rhizoma Yuanzhi (15g), cypress seed (30g), raw white peony (12g), honey-roasted licorice (12g), cohosh (10g), Eucommia ulmoides (18g), 14 water frying, one pay per day, take it separately in the morning and evening.

Second diagnosis: March 28, 2022. LMP: March 22, 2022, 3 days clean, dark red, the amount increased 3 times, a small amount of blood clots, lower abdominal pain with low back pain. After taking medicine, the improvement of symptoms is not obvious, the mood is depressed and sad, and it is

easy to be frightened in the near future, with dry eyes and tears in the wind; still tired, waist sleepy; poor, difficult to fall asleep, light sleep and easy to wake up, normal urination, unformed stool; yellow, thick and greasy fur, sublingual veins stagnant, fine veins. Prescription: add *Amomum villosum* 6g, sweet pine 10g, bran fried yam 15g, chrysanthemum 10g, Chinese wolfberry 15g, tangerine red 12g, Poria god 30g, ginseng 10g; change Yuanhu to 15g; remove peach kernel, safflower, Chuanxiong, Yuanhu, wood incense, cypress kernel, cohosh, toosendan seed, 14 water frying, 1 / day, take in the morning and evening.

Three diagnoses: April 16, 2022. LMP: April 11, 2022, 3 days clean, dark red, more menstruation than before, no blood clots, premenstrual breast pain, cold pain in the lower abdomen during menstruation. After taking medicine, the mood was improved, abdominal pain and fatigue were reduced, appetite was increased, insomnia was still present, urination was regular, stool was dry, red fur was yellow, thick and greasy, sublingual veins were stagnant, and veins were thin. Methods to select subphrenic Zhuyu decoction + Wenjing decoction + Xiaoyao Powder. Prescription: add salt fennel 10g, vinegar *Corydalis* 18g, *Evodia* 8g, *Dipsacus* and scalding dog ridge 15g each; remove *Bupleurum*, albizzia peel, black medicine, orange red, magnet, Poria god, sweet pine, sand kernel. Continue to take 14 tablets, fried in water, 1 payment per day, in the morning and evening to consolidate the effect.

Note: Pelvic inflammatory disease (PID) refers to a group of infectious diseases of the female upper genital tract, including endometritis, salpingitis, tubo-ovarian abscess, and pelvic peritonitis [5]. Chinese medicine attributes it to women's abdominal pain, infertility, dysmenorrhea, and irregular menstruation. Traditional Chinese medicine has obvious advantages and characteristics in the treatment of SPID, including traditional Chinese medicine, internal administration of proprietary Chinese medicine, rectal introduction and characteristic treatment of traditional Chinese medicine, which can significantly improve clinical symptoms and signs and reduce the occurrence of salpingitis infertility and ectopic pregnancy[6]. Professor He Fengjie believes that chronic pelvic inflammatory disease is the key to blood stasis. Dampness, heat, cold, and deficiency can all cause blood stasis. Blood stasis blocks the spleen, the uterus, and the blood vessels. Manifested as lower abdominal pain, pain even lumbosacral, causing irregular menstruation, infertility, abnormal vaginal discharge and so on. At the initial diagnosis, the patient was depressed and easily panicked, resulting in stagnation of liver qi, abnormal qi movement, stagnation of blood stasis, stagnation of the ren, and blood vessels. Difficulty falling asleep; stagnation of sublingual veins and thin pulse, all of which are signs of liver stagnation and qi stagnation and blood stasis. The treatment mainly focuses on soothing the liver and regulating qi, promoting blood circulation and removing blood stasis, and combining with soothing products; giving subphrenic Zhuyu decoction + Xiaoyao Powder modification. Add acacia peel, turmeric, fern neem, tangerine red to soothe the liver, relieve depression and relieve pain; add magnet and baiziren to calm the mind and soothe the nerves; add Yuanzhi to soothe the nerves and nourish the mind; in the second consultation, the patient has poor appetite, add Gansong, *Amomum*, yam to invigorate the spleen and appetizer; recently dry eyes, easy to tear, add chrysanthemum, wolfberry to improve eyesight; depressed mood, easy to be frightened, add Fushen to calm the mind, and increase the dosage of polygala; reduce blood clots and abdominal pain, and can be removed. Some products for promoting blood circulation and removing blood stasis and relieving pain. During the third consultation, the patient felt cold pain in the lower abdomen during menstruation, which was due to cold-damp blood coagulation, blocking the Chong and Ren, and the blood flow was not smooth. Add cumin, *Evodia* and *Corydalis* to warm the meridians to dissipate cold and relieve pain; add kidney three flavors of *Eucommia*, Tzuduan, and Golden Retriever to strengthen the kidney and strengthen the waist; the patient's mood improves, and his appetite gradually recovers.

5. Summary

Subphrenic Zhuyu decoction is a famous recipe preserved in ancient books. It has a wide range of applications and remarkable effects. It is deeply loved by physicians in the past dynasties. The prescription includes 12 traditional Chinese medicines, *Wulingzhi*, *Angelica sinensis*, Chuanxiong, peach kernel, safflower, Cortex Moutan, and red peony for promoting blood circulation, removing blood stasis and relieving pain. Among them, Chuanxiong is a medicine for qi in blood. *Corydalis*, *Corydalis*, Chuanxiong, and Wuyao work together to promote Qi and relieve pain; Xiang Fu soothes the liver and relieves depression, regulates menstruation and relieves pain; *Citrus aurantium* regulates Qi, moves stagnation, and disperses Qi; It is used in combination with blood medicine to reconcile Qi and blood; Licorice relieves acute pain and relieves pain; Various medicines Combined use, together play the role of promoting blood circulation and removing blood stasis, promoting Qi and relieving pain. Professor He Fengjie emphasized that women are easily affected by emotional factors, and special

physiology is closely related to blood, which is more likely to form qi stagnation and blood stasis syndrome; this prescription is often used to treat various gynecological diseases caused by qi stagnation and blood stasis, such as menstruation Diseases, postpartum diseases, gynecological miscellaneous diseases, etc., the curative effect is remarkable. At the time of the diagnosis, they did not follow the steps, but based on this prescription, differentiated and treated the symptoms, and differentiated the deficiency and the excess of cold and heat. For example, when the liver stagnation is obvious, add Bupleurum, Acacia radix, and turmeric; when insomnia, add Yuanzhi, Fushen, Baizi. Ren, nocturnal vine, magnet; poor appetite, add Gansong, Amomum; bitter mouth, bad breath, dry mouth, add gardenia, Ophiopogon japonicus.

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