

# Research on the Dialectical Treatment Method of Chinese Medicine for Disintegration and Leakage

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**Abstract:** *Metrorrhagia is a very important disease in gynecology, and its diagnosis and treatment are of great significance in safeguarding women's health. The diagnosis and treatment is important to protect women's health. In modern medicine, anovulatory dysfunctional uterine bleeding is similar to the symptoms of metrorrhagia, and often manifests itself in serious disorders of the menstrual cycle, menstrual period, and menstrual flow. Its etiology lies mainly in the damage of Chong Ren, which is unable to restrain menstrual blood. Chinese medicine follows the principle of "treating the symptom if it is urgent, and treating the root cause if it is slow" in treating disintegration. Through the three laws of stopping the flow, clarifying the source, and restoring the old, we flexibly utilize traditional Chinese medicines orally and acupuncture to treat disintegration. In recent years, Chinese medicine has made more and more significant progress in the treatment of leakage, and has received more and more attention from scholars because of its unique system of dialectic treatment and rich clinical experience.*

**Keywords:** Collapse, Dialectic treatment, Therapeutic principles, Chinese medicine treatment.

## 1. Introduction

Leakage, equivalent to anovulatory dysfunctional uterine bleeding in modern medicine, refers to a woman's menstrual blood leaking out of time or bleeding continuously. The former is referred to as "collapse" and the latter as "leakage". The two are often transformed into each other in the course of disease development, and both are characterized by serious disturbances in the menstrual cycle, menstrual period and menstrual flow.

## 2. Etiology and Pathogenesis

"Avalanche" was first mentioned in Suwen - and YanYin g Biexue: "Yin deficiency and yang beat is called collapse [1]." Liu Tao [2] believes that "yin deficiency and yang struggle" of the kidney is the essence of the collapse, qi deficiency or spleen deficiency is interrelated, and the "impulsive pulse is not solid" is the pathogenesis of the mechanism. Ancient physicians discussed the causes of Chong Ren injury from three aspects: heat, deficiency, and stasis.

Heat is one of the most common causes of leakage, mostly due to over-exuberance of yang qi in the body, long-term over-consumption of spicy and hot products, or exuberant liver fire, which is inflamed through the meridians and makes the evil of fire and heat lurk in and accumulate in the Chong Ren and Ren veins. The two channels of Chong Ren are the main channels for the flow of qi and blood, and when the fire-heat evil infests them, it will force the blood to move in a chaotic manner, which will in turn lead to the leakage of blood. Fu Qingzhu women's science hemorrhagic clearly pointed out: "Chong Ren is too hot and the blood is boiling, hemorrhagic for the disease, is too hot Chong vein also" [3].

Evidence of deficiency is also an important factor leading to collapse and leakage. From the viewpoint of innate factors, some people are born with a weak constitution and insufficient functioning of their internal organs; from the

viewpoint of acquired factors, prolonged over-exertion and over-anxiety can damage the spleen qi. Spleen is the foundation of the latter day, the source of qi and blood biochemistry, spleen qi is weak, the ability to regulate the blood decreased, menstrual blood lost constraints, unable to run according to the normal rules, thus triggering the leakage.

Blood stasis also plays an important role in the etiology of collapse. On the one hand, if the patient is usually impatient and irritable, and has an uncomfortable emotional state, it will lead to liver qi stagnation and poor qi operation. Qi is the marshal of blood; if Qi moves, blood moves; if Qi is stagnant, blood stasis occurs; Once blood stasis is formed, it will block the Chongren and Ren veins, preventing normal blood from traveling along the meridians and eventually leading to collapse and leakage. The Treatise on the Origins and Currents of All Diseases states, "There is stasis of blood within, so there are occasional collapses and drenchings." Wang Xuemei et al [4] also believed that blood stasis is the main etiologic factor leading to the failure of Chongren in the case of metrorrhagia. Based on this theory, when treating the bleeding stage of metrorrhagia, the treatment can be based on the perspective of stasis, and the method of eliminating stasis and stopping metrorrhagia can be adopted to achieve the purpose of stopping bleeding by plugging the flow.

The aetiology and pathogenesis of metrorrhagia is complex, closely related to internal organs, yin and yang, and qi and blood, but always with yin and yang changes, coupled with qi and blood imbalance, blood sea storage and overflow of disorder, Chong Ren can not constrain the menstrual blood, resulting in the untimely down. In Ji Yin Zang Mu [5], it is recorded that deficiency, heat and stasis are the symptoms of a certain stage of disintegration, emphasizing that the key to the changes of disintegration is the imbalance of yin and yang.

## 3. Diagnosis and Treatment

### 3.1 Key Points of Dialectic

In the case of new disease, the duration of the disease is short and the condition is acute, with most of the solid evils being the mainstay; in the case of prolonged disease, the duration of the disease is long and the condition is slow, with most of the deficiencies being the mainstay. Menstrual blood is not timely and violent down, the blood color is deep red or bright red, the texture is sticky and thick for solid heat; the blood color is purple and dark with clots, mostly for stagnation.

### 3.2 Treatment Principles

The main principle of the treatment of leakage is “treating the symptom if it is urgent, treating the root if it is slow”, combining the three major therapies of stopping the flow, clarifying the source, and restoring the old. (1) Plugging the flow, as the first step, when the sudden onset of leakage occurs, it is urgent to control the bleeding in order to prevent deficiency and adopt the method of replenishing qi and ingesting blood. (2) “Clarifying the source” is to trace the root of the disease, and to treat the disease according to the different types of evidence, in order to solve the problem from the root. (3) “Restoring the old” is to consolidate the root of menstruation and regulate the recovery, focusing on the overall regulation of the heart, liver, spleen and kidney, in order to promote blood production. The essence of regulating menstruation is rooted in the kidneys. Therefore, it is fundamental to strengthen the fullness of kidney essence and replenish the solidity of kidney qi. When the kidneys are strong and the blood is abundant, the menstrual cycle can be expected to resume its normal order and achieve harmony and balance in the body.

### 3.3 Typology (bleeding stage)

All phases of disintegration are characterized by menstrual blood coming down out of time, with a large amount like avalanches, or continuous dripping, so the following dialectical typing is used to discuss the differences between them.

(1) Blood-heat syndrome: blood is dark red and thick, accompanied by thirst and preference for cold drinks, red tongue, yellow moss, and slippery pulse. Treatment should be to clear heat and cool blood, regulate menstruation and stop bleeding, commonly used formula is Qingregujing Tang plus reduction.

(2) Kidney deficiency: Kidney yin deficiency mainly manifests as bright red blood, thick texture, accompanied by dizziness and tinnitus, soreness and weakness of waist and knees, warmth of hands and feet, flushing of cheekbones, red tongue, little moss, and fine pulse. Treatment should nourish the kidney yin, solid punch to stop bleeding, the formula more use Zuo Gui Wan plus reduction; kidney yang deficiency is seen in the menstrual blood color pale, thin texture, waist pain such as folding, fear of cold, cold, limbs not warm, urination long, loose stools, dark face, pale tongue, thin white moss, weak pulse. Treatment should be warming the kidneys to help the yang, fixing the Chong to stop bleeding, and the formula is often chosen as the Dabuyuanjian Decoction with additions and subtractions.

(3) Spleen deficiency: pale menstrual blood, accompanied by

fatigue, shortness of breath and laziness, loss of appetite, lack of warmth of the limbs, or swelling of the face and lower limbs, yellowish color, pale and fat tongue, thin white moss, and weak pulse. The treatment should be Solid Chong Tang to strengthen the spleen and vital energy, solidify the chong and stop bleeding. The formula is Juyuanjian Decoction and An Chong Tang plus subtractions.

(4) Blood stasis syndrome: menstrual blood is purplish and lumpy, with pain in the abdomen and refusal to be pressed, purplish tongue, petechiae and stasis, and astringent or stringy pulse. Treatment should be based on activating blood circulation and removing blood stasis, regulating menstruation and stopping bleeding. Specific formula can be based on Si Cao Tang, with the addition of Panax ginseng and Pu Huang [6] as appropriate to enhance the power of activating blood circulation and removing blood stasis.

### 3.4 The Application and Revelation of Meridian Formulae for Collapse and Leakage in the Yellow Emperor's Classic of Internal Medicine

The squid bone and madder pill contained in Suwen - Abdominal Chinese Theory is mixed with madder powder, and the bird's egg is used as a pill, which is served with abalone soup, reflecting the formula characteristic of Chinese medicine, which is “the product of flesh and blood with feelings”. Zhang Xichun in the Medical Zhongzhong Ganshi Lu used of these two medications. It also utilized the efficacy of these two medicines to stop bleeding and formulated two prescriptions, namely, An Chong Tang and Gu Chong Tang. Among them, Anchong Tang is used to treat women with heavy menstrual flow that does not stop after the menstrual period or bleeding that continues after the menstrual period, as well as the symptom of leaking down from time to time. Zhu Liangchun [7] formulated Guuchong Warming Tang on the basis of Guuchong Tang, proposing that cuttlebone with Cimicifuga not only could fix the lower jiao, but also had the effect of facilitating the flow of blood. Zhu Nansun [8] believed that the four squid bones and one madder pill was originally designed for the treatment of women's blood withered menstruation, the formula has the effect of tonifying essence, qi and blood, strengthening the brain, liver and kidney, as well as activating the blood and promoting menstruation, which created a precedent of tonifying the kidney and activating the blood. He advocated combining this formula with drugs that nourish qi, blood and essence for the treatment of leakage and amenorrhea, and achieved good results in clinical practice.

## 4. Treatment after the Blood Stops

The treatment after the blood stops is the key to curing disintegration, and should be based on restoration of the old, combined with clarification of the source.

(1) Determine the goal of restoration and implement evidence-based treatment according to different types of symptoms. Professor Chu Yuxia [9] pointed out that for adolescent leakage, the core of the treatment is to strengthen kidney qi, fill up Chongren qi and blood, aiming to gradually build a stable menstrual cycle, and the treatment is inclined to tonifying the kidney and fixing the Chongren, and often

adopts the Er Zi Zanyu capsule combined with Er Xian Tang or Er Zhi Pill with additions and subtractions; for the leakage of the childbearing age, the treatment balances the kidney qi and promotes the filling of liver and kidney essence and blood and the regulation of yin and yang, aiming at restoring the ovulatory function of the ovary and the normal menstrual cycle to ensure For perimenopausal disintegration, the treatment mainly focuses on controlling bleeding, taking into account tonifying spleen qi and stabilizing menstrual blood, nourishing the innate by strengthening the root of the acquired body, promoting the harmony and unity of the functions of the kidney, heart, liver, and spleen, and restoring the balance of yin and yang in the body, which is often treated by using the Six Flavors of the Di Huang Pill and the Gui Spleen Soup with additions and subtractions. Yuan Zhentu et al [10] applied Solid Punch and Normalizing Blood Soup to 120 patients for the treatment of pubertal leakage, and achieved remarkable clinical results. Tan Yi and other researchers [11] treated 93 patients with the addition of the formula for regulating menstruation and stopping bleeding, and adjusted the clinical medication according to the specific symptoms, and also obtained significant therapeutic effects. Gong Ruiting [12], in the treatment of menopausal leakage, used the self-proposed Solid Chong Stopping Hemorrhage Soup, and flexibly added and subtracted according to the individual situation, and observed 62 patients, especially in the time to stop bleeding, and achieved significant results. In addition, Jia Yuhong [13] treated 58 patients with menopausal leakage using the self-proposed Anchong Tang, and added Sha Shen, Maidong, and He Shouwu for patients with symptoms of dry throat and dizziness, and Wu Wei Zi and Nightshade for patients with heartburn and poor quality of sleep, and the results showed that the bleeding of the patients was effectively controlled within 3 to 7 days after the administration of the drug, and the clinical efficacy was satisfactory.

(2) Dialectical cause-seeking, cause-based treatment, this disease occurs in puberty and perimenopausal population [14], women enter puberty in the 14th year of life, the sky just to the deca, Chong Ren is not yet solid, the uterus is not well developed, more to tonify the liver and kidneys, supported by the method of regulating qi and blood, the formula used to tonify the yuan decoction combined with the two to the pill, such as the addition of the reduction of treatment; at the same time, puberty is also in the peak of the growth of the female growth and development of the qi and blood, but is not stable, the treatment should focus on the regulation of qi and blood to make smooth operation of qi and blood. The treatment should focus on harmonizing qi and blood, so that qi and blood can run smoothly. Angelica sinensis, Radix Rehmanniae Praeparata, Radix Paeoniae Alba, Rhizoma Ligustici Chuanxiong and other medicines can be used to tonify and nourish blood and harmonize Ying and Wei. Leakage during childbearing age is mostly related to physical weakness and dysfunction of internal organs, so treatment should strengthen the foundation and cultivate the vitality, enhance the constitution, and improve the body's ability of self-regulation. It can be treated with tonic formulas such as Ba Zhen Tang and Liu Wei Di Huang Wan. Pre- and post-menopausal disintegration is related to the weakening of kidney qi and insufficiency of essence and blood, so treatment should focus on tonifying the kidney and benefiting the essence to enhance the sealing and storage function of the kidney. Rehmannia

glutinosa, Cornu Cervi Pantotrichum and Cortex Eucommiae can be used to nourish the kidney and strengthen the essence. Treatment should focus on regulating menstruation and tranquilizing the mind to maintain the stability of the menstrual cycle while calming the emotions. Medicines such as Chai Hu, Xiang Fu and Sour Zao Ren can be used to harmonize Qi and calm the mind.

(3) The method of adjusting the menstrual cycle, referred to as "adjusting the cycle therapy", was emphasized by Professor Xia Guicheng [15], who stressed that in the recovery stage of disintegration and leakage, medication should be implemented in phases according to the natural law of yin and yang during the menstrual cycle, with the core of promoting the restoration of the ovulatory function by tonifying the kidneys. In addition, the implementation of the regulation of the weekly therapy, but also need to fully consider the individualization of the patient's differences, to achieve the identification of disease and evidence of the organic combination.

## 5. Acupuncture Treatment

The Spiritual Pivot - Meridian said: "Sheng is diarrhea, virtual is complementary ..... trapped under the moxibustion, not Sheng not virtual, to take the meridian." The disease of the collapse, its etiology and pathogenesis are complicated. Acupuncture and moxibustion can strengthen the effectiveness of tonifying deficiency and diarrhea, warming menstruation and dispersing heat, and resolving blood stasis and generating new blood, thus enhancing the effect of acupuncture treatment. Jiang Nannan et al. found that the top three acupuncture points for the treatment of leakage were Sanyinjiao point, Yinbai point, and Guanyuan point [16]. Sanyinjiao point belongs to the foot-taiyin spleen meridian, and most of the leakage is caused by the spleen's failure to regulate blood. The spleen has the function of regulating the normal operation of blood in the veins, if the spleen is weak and unable to regulate the blood, the blood overflows out of the veins, then bleeding is triggered, and Sanyinjiao is a key point of the spleen meridian, which can enhance the spleen's function of regulating the blood and achieve the purpose of stopping bleeding, and at the same time, Sanyinjiao is the meeting point of the three meridians of the liver, spleen, and kidney, so acupuncture can make the liver function of storing blood be played normally, and nourish the kidney's yin and yang to consolidate the fundamentals. Yin Bai is the well point of the Foot Taiyin Spleen Meridian, the origin of the spleen meridian qi, and is also the first aid point and special effect point for acute and massive bleeding. At the same time, it has the function of elevating yang qi and fixing qi and blood, so that the blood does not overflow; Guanyuan is an acupoint of Ren vein, which has the function of tonifying yuan qi and warming and fixing the lower jiao, and the blood loss from leakage is easy to consume yuan qi, and the loss of yuan qi and the lack of power to fix and fix the blood will further aggravate the blood loss, therefore, Guanyuan will further enhance the power of fixing and fixing and prevent the blood from bleeding. Lv Bo [17] randomly divided 96 patients with perimenopausal dysfunctional uterine bleeding into observation and control groups. The observation group was treated with acupuncture combined with solid Chong Jing Tang, and the selected acupoints included Sanyinjiao,

Ashigaru Sanli, Qihai, Guanyuan, Spleen Yu, and Kidney Yu, etc. The control group was treated with only the oral Solid Chong Jing Tang. After four weeks of treatment, the effective rate of the observation group was as high as 93.75%, which was significantly higher than that of the control group (75.0%), and the difference between the two groups was statistically significant ( $P < 0.05$ ).

## 6. Conclusion

To summarize, Chinese medicine treatment of metrorrhagia is a systematic and rigorous process. Through accurate diagnosis and typing, flexible application of the three main rules of “stopping the flow, clarifying the source and restoring the old”, and supplemented with external treatment methods such as acupuncture and moxibustion, it can effectively control bleeding, regulate the menstrual cycle and improve the general symptoms. Chinese medicine has a long history and rich experience in treating disintegration, and its efficacy and safety have been widely recognized. Compared with Western medicine, Chinese medicine for the treatment of leakage has fewer side effects and is less burdensome to the patient's body, especially for patients with long-term treatment and weaker physique. Although TCM has certain advantages in the treatment of leakage, it also has limitations and needs to be further studied to obtain newer treatment methods and ideas [18].

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