

## Case Histories - Menopausal Syndrome (3)

A 55-year-old woman had started suffering from menopausal symptoms a year after the stoppage of her periods. Her main problems were hot flushes, night sweating, a "prickly feeling" over her skin, depression, tiredness, dry eyes and mouth, headaches, and irritability. Other symptoms included backache, frequent urination, constipation and cold feet. Her tongue was Red on the sides and her pulse was Weak on both Rear positions and slightly Overflowing on the left Middle and Front positions.

### Diagnosis

The main underlying pattern is that of Kidney-Yin deficiency (hot flushes, constipation, night-sweating, dry eyes and mouth). As often happens, there is also a concurrent deficiency of Kidney-Yang (tiredness, frequent urination, backache, cold feet). The depression is due to the weakening of Will-Power (zhi) consequent to the Kidney deficiency. In addition to the Kidney deficiency, there is Liver-Yang rising (from Kidney-Yin deficiency) as evidenced by the headaches, irritability, Red sides of the tongue and pulse Overflowing on the left Middle and Front positions.

### Treatment principle

The treatment principle adopted was to nourish Kidney-Yin, tonify Kidney-Yang, subdue Liver-Yang,

strengthen Will-Power and calm the Mind. She was treated with acupuncture and patent remedies.

### Acupuncture

The points used were selected from the following:-  
LU-7 Lieque and KI-6 Zhaohai to regulate the Directing Vessel, strengthen the Uterus and nourish Kidney-Yin.-

Ren-4 Guanyuan to nourish the Kidneys.-

P-7 Daling to calm the Mind.-

LIV-2 Xingjian to subdue Liver-Yang.-

SP-6 Sanyinjiao to nourish Yin and calm the Mind.-

BL-23 Shenshu, BL-52 Zhishi and BL-47 Hunmen to tonify the Kidneys, strengthen Will-Power, pacify the Liver and settle the Ethereal Soul.

### Herbal treatment

I prescribed the Women's Treasure remedy Female Treasure which nourishes Liver- and Kidney-Yin and subdues Liver-Yang (see above).

This patient received only four acupuncture treatments, which had a strong initial impact; after that, she took the above remedy for several months inducing a remarkable improvement in her symptoms.