

Wen Jing Tang and infertility

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TCM and Conventional Medicine (CM)

TCM

- TCM theory, Principles, herbal Formula, Herbs and other approaches (acupuncture, Qi Gong, Dietary recommendation)
- Pattern ID oriented approach (Zheng 证)

Conventional Medicine (CM)

- Causes, pathogen, pathology, tests, diagnosis, treatment
- Disease oriented (病)

Integrative Medicine (IM)

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TCM

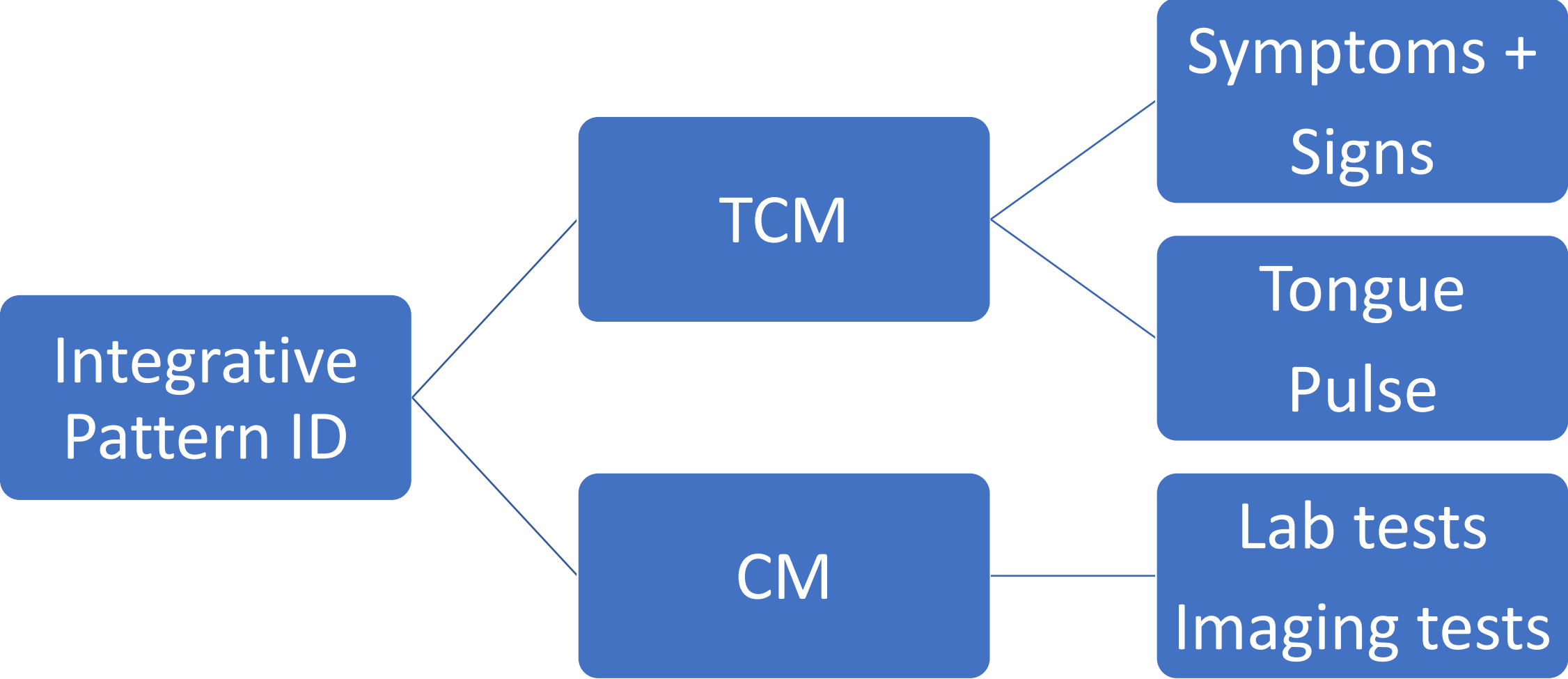
Holistic point of view, individualized and personalized approach

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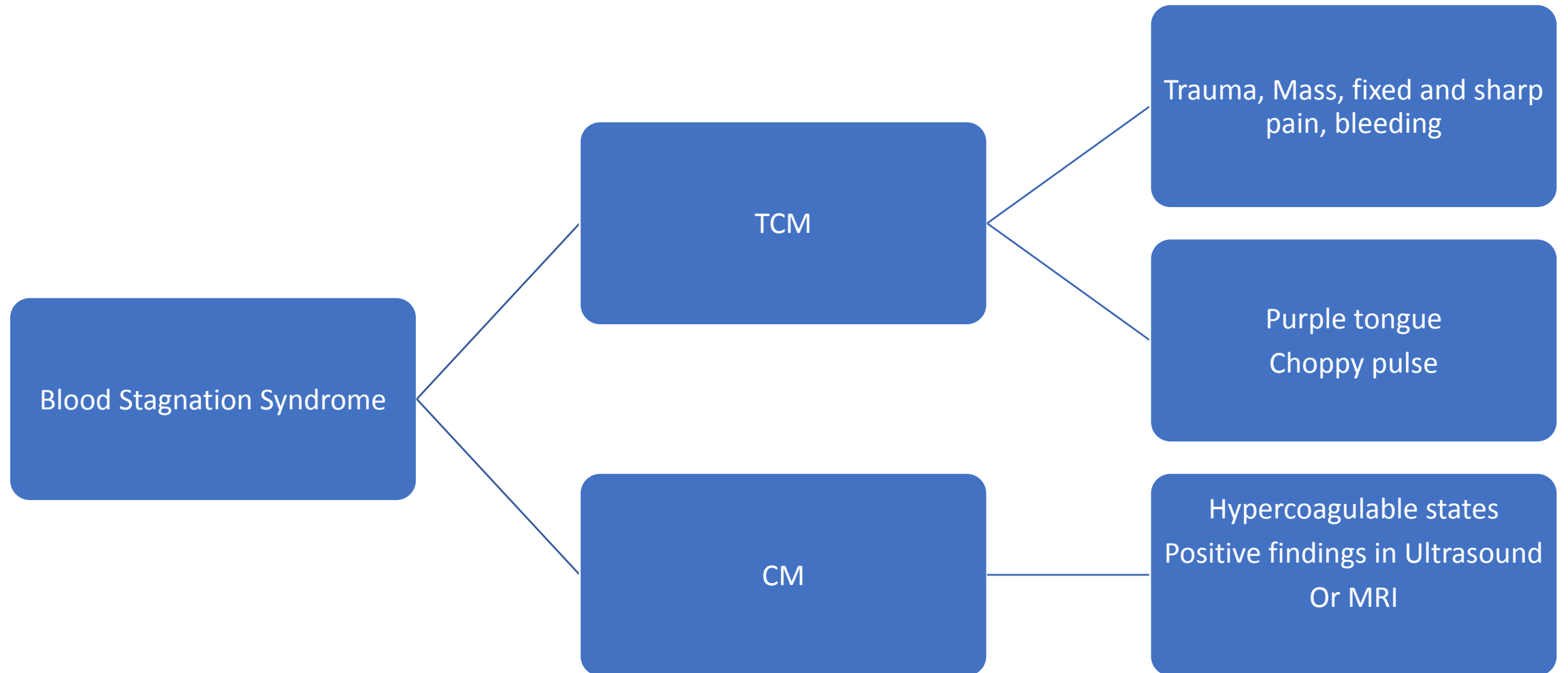
Conventional Medicine (CM)

Evidence based, measurable, and repeatable approach

Zheng (证) in IM



Blood Stagnation Syndrome (BSS, 血瘀证)



Integrative medicine diagnosis

Integrative medicine way of thinking in pattern ID

- Based on changes of tissue and organ (shape, size, texture, density)
 - uterus fibroid
 - Ovarian cysts
 - Blocked tubes
- Based on functional changes of tissue and organ
 - Hyperactivity vs. Hypoactivity
 - Decreased tubes movement
 - Excessive uterine bleeding

Advantages of IM

- New and better way of understanding of complex diseases from multi angle and level
- Combined TCM pattern ID and CM staging system
- Pattern ID + Disease ID (辨证和辨病)
- TCM perspective
- No symptoms and signs are significant enough to differentiate the pattern (无证可辨)
- Use abnormal blood tests and imaging results
- High concentration of platelets
- Ovarian cysts
- Decreased progesterone level
- Decreased testosterone level

Integrative medicine treatment

- Incorporated treatment including both TCM and CM
- increase the benefit
- Decrease the side effects

- Comprehensive way of thinking when combine herbs and drugs
- Avoid overlapping treatment of both medicine
- Avoid using detox herbs while on antibiotics
- Be careful about blood movers when on blood thinner

TCM and CM in Infertility

TCM perspectives

- Kidney Deficiency
- Liver Depression
- Blood Stagnation
- Cold and Phlegm accumulation

CM perspective

- Cervical
- Ovarian
- Uterine
- Tubal
- Peritoneal

Wen Jing Tang (温经汤)

Warm the menses decoction

- "Jin Gui Yao Lue" (Golden Cabinet)
- Warm the menses decoction
- Mixed combined pattern of Cold and heat, deficiency and excess

- Cold and blood stagnation predominant
- Warming, tonifying, and unblocking approach
- Amenorrhea and female infertility

Blood stasis syndrome (BSS) 血瘀证

- Mostly studied pattern in integrative medicine
- Common pattern in many disease including infertility
- Invigorate blood and remove stasis (活血化瘀) is one of the most important approaches

- Blood stagnation
- TCM definition and causes
- Trauma, injury
- Masses, tumor,
- Pain, fixed, sharp
- Bleeding with clots
- Wiry and choppy pulse
- Cold, Heat, deficiency, and excess all can lead to Blood Stagnation

Blood stasis syndrome (BSS 血瘀证)

Integrative Medicine definition:

Based on TCM criteria, plus any of the following

- Clotting disorder
- Hypercoagulable states
- Vascular stasis
- Thrombophlebitis
- Irregular flow
- Endothelial damage
- Deep Venous thrombosis (DVT)

Cold and Blood Stasis (寒瘀证)

- Cold accumulation
- Tissue or organ Congestion
- Channel blockage
- Chronic inflammation of pelvic region

- Cold and blood stagnation
- Ovarian cysts
- Low level of progesterone and testosterone
- Poor circulation of pelvic region

TCM pathology of Wen Jing Tang

- 1. Emotional distress leads to qi disorder, which leads to blood disorder
- 2. Evil cold and heat leads to blood disorder, also leads to damp-heat.
- 3. Trauma and injuries of Chong and Ren Mai
- 4. Kidney Essence, Yin and blood deficiency

Wen Jing Tang

• Ingredients:

- Wu Zhu Yu Mai Men Dong
- Mu Dan Pi Ren Shen
- Gan Cao Sheng Jiang
- Zhi Ban Xia Gui Zhi
- Dang Gui Chuan Xiong
- Shao Yao E Jiao

• Functions:

- Warms the menses; Dispels cold
- Nourishes blood; Dispels blood stasis

Wen Jing Tang



Wen Jing Tang

- Si Wu Tang + E Jiao
 - Heart, liver, and Kidney

- Gui Zhi Fu Ling Wan
 - Blood stagnation in the channel
 - Blood stagnation in womb + heat accumulation
 - Damp and phlegm accumulation in the channel

Wen Jing Tang

- Wu Zhu Yu Tang
 - Cold accumulation blocking the liver channel
 - Cold in Yang Ming --- Stomach
 - Cold in Shao Yin--- Kidney
 - Cold in Jue Yin--- Liver
- Mai Men Dong Tang
 - Lung and Stomach Yin deficiency
 - Lung dryness + Stomach Dryness
- Righteous Qi deficiency

Wen Jing Tang

- Wen Jing Tang covers:
- Heart, Liver, Stomach, Lung, and Kidney
- Cold--- Blood, Stomach, Kidney, Liver
- Heat--- Blood, Yin Deficiency
- Deficiency --- Kidney, Heart, Liver, Lung, Chong and Ren Mai
- Excess--- Cold accumulation, Blood stagnation

Wen Jing Tang

- Indications:

- Deficiency & cold of the Chong and Ren Mai with obstruction due to blood stasis
- Mild, persistent uterine bleeding,
- Disorders of menstruation: short or long cycles, bleeding between periods
- Pain, distention, cold in lower abdomen
- amenorrhea
- Infertility

- Cautions:

- Contraindicated in cases with abdominal masses due to blood stasis from excess heat

Infertility Implications

- In the treatment of female infertility in patients with **luteal phase defects**, Wen Jing Tang reduced LH, increased progesterone mid phase, and significantly helped dominant follicle and endometrium growth. An impressive 79.6% correction to luteal phase deficits were seen in patients, together with 49.5% wanted pregnancies.
 - (Unkei-to for correcting luteal phase defects. J Reprod Med (2003) Vol 48 (9): 729-34.)
- A study conducted in 1995 reported a 62.2% successful **ovulation rate** in first and second grade amenorrhea in 75 patients who took Wen Jing Tang. It has been shown to be effective for menstrual disorders, and infertility due to its ability to regulate (by stimulation or suppression) the pituitary-ovarian endocrine axis in humans thereby aiding ovulatory disorders.
 - American Journal of Chinese Medicine (1995) Vol 23 (3-4): 223-30.)

Other clinical implications

- Wen Jing Tang + Ge Gen Tang
 - Premature ovary failure
- Wen Jing Tang + Fang Ji Di Huang Tang
 - Chronic Eczema
 - Chronic Psoriasis
 - Skin itching in elderly
- Wen Jing Tang
 - Chronic herniated disc
 - Post-op of back and neck surgery

Case Study

- 35 years old
- History of PCOS for 7 years
- Amenorrhea for two years
- Cold sensation of lower back, cold hands and feet
- Migraine headaches, depression
- Purple tongue
- Deep, wiry, and choppy pulse
- Cold and blood stagnation
- Wen Jing Tang 6g, two times a day

Integrated Chinese and conventional Medicine Research

Kidney Tonics

- Kidney tonics have an overall regulation of hypothalamic-pituitary-ovarian gonadal axis function;
- improves the response of pituitary to LHRH;
- increases the weight of pituitary, ovary and uterus;

Integrated Chinese and conventional Medicine Research

- Blood movers:
- Increases the content of prostaglandin (PGF2 α) in rat ovarian-uterine venous blood;
- Induces mature follicle ovulation;
- Improves circulation and microcirculation;
- Increases blood flow and increase ovulation rate;
- Improves the function of hormone receptors in different parts of the reproductive axis (mainly clinical observation).
- Improves immune regulation mechanisms.

Integrated Chinese and conventional Medicine Research

- Blood mover and phlegm dissolving herbs:
- Relieve microcirculatory disorders to different degrees
- Improve microcirculation function
- Change blood rheological properties, thereby promoting absorption and regression of inflammation and necrotic tissue
- Alleviate tissue proliferation and dissolve tissue adhesion
- Improve the fibrosis of the oviduct lumen,
- Promote the regeneration and repair of the intima of the lesion, and facilitate the smooth flow and functional recovery of the fallopian tube.

Integrated Chinese and conventional Medicine Research

- Cooling and phlegm dissolving herbs:
- In the inflammatory phase, detox and phlegm dissolving can:
 - reduce capillary permeability
 - reduce exudation and edema
 - enhance mononuclear-macrophage system activity
 - inhibit fibroblast proliferation and collagen synthesis
 - promote collagen breakdown to be absorbed to prevent adhesion formation.