

# Pre and Post Menopausal (Jing Jue Qian Hou Zhu Zheng)

Kidney Yin Deficiency

Kidney Yang Deficiency

Kidney Yin and Yang Deficiency

## Overview

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**Pre and Post Menopausal:** patterns refer to patterns occurring just prior to or just following the onset of menopause in women. No menses for one year.

**Symptoms** are numerous and include periodic hot flashes marked by flushed complexion and perspiration, dizziness, vertigo blurred vision, tinnitus, palpitations, insomnia, chest oppression, loss of appetite, loose stools, over-sensitivity, agitation, emotional instability and, when severe, depression, anxiety and suspiciousness.

All Menopausal patterns have Kidney Deficiency

- 15-20% have no signs or symptoms
- 75% have Hot Flashes
- 90% have irregular menstruation prior
- Heat around Ren14 and Fingertips
- Disorder with the Temperature regulating mechanism of the hypothalamus (visual motor area)
- Diagnosis must distinguish menopause from patterns of dizziness, vertigo, palpitations, or edema.

## Notes:

General Points:  
Ub23, Sp6

Ki1, Ki6, Ki7 for hot flashes,  
night sweats and Insomnia

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Pathologies	Indications	Tongue/Pulse	Tx Method	Formulas	Points
<p><b>Kidney Yin Deficiency</b></p> <p>Heart fire and Liver yang may also be involved</p> <p>Most Common Hot Flashes Warm</p>	<p>Dizziness and vertigo, tinnitus, periodic hot flashes over the head and face, perspiration, vexing heat of the five hearts, aching lower back and knees, shortened or irregular menstrual cycle, menstrual discharge that is sometimes heavy, sometimes light and bright red in color; and in some cases, dry itchy skin, dry mouth, dry hard stools and scanty yellow urine</p>	<p>T- red with little coating P- rapid, thready</p>	<p>Nourish and moisten kidney yin, subdue liver yang</p> <p>Heart: insomnia, palpitations</p> <p>Liver: headaches, dizziness, tinnitus</p>	<p><b>Zuo gui wan</b></p> <p>Heart: Tian Wan Bu Xin Wan</p> <p>Liver: Tian Ma Gou Teng Yin</p>	<p>Ub23, Ki3, Sp6, Lv3</p> <p>Ub18, Ub52, Ub15, Gb12</p>
<p><b>Kidney Yang Deficiency</b></p> <p>Spleen can also be involved</p> <p>NO Hot Flashes Cold</p>	<p>Dull complexion, listlessness, physical cold, cold extremities, cold and aching lower back and knees, loss of appetite, abdominal distention, loose stools, occasional heavy menstrual discharge, pale menstrual discharge that is sometimes dark in color and contains blood clots, edema, of the face and limbs, increased nighttime urination, and in some cases, urinary incontinence or thin clear vaginal discharge</p>	<p>T- pale sometimes tender, flaccid with tooth impressions along the edges, thin white coat P- deep, thready, forceless</p>	<p>Supplement kidney yang, warm the spleen</p>	<p><b>You gui wan</b> with <b>Li zhong wan</b></p>	<p>Ub20, Ub23, St36, Ren4, Sp6,</p> <p>Du4, Ren12</p>
<p><b>Kidney Yin and Yang Deficiency</b></p> <p>Hot Flashes Warm or Cold</p>	<p>Physical cold, alternating with hot flashes and sweat, dizzy, tinnitus, weak achy lower back.</p>	<p>T- pale or red P- forceless, thready, weak</p>	<p>Clear summer heat, transforms dampness and resolve the exterior</p>	<p><b>Er xian tang</b></p>	<p>Ub23, Ki3, Ren4, Ren6, Sp6, Ki1</p> <p>Hot flashes: Ki6</p> <p>Ear: Shen men, sympathetic, endocrine, kidney, liver, heart</p>

**Notes:**