

<b>Menopause Conditions and Herbal Treatments</b>		
<b>Diagnosis</b>	<b>Clinical Manifestation</b>	<b>Herbal Rx</b>
Kidney Yin Deficiency	Delayed menstruation (scanty in amount of ceased completely); hair loss; scanty vaginal discharge; dryness of vagina; dizziness; tinnitus; hot flashes; night sweats; five heart irritable heat (heat and irritable sensation in the chest, palms and soles); hot flashes; insomnia; increased dreams; itchy skin or formication (tactile hallucination with feeling of insects crawling on skin); soreness and weakness of lower back and knees	Anemarrhena phellodendron & rehmannia formula ( <i>zhi bai di huang wan</i> ) and artemisia & turtle shell decoction ( <i>qing hao bie jia tang</i> )
Liver Qi Stagnation	Irritability; nervousness; hypochondriac distention; constipation; palpitations; insomnia; emotional instability; generalized weakness.	Bupleurum & dragonbone combination ( <i>chai hu jia long mu tang</i> ) and bupleurum & peony formula ( <i>jia wei xiao yao san</i> )
Blood Deficiency	Dizziness; hot flushes; sweating; insomnia; dryness of skin; sallow complexion; emotional instability; myalgia.	<i>Tang kuei</i> four combination ( <i>si wu tang</i> ) and ginseng & longan combination ( <i>gui pi tang</i> )
Uprising Deficiency Heat	Hot flushes; bone-steaming sensation; irritability; dizziness; nervousness; emaciation.	Artemisia & turtle shell decoction ( <i>qing hao bie jia tang</i> )
Kidney Yang Deficiency	Heavy menstrual bleeding; metrorrhagia or complete ceasing of menstruation; soreness and weakness of the lower back and knees; edema of the face and limbs; cold limbs; cold appearance; loose stools; polyuria; urinary incontinence.	Eucommia & rehmannia formula ( <i>you gui wan</i> ) and ginseng & ginger combination ( <i>li zhong tang</i> )
Kidney Essence ( <i>Jing</i> ) Deficiency	Weakness and soreness of the lower back and legs; inability to stand for a prolonged period of time; decreased bone mass density.	Testudinis & cervi formula ( <i>gui lu er xian jiao</i> )