

Clinical Report 2 (Japan)*Menopausal Disorder*Yang Cholsong
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Case: Female of 44 years old

Chief complaint: Hot flashes

History of present illness: The patient's menstrual cycle became irregular about four to five years ago and her period also became once every three months three years ago. She had been experiencing a feeling of paroxysmal tight chest, a heat sensation on the back, hot flashes and sweating. She also had prolonged heaviness in the head and coldness of the four extremities. There was also eyestrain. At one time, she had received hormone therapy but she had a fear of its side effects and quit the therapy. She was on the slim side with red cheeks. She was loquacious and restless. I administered Extract of *kamishoyosan* 9g/2 for 2 weeks and *kamishoyosan* 9g/2 + *rokumigan* 7.5g/2 for 4 weeks, with the result of a slight relief of hot flashes and sweating.

Present condition: Medium built, thinnish.

Pulse: String-like. Tongue: Deep red with thin yellow furs.

Sho: Liver depression transformed into heat/internal depression

Method of treatment: Sooth the liver and purge fire/unblock yang and activate blood

Formula: Extract of *kamishoyosan* 9 g /3 + Extract of *keishibukuryogan* 7.5g/3

Course: Chest and back symptoms disappeared after two week and hot flashes and sweating were markedly relieved.

Comment

Qi that has become stagnant by depression of the liver transforms into heat, which then becomes stagnant internally. This internal heat causes a heat sensation on the back, which then goes up, like opening a flood gate, inducing hot flashes of the face. And/or the heat is discharged to the outside of the body with sweat. Heat stagnation can be resolved once but the same things are repeated over and over gain. In the case of the patient, the internal heat stagnation was prevented efficiently by not only soothing the liver for purging fire with *kamishoyosan* and but also unblocking yang for activating blood with *keishibukuryogan*.