

Professor He Fengjie Treats from the Perspective of Pre-Pregnancy Conditioning Recurrent Spontaneous Abortion

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Abstract

Recurrent spontaneous abortion is one of the common gynecological diseases. Recurrent abortion brings economic and psychological pressure to women. The etiology and pathogenesis of this disease are complex and heterogeneous. Professor He Fengjie believes that the main cause of this disease lies in kidney deficiency. Therefore, he uses the method of tonifying kidney and preventing miscarriage, conforms to the menstrual cycle, and uses the addition and subtraction of Shoutai Pill as the basic prescription to treat this disease, and puts forward the idea of "conditioning before pregnancy, preventing miscarriage after pregnancy, and coordinating husband and wife" to treat recurrent spontaneous abortion, which has achieved satisfactory results in clinical practice and is worthy of reference. This article considers the clinical experience and research prospects of the treatment of recurrent spontaneous abortion from the perspective of pre-pregnancy conditioning by using the method of tonifying kidney and preventing miscarriage.

Keywords

Recurrent Spontaneous Abortion, Shoutai Pills, Pre-Pregnancy Conditioning, Method Of Tonifying Kidney And Preventing Miscarriage.

1. Introduction

Recurrent spontaneous abortion (RSA), as one of the difficult and complicated diseases of gynecological reproductive diseases, seriously affects women's reproductive health and quality of life, and brings great difficulties and blindness to clinical treatment. The etiology of RSA is complex and lacks specificity. Western medicine treatment is still a difficult problem to break through, and assisted pregnancy is the advantage of traditional Chinese medicine treatment. Through more than 40 years of clinical practice, Professor He Fengjie has taken pre-pregnancy conditioning, post-pregnancy fetal protection, and husband and wife co-regulation as the starting point, using the idea of harmony between man and nature, pre-cultivating its damage, and combining with the method of regulating the menstrual cycle, focusing on pre-pregnancy conditioning diagnosis and treatment of RSA, improving the success rate of women's pregnancy and the rate of holding babies. Its clinical efficacy is satisfactory. The experience of pre-pregnancy conditioning in the treatment of RSA is summarized as follows.

2. Understanding of modern medicine on recurrent spontaneous abortion

Recurrent spontaneous abortion refers to three or more consecutive spontaneous abortions with the same sex partner. Today, various countries and regions have not reached an agreement on the number of spontaneous abortions in the definition of RSA, whether it is with the same

sex partner, whether the abortion occurs continuously, and the gestational age of abortion [1]. According to the study, with the reduction of women of childbearing age in China and the opening of family planning policy, more and more women have late childbearing. According to the survey, it is found that there is a significant risk of recurrence after two consecutive spontaneous abortions, which increases with the number of abortions [2]. In 2020, China 's expert consensus recommended that the embryo loss at 28 weeks of pregnancy, including biochemical pregnancy, should be defined as RSA [3].

The etiology of RSA is complex, involving multiple disciplines and lacking specificity. Its etiology is mostly related to maternal immunological factors, hereditary and acquired thrombophilia, abnormal growth and development of women 's reproductive tract structure and endocrine system [4-8]. Some scholars have found that chromosomal abnormalities in couples and embryos can also lead to RSA, which is also inseparable from infection factors and male factors [9].

Life factors can also affect the occurrence of RSA, such as smoking, drinking, obesity, serious pollution of living environment and drug abuse will increase the risk of abortion [10]. It is reported that the psychological effect of RSA patients will also affect the occurrence of abortion. It is found that the degree of depression and anxiety of RSA women before and after pregnancy is significantly increased [11].

The general treatment principle of RSA western medicine is to actively find the cause, formulate corresponding treatment plans according to individual conditions, improve the bad living habits of both spouses and regulate the emotions of women of childbearing age. The main treatment methods are female genital surgery [12], adjusting endocrine disorders [13], controlling infection, pre-implantation genetic screening [14], hormone therapy [15-17], anticoagulant therapy [18], immune regulation therapy [19], improving male sperm motility and reducing deformity and improving sperm debris index [20, 21].

3. Recurrent spontaneous abortion first understand the etiology and pathogenesis of traditional Chinese medicine

In traditional Chinese medicine, recurrent abortion belongs to the category of ' slippery abortion ', ' multiple abortion ' or ' repeated pregnancy and repeated abortion '. 'Huangdi Neijing 'records that the disease is due to kidney qi deficiency, qi and blood deficiency, and meridian stasis [22]. In the ' Synopsis of the Golden Chamber · Women 's Miscellaneous Diseases and Pulse Syndrome ', Zhang Zhongjing recorded that the slippery fetus was caused by qi and blood deficiency, cold stagnation, qi stagnation and other causes. The poor operation of qi and blood, the invasion of the uterus, the dystrophy of the uterus, the instability of the fetus, and the slippery fetus [23]. In the Yuan Dynasty, Zhu Danxi said in ' Ge Zhi Yu Lun ': ' The fetus is from abortion or labor and anger, ' which believes that women 's poor mood is an important factor leading to abortion [24]. 'Jing Yue Quan Shu ' records: ' All the number of pregnancies see abortion, must be due to the loss of qi and blood. ' Zhang Jiebin proposed that the weakness of qi and blood is an important reason for the slippery fetus [25]. He believed that blood heat can also lead to slippery fetus, blood heat disturbance, fetal instability, and slippery fetus. Ye Tianshi 's " Ye 's Gynecology Syndrome " written by Qing · Ye Tianshi: " People who have three months of abortion, six or seven months of abortion, and repeated pregnancy and abortion, due to lack of qi and blood, are called slippery fetus. " For the first time, the name of " slippery fetus " was put forward [26]. He believed that the key to the occurrence of slippery fetus was the lack of qi and blood. 'Yizong Jinjian 'records: ' spontaneous abortion without reason... It is mostly due to excessive sexual labor ' [27]. It is believed that too much sexual labor will lead to loss of essence and deficiency of kidney essence, which will indirectly lead to spontaneous abortion. Wang Qingren, a physician in the Qing Dynasty, first proposed that ' blood stasis ' is the etiology and pathogenesis of slippery fetus. He found that the key factor of maternal qi and blood stasis

stagnation slippery fetus. It was recorded in 'Yilin Gaicuo': 'There is blood stasis in the uterus first..... Blood does not enter the fetus, the fetus has no blood, so it is abortion' [28]. If the mother's blood stasis is blocked in the uterus, the fetus will not be able to obtain nutrients from the mother, and finally the fetus will be aborted. Chinese medicine master Xia Guicheng recognized that the imbalance of 'heart-kidney-liver-spleen-uterus axis' is the main etiology and pathogenesis of slippery fetus [29].

The etiology of slippery fetus is complex, which can be blamed on both the fetus and the mother. The fetal element endowment is insufficient, the embryo is congenitally defective and cannot be formed. Professor He pointed out that recurrent abortion is mostly related to maternal spleen and kidney deficiency, qi and blood deficiency, blood stasis and so on. The mother's innate endowment is weak, and the housework is prolific, resulting in the Chongren is not solid, and the fetus is lost. The mother's body is weak, and the qi and blood are weak, which leads to the loss of Chong and Ren, and the loss of fetal support. If there is a disease, fall injury, the formation of blood stasis, resulting in Chong and Ren injury, fetal element is not solid. In addition, diet fatigue and excessive thinking can lead to qi and blood weakness, so that the fetus is insufficient. Professor He believes that kidney deficiency is the primary factor leading to recurrent abortion. The kidney essence in the kidney governs reproduction, and the kidney essence can transform Tiangui. Tiangui is a substance that promotes human growth, development and reproduction. It can not only promote the development of reproductive organs, but also maintain reproductive endocrine function. Fetal pregnancy is warmed by kidney yang, kidney essence is nourished, and further development and growth can be promoted by kidney qi. Kidney yin and yang deficiency, spleen dysfunction, Chong and Ren qi and blood deficiency, can not nourish the fetal element, fetal loss of nourishment and slippery fetus. Emotional internal injury leads to liver depression, emotional failure, stagnation of fire, blood heat disturbance, heat disturbance, which can lead to slippery fetus. Frustrated, there are chronic diseases such as blood stasis, resulting in Chongren injury, fetal loss of support, fetal loss, fetal yuan is not solid, and to the fetus difficult to stay, repeated pregnancy repeated abortion.

4. Pre-pregnancy conditioning is the treatment of recurrent abortion

'Jing Yue Quan Shu · Women's Regulations' states that 'Therefore, anyone who fears abortion must examine the cause of this injury... It is necessary to examine the source of the fetus, and pre-cultivate its damage, and the method of protecting the fetus is not out of this, and put forward the ideological theory of 'treatment before disease' and 'pre-cultivate its damage' [30]. Professor He Fengjie attaches great importance to 'pre-pregnancy pre-cultivation of its damage, after pregnancy to stabilize the fetus', and puts forward that 'pre-pregnancy conditioning, post-pregnancy tocolysis, husband and wife co-regulation' is the treatment of recurrent abortion. After a spontaneous abortion, both men and women should be examined in detail to find out the reasons. First of all, the organic reasons should be excluded. After the male semen test and other examinations are normal, it is necessary to invigorate the kidney, strengthen the spleen, nourish the blood, nourish the blood and clear the heat, regulate the Chong and Ren, and regulate the emotions before pregnancy. After suspected pregnancy, blood HCG should be examined immediately, and traditional Chinese medicine should be used to protect the fetus at the first time. It is not possible to wait for signs of fetal leakage and fetal movement to protect the fetus. Contraception should be avoided during pre-pregnancy conditioning medication, and the time of fetal protection after pregnancy should be longer than that after the previous slippery fetus month, and no signs of abortion can be discontinued.

Traditional Chinese medicine has obvious advantages in the treatment of unexplained recurrent spontaneous abortion. 'Women's complete prescription' cloud: 'Madam with kidney

qi strong solid, Chongren Ronghe, then the fetus income, such as fish place yuan ' [31]. Based on the theory of ' kidney governing reproduction ', Professor He Fengjie treats the disease according to the overall concept of yin-yang and five elements, etiology and pathogenesis, and patient 's constitution. The artificial cycle therapy of traditional Chinese medicine is adopted. The pre-pregnancy conditioning focuses on regulating the menstrual cycle, menstrual volume, menstrual color, menstrual quality and the accompanying symptoms of the patients. According to the menstrual period, postmenstrual period, intermenstrual period and premenstrual period, the four women 's menstrual periods are different. According to the growth and decline of kidney qi, the rise and fall of qi and blood, the patients ' different constitutions are treated according to syndrome differentiation, and the addition and subtraction are made. The clinical effect was significantly improved, and the success rate of pregnancy was improved.

Professor He believes that the regulation of menstruation is based on the order of menstrual cycle, and the order of female menstrual cycle is closely related to the growth and decline of yin and yang in nature. The menstrual cycle is in accordance with the theory of ' harmony between man and nature ', which is in line with the law of growth and decline of yin and yang, and is also related to the rhythm of year, month, day and time. Menstrual cycle therapy and western medicine menstrual cycle changes have certain similarities, which is also known as traditional Chinese medicine cycle therapy. According to the different time periods of the menstrual cycle and the changes of yin and yang in different periods, Professor He adopts different prescriptions for treatment, and upholds the holistic view of traditional Chinese medicine to regulate the kidney-Tianguai-Chongren-uterus reproductive axis, laying a solid foundation for conception [32].

Zhu Danxi believes that the moon has a lack of yin and eyes, the moon phase changes for 30 days as a cycle, the sun is always the same, the sun is Yang, the moon is Yin, and the sun rises and the moon falls. From this natural observation, it is the embodiment of ' Yang often has more than Yin deficiency '. People belong to nature, and there is also a process of growth and decline of yin and yang in human physiology. In the process of human growth and development, Professor He believes that in the young and middle-aged period, yin essence is relatively abundant, but this period is relatively short in life, and this stage is the easiest to ' consume yin '. Therefore, the human body is in a physiological state of excess yang and deficiency yin. Professor He proposed that menstruation should be full of Yin and Yang, the whole cycle of menstruation should nourish Yin and blood, and the latter half of the cycle should warm Yang on the basis of nourishing Yin [32].

On the basis of Shoutai Pills, Professor He complied with the addition and subtraction of menstrual cycle during pre-pregnancy conditioning. Shoutai Pill is created by Zhang Xichun, a famous doctor in China. There are only four medicines in the whole prescription: Cuscutae Semen 30-50g, Taxilli Herba 15g, Colla Corii Asini 10g (closed), Dipsacus asper 18g. Its taste is flat and its addition and subtraction are flexible. Dodder taste sweet into the kidney, liver and kidney, Yiqi Peiyuan, tocolysis. It enters the liver and kidney meridians, tonifying kidney and strengthening yang, protecting liver and liver, and can treat kidney deficiency and slippery fetus. Ejiao tonify blood and nourish blood, nourish yin and moisten dryness. Himalayan teasel root can supplement the liver and kidney, strengthen the muscles and bones, and treat the unrest of pregnancy and fetal movement.

4.1. Menstrual period

During the menstrual period, according to the five elements of yin and yang, yang reaches the extreme of balance, and yang must be yin. Under the action of yang qi in the kidney, the sea of blood overflows from fullness to diarrhea. The uterus is a strange and constant fu-organ, which is diarrhea but not hidden. The blood chamber is opened, and the yin blood is discharged on time. Menstrual period loss of Yin blood, menstrual blood homologous, so the teacher He

proposed in removing blood stasis at the same time to nourish Yin, menstrual Yin blood loss, blood stasis does not go, the new blood difficult, for the new cycle, the new uterus to create a good start. If the embryo wants to be successfully implanted, it is necessary to clean up the uterus first. The blood stasis affects the proliferation of the new intima and limits the growth space of the embryo. Therefore, the purpose of cleaning up the blood stasis and restoring the uterus is to ensure the smooth implantation of the embryo. In the menstrual period, it is mainly based on catharsis, removing blood stasis and generating new blood. The treatment is Shoutai Pills plus Zishen Yangxue Suogong Decoction-Duduan, Ejiao, Tusizi, Sangjisheng, Danggui, Chuanxiong, Taoren, Honghua, Yimucao, Chonglou, Shudi, Baishao, Xianhecao and other drugs for promoting blood circulation and removing blood stasis to remove blood stasis and generate new blood, so as to achieve the purpose of removing blood stasis, generating new blood and smoothing qi and blood. In the blood circulation at the same time do not forget the gas, so that the menstrual flow from the intrauterine diarrhea, blood stasis, new blood, blood stasis occupy the uterus, affecting the germination of new blood, affecting the re-pregnancy, even if the pregnancy, the fetus is difficult to solid, blood stasis new, re-create the breeding environment.

4.2. Postmenstrual

In the late period of menstruation, yin grows and yang diminishes, and yin blood has gone down. At this time, the emptiness of the uterus gradually recovers, reflecting the storage without diarrhea, the relative emptiness of the veins, and the insufficiency of yin blood. Under the impetus of kidney qi, this period focuses on nourishing yin, nourishing yin blood, and blood to nourish the fetus, which is the premise of follicular development. In the later period of menstruation, the menstrual blood is discharged, and the imbalance is caused by the deficiency of yin essence, yin blood and kidney yin. At this time, the yin is mainly long, which is the best period of nourishing yin. The growth of yin essence of kidney should be maintained, not only refers to kidney yin, but also includes tiangui. It should be 'nourishing blood as the focus, nourishing yin as the basis, and nourishing essence in yin' is the main treatment method in the whole postmenstrual period. This is the key period for the recovery of yin essence. The blood sea makes the uterus full on time under the filling of yin essence, and promotes the development of follicles and the growth of endometrium by nourishing kidney yin. This period should be based on Zuogui Pills and Shoutai Pills plus flesh and blood affectionate products, nourishing kidney and blood, conditioning Chongren-Ejiao, turtle shell, Ziheche, Huangjing, Ligustrum lucidum, Polygonum multiflorum, tortoise shell and so on. Nourish the uterus vein, promote yin and help yang, replenish yin essence, nourish yin and blood, so that the blood sea is filled on time, the yin essence is filled, the blood vein is unobstructed, and the semen is perfused into the uterus vein of the Chong and Ren vessels, nourishes the true yin in the kidney, and promotes the maturity of Tiangui, thereby promoting the good growth of the endometrium and promoting the development and maturation of the eggs. This period corresponds to the follicular phase in western medicine. Nourishing yin essence lays a material foundation for the conversion of heavy yin to yang in the intermenstrual period, and makes full preparations for gestation.

4.3. Intermenstrual period

During the intermenstrual period, heavy yin turns into yang, yin and yang transform to balance each other, and yang transpiration. A critical moment in the discharge of the egg. Through the later period of yin essence accumulation, yin essence to the extreme, the transformation of yin and yang in the kidney, the transformation of yin essence to yang, and the transformation of yin essence to yang in the kidney, at this time, the appearance of denseness, the increase of the belt, so that the eggs can be discharged. During this period, the body discharges eggs to alleviate the imbalance between yin and yang at this time. The yin essence is full, and the qi and blood movement is active under the encouragement of yang qi. At this time, traditional Chinese

medicines for regulating qi and blood should be added, such as *Angelica sinensis* and *Atractylodes macrocephala*. The smooth operation of qi and blood ensures the smooth exclusion of ovulation so as to facilitate the combination of sperm and egg. Therefore, it is necessary to nourish yin essence, warm kidney yang, regulate qi and blood to help the mutual transformation of yin and yang, and regulate qi and blood. This period is 14 days before the next menstruation. It is suggested that the two sides should be the same party, which is the best opportunity for seeds and should seize the opportunity. Women 's liver is congenital ', ' nourishing the kidney will soothe the liver ' at the same time should be soothing the liver and promoting qi and other drugs to encourage the discharge of eggs, to provide a good basis for seed breeding. Warmly tonifying kidney yang, soothing liver and regulating qi, strengthening dense movement, adding blood-activating and menstruation-regulating products, and soothing liver qi to assist in the successful discharge of eggs--Select Shoutai Pills and Yupao Cuhuang Decoction: Sangjisheng, Xuduan, Ejiao, Danshen, Huangjing, Huangqi, Tusizi, Nvzhenzi, Shudi, Baishao, Danggui, Xiangfu, Ejiao, Bajitian, Yinyanghuo, Roucongrong, Shanyao, Gouqizi, etc.

4.4. Premenstrual period

During the premenstrual period, the kidney yang gradually grows, the yang grows and the yin dissipates, until the next menstrual cramps, and a new menstrual cycle begins. In general, it is 14 days. At this time, it corresponds to the luteal phase in Western medicine. In the premenstrual period, the yin grows to the extreme, the yin and yang transform, and the yang qi to the heavy yang. During this period, the yin and yang are both prosperous, mainly yang, and in a certain balance. The state lays the foundation for the implantation of pregnant eggs and the smooth conception of the uterus. On the basis of yin long can better yang long, so yang long need more yin essence to support metaplasia. At this time, the yin essence and kidney yang reach the extreme, the uterine pulse is full of qi and blood, and the body reaches the state of ' double yang '. The treatment should continue to nourish yin, nourish blood and warm yang, seek yang in yin, and work together with water and fire to promote the function of the corpus luteum in the second half of the cycle, maintain pregnancy or menstrual period, and prepare for the fetus or endometrial shedding. Poor endometrial hyperplasia will directly or indirectly lead to the secretory phase of the endometrium, that is, the degree of yin growth affects yang growth, and the degree of endometrial hyperplasia directly affects the development of follicular eggs. 'Yin is not long ' is the crux of infertility in clinical practice, so the focus is on nourishing yin and tonifying kidney. The drugs of warming and tonifying kidney yang can make yang get yin help and produce infinite biochemistry. The function of corpus luteum can enhance to maintain the body 's basal body temperature, maintain yang growth to double yang to warm the uterine veins, make kidney qi foot, tianguisheng, qi and blood foot, lay the foundation for pregnancy and egg implantation, and prepare for menstrual period. Shoutai Pills with cooked ground, Heishunpian (first fried), cinnamon, yam, cornus, eucommia, antler cream, medlar, morinda officinalis, cistanche, white peony root, angelica, etc.

5. Conclusion

Recurrent abortion is a common disease of pregnancy, especially unexplained abortion in clinical practice. Western medicine treatment is ineffective, but traditional Chinese medicine has obvious advantages. It has achieved good clinical efficacy and improved pregnancy outcomes. Professor He advocates giving full play to the role of traditional Chinese medicine, using pre-pregnancy conditioning, post-pregnancy tocolysis, and husband and wife co-regulation to regulate the unique reproductive axis of kidney-Tianguai-Chongren-uterus women. According to the unity of heaven and man, the menstrual cycle regulation method of traditional Chinese medicine is used for pre-pregnancy conditioning. He paid attention to the balance of yin and yang of the kidney and the harmony of qi and blood of Chong and Ren, taking into

account the functions of the liver and spleen, and selected Shoutai Pills to add and subtract, following the principle of 'pre-culturing its damage' before pregnancy. The intervention of traditional Chinese medicine before pregnancy in the treatment of recurrent spontaneous abortion can significantly improve the clinical pregnancy, which is worthy of clinical application.

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