

Endometriosis and Chinese Herbal Medicine

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(1) A study from Beijing compared three treatment methods to find the most effective treatment for endometrial ovarian cysts. 152 patients with endometrial ovarian cysts were divided into three groups: an integrated laparoscopy and Chinese herbal medicine (combination group), a Chinese herbal medicine group, and a Danazol group. The clinical efficacy, side-effects and reproductive hormones were compared. The shrinking rate and disappearance rate of the cysts were highest in the combination group as was the pregnancy rate. Few side effects were noticed in the combination and Chinese herbal medicine group. The authors conclude that combining laparoscopy with Chinese herbal medicine is an effective treatment for endometrial ovarian cysts with minimal side effects and a maximal preservation of the reproductive function.

Wu Y, Hua L, Jin Y [Clinical study on endometrial ovarian cyst treated by integrated laparoscopy and Chinese herbal medicine] Zhongguo Zhong Xi Yi Jie He Za Zhi. 2000 Mar; 20 (3):183-6.

(2) A study was carried out in Shanghai to explore the mechanism of treating endometriosis by tonifying Kidney and removing blood stasis with Neiyixiao Recipe (NYXR). METHODS: One hundred and three patients with endometriosis were divided randomly into the NYXR group (58 cases, treated with NYXR) and the control group (45 cases, treated with danazol) and were reviewed for the improvement of clinical symptoms, serum level of FSH, LH, PRL, E2, P and T, humoral and cellular immunity (C3, C4, CD3, CD4, CD8), and plasma prostaglandin after treatment. RESULTS: There was no significant difference in effect between the NYXR group and the control group in relief of dysmenorrhea and degradation of elevated plasma prostaglandin ($\chi^2 = 0.71$, $P > 0.05$). But there was significant difference between the two groups in curing infertility ($\chi^2 = 14.77$, $P < 0.01$), and the effect of NYXR in **regulating endocrine and immunity was significantly better than that of danazol**. The authors conclude that by tonifying Kidney and removing blood stasis, **Chinese herbal medicine is an effective method for the treatment of endometriosis, simultaneously maintaining and improving fertility**.

Liu J, Li X, Hu X. [Clinical observations on treatment of endometriosis by tonifying kidney and removing blood stasis] Zhongguo Zhong Xi Yi Jie He Za Zhi. 1998 Mar;18 (3):145-7.

(3) A study in Shanghai tested the therapeutic mechanism of endometriosis by the treatment of Yiqi Huoxue Huayu Tongfu Principle (YQHXYTFP, tonifying Qi and promoting blood circulation to remove stasis and purgation therapy) with Neiyi 1+ pill. METHODS: Forty-five cases with endometriosis were divided randomly into TCM group (30 cases, treated with Neiyi 1+ pill) and the control group (15 cases, treated with tamoxifen). The activity of natural killer cell of peripheral blood, T lymphocyte subsets, secreting interleukin-II and the EmAb were determined. RESULTS: Endometriosis is associated with immunologic disturbance. After treatment, the

activity of NK cells and the count of T-suppressor cells were significantly increased ($P < 0.01$), the count of T-helper cells, the secretion of interleukin-II and TH/TS ratio were significantly reduced ($P < 0.01$). Over 50% of the cases whose EmAb was positive eventually turned to negative. The effective rate of this therapy was 90%. There was no significant difference between TCM group and the control group. **CONCLUSION: *Chinese herbal medicine could modulate the immunologic disturbance in women with endometriosis, and could clearly improve clinical symptoms and signs.***

Li J, Zheng J, Wang D. [Clinical observation on treatment of endometriosis by tonifying qi and promoting blood circulation to remove stasis and purgation principle] Zhongguo Zhong Xi Yi Jie He Za Zhi. 1999 Sep; 19 (9):533-5.

(4) A study in Kunmin aimed to find a medicine that treats endometriosis effectively with less side-effects. **METHODS:** A Chinese herbal prescription [Dan'e mixture] (DEM, consists of Radix Salviae Miltiorrhizae and Rhizoma Zedoariae) was used to treat 189 cases of endometriosis and the change of symptom and sign, the B ultrasonograph, the anti-endometrium antibody and endometriosis quantitative diagnostic index were observed. Another 160 cases were treated with Danazol as control. **RESULTS:** One hundred and eighty-nine cases were treated for 9 months. According to National Standards, 39 cases (20.6%) were cured, 67 cases (35.4%) were markedly effective, 67 cases (35.4%) were effective, and 16 cases (8.4%) were ineffective. Compared with 160 cases treated with Danazol for 9 months, the total effective rates were 95% and 91.5% respectively, the difference between them was insignificant. Animal experiments showed similar results to the clinical ones. **CONCLUSION:** The authors conclude that *the Chinese herbal prescription is as effective as Danazol for the treatment of endometriosis, without observed side effects.* It is particularly helpful for diagnosis, treatment and prevention of endometriosis in the early stage.

Cai L, Shu Y, Xie H. [Clinical and experimental study on the treatment of endometriosis with dan'e mixture] Zhongguo Zhong Xi Yi Jie He Za Zhi. 1999 Mar;19 (3):159-61.

(5) Another study from Shanghai observed the clinical effectiveness of Chinese herbal medicine on endometriosis and the uterine arterial blood flow. The study group consisted of 53 women with endometriosis who manifested with dysmenorrhea, menoxenia, ovarian chocolate cysts and enlarged uterus. The control group consisted of ten women with normal regular menstrual cycle. This article deals with the method of using the hemodynamic index of uterus arterial blood flow. After treatment the blood flow amount of uterus arteries of 53 cases (study group) obviously decreased and their uterus arterial blood flow speed reduced markedly as compared with pre-treatment status, ($P < 0.001$ and $P < 0.01$ respectively), while pre-treatment group was significantly higher than that of control group ($P < 0.001$).

After medical treatment for 3.5 months, symptoms such as dysmenorrhoea (period pain) and menstrual disorder basically disappeared. 22 ovarian chocolate cysts became smaller and 16 disappeared. The pregnancy rate was 45%. The data of this study suggest that the mechanism

of treatment of promoting blood circulation to remove stasis might be closely related to the regulation of physico-chemical characteristics of blood and the adjustment of hemodynamics.

Zhu WX, Cheng XA. [Clinical study of the treatment of endometriosis with promoting blood circulation and stasis removing method] Zhongguo Zhong Xi Yi Jie He Za Zhi. 1993 Jan;13 (1):16-8, 4.