

INVESTIGATING THE ADVANTAGES OF PUERARIA MIRIFICA IN TRADITIONAL CHINESE SOUP FOR GYNECOLOGICAL WELLNESS

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Abstract: The "Chen Su'an Gynecology Supplement," rooted in the wisdom of Chen Su'an, a renowned Southern Song Dynasty physician, has been enriched across generations by his 19th descendants, Sun Ming and Chen Wenzhao. This TCM masterpiece is comprised of five volumes, each addressing the regulation of menstruation, fetal health, prenatal conditions, labor, and postnatal illnesses, boasting a collection of 167 treatises. Drawing extensively from clinical experience, this work revolves around prescriptions and treatises, many of which are cherished family heirlooms. Late menstruation, a prevalent menstrual disorder in gynecology, manifests as an extended menstrual cycle, often exceeding 7 days, or recurring for 3-5 months or more in consecutive cycles, earning it the names "late menstruation" or "late period." In Western medicine, it is regarded as a symptom rather than a standalone condition, often linked to polycystic ovary syndrome, hyperprolactinemia, early onset ovarian insufficiency, diminished ovarian reserve function, and hypothyroidism. Late menstruation is associated with reduced menstrual flow and infertility, impacting both physical and mental well-being.

Traditional Chinese Medicine (TCM) offers a valuable approach to address late menstruation by evidence-based cycle regulation, symptom relief, constitution enhancement, and overall health management.

Keywords: Chen Su'an Gynecology Supplement, Late menstruation, menstrual disorders, Traditional Chinese Medicine (TCM), Women's health

1. Introduction

Chen Su'an Gynecology Supplement [1] the book is based on the gynaecology of Chen Su'an, a famous physician of the Southern Song Dynasty, and has been supplemented by his 19th descendants, Sun Ming and Chen Wenzhao. The book is divided into five volumes on the regulation of menstruation, foetus, prenatal miscellaneous illnesses, labour and postnatal illnesses, with a total of 167 treatises; the content is basically a record of clinical experience, with prescriptions and treatises as the outline, containing prescriptions mostly handed down from family members. As a masterpiece of TCM gynaecology, it has been designated as one of the series of classics that must be read in ancient TCM books throughout China.

Late menstruation [2] It is a common menstrual disorder in gynaecology. It refers to a common menstrual disorder in which the patient's menstrual cycle is prolonged for more than 7 days, or even for 3-5 months in a row, or for more than 2 consecutive cycles, also known as "late menstruation" or "late menstruation". It is characterised by a long duration and a high recurrence

rate. In modern medicine, late menstruation is not a separate disease, but is seen as a symptom in

Western medicine, such as polycystic ovary syndrome, hyperprolactinemia, early onset ovarian insufficiency, reduced ovarian reserve function and hypothyroidism. Late menstruation is associated with low menstrual flow and infertility, affecting women's physical and mental health and family harmony. Chinese medicine has certain therapeutic advantages in treating late menstruation by regulating the menstrual cycle on the basis of evidence-based treatment, relieving clinical symptoms, improving the patient's constitution and regulating the body's functions.

It consists of *Atractylodes Macrocephala* (fried in ginger juice) for three coins, *Poria* for one coin, *Ginseng* for one coin, *Yam* for one coin and two cents, *Radix Angelicae Sinensis* (fried in wine) for one coin and five cents, *Radix Paeoniae Alba* (fried in wine) for one coin and two cents, *Shu Di* (fried in ginger juice) for three coins, *Chuan Xiong* for one coin and two cents, *Roasted Cao* for five cents, *Ge Gen* (fried in wine) for one coin, *Radix Aromaticus* (fried in vinegar) for three coins, three slices of ginger and five pieces of jujube. The Tonic Solution says: "Women who arrive late in their menstrual flow are suffering from blood deficiency. The spleen and stomach should be tonified to nourish the source of production and transformation. It is advisable to take Tonic Chinese Soup." Tonifying *Zhong Tang* is effective in tonifying the spleen and strengthening the stomach, nourishing yin and promoting blood production, and benefiting sebum and regulating flushing. In this formula, *Si Jun*, *Si Wu*, *Shan Yao*, *Chen Pi* and *Xiang Fu* are inexplicable in tonifying the spleen and nourishing the blood to regulate menstruation, except for the wind herb *Ge Gen*[3] It is the only herb with a distinctive character. The original text says "Blood is the essence of water and grain. The stomach is deficient in receiving water and grain, and the spleen has nothing to give, The blood is not produced. This is why the meridian water is late and gradually decreasing. Stir-fried *Pueraria Mirifica* upwards to raise the vital energy in the stomach".

Pueraria lobata, first published in *Shennong Ben Cao Jing*, is classified as a middle grade product: "Sweet in taste, flat. It is used for treating thirst, body heat, vomiting, paralysis, raising Yin Qi, and relieving all poisons." [4] It has a pungent and sweet taste and enters the spleen and stomach meridians, with the functions of generating fluid, reducing fever, harmonizing the stomach, opening the ligaments, raising the yang and detoxifying the toxins. Modern research has shown that puerarin is the main active pharmacological component of *Pueraria lobata*. [5] The chemical structure of Puerarin is similar to that of oestrogen and has a weak oestrogen-like activity, which is also known as phytoestrogen. When bound to the uterine estrogen receptor (ER), Puerarin can increase serum estradiol (E2) levels and thus has estrogen-like effects [6] It is used to regulate menstruation and reproductive immunity in women, and has been reported in the literature for the treatment of menorrhagia [7] It has been reported in the literature for the treatment of menorrhagia, premature ovarian failure [8] It has been reported in the literature for the treatment of hypomenorrhea, premature ovarian failure, polycystic ovary syndrome [9] pelvic floor dysfunction [10] primary dysmenorrhoea [11] It is also used to treat gynaecological disorders such as hypomenorrhoea, ovarian failure, polycystic ovary syndrome, pelvic floor dysfunction and primary dysmenorrhoea.

2. **Chen Su'an's understanding of the physiopathology of menstruation**

2.1 ***The physiology of menstruation, respecting the ancient and revering the sacred***

Chen Su'an's understanding of menstruation follows the theory of Su Wen - *Shang Gu Tian Zhen Lun*, "When a woman is seven years old, her kidneys are full of energy The menstrual period is formed "when the heavenly sebum arrives, the Ren pulse opens, the Taichong pulse flourishes, and the menstrual period is born at the right time". According to Chen Su'an, "Kuei is the water of the north. The foot sun bladder belongs to the non, and the foot less Yin kidney belongs to the seb" "The second seventh day is the arrival of the heavenly sebum, which is also the water of the kidney". The day sebum originates from the congenital, hidden in the kidneys, women in the kidneys after the fullness of the maturity of the day sebum; Ren main cell vein, Chong for blood sea, Ren Chong through Sheng, menstruation according to the regular period. Conversely, any factor that affects the Kidneys, the Heavenly Capsule and the Qi and Blood vessels can cause menstrual irregularities.

2.2 ***All three causes of menstrual flow disorders***

The causes of menstrual disorders are also discussed in detail by Chen Suan in his book, "The Disorders of Women Due to Irregular Menstrual Flow", which says: "Irregular menstrual flow has internal and external causes, as well as internal and external causes. When menstruation is in progress, or after childbirth, wind, cold, dampness and heat take advantage of the deficiency to attack outside, resulting in symptoms such as obstruction and lumpiness, which are external causes. The accumulation of phlegm and blood stasis due to fear, anger and depression, or the wanton consumption of raw, cold and hot food, or anything that injures the spleen, also lead to the accumulation of blood stasis in the floating foam and saliva. There are also cases where the disease begins with the attack of the six sexes and is accompanied by the depression of the seven emotions, resulting in internal and external injuries, a decrease in diet, a gradual loss of muscle, a yellow face and hair, and even hot flushes and steaming bones, with menstrual fluid not coming through the years and months, called 'blood depletion'." The causes of menstrual disorders in women are categorized as being influenced by various factors such as the six external influences, the seven internal emotions, and the internal and external injuries, clearly identifying the causes that directly lead to menstrual disorders.

2.3 ***For all women's diseases, the first priority is to regulate menstruation***

The Supplementary Explanation lists the Menstrual Regulation as the opening chapter, clearly stating that "most of the diseases of women are caused by the irregularity of menstrual flow, and then the menstruation can be regulated to conceive a child, and then the disease can be removed, so the first priority is to regulate the menstruation, before the safe delivery of the foetus." Chen Su'an's understanding and classification of menstrual diseases is quite innovative, and his theories such as "In treating women's diseases, the first priority is to regulate menstruation" and "If menstruation is not regulated due to illness, the illness should be treated first, and the menstruation will be regulated after the illness is gone; if the menstruation does not work and the illness follows, the menstruation should be regulated first, and the illness will be cured after the menstruation is regulated" are sufficient to This shows the importance Chen Su'an attached to the regulation of menstruation in the treatment of gynaecological diseases.

2.4 ***Late menstruation, disease caused by blood deficiency***

Chen Su'an pointed out that "menstruation, since it should be in the third decade, more is sick, less is also sick, first is sick, later is sick, dripping more than once is sick, stagnation of water is not passable is sick. It is believed that "a woman who has late menstrual flow is also suffering from blood deficiency. This is due to the weakness of the spleen and stomach and the reduction in diet, which prevents the production of blood".

Chong is the sea of blood, the sea of the twelve meridians, where the blood of all the meridians meets. It is the power of the Punch Vessel to store and discharge blood. The flourishing of the Punching Vessel is due to the blood of all the meridians pouring in together. The decline of the Chong Vessel is due to the fact that the blood of the meridians is gradually depleted and cannot be gathered in the sea of blood. However, the heavenly sap is the water of the moon, and the flourishing of the Punching Vessel is due to the fact that the kidney receives the essence of the five viscera and six bowels, and its essence is due to the transformation of water and grain. The stomach is called "the sea of water and grain", the spleen is the source of the latter, the source of Qi and blood biochemistry, the main transport of water and grain essence, is the operation of the five organs and six internal organs centre. The Stomach is the source of Qi and Blood, and is the centre of movement of the internal organs. If the spleen and stomach are not able to transport and transform, the essence and blood are not nourished and cannot be injected into the uterus, resulting in late menstruation. In the Nei Jing, it is said that the stomach is full of food and drink, and the essence is transferred to the spleen, the spleen disperses the essence and returns to the lungs, the water is regulated and transferred to the bladder, the essence is distributed in all directions and the five meridians run in parallel.

Therefore, the basic pathogenesis of late menstruation lies in the deficiency of the spleen and stomach. Chen Su'an not only emphasises the importance of nourishing the source of biochemistry in the treatment of late menstruation, but also makes nourishing the spleen and stomach the basic method of treating menstrual diseases.

3. **Functions of Pueraria Mirifica in Tonic Chinese Soup**

This article explores the five effects of combining Radix et Rhizoma Puerariae with Radix et Rhizoma in Tonic Chinese Soup, taking into account its functions and modern research.

3.1 ***Zuo Shijun strengthens the spleen and stomach, tonifies Qi and promotes blood circulation***

Chen Su'an Gynecology Supplementary Explanation says "Blood is the essence of water and grain. The stomach is the main recipient, the spleen is the main transporter, and the large intestine is the main conductor." If the spleen and stomach are weak, there will be no source of Qi and blood for biochemistry, so there will be no blood for menstruation, resulting in late menstruation.

The Four Gentlemen's Tonic Soup (Song - Taiping Huimin Hodong Bureau Formula) consists of Radix et Rhizoma Ginseng, Atractylodes Macrocephala, Poria and Glycyrrhiza glabra, which can benefit Qi and strengthen the spleen. The pungent and ascending taste of Pueraria Mirifica has the effect of raising the Yang and lifting the spleen. It can raise the clear Yang and encourage the rise of the clear Yang in the spleen and stomach, enhancing its function of benefiting Qi and strengthening the spleen.

The spleen and stomach are responsible for the rise and fall of the qi. The Spleen is strengthened by the Four Gentlemen, and the Spleen Qi is built and transported. At the same time, Pueraria Mirifica enters the Yang Ming meridian and also the Spleen meridian, and as an inducer of menstruation, it enhances the tonic effect of Si Jun Zi Tang, which makes the Yang Ming healthy, the Qi and blood flourish, and menstrual blood is sufficient to produce menstruation on time. The root of Pueraria Mirifica is pungent and promotes the clearing of the Yang, encouraging the rise of the qi of the spleen and stomach, so that the qi and blood have a source of biochemistry and the menstrual blood comes in due course. Therefore, the book supplement: "the spleen and stomach is healthy diet into, water, grain gas day, Yin and blood naturally sufficient, three ten years down, no late-stage problems carry on".

If the fire fails, the water and grain cannot be transported and transformed and the moisture is gathered in the spleen, the spleen gathers moisture and the diet is not eliminated, then there will be diarrhea. If the spleen collects dampness and the diet is not eliminated, then there will be diarrhea. The stomach will also be sick and vomiting will be done. If the diet is reduced, how can blood be produced?" Spleen deficiency can lead to diarrhoea during menstruation, and Pueraria Mirifica also has the function of raising the yang to stop diarrhoea, along with "Si Jun, Shan Yao Chen Pi to nourish the spleen and earth" to strengthen the intestines and stop diarrhoea. Modern pharmacological studies have shown that Pueraria Mirifica can improve gastrointestinal microcirculation and regulate gastrointestinal function.[12] It has been shown in modern pharmacological studies to improve gastrointestinal microcirculation and regulate gastrointestinal function.

3.2 ***Zuo Si Wu nourish the source of chemistry, nourish the blood and invigorate the blood***

The Supplementary Explanation states that "Women are blood-oriented menstrual blood should flow, one should not be congested." Chen Suan believes that the basic pathogenesis of late menstruation lies in the deficiency of the spleen and stomach, the failure to transport and transform, the inflammation of the stomach fire, the accumulation of internal heat, which burns the fluids and further depletes the Yin and Blood. Therefore, nourishing Yin and increasing fluids, nourishing Blood and invigorating Blood is the key to treating late menstruation. This formula is composed of Radix Angelicae Sinensis, Radix Rehmanniae Sinensis, Radix Paeoniae Alba and Rhizoma Ligustici Chuanxiong, of which Radix Rehmanniae Sinensis nourishes Yin and nourishes Blood, Radix Angelicae Sinensis tonifies Blood and harmonizes Blood, Rhizoma Ligustici Chuanxiong moves Qi and invigorates Blood, and Radix Paeoniae Alba nourishes Blood and astringes Yin.

Pueraria Mirifica is thin in taste and light in qi, which harmonizes the blood and regulates it. It is used in combination with Si Mu Tang to promote the flow of qi and invigorate the blood; it also generates fluid and increases liquid, which in combination with Si Mu to nourish the yin and blood, fills the sea of blood and moistens the blood vessels to help the blood flow smoothly, so that menstruation can proceed smoothly as scheduled. Modern research has shown that Pueraria Mirifica can lower blood viscosity by inhibiting platelet aggregation, reducing endothelin function and blocking adrenergic beta-receptors.[13] It has been shown that Pueraria Mirifica can lower blood viscosity by inhibiting platelet aggregation, reducing endothelin function and blocking adrenergic beta- receptors.

3.3 *Adjuvant yam to replenish the heavenly spleen and kidneys*

Although a woman's fertility depends on the spleen and stomach to support her, the innate kidney and heavenly sap play a dominant role. The kidneys store sperm, and when a woman's kidneys are full of sperm and kidney qi, the heavenly sperm arrives and menstruation begins, signifying the maturity of the sexual organs and the ability to reproduce. Based on the descriptions of the changes in body form, function, and changes in Qi and blood in the internal organs that accompany the changes in Tianjue in the Nei Jing, it is assumed that the functional content of Tianjue encompasses the human gonadotropin and sex hormone system, as well as the function of gonadotropin-releasing hormone[14] It is assumed that the content of Tiankui function includes the human gonadotropin and sex hormone system, as well as the function of gonadotropin-releasing hormone.

Yam is sweet and flat in taste, thick in texture, strong in tonicity and not greasy; it has the effect of tonifying the spleen and nourishing the stomach, generating fluid and benefitting the lungs, tonifying the kidneys and astringing the essence, not hot and not dry, and is a good product for the lungs, spleen and kidneys. The Tonic Explanation states that "to nourish the spleen and strengthen the stomach, one must first nourish the fire of the Gate of Life, so that it fumigates the water and grain." The combination of Pueraria Mirifica and Yam enables the successive spleen and kidney to support each other and together maintain the balance of yin and yang.

Adenosine and arbutin, the active ingredients in yam, exert estrogenic effects[15] The active ingredients in Pueraria Mirifica also have estrogenic effects, regulating reproductive immunity, improving ovarian microcirculation and restoring ovarian function. It is effective in regulating the menstrual cycle, promoting ovulation and improving reproductive hormone levels. Therefore, the combination of yam and Pueraria Mirifica is effective in tonifying the kidneys, strengthening the spleen and enriching the heavenly spleen.

3.4 *Helping aromatic herbs to regulate the rheumatism, tonify the menstruation and calm the spirit*

It is only when the Qi of the Ren Vessel is open that the uterus can have blood to work with. The Qi of the Chong Vessel is the Sea of Blood, which starts in the middle of the cell and is connected to the 12 meridians, where the Qi and blood of the 12 meridians converge. This is why it is said that "Chong is the sea of blood, the sea of the twelve meridians, where the blood of all the meridians meet". It is only when the Ren Chong is in full flow that the uterus is able to perform its normal physiological functions of menstruation, pregnancy, childbirth and breastfeeding.

Aromatic Herb belongs to the Liver, Spleen and San Jiao meridians. It is slightly sweet and calm without any cold or heat bias, pungent and dispersing, good at relieving the stagnation of Liver Qi, and at the same time regulating Qi, broadening the middle and regulating the stagnation of San Jiao Qi. The root of Pueraria lobata is good at raising and clearing, entering the spleen and stomach, and opening blood channels. When the Middle Jiao is healthy, water and grain are in abundance and the source of chemistry is sufficient, the Yin and blood will flourish and the meridians will go down on time. This is a precise interpretation of Chen's main idea of "regulating menstruation and Qi". The importance of qi and blood to women's illnesses was rarely discussed in the Song Dynasty, but Chen's insights in this area are often unique[16] The importance of qi and blood to women's diseases was rarely discussed before Song, and Chen often had unique insights in this regard.

It has been studied that Aromatic Herb[17] The mechanism of the antidepressant effect is to increase the 5-HT level in brain tissue. The existing studies suggest that Pueraria lobata also has antidepressant effects, and that it exerts neuroprotective and antiperimenopausal effects by reducing neuronal damage in the hippocampus, inhibiting early neuronal apoptosis, increasing the levels of monoamine transmitters in brain tissue, and upregulating the levels of major proteins in the cyclic adenosine monophosphate response element/brain-derived neurotrophic factor (CREB-BDNF) signalling pathway in brain tissue.[18] It has been shown to have neuroprotective and anti-perimenopausal depressive effects.

Late menstruation does not only affect a woman's physical health, but often also her mental health. Therefore, the combination of Pueraria Mirifica and Radix Aromatica not only regulates menstruation but also improves the mood, resulting in a combination of physical and mental healing.

3.5 ***Helps Chen Pi tonic not stagnant, prevention and control both***

Chen Pi is a member of the Spleen and Lung meridians, and its main effects are to regulate Qi and strengthen the spleen, dry dampness and resolve phlegm, and to promote the circulation of Qi in the spleen and stomach. Li Shizhen wrote in The Compendium of Materia Medica that Chen Pi has the synergistic property of "tonifying with tonic herbs, dipping with laxatives, ascending with ascending herbs and descending with descending herbs". Chen Su'an believes that the basic pathogenesis of late menstruation lies in the deficiency of the spleen and stomach, and that deficiency of the spleen over a long period of time leads to phlegm and dampness. The addition of Radix et Rhizoma Puerariae in this formula, which is pungent and dispersing in nature, can make up the entire formula without stagnation, which is in line with the principle of "Qi deficiency should be restrained and induced" as stated in Su Wen - Yin Yang Ying Xiang Da Lun.

Modern pharmacological research shows that the total flavonoids of Pueraria Mirifica can dilate coronary blood vessels and cerebral blood vessels, increase coronary blood flow and cerebral blood flow, reduce myocardial oxygen consumption and increase oxygen supply. It can directly dilate blood vessels and lower peripheral resistance, while having a significant antihypertensive effect. Puerarin can improve microcirculation, increase local micro blood flow and inhibit platelet agglutination.[19] This is in line with the basic theory of Chinese medicine, which states that "the blood flow of the body is not limited to the blood. This is in line with the basic theory of Chinese medicine that "qi is the master of blood" and that a deficiency of qi means that the blood is unable to move.

Modern pharmacological studies on Pueraria Mirifica can also protect pancreatic islet and beta cell function by improving insulin resistance. It inhibits inflammation, regulates autophagy, resists oxidative stress, and affects insulin and glucagon receptor signaling pathways to exert anti-diabetes and its complications[20] .

As a medicinal food product, Pueraria Mirifica has minimal toxic side effects. Modern research has shown that Pueraria Mirifica plays an important role in lowering blood pressure, lowering blood lipids, anti-atherosclerosis, anti-tumour, preventing osteoporosis, protecting the liver and anti-oxidation.[21] It is worthwhile to promote its clinical use.

4. **Wind medicine helps the organs to regulate menstrual flow**

Pueraria lobata is pungent and dispersed, and is a wind remedy. Chen Su'an specialises in treating the spleen with wind remedies and the blood with wind remedies to treat its root. The spleen is ascending to transport, and transport to be healthy. The wind herbs ascend and lift, with the same qi seeking to ascend the clear and lower the turbid. The addition of appropriate wind herbs to the spleen tonics is in accordance with the principle of "Qi deficiency should be induced by restraint" as stated in Su Wen - Yin Yang Ying Xiang Da Lun, which can enhance the effect of the tonics, so that the spleen will be strong and the Qi and blood will have a source of biochemistry. Chen Su'an is good at combining wind herbs to regulate menstruation.[22]. Swollen, they should be timely detumescence, and regular rehabilitation training should be carried out according to the actual situation of the patient to assist the patient to recover the ankle function, carry out rehabilitation exercise once a day, and massage the patient's ankle.

The study group was treated with traditional Chinese bone setting and loosening manipulation. 1. Bone setting and loosening manipulation. Effective rehabilitation treatment will be given to patients in different periods to promote the recovery of ankle function. In the early stage, it will mainly promote blood circulation and pain relief, in the middle stage, it will mainly improve joint mobility, and in the late stage, it will mainly stretch the ankle. The specific measures are as Chen Su'an's principle of using "wind remedies to help the organs to regulate menstruation" has also been well established in the theories of later generations of ancient and modern doctors. Li Dongyuan, one of the Four Masters of the Golden Age, made good use of the wind herbs to raise the clear yang and assist in transportation and transformation to strengthen the spleen.[23] The combination of the tonic herbs and the wind herbs makes the spleen-*yang* rise and the spleen-*earth* awaken, so that the *qi* flow is smooth and the *yin* and *yang* are in harmony. The use of *Pueraria Mirifica* is also very widespread in Ming Dynasty's Secretaries of Women's Medicine, where it is used in many gynaecological conditions such as menstruation, dysbiosis, foetus, childbirth and miscellaneous diseases, according to the characteristics of wind herbs to promote the liver, wind herbs to raise the *yang*, and wind herbs to spread pungency.[24] In the Qing Dynasty, Fu Shan also often used wind medicine in combination with tonics, and wind medicine in combination with sweet, warm, and beneficial *qi* to raise *yang*, so that the tonic does not stagnate the *qi* flow, lift and lower the blood, the essence and blood will flourish, and the flush will be harmonized.

Modern doctors also make good use of wind medicine to regulate menstruation, such as Chen Shaochun[26] In combination with the causes of menstrual diseases, wind remedies are used to tonify the kidneys and nourish the blood, or to dispel dampness and resolve phlegm, or to invigorate blood stasis in order to regulate the low menstrual flow, late menstruation, dripping menstrual blood, follicular dysplasia and ovulation disorders. Commonly used medicines: *Chuanxiong*, *Chuanniu Knee*, *Verbascum*, *Turbinate*, *Tiger Balm*, *Lutong*, *Saponaria*, *Fangfeng* and *Thornbush*. Guo Zhiqiang[27] Wind remedies are used to treat menstrual disorders by combining wind remedies such as *Qi Hu* and *Qiang Wu* to clear the liver and open up depression, invigorate blood and regulate menstruation. In the different cycles of menstruation (menstruation, late menstruation, intermenstruation and premenstruation), the practitioner adds a small amount of wind herbs that have the characteristics of growth, promotion, regulation and relaxation, together with different prescriptions, to invigorate blood and regulate menstruation, dispel wind and fire, regulate *qi* and blood, promote transformation, help promote ovulation, and move stagnation and clear menstruation.[28] The herbs are used to invigorate the blood and regulate menstruation, dispel wind and fire, regulate *qi* and promote blood circulation, promote transformation, promote ovulation and promote stagnation and clear menstruation.

5. Conclusion

According to Chen Su'an, the late menstrual period is "caused by the weakness of the spleen and stomach and the inability of the diet to produce blood".

The treatment is based on strengthening the Spleen and Stomach and regulating the *Qi* and Blood. The treatment of late menstruation in Tonic Chinese Soup is a concrete manifestation of Chen Su'an's academic thought of nourishing blood and benefiting *qi* and combining tonics with tonicity. In this formula, *Si Jun* and *Si Mu* nourish *Qi* and nourish Blood, but also restrain the dryness of *Ge Gen*'s ascending and dispersing properties; *Ge Gen* has multiple effects of nourishing the Spleen and Earth, nourishing *Yin* and Blood, promoting *Qi* and ascending, invigorating Blood and promoting circulation, opening up depression and tranquilizing the mind, and promoting the production of fluid and consolidating Blood, which not only complement *Si Jun* and *Si Mu* to nourish *Qi* and nourish Blood, but also help *Yam*, *Chen Pi* and *Xiang Shen* to tonify the Kidney, strengthen the Spleen, regulate *Qi* and Blood and regulate menstruation.

It is a very good formula for the treatment of menstrual disorders. Many young people nowadays have irregular diets and are picky eaters, resulting in weakness of the spleen and stomach and menstrual disorders. This tonic is still of modern clinical application.

Chen Su'an's use of wind medicine to promote and disperse upward movement for menstrual disorders of the lower body is of great research value and worthy of further study and investigation.

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