



Application of Tonifying Kidney, Invigorating Qi, and Promoting Blood Circulation in Common Gynecological Diseases

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ABSTRACT

The concepts and theories of tonifying kidney, invigorating Qi, and activating blood circulation originate from “Nei Jing”, which have become the essence of traditional Chinese medicine theory, providing theoretical support for the establishment of new methods for the treatment of various obstetrics and gynecology diseases, as the disease spectrum has broadened and the understanding of diseases has deepened. These three treatments can be used separately or in combination.

Our research team has flexibly implemented the technique of invigorating the kidney, nourishing qi, and activating blood circulation to clinical therapy. For example, in the case of embryo implantation failure, Bushen Antai recipe, which means tonifying kidney and miscarriage prevention, could be used to promote the endometrial receptivity, angiogenesis, and immunological tolerance at the maternal-fetal interface, thereby resulting in a better pregnancy outcome. As for the premature ovarian failure, Siwu Tang, which can nourish the blood and activate the circulation, has been taken as the basic recipe to promote ovarian angiogenesis and the function of granulosa cells, thus improving the follicular development and restoring the ovarian reserve. Regarding the polycystic ovary syndrome, Jiaotai Siwu decoction, which clears away the heart fire, warms the kidney, and relieve the water retention, is used to coordinate the heart and kidney and alleviate the abnormal metabolism, endocrine, and chronic inflammation state, so as to repair the ovarian ovulation.

Over the last 10 years, our study group has been dedicated to the application and mechanism exploration of principles of tonifying kidney, invigorating Qi, and activating blood circulation in regulating menstruation, embryo implantation, and protection of the embryo development, which enrich the scientific connotation of traditional Chinese medicine in treating gynecological diseases.

Keywords: application; tonifying Kidney; invigorating Qi; gynecological Disease