

Sexual Arousal Disorder: Western and Oriental Medical Perspectives, Part Two

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Editor's Note: The following excerpt is from an upcoming book entitled *Gynecology: An Integrative Approach*. Part one of this series appeared in the August issue.

Oriental Medicine Perspective: Introduction

Hyposexual desire according to TCM has the following main causes: Kidney life gate (*ming men*) fire depletion; liver *qi* deficiency; *qi* and blood deficiencies; and kidney and heart disharmony due to fright.

TCM Etiology and Pathology -- Differentiation and Treatment

1. Kidney Life Gate (*Ming Men*) Fire Depletion

Primary symptoms: Decrease or absence of libido; infertility

Secondary symptoms: Pale complexion; coldness of limbs; soreness and weakness of the knees and back; fatigue; listlessness; polyuria; loose stools; delayed menstruation that is scanty and pale in color

Tongue: Flabby, pale, white coating

Pulse: Deep, slow or deep and thready

Patients in this category usually lack prenatal essence (*jing*) from their parents; are yang deficient; or suffer from chronic disorders. Lack of kidney yang can lead to a decreased libido. Infertility; coldness; pale complexion; and soreness of the knees and back are all symptoms of yang deficiency. Loose stools are due to kidney yang with an inability to warm the spleen yang. Delayed and/or sparse menstruation may be due to coldness constricting the channels with deficiency.

Treatment principle: Warm the life gate (*ming men*) fire of the kidney.

Primary herbal description and explanation: The primary formula is *zhan yu dan*, which consists of *lu jiao shuang* (cornu cervi degelatinatum), 9g; *du zhong* (cortex eucommiae ulmoidis), 9g; *tu si zi* (semen cuscutae chinensis), 9g; *dang gui* (radicis angelicae sinensis), 9g; *fu ling* (sclerotium poriae cocos), 9g; *she chuang zi* (fructus cnidii monnieri), 7g; *bai zhu* (rhizoma atractylodis macrocephalae), 7g; *rou cong rong* (herba cistanches deserticolae), 9g; *shu di huang* (radix rehmanniae glutinosae conquitae), 9g; *jiu cai zi* (semen allii tuberosi), 9g; *ba ji tian* (radix morindae officinalis), 9g; *xian mao* (rhizoma curculiginis orchiodis), 7g; *yin yang huo* (herba epimedii), 15g; *rou gui* (cortex cinnamomi cassiae), 9g; and *fu zi* (radix lateralis aconiti

carmichaeli praeparata), 7g.

The kidney yang tonics in this formula (*lu jiao shuang*; *du zhong*; *tu si zi*; *rou cong rong*; *jiu cai zi*; *ba ji tian*; *xian mao*; *yin yang huo*; *rou gui*; and *fu zi*) warm the *ming men*'s fire to help restore libido lost through deficiency and coldness. Yin and blood tonics such as *dang gui*, *shu di huang*, *fu ling* and *bai shao* (radix paeoniae lactiflorae) are used to counterbalance the drying effects of yang tonics.

Single herb modifications: For *qi* deficiency, add *ren shen* (radix ginseng) and *bai zhu*. For loose stools, diarrhea or abdominal pain, add *ren shen* and/or *rou dou kou* (semen myristicae fragrantis). For lower abdominal pain, add *wu zhu yu* (fructus evodiae rutaecarpae). For trickling vaginal discharge, add *bu gu zhi* (fructus psoraleae corylifoliae). For lower back and knee pain, add *dang gui* and *du zhong*.

Herbal formula modifications: For *qi* deficiency, add *ren shen yang ying tang*. For loose stools, diarrhea or abdominal pain, add *si shen wan*. For lower abdominal pain, add *fu zi li zhong wan*. For trickling vaginal discharge, add *wan dai tang*. For lower back and knee pain, add *du huo ji sheng tang*.

Acupuncture points: The acupuncture points used are *zusanli* (ST36); *yinlingquan* (SP9); *shenshu* (BL23); *hegu* (LI4); *mingmen* (GV4); *guanyuan* (CV4); and *rangu* (KI2).

2. Liver Qi Stagnation

Primary symptoms: Decreased libido; irritability; short temper

Secondary symptoms: Stifling sensation in the chest; frequent sighing; breast distention and pain; irregular menstruation; dysmenorrhea; menstrual blood, dark in color with clots; occasional pain in the lower abdomen and genital area during intercourse

Tongue: Red, thin white coating

Pulse: Wiry

Emotional instability not only influences the patient's psychological state but can also bring about stagnation of *qi* and blood. Stagnation causes further lack of nourishment to the thoroughfare vessel (*chong mai*) and conception channel (*ren mai*), resulting in diminished libido. Irritability and rage from a short temper are several manifestations of emotional circumstances directly related to liver *qi* stagnation. Frequent sighing and breast distention are associated with *qi* stagnation in the middle burner (*jiao*). Irregular menstruation and menstrual blood containing clots are indicative of blood stagnation secondary to *qi* stagnation. Occasionally, pain may be experienced in the lower abdomen or genital area during intercourse as a consequence of stagnation within the liver channel pathway that traverses along the genitourinary region.

Treatment principle: Spread liver *qi*.

Primary herbal prescription and explanation: The primary formula is *jia wei xiao yao san*, which consists of *chai hu* (radix bupleuri), 30g; *dang gui*, 30g; *bai shao*, 30g; *bai zhu*, 30g; *fu ling*, 30g; *gan cao* (radix glycyrrhizae), 15g; *sheng jiang* (rhizoma zingiberis recens), 30g; *bo he* (herba menthae), 3g; *mu dan pi* (cortex moutan radice), 3g; and *zhi zi* (fructus gardeniae), 3g.

Chai hu functions as a guiding herb to the liver channel to help spread out liver *qi*

stagnation. *Dang gui* and *bai shao* nourish the blood and soften the liver. *Bai zhu* and *fu ling* strengthen the spleen to prevent the liver from overacting on the spleen and stomach. *Gan cao* relaxes the muscles and helps *sheng jiang* harmonize the formula. *Mu dan pi* and *zhi zi* clear heat and reduce irritability.

Single herb modifications: For breast distention or pain, add *qing pi*. For dysmenorrhea, add *yan hu suo* (rhizoma corydalis), *pu huang* (pollen typhae) and *wu ling zhi* (excrementum trogopteri seu pteromi). For menstrual blood clots, add *chuan xiong* (radix ligustici), *hong hua* (flos carthami tinctorii), *tao ren* (semen persicae) and *gui zhi* (ramulus cinnamomi cassiae).

Herbal formula modifications: For breast distention or pain, add *shi liu wei liu qi yin*. For dysmenorrhea, add *shi xiao san*. For menstrual blood clots, add *gui zhi fu ling wan*.

Acupuncture points: The acupuncture points used are *zusanli* (ST36); *yinlingquan* (SP9); *shenshu* (BL23); *hegu* (LI4); *taichong* (LR3); and *yintang*. The ear point used is *shenmen*.

3. Qi and Blood Deficiencies

Primary symptoms: Decreased libido; dizziness; blurry vision; shortness of breath; fatigue; pale and dull complexion

Secondary symptoms: Poor appetite; dry mouth; light menstrual color (scanty amount)

Tongue: Pale, thin white coating

Pulse: Thready, rapid pulse

Constitutional weakness, together with overwork or overexertion, creates deficiencies in *qi* and blood. Furthermore, *qi* and blood deficiency may cause lack of nourishment to the uterus; reproductive dysfunction; and hypoactive sexual desire. Blood deficiency leads to a lack of nourishment that manifests in symptoms such as dizziness; blurry vision; dry mouth; and a scanty amount of menstruation with light menstrual color. *Qi* deficiency includes shortness of breath; fatigue; pale complexion; and poor appetite.

Treatment principle: Tonify *qi* and blood.

Primary herbal prescription and explanation: The primary herbal formula is *ba zhen tang*, which consists of *ren shen*, 3g; *bai zhu*, 3g; *fu ling*, 3g; *zhi gan cao* (radix glycyrrhizae uralensis praeparata), 1.5g; *shu di huang*, 3g; *dang gui*, 3g; *bai shao*, 3g; *chuan xiong*, 3g; *sheng jiang*, 3g; and *da zao* (fructus zizyphi jujubae), 3g.

Ba zhen tang is the combination of *si jun zi tang* and *si wu tang* to tonify *qi* and blood. *Dang gui* tonifies and invigorates blood and does not have the common stagnating side-effects of other blood tonics. *Shu di huang* greatly tonifies the blood. *Chuan xiong* enters the blood level (*xue fen*) to tonify blood and regulate *qi* in that level. *Bai shao* nourishes yin and blood. *Ren shen* strengthens the source *qi* (*yuan qi*). *Bai zhu* strengthens the spleen and dries dampness. *Fu ling* and *gan cao* assist *bai zhu* and *ren shen* to tonify *qi* and strengthen the spleen, the postnatal source for *qi* production.

Single herb modifications: For dizziness and blurry vision, add *gou qi zi* (fructus lycii) and *nu zhen zi* (fructus ligustri lucidi). For fatigue and shortness of breath, add *ren shen*, *huang qi* (radix astragali membranacei) and *ling zhi* (ganoderma lucidum). For poor appetite, add *bian dou* (semen dolichoris lablab), *bai zhu* and *fu ling*.

Herbal formula modifications: For dizziness and blurry vision, add *qi ju di huang wan*. For fatigue and shortness of breath, add *ren shen yang ying tang*. For poor appetite, add *shen ling bai zhu san*.

Acupuncture points: The points to be used include *zusanli* (ST36); *yinlingquan* (SP9); *shenshu* (BL23); *hegu* (LI4); *guanyuan* (CV4); *qihai* (CV6); *mingmen* (GV4); and *neiguan* (PC6).

4. Kidney and Heart Disharmony Due to Fright

Primary symptoms: Decreased libido; emotional suppression; being easily frightened; dramatic emotional fluctuations in which the patient overacts easily

Secondary symptoms: Insomnia; irritability; soreness and pain of the back and knees

Tongue: Red, scanty coating

Pulse: Deep, thready

The kidney may become depleted from excessive fright or fear. Depletion results in disharmony between the kidney and heart. When the spirit (*shen*) is disturbed, sexual desire decreases as well. Insomnia and irritability are symptoms of *shen* disturbance. Soreness and pain of the back and knees are hallmark signs indicative of kidney deficiency, since the kidneys reside in the back and affect the bone, according to the five elements classification.

Treatment principle: Nourish the kidney and liver, tranquilize the spirit.

Primary herbal prescription and explanation: The primary herbal formula is modified *zhi bai di huang wan*, which consists of *shu di huang*, 24g; *shan yao* (rhizoma dioscoreae oppositae), 12g; *shan zhu yu* (fructus corni officinalis), 12g; *zhi mu* (radix anemarrhenae asphodeloidis), 9g; *huang bai* (cortex phellodendri), 9g; *fu shen* (sclerotium poriae cocos paradidicis), 9g; *bai zi ren* (semen biotae orientalis), 9g; *zhi gan cao*, 6g; *ci shi* (magnetitum), 6g; *hu po* (succinum), 6g; *suan zao ren* (semen zizyphi spinosae), 9g; and *yuan zhi* (radix polygalae tenuifoliae), 9g.

Shi du huang, *shan yao* and *shan zhu yu* tonify the kidney and liver yin. *Zhi mu* and *huang bai* clear deficient heat that may cause irritability and flaring of deficient fire of the kidney affecting the *shen*. *Fu shen*, *bai zi ren*, *hu po*, *suan zao ren*, *yuan zhi* and *ci shi* tranquilize the spirit. *Gan cao* harmonizes the formula.

Single herb modifications: For loose stools, add *bai zhu* or *sha ren* (fructus amomi). For yin deficiency heat with five heart heat and thready, rapid pulse, add *zhi mu*.

Herbal formula modifications: For loose stool, add *xiang sha liu jun ti tang*. For yin deficiency with five heart heat and thready, rapid pulse, add *qing hao bie jia tang*.

Acupuncture points: The points used are *zusanli* (ST36); *yinlingquan* (SP9); *shenshu* (BL23); *hegu* (LI4); *neiguan* (PC6); *sanyinjiao* (SP6), *xinshu* (BL15) and *taixi* (KI3). The ear point used is *shenmen*.

Lifestyle Instruction

Sexual arousal with traditional methods is not effective enough. The fastest way to get sexual arousal is a drug Cialis. He is also known active ingredient Tadalafil. Pill Cialis

in a silver film. Very often patients want to know how to use and how to take Cialis? Simple enough. Regardless of the meal to take a pill, drinking plenty of water. Cialis can be taken along with alcohol, unlike Viagra. Also, to choose for themselves [how to take Cialis](#), you need to choose the dosage Cialis 5 mg or Cialis 20 mg. All depends on your sex life. But the effectiveness of Cialis for better sexual arousal proven by millions of men.

Because low libido is mostly due to deficiency, diet is essential to rebuild the patient's essence (*jing*). In maintaining a nutritious diet, increase the intake of foods with warm properties such as lamb, onions and chives. A balanced diet should go along with a balanced lifestyle that includes proper work hours, exercise and play, all of which are essential for a healthy body.

Clinical Pearl: Modern Formula/Author's Recommended Formula

Primary herbal prescription and explanation: The following formula, *zi shi ying zhu yang fang*, consists of *zi shi ying* (fluoritum), 30g; *yin yang huo* (herba epimedii), 15g; *xu duan* (radix dipsaci asperi), 15g; *hua jiao* (pericarpium zanthoxyli bungeani), 1.5g; *ba ji tian* (radix morindae officinalis), 10g; *hu lu ba* (semen trigonellae foeniculae), 10g; *tu si zi* (semen cuscutae chinensis), 10g; *rou gui* (cortex cinnamomi cassiae), 6g; *sang piao xiao* (ootheca mantidis), 12g; and *jiu xiang chong* (aspongopus chinensis dallas), 10g.

This formula is best for people with low sex drive with no physical or mental abnormalities or symptoms.

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