

## Female Fertility Articles

# Ovulation Following Combined Therapy With Wen-Jing-Tang and Clomiphene Citrate Therapy in Anovulatory Women

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*American Journal of Chinese Medicine, Vol. XVII NOs. 3-4, pp. 243-244 ©1989 Institute for Advanced Research in Asian Science and Medicine*

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(Accepted for publication August 15, 1988)*

Abstract: The effect of combined therapy with Wen-Jing-Tang and clomiphene citrate on anovulation was studied in 16 infertile patients who did not respond to clomiphene citrate alone. Wen-Jing-Tang was given at a dose of 5 g a day every day from day 2 of the menstrual cycles and clomiphene citrate was given at 150 mg day for 5 days from day 5 of the cycle. Ovulation occurred in 43.8% of the patients and 48.6% of the cycles. No case of ovarian hyperstimulation syndrome or pregnancy were observed. These results suggest that the combined therapy with Wen-Jing-Tang and clomiphene citrate should be used before therapy with human menopausal gonadotropin .

Addition of Wen-Jing-Tang (Japanese name, Unkeito) to the perfusion medium of rat mediobasal hypothalamus in vitro is reported to increase LH-RH release. Clomiphene citrate (clomiphene) is also known to increase LH-RH release from the hypothalamus, resulting in induction of ovulation in patients with anovulation due to hypothalamic dysfunction. Since the rate of ovulation on clomiphene citrate treatment ranges from 60.5% to 80.5%. some patients do not respond to clomiphene citrate, Therefore, we evaluated the effect of combination treatment with Wen-Jing-Tang and clomiphene in patients who did not ovulate after clomiphene treatment.

### Materials and Methods

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The subjects studied were 16 infertile women with anovulation who had no other sterility factors and who did not ovulate after three consecutive treatments with 150 mg a day of clomiphene for 5 days. Their average age was 30.6 years (range 24-35 yrs) and their mean (+/- S.E.) serum levels of LH, FSH and prolactin were 24.5 (+/- 3.3) mIU/ml 12.4 (+/- 1.1) mIU/ml and 12.8 (+/- 1.4) ng/ml, respectively. The patients were given 5 g of Wen-Jing-Tang daily from the day 2 of the menstrual period. The time of ovulation was determined as that of the high phase of the basal body temperature.

### Results

Ovulation occurred in 7 of the 16 patients treated and in 18 of 37 cycles. The rates of ovulation were 43.8% (per patients) and 48.6% (per cycles), respectively. There was no occurrence of the ovarian hyperstimulation syndrome or pregnancy.