

THE EFFECT OF TRADITIONAL CHINESE MEDICAL HERBS  
ON REDUCING THE VASOMOTOR SYMPTOMS  
OF CLIMATERIC WOMEN

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## ABSTRACT

Problem: Menopausal vasomotor symptom of hot flashes, the most common menopausal symptom experienced by American women, is not well controlled. The use of herbal supplements are commonly used by women in the United States for management of hot flashes; however, most previous randomized controlled trials have explored herbs as single agents only. Chinese herbal medicine, which uses herbal medicinals in combination, has had limited exploration in Western clinical trials. More randomized controlled trials are needed to show safety and efficacy.

Research Objectives: To evaluate the efficacy of a specific Chinese herbal formula on the severity and frequency of the vasomotor symptom of hot flashes, sweating, and menopausal quality of life.

Design: Pilot study designed as a randomized, double blind, placebo-controlled trial.

Setting: Oriental Medicine School Externship Clinic, Pacific Center of Health, Pacific College of Oriental Medicine, San Diego.

Participants: Females, in naturally occurring peri-menopause or menopause, between the ages of 45-60, experiencing a minimum of three hot flashes daily.

Main Outcome Measures: Patients' self reports on severity and frequency of hot flashes using a 5-point Likert scale, 0-4 representing no symptoms to very severe symptoms. Primary endpoints are defined as: Marked effect is a reduction of

vasomotor symptoms by 50%, some effect is a reduction of symptoms by 20% to 49%, no effect is a reduction of symptoms by less than 20%.

Results: Due to small sample size ( $n = 4$ ), the statistics are not significant. However, all groups showed improvement. The mean differences of each domain divided by the average of pretest scores gave the percentage of change. There was a 35% reduction of average daily vasomotor events with CMH Formula A (X2) having “some effect.” CMH Formula B (X1) showed “marked effect” with a 57% reduction of symptoms. At 59%, the placebo also showed “marked effect” for reduction of vasomotor events. The difference between groups favored the placebo. Significant reductions in scores for the various domains of the MRS and TMRS questionnaires were observed for all three groups.