



## Menopausal Syndrome

Menopausal syndrome refers to the symptoms experienced by women during menopause occurring between the ages of 45 and 55. The symptoms of menopause are caused by changes in the levels of estrogen and progesterone.

However, these days it is said that **hyperthyroidism and hypothyroidism are closely related to menopausal syndrome**, and this relationship fits the categorization of menopausal syndrome in Eastern Medicine and is useful for acupuncture treatment.

Then let's look at each type of menopausal syndrome.

### **Hyperthyroidism type:**

Symptoms caused by hyperthyroidism include palpitation, hot flashes, night sweat, irritation, dizziness, weight loss, pulse racing, getting angry easily, high blood pressure, etc.

In Eastern Medicine, this type is regarded as being caused by hyper activity of some organs' energy. Symptoms such as night sweat, hot flashes, etc. are caused by **hyper activity of Heart energy**. The symptoms such as dizziness, irritation, easily getting angry are caused by **hyper activity of Liver energy**.

### **Hypothyroidism type:**

Symptoms caused by hypothyroidism include edema, feeling sluggish, dizziness, feeling cold, fatigue, depression, poor appetite, low blood pressure, etc.

In Eastern Medicine, hypothyroidism type is regarded as being caused by weakness of some organs' energy. Symptoms such as dizziness, edema, feeling sluggish are caused by **weakness**

**of Liver energy.** Symptoms such as spontaneous sweating, edema, feeling sluggish, poor appetite, palpitation are caused by **weakness of Spleen energy.**

Is there any type applicable to you?

By the way, in Eastern Medicine, menopausal syndrome of men occurs at the age of about 64 so if you are around 50 and wonder if you are menopausal syndrome, it is not the case.

This essay will be too long, so I will talk about what to do for each type of menopausal syndrome in the next volume.

Detailed function of each organ's energy in Eastern Medicine is explained in my book shown below so if you are interested in it, please refer to my book.