

[Medical Studies on Menopause Formula](#)

Femi-Yin™ - Commonly Prescribed TCM Formula for Menopause Rehmannia Six Formula with Anemarrhena & Phellodendron: tonifies yin & controls fire.

This Chinese formula is often prescribed for women with hot flashes and night sweats. In TCM, menopausal symptoms are often thought to arise from a Yin deficiency. Yin is the part of the body that has to do with coolness and fluids. If the Yin is low people can experience heat and sweating due to the Yang, or fire, becoming dominant without the cool, nourishing Yin to keep it in check. This formula nourishes the Yin of the body and is often helpful in relieving menopausal symptoms. *

In an article reviewing the literature Dharmananda (1999) reported on a study using the Chinese herbal "Rehmannia Six Formula" in women with menopause of recent onset. The authors suggested that this formula benefited menopausal women by regulating both hormone levels and hormone receptors.¹ Another study reported that the use of Rehmannia Six Formula with regard to menopausal syndrome not only relieved the symptoms and ailments of the patients but also brought back the normal balance of their female sex hormones, i.e., it increased the serum estrogen level while lowering the high FSH and LH levels.² Other studies using the "Rehmannia Formula" to treat osteoporosis observed improvements in bone density, and suggest it may protect bone health.^{3,4,5}

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