Session 2

Menstruation disorders

• Early menstruation
• Late menstruation
• Irregular menstruation
• Scanty periods

Chinese Medicine Department
Session Content
Session Contents

❖ Brief introduction of menstrual irregularities:
✓ TCM Explanation/definition
✓ common aetiology factors,
✓ diagnosis & treatment

❖ Early periods, Late periods, Irregular periods & Scanty periods:
✓ Describe aetiology, pathology, diagnosis (any special biomedical tests for the diagnosis? If yes, what are the western medical diagnosis standards?)
✓ Outline pattern differentiation & the treatments principle & methods, precautions & prevention
Learning Outcomes

After this session study, students should be able to:

- Describe and explain the aetiology & pathology of early periods, late periods, irregular periods and scanty periods.

- Outline and decide the TCM pattern differentiation and treatments principles & methods accordingly.
Physiology

- **Spleen** makes & holds blood; keeps uterus in place
- **Heart blood & Yang goes down to uterus**
- **Chong channel** provides & moves blood
- **Stomach** via Chong Mai
- **Liver** provides & moves xue and qi
- **Kidneys** provide essence root of prenatal Qi, Yuan Qi
- **Ren channel** provides essence & yin
- **Dai channel** binds channels
- **Du channel** provides yang, MIngMen fire
Menstruation

Yin and Yang ebb and flow in the menstrual cycle

The diagram illustrates the menstrual cycle, showing the changes in ovarian histology, body temperature, hormones, and endometrial histology over the course of the cycle. The cycle is divided into two main phases:

- **Menstrual Phase** (days 1-5): Ovarian follicles mature, and the lining of the uterus is shed.
- **Luteal Phase** (days 6-28): The follicle releases an egg, the corpus luteum forms, and the endometrium thickens.

Key events include:

- **Follicle** maturation and ovulation.
- ** Corpus Luteum** formation and degeneration.
- ** Estradiol** and **Luteinizing Hormone** peaks.
- ** Progesterone** surge.
- **Body Temperature** rise.

*(Average values. Durations and values may differ between different females or different cycles.)*

For more detailed information, visit [https://commons.wikimedia.org/wiki/File:MenstrualCycle.png](https://commons.wikimedia.org/wiki/File:MenstrualCycle.png)
Yin and Yang ebb and flow in the menstrual cycle

Menstrual Cycle

**Follicular Phase**

- The follicular or proliferative phase is characterized by the growth of follicles under the influence of FSH.
- Under the influence of several hormones, all but one of these follicles will stop growing, while one dominant follicle in the ovary will continue to maturity when it is called Graafian follicle: this forms the ovum.
- As they mature, the follicles secrete increasing amounts of oestradiol.
- The oestrogens initiate the formation of a new layer of endometrium in the uterus.
- The oestrogen also stimulates crypts in the cervix to produce fertile cervical mucus.
- From a CM perspective, the follicular phase is under the influence of Liver Blood, the Kidneys and Ren Mai.

**Ovulation**

* When the egg has nearly matured, the level of oestradiol in the body has increased enough to trigger a sudden release of luteinizing hormone (LH) from pituitary.
* In the average cycle, this LH surge starts around cycle day 12 and may last 48 hours.
* The release of LH matures the egg and starts a process that leads eventually to the release of an ovum.
* If the ovum is not fertilized, it dissolves in the fallopian tube.
- From CM perspective, the ovulation phase is under the influence of Kidneys (Yin and Yang) and of the Ren and Chong Mai.

**Luteal Phase**

- The luteal phase is the part of the cycle that starts at ovulation and ends the day before the next period. It usually lasts about 14 days.
- The corpus luteum produces progesterone in preparing the body for pregnancy.
- From a CM perspective, the first half of the luteal phase is under the influence of Minister Fir, Kidney Yang and Du Mai.
- The second half of the luteal phase is under the control of Liver Qi and Liver Blood and of Chong Mai.

Menstrual Cycle

Phase 1: Menstrual

- Phase 1 is characterized by a downward movement of Qi and Blood which helps a good discharge of blood during the period.
- The activity during this phase is centred around the Xiao Fu area of the abdomen.
- The beginning of phase 1 is characterized by a sharp drop of Yang and the beginning of the period marks a point of transformation (or switch) from Yang to Yin, i.e. Yang decreases rapidly and Yin begins to grow.
- The downward movement of Qi and Blood and the transformation from Yang to Yin occur under the influence of the descending of Heart Qi.
- Phase 1 is under the influence of Liver blood and of the Chong Mai.

Phase 2: Post-menstrual

- During phase 2, Yang is decreasing and Yin is increasing fairly rapidly.
- In phase 2, blood and Yin are relatively empty (as they have been consumed by the loss of blood during the period).
- During this phase, the essence (Jing) matures, thus nourishing the Uterus and the follicles and promoting the growth of endometrium.
- The decrease of the Yang in this phase ensures the growth of Yin (Mutual consuming of Yin and Yang).
- The growth of Yin also implies growth of fluids in the vagina and the beginning of the formation of the cervical secretion in mid-cycle.

Menstrual Cycle

Phase 3: Mid-cycle (ovulation)

- Ovulation occurs at the beginning of phase 3, during this phase, the Chong, Ren and Du Mai are in full activity to produce ovulation.
- Ovulation depends on Kidney Yin (the ova and oestrogen) but it needs the Heat of the Minister fire (Progesterone).
- At the beginning of phase 3, Yang rises steeply under the influence of LH and progesterone: this is reflected in the rise in temperature occurring soon after ovulation.
- In phase 3, Yin has reached its maximum.
- The fertile secretion appearing in phase 3 is a direct and reliable manifestation of the Kidney Yin and Essence.
- The descending of Heart Qi induces the transformation of Yin to Yang and the discharge of the ovum from the ovaries.
- During phase 3, Yin is decreasing and Yang increasing: if Yin does not decrease and/or Yang does not increase, dampness and phlegm are easily formed in the Uterus.

Phase 4: Pre-menstrual phase

- During phase 4, Qi and blood are moving in preparation for the period. It is primarily Liver Qi and Liver blood that influence this movement.
- The Chong Mai exerts the strongest influence at this time.
- Yang is rising rapidly during this phase and Yin is decreasing. The increase in Yang is important to expel potential Yin pathogenic factors in the Uterus such as stasis, damp-phlegm or cold.
- pre-menstrual symptoms may appear in this phase. Please not that not all pre-menstrual symptoms are due to Liver Qi stagnation.

AVOID
- sex exposure to cold and damp
- lifting heavy stuff during and straight after period
- overwork
- eating and drinking excessive cold raw food and drinks
- anger
- eating sour/spicy foods

ADVISE
- Rest
- Keep warm
- The food can help with blood circulation
The video you can watch at home to understand menstrual cycle

https://www.youtube.com/watch?v=tOluxtc3Cpw
The menstrual cycle, Osmosis, 2019

https://www.youtube.com/watch?v=2_owp8kNMus
Female Reproductive System - Menstrual Cycle, Hormones and Regulation, Armando Hasudungan, 2014
Scope of Inquiry about Menstruation

- Length of cycle
- Days of period
- Bleeding
  -- quantity (amount)
  -- colour
  -- flow consistency (thick/thin, clots)
- Accompanying symptoms
  -- abdominal cramps
  -- headache
  -- constipation
  -- diarrhoea
  -- insomnia
  -- any other PMS symptoms
Abnormal menstruation

- Abnormal menstrual cycle
  -- preceded menstruation
  -- delayed menstruation
  -- irregular menstruation

- Abnormal menstrual flow
  -- profuse bleeding
  -- long period
  -- scanty bleeding
  -- amenorrhea

- Dysmenorrhea
Menstrual irregularities

Early periods

Definition?

- Periods that occur consistently up to 9 days early,
- The cycle the less than 28 days,
- Can apply if two or more successive cycles are early.
- The amount of bleeding may be normal, scanty or excessive
- Bio-medical special tests and diagnosis standards?

- General
  - Puberty? Perimenopause?
  - Weight fluctuant? Stress?

- Blood thinning medication?
- Hormonal disturbance?
- Polycystic ovary syndrome (PCOS)?
- Endometriosis?
- Other health conditions? Diabetes/Thyroid disease?
- Early period or miscarriage symptoms?
AETIOLOGY & PATHOGENESIS OF EARLY PERIODS
• Excessive physical work, irregular diet
• Over work, menopausal decline of Kidney Qi
• Irregular diet, invasion of external heat
• Emotional stress
• Chronic illness, too many children, chronic bleeding
Early Periods

- Qi Deficiency
  - Spleen
  - Kidneys
    - Full Heat
    - Heat
      - Liver Qi stagnant turning into Fire
    - Empty Heat
Notes

- The two key pathogenesis factors of early periods:
  - **Qi deficiency**—SP & Kid
  - **Blood heat**
    - Full heat --liver heat & heart fire
    - Empty heat—liv & kid Yin-deficiency with empty fire
## Differential Diagnosis Early periods

<table>
<thead>
<tr>
<th>Condition</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spleen Qi Deficiency</td>
<td>Early menses; pale &amp; dilute flow; Tiredness, Pale tongue; weak pulse</td>
</tr>
<tr>
<td>Kidney-Qi not firm</td>
<td>Early periods, pale, dilute blood; Pale swollen tongue; deep and weak pulse</td>
</tr>
<tr>
<td>Stagnant Liver Qi turning into Fire with Blood Heat</td>
<td>Early menses; heavy, dark clotted flow; abdominal pain; Red / redder sides tongue; wiry and rapid pulse</td>
</tr>
<tr>
<td>Liver Blood Heat</td>
<td>Early menses; heavy, bright red or dark red flow; anxiety; mental restlessness; Red with a yellow coating tongue; Rapid pulse, full and wiry in the middle level</td>
</tr>
<tr>
<td>Heart-fire</td>
<td>Early period, heavy period, bright red; red with yellow coating tongue; Rapid pulse</td>
</tr>
<tr>
<td>Liver and Kidney Yin Xu with Xu heat</td>
<td>Early menses; scant or heavy flow; Red without coating tongue; Fine and rapid pulse</td>
</tr>
</tbody>
</table>
Treatment of Early Periods

- TCM treatment principles based on your TCM pattern identification
- What TCM treatment methods you will choose or combine based on your treatment principles?
  - Acupuncture?
  - Moxibustion?
  - Cupping?
  - Gua sha?
  - Tui Na?
  - Electro acupuncture?
  - Laser acupuncture?
## Treatment of Early Periods

<table>
<thead>
<tr>
<th>Pattern Identification</th>
<th>Treatment principle</th>
<th>Treatment methods</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SP Qi Deficiency</strong></td>
<td>• Strengthen Sp&lt;br&gt;• Tonify &amp; Raise Qi&lt;br&gt;• Consolidate Penetrating Vessel&lt;br&gt;• Contain blood</td>
<td>• ST36, SP6, REN12, BL20, DU20, REN4 and CV6&lt;br&gt;• Gui Pi Tang; Bu Zhong Yi Qi Tang</td>
</tr>
<tr>
<td><strong>Kidney Qi Not Firm</strong></td>
<td>• Strengthen Kid&lt;br&gt;• Tonify Qi&lt;br&gt;• Warm Yang&lt;br&gt;• Consolidate Directing &amp; Penetrating Vessels</td>
<td>• LU7, KI6, KI3, KI7, BL23, ST36, BL20, CV4, KI 13, CV 6&lt;br&gt;• Gui Rong Bu Chong Tang; Shou Tai Wan</td>
</tr>
<tr>
<td><strong>(Liver) Blood Heat</strong></td>
<td>• Clear heat&lt;br&gt;• Cool blood&lt;br&gt;• Regulate the periods</td>
<td>• LU7, KI6, REN 4, LI 11, SP 10, BL17, SP6, LR 2, LR 3, SP8, KID2&lt;br&gt;• Qing Jing San</td>
</tr>
<tr>
<td><strong>Stagnant Liv-Qi Turning into fire</strong></td>
<td>• Clear &amp; pacify liver&lt;br&gt;• Move Qi&lt;br&gt;• Clear heat&lt;br&gt;• Cool blood&lt;br&gt;• Regulate the periods</td>
<td>• LR2, LR3, CV4, LR14, LI11, SP10, KI2, SP6, SP8&lt;br&gt;• Dan Zhi Xiao Yao San</td>
</tr>
</tbody>
</table>

(to be continued)
<table>
<thead>
<tr>
<th>Pattern Identification</th>
<th>Treatment principle</th>
<th>Treatment methods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Fire</td>
<td>• Drain fire</td>
<td>• HT 8, HT 5, PC 7, REN 4, KI 16</td>
</tr>
<tr>
<td></td>
<td>• Clear heart</td>
<td>• Qing Xin Ping Gan Tang</td>
</tr>
<tr>
<td></td>
<td>• Calm the mind</td>
<td></td>
</tr>
<tr>
<td>Liv-kid Yin deficiency With empty-heat</td>
<td>• Nourish Yin</td>
<td>• LU 7, KI6, CV 4, KI 3, LR 8, SP 6, KI 2</td>
</tr>
<tr>
<td></td>
<td>• Clear empty fire</td>
<td>• Liang Di Tang; Qing Jing San</td>
</tr>
<tr>
<td></td>
<td>• Regulate the periods</td>
<td></td>
</tr>
</tbody>
</table>
Late Periods

❖ Definition ?

✓ Cycle consistently longer than 28-30 days (can be up to 40-50 days long)
✓ At least for 3 consecutive months

❖ Bio-medical special tests and diagnosis standards?
Bio-medical special tests and diagnosis standards?

- Not pregnant?
- Medication? After contraceptive pills?
- Hormonal conditions?
- PCOS?
- Pituitary Tumor?
AETIOLOGY AND PATHOGENESIS OF LATE PERIODS
Weakens Spleen | Qi & Blood Xu |
---|---|---
Blood Xu | Chong/Ren malnourished

Prolonged chronic bleeding; excess breast feeding
Prolonged excess cold raw foods
Excess exposure to Cold and Damp weather
Constitutional Kid weakness; overwork; too many children too close together
Long standing emotional stress

Internal Cold (maybe Yang Xu) | Internal Cold & Damp |
---|---|---
Cold invades blood portion & blood congeals | New blood can’t be generated; Chong/Ren become empty & can’t be filled

Kid Xu |
---|---|---
Chong & Ren malnourished; Jing not transformed into Blood; sea of blood can’t fill uterus

Liv Qi Stag | Blood Stasis |
---|---|---
Chong & Ren obstructed

late menses
### Differential diagnosis late periods

<table>
<thead>
<tr>
<th>Condition</th>
<th>Symptoms and Pattern</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Xu</td>
<td>Late menses; pale scanty flow; pale and thin tongue; choppy pulse</td>
</tr>
<tr>
<td>Cold in Uterus</td>
<td>Late menses; scanty dark flow with clots; dysmenorrhea; abdominal pain relieved by warmth, worse for pressure; feeling cold; pale tongue, deep, weak and slow pulse</td>
</tr>
<tr>
<td>Kidney Yang deficiency</td>
<td>Late menses; scanty flow with small dark stringy clots; dysmenorrhea; abdominal pain relieved by warmth and pressure; pale tongue, weak and deep pulse</td>
</tr>
<tr>
<td>Liver Qi Stagnation</td>
<td>Late menses; scanty flow with clots; PMS; normal coloured or slightly red on the sides; wiry pulse</td>
</tr>
</tbody>
</table>
Treatment of Late Periods

- TCM treatment principles based on your TCM pattern identification

- What TCM treatment methods you will choose or combine based on your treatment principles?
  - Acupuncture?
  - Moxibustion?
  - Cupping?
  - Gua sha?
  - Tui Na?
  - Electro acupuncture?

- The herbal treatment combine a acupuncture can be the more effective for late periods treatment.
# Treatment of Late Periods

<table>
<thead>
<tr>
<th>Pattern Identification</th>
<th>Principles</th>
<th>Methods</th>
</tr>
</thead>
</table>
| **Blood Xu**                           | • Nourish Blood  
• Regulate the periods                   | • LU7, KI6, REN4, KI13, LIV8, ST36, SP6, BL17, 20, 23  
• Ren Shen Yang Rong Tang               |
| **Cold in Uterus**                     | • warm the uterus  
• expel the cold  
• Regulate the periods                   | • REN4, 6, ST29, SP8, SP6, ST36, GV4, BL32, ST25  
• Wen Jing Tang; Ai Fu Nuan Gong Wan    |
| **Kidney Yang deficiency**             | • Tonify yang  
• Warm the uterus                                     | • BL23, DU4, KI3, REN4, LU7, KI6, ST36, SP6  
• Jin Gui Shen Qi Wan                    |
| **Liver Qi Stagnation**                | • Pacify the liver  
• Move Qi & invigorate blood  
• Regulate the periods                   | • SP4, PC6, LR3, 4; KI14, TE6, SP6, CV4, CV6, PC7  
• XiaoYan San; Chai Hu Shu Gan Tang     |
Shen Qi Wan | Tonify Kidney Qi Decoction  
(肾气丸) 
Source: Jin Gui Yao Lue (Synopsis of the Golden Chamber)

Composition: Shu Di Huang, Shan Yao, Shan Zhu Yu, Ze Xie, Fu Ling, Dan Pi, Gui Zhi, Fu Zi

Administration: Drugs are ground into fine powder and are mixed with honey to make boluses. The bolus is taken twice a day with warm boiled water; also can be decocted in water for oral administration.

Functions: Warm and tonify the kidney-Yang.


Caution: Early stage acute illness (eg cold/flu)
Dosage (for patent medicine): 8-12 pills 3 x / day away from food where possible.
Wen Jing Tang (温经汤）

English: Decoction for warming Channels

Source: Jin Gui Yao Lue (Synopsis of the Golden Cabinet)

Composition: Wu Zhu Yu, Dang Gui, Shao Yao, Chuan Xiong, Ren Shen, Gui Zhi, Er Jiao, Mu Dan Pi, Sheng Jiang, Gan Cao, Ban Xia, Mai Dong

Administration:
• Melt Er Jiao and decoct the other ingredients for oral administration.

Functions:
• Warms channels to dispel cold, remove blood stasis and nourishes blood

Indications:
• Syndrome of deficient cold and blood stasis in Chong and Ren meridians.

Cautions:
• Heat Syndrome; or irregular menstruation due to deficiency without blood stasis
Xiao Yao San (Wan) | Rambling Pill
(逍遥散)
Source: Tai Ping Hui Min He Ji Ju Fang
(Formulas of Tai Ping Hui Min Pharmaceutical Bureau)

Composition: Chai Hu, Dang Gui, Bai Shao, Bai Zhu, Fu Ling, Zhi Gan Cao, Bo He, Wei Sheng Jiang
Administration: All drugs decoct in water for oral administration

Functions: Soften the liver; Regulate liver qi; Nourish blood; Strengthen the spleen; Harmonize the liver and spleen

Indications: Liver Qi stagnation with blood deficiency and dysfunction of the spleen to transport

Caution: use with caution in case of yin deficiency

Biomedical Indications: Regulates the hormones that influence menstrual cycle, emmenagogue, relieves depression and emotional stress.

Dosage: 8-12 pills at 3 x / day (away from food) where possible
Notes

- Blood-xu, Qi-stagnation & Cold are the three key pathological factors to focus in both identifying patterns and deciding treatment methods.

- Cold includes:
  - cold in the uterus –the Full / Empty type
  - Internal empty cold due to Kid-yang xu

- Treatment: Nourishing blood-Yin, regulating Qi and easing the different type of Cold
Irregular Periods

Definition?

✓ Irregular periods refers to periods that come sometimes early and sometimes late—irregular cycle (unpredictable)

Bio-medical special tests and diagnosis standards?
- Bio-medical special tests and diagnosis standards?


- Medication side effect?

- Chronic illness?

- Hormonal conditions? IUD? Thyroid disorder?

- PCOS? Uterine fibroids? Endometriosis?

- Breastfeeding?
Aetiology & pathology of Irregular periods

- Emotional stress

- Liver Qi Stagnation

- Obstructs the Chong & Ren

- Blood Stasis

- Chong’s storing & spilling function disturbed

- Working long hours without adequate rest; too many children too close together

- Chong & Ren malnourished

- Uterus unfilled

- Irregular menses
Notes

**Irregular periods is always related to the Liver and Kidneys, esp. the kidneys:**
- Liver Qi stagnation &
- Kidney deficiency (Yin or Yang)

**Regardless of the causes, there is a disharmony between:**
- Qi and Blood &
- Chong and Ren Mai (disturbing the Chong's storing and spilling function)
## Differential diagnosis irregular periods

<table>
<thead>
<tr>
<th>Liver Qi Stasis</th>
<th>Irregular menses; scant, thick flow with clots; can be dark and flow unevenly; slightly red sides, wiry pulse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kidney Yang Xu</td>
<td>Irregular menses; scanty with pale flow; no clots, backaches, tinnitus, dizziness, feels cold other yang xu; pale and swollen tongue, weak, deep pulse</td>
</tr>
<tr>
<td>Kidney Yin Xu</td>
<td>Irregular menses; scanty with pale flow, dizziness, blurred vision, night sweats, other yin xu; tongue without coating, fine and rapid pulse</td>
</tr>
</tbody>
</table>
## Treatment of irregular periods

<table>
<thead>
<tr>
<th>Pattern Identification</th>
<th>Principles</th>
<th>Methods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liver Qi Stasis</td>
<td>Pacify Liver, Move Qi Stagnation, Regulate Periods</td>
<td>• LIV3, SJ6, PC6, LR14, CV4,6 SP4, PC6.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Xiao Yan San</td>
</tr>
<tr>
<td>Kidney Yang Xu</td>
<td>Tonify and warm Kidneys, regulate periods, consolidate the Penetrating and Directing vessels</td>
<td>• BL23, CV4, KI3, LU7, KI6, ST36 and SP6</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• You Gui Wan</td>
</tr>
<tr>
<td>Kidney Yin Xu</td>
<td>nourish Yin, Tonify Kid, consolidate the Penetrating and Directing vessel</td>
<td>• LU7, KI6, CV4, KI3, SP6, CV7, NO MOXA</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Liu Wei Di Huang Wan Zuo Gui Wan</td>
</tr>
</tbody>
</table>
Scanty Periods

Definition?

✓ Period bleeding is very light, or lasts only 2-3 days, or is extremely scanty, like a small drip.

Bio-medical special tests and diagnosis standards?
Bio-medical special tests and diagnosis standards?


Medication?

Chronic illness?

Sheehan's Syndrome?

Asherman's syndrome?

Hormonal conditions?

PCOS?
AETIOLOGY & PATHOGENESIS OF SCANTY PERIODS
### Differential diagnosis scanty periods

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Blood Xu</strong></td>
<td>Scanty menses maybe only a drip; pale dilute flow; vague abdominal pain; Pale, thin tongue; choppy, fine pulse</td>
</tr>
<tr>
<td><strong>Kidney Xu (Yin or Yang Xu)</strong></td>
<td>Scanty menses Kid Yang Xu: Kid Yin Xu:</td>
</tr>
<tr>
<td><strong>Blood Stasis</strong></td>
<td>Scanty menses; dark clotted flow; dysmenorrhea; abdominal pain worse for pressure relieved with passing of clots; purple tongue, wiry pulse</td>
</tr>
<tr>
<td><strong>Phlegm Obstructing Uterus</strong></td>
<td>Scanty menses with a brownish discharge; period stops and starts; excessive vaginal discharge; swollen tongue, slippery pulse</td>
</tr>
</tbody>
</table>
Treatment of Scanty Periods

- TCM treatment principles based on your TCM pattern identification
- What TCM treatment methods you will choose or combine based on your treatment principles?
  - Acupuncture?
  - Moxibustion?
  - Cupping?
  - Gua sha?
  - Tui Na?
  - Electro acupuncture?
  - Laser acupuncture?
## Treatment of Scanty periods

<table>
<thead>
<tr>
<th>Pattern Identification</th>
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<th>Methods</th>
</tr>
</thead>
</table>
| **Blood Xu**                           | • Nourish blood  
• Strengthen liver  
• Tonify kidneys  
• Regulate the periods | • LU7, KI6, CV4, LR8, ST36, SP6, BL18, 20,23.  
• Ba Zhen Tang |
| **Kidney Xu (Yin or Yang Xu)**         | • Tonify kidney Yin/yang  
• Regulate the periods | • Kidney yang xu: LU7, KI6, BL23, CV4, KI13, LR8, KI3, SP6, ST36, GVDU4  
• Kidney Yin xu: LU7, KI6, KI3, SP6, CV4, ST36  
• Zuo Gui Wan; You Gui Wan |
| **Blood Stasis**                        | • Invigorate blood  
• Eliminate stasis  
• Regulate the periods | • SP4, PC6, SP10, BL17, SP6, KI14, CV4,6, ST29  
• Tao Hong Si Wu Tang |
| **Phlegm Obstructing Uterus**          | • Resolve phlegem  
• Dry dampness  
• Tonify sp  
• Regulate the periods | • LU7, KI6, CV6, ST28, CV9, BL20, 22,32, SP9, SP6, CV4,12  
• Cang Fu Dao Tan Wan |
Notes

- The main pathological factors of scanty periods are:
  - Blood deficiency (of the liver)
  - Kidney deficiency (Yin or Yang)
  - Stasis of Blood
  - Phlegm
Treatment based on the Phase of Menstrual Cycle

- There are 4 phases in a menstrual cycle in TCM view, each averaging about 7 days;
  - Phase 1- Menstrual phase
  - Phase 2- Post-menstrual phase
  - Phase 3- Mid-cycle phase
  - Phase 4- Pre-menstrual phase

- Regulating the period is the aim of treatment for menstrual disorders, and the treatment principle and methods are different from the other.
Treatment based on the Phase of Menstrual Cycle

Phase 1-- Menstrual phase
Day 1-5 Menses

Aim: Regulate menses
Treatment principle: Invigorate
+ add points to invigorate the qi & blood circulation
Treatment based on the Phase of Menstrual Cycle

Phase 2-- Post-menstrual phase
Day 4-9  Proliferative Stage/hypothermal phase

Aim: Promote follicular development

treatment principle: nourish yin & blood
+ add points to nourish blood & kidney yin
Treatment based on the Phase of Menstrual Cycle

Phase 3-- Mid-cycle phase
Day10-16  Ovulatory stage/transitional phase

Aim: *Promote ovulation*

Treatment principle: *Tonify, strengthen*

+ add points to warm the Yang and to *Invigorate the qi & blood*
Treatment based on the Phase of Menstrual Cycle

Phase 4 -- Pre-menstrual phase
Day 17-28

Aim: *Fortify the function of corpus luteum*
Treatment principle: Move Qi, invigorate blood,
warm the uterus
+ add points to nourish & warm the kidneys and
Regulate the Blood and Qi
Break
Practical section
Session 2 Practical Activity

- Session review questions: assessment, diagnosis and management plan for each menstruation disorder in this session

- Case study based practical skills building up
Case Study

Read the following case history and answer the questions below

Case Questions

• What is the TCM diagnosis (Disease and Pattern)?
• What is the TCM treatment principle based on your diagnosis?
• What TCM treatment methods will you choose to combine in the management for the patient’s condition?
• Choose at least five acu-points for your acupuncture prescription to treat this condition based on your diagnosis.
• Give the rationale for the above acupuncture points & demonstrate your appropriate needling techniques.
• Recommend suitable lifestyle/dietary advice for this condition based on Chinese Medicine theory.
References

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