Session 3

MENSTRUATION DISORDERS

- Long periods
- No periods (Amenorrhea)
- Menorrhagia (Heavy Periods)
- Flooding and trickling / Beng lou (Metrorrhagia)

Chinese Medicine Department
Session Contents

❖ Analyse aetiology & pathology for each menstruation disorder in this session

❖ Discuss TCM Pattern differentiation & treatment accordingly
Learning Outcomes

After this session study, students should be able to:

❖ Describe and explain the aetiology & pathology of each menstruation disorder in this session.

❖ Compare and contrast from TCM perspectives: long periods, heavy periods & Metrorrhagia

❖ Identify the patterns and outline treatments principles & methods accordingly.
Physiology

**UTERUS**

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

- **Endeavour College of Natural Health**
- www.endeavour.edu.au
MENSTRUATION DISORDERS
Long Periods

❖ Definition?
✓ characterized by prolonged bleeding (last 7 to 10 days);
✓ The cycle is regular and
✓ The amount of bleeding itself is not excessive.

❖ Bio-medical special tests and diagnosis standards?

- Bio-medical special tests and diagnosis standards?

- Mediations?
- Ectopic Pregnancy?
- Hormone change?
- Fibroids or Polyps?
- Adenomyosis?
- Other health conditions? Thyroid disease?
- Pelvic inflammatory disease?
- Cancer?
- Bleeding conditions? Hemophilia?
Notes

- long periods differs to **Heavy Periods**, in which the **amount of bleeding is excessive**;

- Long periods differs from **Flooding and Trickling**, in which the **cycle is somewhat irregular** because bleeding can occur before the right time.
Long Periods Aetiology & Pathology

**Emotional Stress**
- Liver Qi Stagnation.
- Liver Blood Stagnation.
- the Directing and Penetrating vessels obstructed
- new blood has nowhere to go so the period lasts a long time

**Overwork**
- (Overwork or too many children close together)
- Kidney Yin Xu
- Empty Heat develops
- agitating the blood in the Penetrating Vessel and the period lasts a long time
Treatment of Long Periods

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

<table>
<thead>
<tr>
<th>Qi Deficiency</th>
<th>Blood Heat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Periods lasting a long time, tapering off with a trickle, tiredness, poor appetite, slight abdominal distension, etc.</td>
<td>Long Periods that tend also to be heavy, dark blood, irritability, thirst, red face, feeling of heat.</td>
</tr>
<tr>
<td>T: Pale  P: Deep-Weak</td>
<td>T: Red with yellow coating  P:Firm or overflowing</td>
</tr>
</tbody>
</table>

**Treatment**

- **Qi Deficiency**
  - Tonify and raise qi, strengthen the spleen and kidneys, consolidate Chong and Ren

- **Blood Heat**
  - Clear heat and cool blood, clear the liver and heart, regulate the Chong Mai (Penetrating)
## Treatment

<table>
<thead>
<tr>
<th>Qi Deficiency</th>
<th>Blood Heat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Points: LU-7(L) and KI6 ® regulate Directing vessel CV-12, ST-36, SP-6 and BL-20 strengthen the spleen CV-4, BL23 strengthen Kidneys CV-6 tonifies and raises Qi KI-3 tonifies the kidneys and consolidates Chong and Ren</td>
<td>Points: SP4 and PC-6 regulate the penetrating vessel KI-14 cools blood in the uterus LI-11 and SP-10 in combination cool blood LR 3 and KI-2 cool blood</td>
</tr>
<tr>
<td>Formula: Gui Pi Tang, Bu zhong yi qi tang Ju Yuan Jian (Shu Di, Bai Zhu, Ren Shen, Huang Qi, Dang Gui, Pao jiang)</td>
<td>Formula: Bao Yin Jian Sheng/Shu Di, Bai Shao, Shan Yao, Huang Qin, Huang Bo, Xu Duan, Gan Cao An Chong Tang Bai Zhu, Huang Qi, Long Gu, Mu Li, Sheng Di Huang, Bai Shao, Wu Zei Gu, Xu Duan</td>
</tr>
</tbody>
</table>
### Long Periods Differential Diagnosis

<table>
<thead>
<tr>
<th>Liver Qi &amp; Blood Stagnation</th>
<th>Kidney Yin Xu with Empty Heat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long periods that are scanty with dark blood, clots, depression, irritability, abdominal pain and distension.</td>
<td>Long periods with scanty blood, dry throat, malar flush, dry stools.</td>
</tr>
<tr>
<td>T.:Purple P.Wiry</td>
<td>T: Red without Coating P: Floating/ empty</td>
</tr>
</tbody>
</table>

**Treatment**
- **Liver Qi & Blood Stagnation**: Move the Qi, Invigorate the blood, eliminate stagnation and regulate the periods
- **Kidney Yin Xu with Empty Heat**: Nourish the Yin, strengthen Kidneys, clear empty heat, stop the bleeding, regulate the periods
## Treatment

<table>
<thead>
<tr>
<th>Liver Qi &amp; Blood Stagnation</th>
<th>Kidney Yin Xu with Empty Heat</th>
</tr>
</thead>
</table>
| Points: SP-4 and PC-6 regulate penetrating vessel  
BL-17, SP-10 invigorate blood  
SP-8 stop bleeding  
SP-6 invigorate blood CV-6 move Qi in the lower Burner  
KI-14, ST-29 invigorate blood in the uterus  
LR-3 move Liver Qi and invigorate Liver blood  
Formula:  
Si Wu Tang with Jin Ling Zi San adding Pu Huang, San Qi | Points: LU-7 and KI -6 regulate the Directing vessel  
CV4, KI-3, SP-6 norish Kidneys and strengthen Uterus  
SP-8 stops uterine bleeding  
KI-2 clear empty heat  
Formula: Liang Di Tang + Er Zhi Wan |
NO PERIODS / AMENORRHEA

❖ Definition?
‘The absence of periods (amenorrhoea) 
_Bi Jing_ is its Chinese: _Jing_ means menstruation and _Bi_ means shut or closed’.

❖ Bio-medical special tests and diagnosis standards?

❖ Western medicine distinguishes Amenorrhea into primary amenorrhea and secondary amenorrhea

Bio-medical thinking

This medical illustration diagram shows the functions of the pituitary gland and resulting symptoms due to pituitary deficiencies (hypopituitarism) in the female. The drawing pictures the glands and organs in the body influenced by the pituitary gland, including the thyroid gland, mammary glands, adrenal (suprarenal) glands and ovaries. Color-coded arrows link the pituitary to target organs, indicating the hormones transmitted to each organ. Labeled hormones include TSH, MSH, GH, LH, ACTH, FSH and prolactin.

Western Medicine understanding of Amenorrhea

Amenorrhea

Primary Amenorrhea & Secondary Amenorrhea

A woman has not had a period by 18 yr.  
physiological delay, ovarian failure, pituitary tumours, other neoplasms, chronic illness and malnutrition

A woman has had periods but periods stopped for 3+ months  
anatomic, endocrine, constitutional & psychogenic factors

➢ Pregnancy is most common cause of secondary amenorrhea.
Anger, frustration, resentment, hatred, irritation

Qi Stag

Blood Stasis

Qi can’t make or move Blood; Ht Xue can’t descend to Uterus

No menses

Sadness, grief

Lu & Ht Qi depleted

Qi Xu & Stag

Qi Xu can’t make Blood; Blood can’t move due to Stag

Xu & Blood Stasis

Worry; pensiveness affect Lu & Sp

Qi Xu &

Sp can’t make Blood

At puberty leads to Qi & Blood Stag in Lower Jiao (1° amenorrhea)

Constitutional Kid Xu

Kid Jing Xu

(1° amenorrhea)

Blood Xu & Sp Xu

(2° amenorrhea)

Nutritionally poor diet

Blood Xu & Sp Xu

(2° amenorrhea)

Excessive physical work or exercise

Weakens Sp

Sp can’t make Blood

Lower Jiao obstructed

Excess dairy & greasy foods

Damp & Phlegm

Prolonged working long hours without rest

Liv & Kid Yin Xu

(2° amenorrhea)
DIFFERENTIA DIAGNOSIS & Treatment of AMENORRHEA

❖ The main distinction to be made is that between deficiency and excess types of amenorrhea.

❖ No periods should be differentiated from the very early stages of pregnancy: what are the main differential points?
Treatment of No Periods

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

<table>
<thead>
<tr>
<th>Deficiency</th>
<th>Acupoints and Herbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liver &amp; Kidney deficiency</td>
<td>BL18, BL23, BL52, CV4, LU7&amp;KI6, LR8, SP6, ST36, KI3, KI13, Xuefu, CV17, CV6 reinforce &amp; moxa Liu Wei Di Huang Wan (Rehmannia 6)</td>
</tr>
<tr>
<td>Blood deficiency</td>
<td>LR8, ST36, SP6, KI3, CV4, BL17, BL18, Zigong, CV17, CV6 reinforce &amp; moxa Shi Quan Da Bu Wan</td>
</tr>
<tr>
<td>Spleen &amp; Kidney Yang deficiency</td>
<td>CV12, ST36, SP6, BL20, BL21, KI3,7 ,CV4, BL23, BL52, BL17, Zigong, CV17, CV6 reinforce &amp; moxa</td>
</tr>
<tr>
<td>Liver &amp; Kidney Yin deficiency</td>
<td>LR8, ST36, SP6, CV4, KI3, BL52, LU7&amp;KI6 reinforce Zuo Gui Wan (Left Returning)</td>
</tr>
<tr>
<td>Lung Yin and Blood deficiency</td>
<td>LU9, CV17, CV4,6, BL42,ST36,SP6,LR8,LU7,KI6 reinforce ; Bai He Gu Jin Tang</td>
</tr>
<tr>
<td>Heart &amp; Kidney Yin deficiency</td>
<td>HT7, PC7, BL44, CV15, CV14, CV4, KI3, SP6, LU7 &amp; KI6 reinforce Tian Wan Bu Xin Wan</td>
</tr>
<tr>
<td>Heart &amp; Spleen Blood deficiency</td>
<td>CV12, ST36, SP6, BL20, LR8, CV4, HT7, CV14, BL15 reinforce Gui Pi Wan (Ginseng &amp; Longang)</td>
</tr>
<tr>
<td>Condition</td>
<td>Treatment</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>---------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Qi &amp; Blood Stagnation</td>
<td>SP4 &amp; PC6, CV6, ST30, LR3, SP6, KI14, KI6 even Tao Hong Si Wu Wan (Persica &amp; Carthamus)</td>
</tr>
<tr>
<td>Damp-Phlegm in Lower Burner</td>
<td>SP9, SP6, CV6, ST28, ST27, GB41 &amp; TE5, BL22, CV12 (reinforce), CV9, ST40 reduce Cang Fu Dao Tan Wan (Atratyloses-Poria Phlegm-Dissipating Pills)</td>
</tr>
</tbody>
</table>
Evidence of acupuncture

“Both EA and exercise improved menstrual frequency and decreased the levels of several sex steroids at week 16 and at the 16-wk follow-up compared with no intervention. Low-frequency EA and physical exercise improved hyperandrogenism and menstrual frequency more effectively than no intervention in women with PCOS. Low-frequency EA was superior to physical exercise and may be useful for treating hyperandrogenism and oligo/amenorrhea.”


MENORRHAGIA
Heavy Periods

Definition?

✓ Bleeding is heavier than normal (Normal bleeding: 30-80ml over approximately 5 days)
✓ Bleeding occurs at the proper time
✓ Bleeding is within the proper span of the periods (around 5 days)
Heavy Periods

- Bio-medical special tests and diagnosis standards?

Western medicine classifies menorrhagia as an abnormal bleeding pathology and while generally benign it can be a manifestation of fibroids, endometriosis, dysplasia, cancer etc.
MENORRHAGIA (heavy periods)

WM causes of menorrhagia:
- Idiopathic (no known cause)
- IUD
- Fibroids
- Vitamin K deficiency
- Sexually transmitted diseases (STD)
- Hepatic/renal failure
- Hormonal imbalance: eg. hypo/hyperthyroidism, adrenal gland dysfunction, pituitary tumors, PCOS, obesity
- Fibroids, polyps, endometriosis
- Drugs eg. anticoagulants, steroids

https://www.youtube.com/watch?v=qfje3cYj9Us
https://www.youtube.com/watch?v=K74IpDMcggU
“Herbal preparations for uterine fibroids (Review)”
Aetiology & pathogenesis of Heavy periods

3 key pathological factors:
❖ Qi deficiency
❖ Blood-heat
❖ Blood stasis

Notes:
✓ The pattern of Qi-deficiency is primarily related to the spleen and kidneys;
✓ The pattern of Blood-heat and Blood-stasis are mostly related to liver
## Aetiology and pathogenesis of menorrhagia

<table>
<thead>
<tr>
<th>Excessive physical work, sports &amp; exercise</th>
<th>Prolonged excess hot spicy food &amp; alcohol</th>
<th>External Heat or Fire</th>
<th>Emotional stress</th>
<th>Abdominal surgery; post-partum conditions</th>
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<td>Weakens spleen</td>
<td>Internal Heat or Fire</td>
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<td>Liv Qi Stag</td>
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<td>Sp Qi fails to hold Blood</td>
<td>Fire &amp; Blood Stasis</td>
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<td>Chong &amp; Ren obstructed</td>
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- **heavy menses**
| Qi xu                          | Heavy menses; pale dilute blood, spotting outside period &  
|                              | **TP:** tonify & raise Qi, contain Blood, consolidate Chong  
|                              | GV20, CV12, CV6, ST36, SP6, BL20, BL23 reinforce & moxa  
|                              | Bu Zhong Yi Qi Wan (Ginseng & Astragalus)  
|                              | Gui Pi Wan (Ginseng & Longan)  |
| Blood heat                   | Heavy menses; bright or deep red blood, thick & sticky (dense) &  
|                              | **TP:** clear Heat, cool Blood, stop bleeding  
|                              | SP4&P6, LI11, SP10, KI2, LR3, SP6, BL17, SP8 reduce  
|                              | Jia Wei Xiao Yao Wan (Bupleurum & Peony)  |
| Blood stasis                 | Heavy menses; dark clotted blood; spotting; dysmenorrhoea; relieved with passing of clots; worse for pressure &  
|                              | **TP:** invigorate Blood, eliminate stasis, stop bleeding, regulate menses  
|                              | Sp4&PC6, SP10, BL17, SP8, SP6, CV6, KID14, ST29, LR3 reduce  |
Metrorrhagia (Beng Lou)

❖ Definition?

Beng means ‘flood’ or ‘flooding, bursting through’—indicating a period starting suddenly with a flood, often before the proper time;

Lou means ‘trickle, drip, dribble, leaking’—indicating a period that continues with a trickle after the proper time.

(Please differentiate Benglou from Heavy Periods)
Western Medical perspectives

- Any bio-medical special tests for this diagnosis? And what are the diagnosis standards?

- Western medicine classifies menorrhagia as an abnormal bleeding pathology and it can be a manifestation of fibroids, endometriosis, dysplasia, cancer etc. while it’s generally benign.
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</table>
Pathology of Beng Lou

❖ There are 3 major areas:

✓ Blood-heat (Full or Empty)
✓ Deficiency : Qi /Yang: (SP and kidneys) or Yin (liver and kidneys)
✓ Blood stasis
The complex pathological conditions deriving from bleeding

Blood heat $\rightarrow$ Blood Xu $\rightarrow$ Qi Xu

Blood heat $\rightarrow$ Blood Xu $\rightarrow$ Qi Xu

Blood empty heat

Qi Xu $\rightarrow$ Blood Xu $\rightarrow$ Blood Empty heat
Treatment of Beng Lou

❖ Treatment principles:
✓ Harmonize Blood
   (stop bleeding, eliminate stasis, calm blood, nourish blood)

✓ Treat the root cause of bleeding
  ➢ Blood-heat
  ➢ Blood-empty heat
  ➢ Qi deficiency
  ➢ Kidney deficiency
  ➢ Stasis of blood
  ➢ Cold
Beng Lou (Flooding and Trickling) treatment

**Treatment principles**
- Harmonize Blood
- Stop bleeding
- Eliminate stasis
- Calm Blood
- Nourish Blood
- Treat the root cause of bleeding
  - Blood-Heat
  - Blood Empty-Heat
  - Qi deficiency
  - Kidney deficiency
  - Stasis of Blood
  - Yang deficiency and Cold
- Astringe
- Treat Qi

**Three steps in treatment**
1. Shore up the flow
2. Settle the Source
3. Restore the old

**Herbal treatment**

**Acupuncture**
- Harmonize Blood
- Treat the root cause
- Astringe
- Treat Qi
- Stop bleeding

**Treating Flooding and Trickling according to the four phases**
- Blood-Heat:
  - Phase 1: clear Heat, cool Blood, stop bleeding with astringent herbs.
- Phase 2: tonify the Kidneys, nourish Blood. If the woman is spotting (trickling), I would not concentrate on stopping it.
- Phases 3 and 4: clear Heat, cool Blood.
- Blood Empty-Heat
  - Phase 1: clear Empty-Heat, cool Blood, stop bleeding with astringent herbs.
  - Phase 2: tonify the Kidneys, nourish Blood, nourish Yin. If the woman is spotting (trickling), I would not concentrate on stopping it.
- Phases 3 and 4: clear Empty-Heat, cool Blood.
- Spleen- and Kidney-Qi deficiency
  - Phase 1: tonify and raise Qi to stop bleeding. Use astringent herbs.
  - Phase 2: tonify the Kidney, tonify and raise Qi, nourish Blood.
  - Phase 3: tonify the Spleen.
  - Phase 4: tonify and raise Qi to stop bleeding.
- Liver- and Kidney-Yin deficiency
  - Phase 1: tonify and raise Qi to stop bleeding. Use astringent, sweet, cold herbs.
  - Phases 2 and 3: tonify the Liver and Kidneys, nourish Blood, nourish Yin.
  - Phase 4: nourish Liver- and Kidney-Yin, move Liver-Qi.
- Blood stasis
  - Phase 1: invigorate Blood and stop bleeding.
  - Phases 2 and 3: tonify the Kidneys, nourish Blood.
  - Phase 3: invigorate Blood and stop bleeding, move Qi.
• **Harmonize blood**

**Stop bleeding:** SP8, KI8, KI4, LR5, SP1 (think about Xi cleft points)
**Eliminate stasis:** KI14, SP10, BL17, SP6, LR3, ST29
**Calm blood:** SP6, KI3
**Nourish blood:** ST 36, Sp6, LR 8, CV4, Bl 20, Bl23

• **Treat the root cause**

**Blood heat:** LI11, SP10, KI2, LR2, 3; PC3, HT 3
**Blood Empty heat:** KI2, LR3; KI6, SP6
**Qi Deficiency:** ST 36, SP6, CV6, BL20, 21
**Kidney deficiency:** KI3, BL23, 52; CV4, KI13
**Blood stasis:** KI14, SP10, BL17, SP6, LR3, ST29
**Cold:** CV4, ST36, CV6, BL23
Identification of patterns

Full patterns

- Blood heat
- Liver Qi stagnation turning into Heat
- Blood Empty heat
- Stasis of blood
- Damp Heat in the Uterus

Empty patterns

- Spleen not holding blood
- Kidney Yang deficiency
- Kidney Yin deficiency
<table>
<thead>
<tr>
<th>Blood Heat</th>
<th>Liver Qi stagnation turning Heat</th>
<th>Blood Empty Heat</th>
<th>Stasis of Blood</th>
<th>Damp Heat in the Uterus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flooding suddenly, or trickling of blood be a long time after proper period</td>
<td>Profuse menstrual bleeding with sudden flood</td>
<td>Sudden flooding outside the proper period time or trickling for many days after period</td>
<td>Period seem to stop then start again with a flood or may trickle for a long time after period.</td>
<td>Bleeding could be either scanty or abundant, bleeding on mid-cycle, bloody; sticky, yellow-brownish discharge before bleeding starts</td>
</tr>
<tr>
<td>Bright red blood or dark red, thirst, red face, agitation, feeling hot, dark urination</td>
<td>Depression, irritability, moodiness, thirst, nausea, vomiting, hypochondrial pain &amp; distension</td>
<td>Fresh red blood; mental restlessness, feeling heat in the evening, malar flush</td>
<td>Pain before period, blood dark with clots, abdominal distension, dark complexion</td>
<td>No clots, feeling heaviness, dragging sensation in the lower abdomen, burning pain in the lower abdomen, irritability</td>
</tr>
<tr>
<td>T: red with yellow coating P: rapid</td>
<td>T: red sides P: wiry</td>
<td>T: red without coating P: floating empty</td>
<td>T: Bluish-purple or Reddish Purple P: Choppy or wiry</td>
<td>T: sticky yellow coating P: slippery</td>
</tr>
<tr>
<td>GB34, LR3, LR14, BL18, TE6, PC6, 7; SP8, LI11, SP10</td>
<td>LU7, KI6, KI2, LR3, KI5, SP1, 8, SP6, LI11, LR1</td>
<td>SP4, PC6, LR3, TE6, LR1, SP8, ST30, SP6, 10, 12</td>
<td>GB41, TE5, LI11, SP1, 8, 10; KI5, SP6, BL22, 32</td>
<td></td>
</tr>
<tr>
<td>QingJing San</td>
<td>Jia wei Xiao Yao San</td>
<td>Bao Yin Jian</td>
<td>TaoHong Si Wu Tang</td>
<td>Qing Re Li Shi Tang</td>
</tr>
</tbody>
</table>
### QingJing San (清经散)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Name</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mu Dan Pi</td>
<td>Cx. Moutan Radicis.</td>
<td>Clears Deficiency Fire. With Huang Bai and Qing Hao</td>
</tr>
<tr>
<td>Bai Shao</td>
<td>Rx. Paeoniae Alba</td>
<td>Nourishes the Blood, regulates menstruation and preserves Yin.</td>
</tr>
<tr>
<td>Shu Di Huang</td>
<td>Rx. Rehmanniae Preparata</td>
<td>Nourishes the Blood and nourishes Yin and essences</td>
</tr>
<tr>
<td>Di Gu Pi</td>
<td>Cx. Lycii</td>
<td>Cleans Empty Heat and cools the Blood. With Mu Dan Pi</td>
</tr>
<tr>
<td>Qing Hao</td>
<td>Hb. Artemisiae Annuae</td>
<td>Clears Deficiency fevers and cools the Blood.</td>
</tr>
<tr>
<td>Fu Ling</td>
<td>Poria</td>
<td>Strengthens the Spleen and promotes urination</td>
</tr>
<tr>
<td>Huang Bai</td>
<td>Cx. Phellodendri</td>
<td>Drains Kidney Fire</td>
</tr>
<tr>
<td>Spleen not holding blood</td>
<td>Kidney Yang deficiency</td>
<td>Kidney Yin deficiency</td>
</tr>
<tr>
<td>--------------------------</td>
<td>------------------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td>Flooding at the beginning of the period, then stops and goes on with a trickle for along time after period</td>
<td>Prolonged bleeding with a trickle for a long time after the proper period, periods coming late, blood pale</td>
<td>Trickling of blood after the period, late cycle, fresh ,red and watery blood</td>
</tr>
<tr>
<td>Pale and watery blood, pale face, tiredness, no appetite, loose stools</td>
<td>Feeling cold, sore back, cold limbs ,pale complexion, weak knees, pale urine</td>
<td>Dizziness, tinnitus, weak knees, feeling heat in the evening , night sweating ,hot flush, mental restlessness</td>
</tr>
<tr>
<td>T: pale , teeth marks P: weak</td>
<td>T: pale and swollen P: deep and weak</td>
<td>T: without coating P: Floating empty</td>
</tr>
<tr>
<td>CV6,12; ST36, SP6,BL20,21, GV20,SP8</td>
<td>CV6, BL23, CV4, ST30, KI7,ST36,SP6, KI13</td>
<td>CV4,6, BL23, KI2, 3, ST36, KI10,13, LU7 and KI6</td>
</tr>
<tr>
<td>Gui Pi Tang, Dang Gui Bu Xue Tang</td>
<td>You Gui Wan</td>
<td>Zuo Gui Wan</td>
</tr>
</tbody>
</table>
Traditional Chinese Medicine understanding about Treatment of Beng Lou

‘Relieve the symptoms in an acute case and treat the root in a chronic case’

Shore up the flow (Sai liu) （塞流）: stopping the bleeding

Settle the source (Cheng yuan) （澄源）: treating the root of the condition by addressing the cause; used after the bleeding is controlled

Restore old (Fu jiu) （复旧）: Treat the organs involved in the disharmony which caused bleeding
Experience point for metrorrhagia:

Duan Hong Point : Between the second and third metacarpal, 1 cun below the finger tips.

CV8/ SP1/CV4/SP8/SP10

https://books.google.com.au/books?id=P9B7mSTwI8C&pg=PA94&lpg=PA94&dq=DUANHONG+POINT&source=bl&ots=N88xxaH6Gl&sig=lNFs8ZdbsS1OCIIK1_aWYYnZokj&hl=en&sa=X&ved=0ahUKEwjy2fJ97ZANIXDEr wtIHJLc4YQ6AEIKTAA
Treatment of Beng Lou

- What are the common patterns and the treatment of Beng Lou (including acu-points & herbs)?
Evidence of Acupuncture and TCM


Class discussion

Compare and contrast:
long periods, heavy periods & Metrorrhagia.
Case 1

A 43-year-old woman’s periods had stopped suddenly 6 months previously. She started suffering from hot flushes, sweating and insomnia. She also felt always anxious and agitated. She looked very anxious and depressed and her face was flushed. On interrogation, other symptoms came up: backache, feeling cold, tinnitus, a feeling of masses in the abdomen, skin spots, a feeling of oppression of the chest.

She had four children, ages 12, 10, 8 and 6. Her tongue had a very thick and sticky coating and her pulse was weak on both rear positions, choppy, but also slippery on both middle positions.
Break
Practical section
Session 3 Practical Activity

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

- Case study based practical skills building up…
Case study

- Campus Lecturer prepared relevant case and activities for students practical tutorial.

Or

- See Case for session 3 in “Practical case studies” which was sent to all lecturers and students via the loop or email.
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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