Session 9

Disorders of post-partum

- Post-natal depression
- Persistent lochial discharge

Chinese Medicine Department

www.endeavour.edu.au
Session Contents

- Introduce western medical viewpoints of depression & post-natal depression
- TCM viewpoints: what are the correspondence of TCM diseases categories?
- Discuss TCM treatments for post-natal depression
- Discuss the prevention of post-natal depression
Learning Outcomes

After this session study, students should be able to:

- Understand the definition, diagnosis standard, impact, and treatment of post-natal depression in a western medical context.

- Describe and explain the TCM aetiology and pathology of post-natal depression.

- Outline and determine the TCM identification of patterns and treatment.
Big Picture

- 3 million Australians are living with depression or anxiety.
- Depression is the leading cause of disability worldwide. In Australia, it is estimated that 45 per cent of people will experience a mental health condition in their lifetime.
- In any one year, around 1 million Australian adults have depression, and over 2 million have anxiety.
- While depression and anxiety are different conditions, it is not uncommon for them to occur at the same time. Over half of those who experience depression also experience symptoms of anxiety. In some cases, one can lead to the onset of the other.
Medical viewpoints: Depression

- **The signs & symptoms:**
  - Behaviour, feelings, thoughts, & physical

- **Causes:**
  - Life events, personal factors, changes in the brain

- **Diagnosis:**
  - Be depressed >2 weeks
  - Anxiety & depression checklist;
  - The Edinburgh Postnatal Depression Scale (EPDS)

[Source](https://www.beyondblue.org.au/resources/for-me/pregnancy-and-early-parenthood/edinburgh-postnatal-depression-scale)
Medical viewpoints: Depression

- Types of depression
- Treatment options

http://www.beyondblue.org.au/the-facts/depression
Medical viewpoints: Post-natal depression

- Women are more likely to experience these conditions during pregnancy and the year following the birth of a baby (perinatal period), though depression and anxiety can happen at any time of the life.

- The symptoms of depression, anxiety during pregnancy or early parenthood are the same as those experienced at any other time of life. Some conditions can be a little harder to identify and deal with when you are pregnant or have a baby though, as it's a time of great change and adjustment, both mentally and physically (e.g. hormonal changes).
Post-natal Depression

- Stats
- Women’s knowledge and attitudes
- Antenatal period
- Postnatal period
  - generalised anxiety
  - phobias
  - obsessive compulsive disorder
  - posttraumatic stress disorder
  - adjustment disorder
  - panic disorder
  - Agoraphobia

Beyond Blue Ltd (2011) *Clinical practice guidelines* A guideline for primary care health professionals
Post-natal Depression Impact

Whether symptoms are mild, moderate or severe, maternal mental health problems are known to have a significant impact on all aspects of a woman’s life, and also affect infants, significant others and families (Perinatal Mental Health Consortium 2008).

- Impact on women
- Impact on infants
- Impact on significant others
- Impact on other children in the woman’s care
- Impact on extended family members

Beyond Blue Ltd (2011) Clinical practice guidelines A guideline for primary care health professionals
Causes of Post-natal Depression

- Biological factors
- Psychological factors
- Social factors

Types of post-natal depression

West (2001) maintains that there are basically five categories of depression after childbirth, any of which can merge together:

✓ The ‘baby blues’
✓ Postnatal exhaustion
✓ Post delivery stress
✓ Severe postnatal depression and
✓ Puerperal psychosis

Types of depression

- Betts (2006) states that Minor postnatal depression is seen in TCM as being related to the disruption of the seven emotions, disturbance of the mind or fatigue following birth.

- If a woman has a pre-existing deficiency of qi and blood or created this deficiency through childbirth—this deficiency can affect the Zang Fu—in particular the heart, Liver, Spleen and Kidney.

Betts: Chapter 25 Postnatal treatment Pages 202 - 208
TCM viewpoints
TCM pathology: Post Partum Depression

- Maciocia states that the pathology of Post Natal Depression is centred around **Blood**: It is due either to Blood Deficiency, or Blood Deficiency turning into Yin Xu, or to a Blood Stasis.

- The principle organ involved is always the **Heart**

Post Partum Depression

The exertion and loss of blood occurring at childbirth induces a state of Blood Deficiency;

- Since the Heart houses the Mind and governs Blood, Heart Blood becomes deficient, the mind has no residence and it becomes depressed and anxious.
Post Partum Depression

This causes a state of depression, mild anxiety, insomnia and fatigue;

- On a mental level the mother feels unable to cope, she is tearful, she loses libido, and she may feel angry or guilty.
Post Partum Depression

From the Blood Deficiency other conditions may develop:

- After some time, some women may start to show signs of Yin Deficiency and Empty Heat.

This would cause a more severe condition of depression with more intense anxiety, insomnia, mental restlessness and agitation.
Post Partum Depression

Conditions of neurotic, obsessive, phobic or psychotic behaviour after childbirth is usually due to stagnant Blood harassing the Mind.

- In these cases the women is not only depressed, but confused, have obsessive behaviour and in extreme cases psychotic or even schizophrenic behaviour.

She may be aggressive and offensive, have hallucinations and delusions, suicidal tendencies and even harbour destructive thoughts toward her baby.
Post Partum Depression
TCM Aetiology

1. Excessive loss of blood during childbirth
   - Causes Blood Deficiency, deficient Heart Blood fails to house the mind.

2. Blood Stasis after childbirth
   - Women who have a pre-existing state of Blood stasis-this Stagnated blood rebels upward and harasses the Heart then the Mind.
Post Partum Depression
TCM Aetiology

3. Constitutional tendency to mental-emotional problems
   ➢ This is often a basis for the development of mental problems after childbirth

   The signs that may indicate such a tendency are:
   • A tongue with a deep heart crack
   • A tongue that is hammer shaped
   • A very swollen tongue with very sticky coat
   • Eyes that lack glitter (without shen)
# Post-natal Depression-Maciocia

<table>
<thead>
<tr>
<th>Heart Blood Deficiency</th>
<th>Heart Yin Deficiency</th>
<th>Heart Blood Stasis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Post natal depression, fatigue, mild anxiety, insomnia, guilt, decreased libido, poor memory, palpitations. T Pale and thin P Choppy &amp; weak (L)</td>
<td>Post natal depression, insomnia, mental restlessness, guilt, exhaustion, scant breast milk, palpitations, poor libido, feels hot at night, night sweats. T Red no coat P Floating, empty</td>
<td>Post natal depression, Manic behaviour, scolding people, aggressive, delusions, hallucinations, suicidal, destructive thoughts, lack of bonding with baby. T Purple P Wiry, Rapid</td>
</tr>
</tbody>
</table>

**Treatment**

**Heart Blood Deficiency**
- Nourish Blood, Strengthen the Heart
- Lift the Mood

**Heart Yin Deficiency**
- Nourish Yin, Tonify Heart, Calm the mind

**Heart Blood Stasis**
- Invigorate Blood, Subdue rebellious Qi
- Penetrating Mai, Calm Mind

**Points**
- HT5, 7, CV14, 15, 4, BL 15, LR 8, GV 20, 19, PC6
- Gui Pi Wan (Ginseng & Longan)
- HT7,5, PC7 CV14,15,4, GV19, 24,4, LR8, SP6
- Tian Wang Bu Xin Wan (Ginseng & Zizyphus)
- PC7,6, GB17,18, GV 24, CV14, BL15, 17, KI1, LR3, SP10
Research /Updated

- Qicai Wang (A professor in Nanjing Uni. Of TCM):
  
  - The new understanding of using acupuncture for the treatment of depression—explore the role of LUNGS in the aetiology & pathology and acupuncture treatment, apart from the traditional focusing on the liver, heart, and Spleen.
A word on
Major Postnatal Depression - Betts

- Major postnatal depression or puerperal psychosis is mentioned in classical TCM texts.

- It was seen as a condition following childbirth where blood deficiency allowed the agitation of internal fire, which then disturbed the mind.
A word on
Major Postnatal Depression - Betts

- Clinical manifestations include sadness and depression for no reason, laughing and crying in an abnormal manner, a woman who is unable to be calmed or reasoned with, feelings of thoracic oppression, and a body that may be seized by trembling.

- Treatment for Major Postnatal psychosis would not be attempted without the involvement of specialised psychiatric care.
Persistent Lochial Discharge

- The normal time of lochial discharge is about 3 weeks.
- Lochia refers to the bloody discharge coming from the placental site.
- Three types of lochial:
  - Lochia Rubra “red lochia”---the first 3 or 4 days after delivery
  - Lochia Serosa “Serous lochia”---5 or 5 days after delivery
  - The final lochial discharge --- little blood, mostly white blood cells
- Lochia remains red and abundant for longer than normal indicates delayed involution of uterus.
- May indicate retention of a piece of placenta within the uterus or to infection.
Aetiology

- Excessive strain during delivery long labour
- Invasion of cold
- Severe loss of blood during childbirth

Pathology

- Qi deficiency
- Blood stasis
- Blood heat
Patterns of Persistent Lochial Discharge

Qi deficiency

Clinical manifestations
Persistent lochial discharge that is red, profuse, dilute and without odour, dizziness, exhaustion, breathlessness, sweating, a dislike of speaking, a feeling of bearing-down in the abdomen. Tongue: Pale. Pulse: Weak.

Treatment principle
Tonify Qi, gather Blood.

Acupuncture
Ren-12 Zhongwan, Ren-6 Qihai, Du-20 Baihui, ST-36 Zusanli, SP-6 Sanyinjiao, Ren-4 Guanyuan, BL-20 Pishu, BL-23 Shenshu, SP-1 Yinbai. All with reinforcing method; moxa is applicable.

Herbal treatment
Prescriptions
- BU ZHONG YI QI TANG Variation Tonifying the Centre and Benefiting Qi Decoction Variation
- SHI QUAN DA BU TANG Variation Ten Complete Great Tonification Decoction Variation

Blood stasis

Clinical manifestations
Persistent lochial discharge that is dark, scanty and with clots, abdominal pain that is relieved by the passing of clots. Tongue: Purple. Pulse: Wiry.

Treatment principle
Invigorate Blood, eliminate stasis, stop bleeding.

Acupuncture
SP-10 Xuehai, LIV-6 Zhongdu, SP-4 Gongsun (on the right) and P-6 Neiguan (on the left), BL-17 Geshu, Ren-4 Guanyuan, SP-1 Yinbai. All with even method. Moxa may be used if there are Cold symptoms.

Herbal treatment
Prescription
- SHENG HUA TANG and SHI XIAO SAN
  Generating and Resolving Decoction and Breaking into a Smile Powder

Three Treasures remedy
- STIR FIELD OF ELIXIR

Blood-Heat

Clinical manifestations
Persistent lochial discharge that is dark in colour and dilute, red face, thirst, a feeling of heat, mental restlessness, abdominal pain, dry stools. Tongue: Red, with yellow coating in case of Full-Heat and without coating in case of Empty-Heat. Pulse: Rapid and Overflowing in case of Full-Heat; Rapid and Fine in case of Empty-Heat.

Treatment principle
Clear Heat, cool Blood, stop bleeding, nourish Yin.

Acupuncture
LU-7 Lieque (on the right) and KI-6 Zhaohai (on the left), LI-11 Quchi, SP-10 Xuehai, KI-2 Rangu, LIV-3 Taichong, SP-8 Diji, Ren-4 Guanyuan, SP-1 Yinbai. All with even method. No moxa.

Herbal treatment
Full Heat
Prescription
- DAN ZHI XIAO YAO SAN Moutan-Gardenia Free and Easy Wanderer Powder

Women’s Treasure remedy
- COOL THE MENSES

Empty Heat
Prescription
- BAO YIN JIAN Protecting Yin Decoction

Women’s Treasure remedy
- CLEAR EMPTY-HEAT AND COOL THE MENSES
Post Natal Recovery

- **Recovery Time**
  - How long? 30 days? 100 days?

- **Avoiding pathogenic wind and cold**
  - Why is this important?

- **Dietary treatment**
  - Foods to tonify Qi
  - Foods to tonify Blood
Post Natal Recovery

Supporting emotional health and wellbeing in the perinatal period

- Lifestyle advice
  - Nutritional supplements
  - Complementary and alternative medicines

- Relaxation and stress reduction
  - Progressive muscle relaxation
  - Breathing exercises
  - Mental imagery

Beyond Blue Ltd (2011) *Clinical practice guidelines* A guideline for primary care health professionals
Post Natal Recovery

- **Sleep**
  - Establish a proper sleep environment
  - Go to bed only to sleep, not to study or watch television
  - Take regular physical exercise in the late afternoon or early evening
  - Allow a wind-down time before bedtime
  - Avoid alcohol, caffeine or nicotine
  - Go to bed only when you are sleepy
  - Have a light snack or warm milk before going to bed
  - If you do not fall asleep within 15 minutes, get up and go to another room,
  - and stay up until you are sleepy
  - Get up regularly at the same time each morning
Post Natal Recovery

- Physical activity
  - Three times per week for at least 45 minutes is helpful in promoting wellbeing and lifting mood

Beyond Blue Ltd (2011) *Clinical practice guidelines* A guideline for primary care health professionals
Resources for health professionals

° The Black Dog Institute
  - The Black Dog Institute is a not-for-profit, educational, research, clinical and community-oriented facility offering specialist expertise in depression and bipolar disorder. It offers education and training programs, resources and online learning for health professionals.

° square — Suicide, QUestion, Answers and Resources
  - square.org.au square is an integrated suicide prevention resource developed by General Practice SA and Relationships Australia (SA) in conjunction with the Australian and State/Territory Governments. It is part of the National Suicide Prevention Strategy and was jointly funded by the Australian Government and the Government of South Australia.
Resources for health professionals

- **Living is for Everyone**
  - [www.livingisforeveryone.com.au](http://www.livingisforeveryone.com.au) The Living Is For Everyone (LIFE) website is a suicide and self-harm prevention resource, dedicated to providing the best available evidence and resources to guide activities aimed at reducing the rate at which people take their lives in Australia. The LIFE website is designed for people across the community who are involved in suicide and self-harm prevention activities.
Pregnancy, Birth and Baby Helpline

- This 24-hour, 7-days-a-week, Australia-wide helpline provides telephone support to women, their partners and families regarding issues arising related to pregnancy and the first 12 months of a baby’s life. Information, support and counselling are available to callers regarding general antenatal and postnatal issues, as well as help for those experiencing emotional distress. Where appropriate, referral to local providers and other relevant telephone helplines may occur.

- Refer to www.healthdirect.org.au/pbb for more information.
Support for consumers

- **beyondblue: the national depression initiative**
  - Info line 1300 22 4636 [www.beyondblue.org.au](http://www.beyondblue.org.au) [www.youthbeyondblue.com](http://www.youthbeyondblue.com) Information on depression, anxiety and related disorders, available treatments and referral only (local call)
  - Twice a year, Hitwise awards the 10 most popular websites across 160+ categories. beyondblue has won the following awards in the ‘Health and Medical Organisations’ industry, based on monthly average market share: No. 1 for 2004, 2007, 2008 and 2009 and No. 2 for the Jan–Jun 2010 period.

- **Post and Antenatal Depression Association Inc (PaNDA)**
  - 1300 726 306 [www.panda.org.au](http://www.panda.org.au) Provides information for women and their families affected by antenatal and postnatal mood disorders about the causes and symptoms of these disorders, as well as types of treatments and support services available
Support for Consumers

- **Suicide Call Back Service**
  - 1300 659 467 Telephone support for those at risk of suicide, their carers and those bereaved by suicide

- **MensLine Australia**
  - 1300 78 99 78 [www.menslineaus.org.au](http://www.menslineaus.org.au) 24-hour support for men with family and relationship problems especially around family breakdown or separation – this service provides anonymous telephone support, information and referral (local call)

- **Black Dog Institute**
  - [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au) Information on depression (including during and after pregnancy) and bipolar disorder – specifically causes, treatments, symptoms, getting help and current research findings
Break
Practical section
Session 9 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
References


COMMONWEALTH OF AUSTRALIA

Copyright Regulations 1969

WARNING

This material has been reproduced and communicated to you by or on behalf of the Australian College of Natural Medicine Pty Ltd (ACNM) trading as Endeavour College of Natural Health, FIAFitnation, College of Natural Beauty, Wellnation - Pursuant Part VB of the Copyright Act 1968 (the Act).

The material in this communication may be subject to copyright under the Act. Any further reproduction or communication of this material by you may be the subject of copyright protection under the Act.

Do not remove this notice.